

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!

Relationship Advice Video: How to Tell If Your Man Will Cheat



In this week's [Single in Stilettos](#) relationship advice video, matchmaker Suzanne Oshima and [relationship author](#) Duana Welch reveal how to know if a man is a cheater.

Related Link: [Love Advice About What You Need and Don't Need in a Man](#)

Relationship Author Reveals Dating Advice for Determining if a Man is a Cheater

First, the dating experts share a piece of good news: Most men are *not* cheaters! To help you figure out if your guy will cheat, here are five types of men who are more prone to infidelity: Mr. History follows a pattern of cheating – not once but multiple times; Mr. All That has women at his beck and call and just can't resist the constant temptation; Mr. Highly Experienced is used to dating numerous women and doesn't want to commit; Mr. Globe Trotter attracts ladies with his wealth and adventurous spirit; and Mr. Personality is a narcissist who doesn't see anything wrong with getting "some" on the side.

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

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How can you tell if a man is a cheater? Share your love advice in the comments below!

Role Reversals in

Relationships and Love



By [Melanie Mar](#)

[Relationships and love](#) have progressively changed over recent decades, thanks in large part to women's rights. Today, there are more independent working women than ever before, and with that comes significant changes within the dynamics of romantic partnerships.

Top 5 Signs You Should Take the Lead in Your Relationship and Love Life

Ambition and masculine energy have become synonymous in society. Women find it beneficial to partner with a man who is supportive rather than competitive; that way, a peaceful home will be created that will help her achieve her goals. However, not all personality types are best-suited for these masculine and feminine role reversals in relationships and love. So how do you know if a role reversal relationship is right for you? Ladies, below are five signs that you might actually be happier if you take the lead in love:

1. You are a natural born **leader** in the relationship and instinctively guide the path that it takes.
2. You enjoy **setting goals** and reaching them in your personal life.
3. You enjoy achieving **success**.
4. You are **ambitious** and driven.
5. You are more **decisive** than indecisive.

Related Link: [Jennifer Garner Says 'It's My Turn' to Work After Supporting Celebrity Love Ben Affleck](#)

Now that you've decided that this type of relationship is for you, you may need some love advice on how to maintain a healthy, harmonious romance. Understand that, for every "pot," there is a "lid," and the key is to find a man with the opposite energy of your own. Know what role you want to take romantically, and stick with it. There are men who prefer stronger women to take the lead. They are usually the artistic, creative types who have no desire to compete, conquer, or control.

Women are still pre-conditioned to want a man who has the outward characteristics of a leader – someone who is decisive, self-confident, and aggressive. These types of traits are considered masculine. If your honey doesn't possess them, that doesn't mean he is weak or incompetent; he simply has a different set of dominant personality traits.

The man who is right for you is successful in his own career, desires a dominant woman, and enjoys having you take charge at home. He loves to be your head cheerleader and devotes himself to making your life easier and more comfortable. Relationship experts say you may have already passed over this type of man, not realizing that he was a perfect partner for you. If you keep picking a man who always wants to take charge – because society or your loved ones tell you that's how it should be – then you will be in a combative, volatile relationship, which is not fulfilling for either partner and is ultimately very destructive.

Related Link: [The Smarter Way to Meet New People and Actually Enjoy It!](#)

Expert Love Advice For Role Reversal Relationships

It might be difficult to accept that you prefer to be the leader in a marriage or relationship. It may mean giving up your childhood fairy tale wish of Prince Charming arriving on his white horse. Listen to my expert love advice because the fact is, traditional marriage roles simply do not work for everyone. Role reversal relationships are on the rise as more men and women discover that there is another path to happily ever after!

[Melanie Mar](#) is a relationship expert and life coach as well as co-owner of the Millionaire's Club International Matchmaking Agency for the U.K. and Europe. She is certified by the WANT Institute in Androgynous Semantic Realignment and a Transaction Analysis practitioner certified by the United States America Transaction Analysis Association.

Dating Advice: Create The Person You Want To Be



 By Janeen Diamond for [Hope After Divorce](#)

“There is a difference between loving, helping and accepting others, and actually letting them be a part of your precious life.”

These days, we all seem to talk a lot about our kids or our friends or our spouses going off to “find themselves” when

things aren't going quite right for them. But the truth of the matter is, it isn't really possible to "find" ourselves. If we are going to be successful in our relationship and love life, we must "make" ourselves into the person we want to be. Consider these two pieces of [dating advice](#): First, remember to have realistic expectations, and second, know that you can *choose* to be happy with yourself. I love the following quote by psychiatrist Thomas Szasz: "People often say that this or that person has not yet found himself. But the self is not something one finds. It is something one creates."

Related Link: [Kindness No Matter What](#)

I have had experiences with a few loved ones who seem to bounce around, waiting for life to suddenly make them happy or turn into something that will completely surprise them. But, in my opinion, they will wait a lifetime. If we want certain things in our lives, we have to go after them. We can't expect something magic to happen or believe that, if we wish for something to happen, it will eventually just appear. This is especially true when it comes to dating.

Expert Love Advice About Realistic Expectations

Along those same lines, getting married and expecting the other person to turn your life around for you is completely unrealistic. My expert love advice is to remember that marriage is about two healthy people bringing their best selves into an important relationship and love with the plan to contribute in every way possible. I am of the mindset that we are each responsible for our own happiness and for the things we accomplish in this life. If you are friends with or married to a person who drains you and drags you down, only you can do something about it. Here's some dating advice for how to decide what that something is going to be:

- Give as much as you can to the other person; it will facilitate your own happiness and help you enjoy life on a higher level.
- Keep a positive attitude and try to encourage your partner or friend to get outside themselves.
- Keep working on the person *you* want to be – your own happiness and security will make all the difference in the world.
- If nothing changes and you are still feeling drained, consider letting go.

Related Link: [Is Your Life Working?](#)

How to Have Positive Relationships and Love in Your Life

I have reached a point in my life where I am willing and able to move on from relationships that are negative. I once told a friend that I could no longer be her friend because it was simply too difficult. It was an amazing experience to be able to kindly release myself from something that wasn't right for me. I became a stronger person at that point and someone who has been able to be more selective about the people I let into my life.

There is a difference between loving, helping and accepting others, and actually letting them be a part of your precious life. I believe we can help those who need guidance without letting them influence us in a negative way. If you have relationships in your life you need to reconsider, take some time and think through what needs to change. Part of creating the person we want to be is surrounding ourselves with like-minded people who can influence us in the way we want to be influenced. Don't be afraid to do a little housecleaning!

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



Janeen Diamond, author of Save Your Marriage in 30, was a newscaster for KUTV News until 2001. Since that time, she has been actively producing commercials and special programming through her company, Your TV Spot. She has hosted several television and internet productions and has been a spokesperson for several products and companies. She is a leader over the youth in her church and takes a special interest in helping kids stay on track with their lives. Janeen is currently co-creating "Teen Impact TV," a website for high school students to give them a creative and emotional outlet. She is a contributing expert for HopeAfterDivorce.org, DivorceSupportCenter.com, FamilyShare.com, and CupidsPulse.com. Follow her on Twitter @janeendiamond and www.facebook.com/janeen.diamond.

Expert Love Advice: The #1 Thing a Man Wants in a Woman



On this week's [Single in Stiletto](#) show, founder and matchmaker Suzanne Oshima talks to [dating expert](#) David Crowther about the number one thing a man wants in a woman.

Related Link: [Single in Stiletto Show: Relationship Experts Discuss Why He Didn't Call](#)

Expert Love Advice About What Men Want

The relationship experts first clarify that beauty is not an option. As Oshima explains, “Ladies, physical looks are the number one thing, but I’m talking about the number one *quality* a woman should have in order to get a man.” Crowther then responds with his expert love advice: It’s going to vary from guy to guy! “Some men love to be challenged, while some men love to be nurtured or taken care of,” he shares. The dating expert encourages you to figure out what part of you is most important for a guy to accept; if he’s not okay with that piece of your personality, then he’s not the one for you. It’s that simple!

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

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What do you think men want most when it comes to their search for love? Tell us in the comments below!

Love Advice Q&A: Is It Weird That My Man Always Texts Instead of Calling?



Question from Elissa B.: I’ve been seeing this guy for a few months now, and anytime we’re not together, he always

texts me and never calls. Whether he's seeing how my day is going or we're trying to arrange our plans for the weekend, he only texts. What does this behavior say about our relationship and about him?

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

Love Advice: What to Do If a Guy Only Texts

[Suzanne K. Oshima, Matchmaker](#): Thanks to the ever-present use of technology, unfortunately, texting has become the norm with the way a lot of people communicate. That being said, it doesn't make it acceptable that he communicates with you solely in this manner. The issue is you've already set the standard for what's an acceptable way to reach out to you. So it's going to be harder to break him of this habit...but it's clearly not impossible!

Next time, he texts you to plan a date, reply with something like, "Great! I'm tied up right now, so give me a call later and we can make a plan." Or if you're so bold, instead of texting him back, you can just pick up the phone and call him. It may take a few tries to get him on the phone, but don't give up!

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

Paige Wyatt, Reality Star: Most guys prefer to send a text rather than pick up the phone and talk. Women like to chat, but men want to get straight to the point. In that case, it's about his personal preference and isn't a reflection of your relationship or his feelings for you.

If he doesn't answer your calls though, that's a different story. There's a chance he's just busy. However, if he immediately send you a text with some strange excuse about

why he can't call, that's a red flag. Be honest with him about your feelings and just tell him it would mean a lot to you if he'd call you every once in a while. Give him the chance to explain himself, but if it seems fishy, he might not be a very honest guy – and definitely not the guy for you.

Related Link: [Q&A: What to Do If Your Boyfriend Texts His Ex](#)

[Robert Manni, Guy's Guy](#): When it comes to dating, technology can be our friend or foe. Sure, a guy can score dates while sitting at home in his tighty-whities. While this man's over-reliance on texting is expedient, it lacks intimacy – and that's a real issue. Maybe he's busy, but don't let his dependence on texting dominate the relationship's lines of communication. You're worth more than that. To build a relationship, men and women have to be at their best, and that means communicating in a real way. Follow this love advice: Insist that he calls the next time he wants to see you and be willing to stick to your guns if he falls back into this lazy behavior.

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

If you have any questions you would like answered by our relationship experts, please e-mail them to cupid@cupidpulse.com.

How do you handle a partner who always texts instead of calls? Share your dating advice with us in the comments below!

Screwing the Rules Video Dating Advice: 5 Lies Guys Tell on Facebook



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 five most common lies that guys tell on Facebook.

E!'s *Famously Single* Dating Coach Laurel House Shares Dating Advice for Facebook

1. His relationship status: Be wary of an “undeclared” status. “It means nothing, and it’s the go-to for many guys who are playing the field of this free dating site called Facebook,” she says. She also warns you not to trust a guy who says he’s “single” on his profile; he may keep it that way for business purposes despite being married or in a committed relationship.

Related Link: [Dating Red Flags Revealed on Facebook](#)

2. Your shared connections: He may have a friend or two in common with you, but remember that he can request *anyone* to be his friend. Don’t let your common connections give you a false sense of comfort and trust.

3. His age: “Age is one of those hidden facts on Facebook that is revealed on other online dating sites,” the relationship author explains. If you’re unsure, check out his friends, education history, and favorite activities to determine if

they all add up and make sense with what he told you.

4. His occupation: It's easy to use vague titles like CEO, entrepreneur, or producer. "People can assign themselves pretty much any fancy label despite the fact that they have nothing to show for it or back it up," House shares.

Related Link: [Laurel House on Her New Book: "I'm Pretty Nervous for My Ex-Boyfriends to Read It!"](#)

5. His lifestyle: Don't completely trust his photos and locations. Instead, ask his specific questions about a particular restaurant, gym, or hotel. After all, he may be strategizing and promoting a lifestyle that he doesn't actually live.

Don't let these common lies scare you off of Facebook. As the dating expert says, "Just like you do in everyday life, be aware of your environment and your surroundings and who you let get close to you. Facebook isn't a place to drop your guard."

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

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How do you avoid falling for deception on Facebook? Tell us in the comments below!

Expert Dating Advice About

the Secrets of Meeting Men



On this week's [Single in Stilettos](#) show, founder and matchmaker Suzanne Oshima talks to relationship expert Des O'Connor about the secrets of meeting men.

Relationship Experts Reveal Where and How to Meet Someone Special

According to O'Connor's expert dating advice, you have to remember that you can meet men anytime, anywhere! It's something you should always be doing to increase your chances of success. The relationship expert reveals that you can meet a man while you're walking down the street, running errands, or even standing in line at the grocery store. Just keep your eyes open!

Related Link: [Des O'Connor Shares Love Advice for Winning Him Over](#)

They also encourage you to go where men like to hangout. They enjoy sporting events like basketball, hockey, or boxing. And while they may not *like* to shop, the men's section of a department store is another good option! Once you spot a potential match, all you have to do is smile and strike up a conversation.

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

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Cupid wants to know: What's your best piece of love advice for

meeting someone special?

Expert Love Advice: What to Do If Your Job Intimidates Your Partner



By [Sandra Fidelis](#)

Modern relationships and love can indeed be challenging. In the past, the purpose of romantic partnerships was to accomplish two things: to procreate and to preserve power. Over the past several decades, though, we have begun asking more of our unions. We now expect them to be deeply fulfilling and to provide us with a supportive partner, best friend, and perhaps even a soulmate. We expect to be with a partner who celebrates our wins and accomplishments as well as one who supports us when things aren't going as well as we'd like. But sometimes, we can be let down when he doesn't seem as supportive of our career or perhaps is even downright jealous of our success.

Relationship Expert Shares Dating Advice About an Intimidating Job

So what can a driven career woman do when her job intimidates your partner? Well, take [celebrity couple](#) Jessica Simpson and husband Eric Johnson as an example. Even though Johnson has had a successful career in the NFL as a tight end, his wife is indeed more well-known and has more irons in the proverbial

fire in terms of her businesses and her superstardom. Here is my expert love advice about what can you learn from a seasoned career woman such as Simpson to help you cultivate a successful career and be supported by your partner:

Related Link: [Jessica Simpson Shares Five Wedding Vows for a Happy Marriage](#)

1. Have an open and honest dialogue with your partner about your career goals: Good communication is one of the keys to a healthy relationship. You've heard this dating advice a million times, but communication is indeed a skill that you must learn if you want to maintain a healthy and happy relationship. Start with a dialogue about your aspirations at work. Let your partner in on your plans and your dreams for the future. Tell him why you want to achieve so much. This conversation will allow him to understand you and your job on a more intimate level, and it will also give him a chance to become more emotionally invested in your goals.

2. Make time for your partnership: It's easy for your significant other to feel resentful of your job when they feel like they're less important to you than your career. In Simpson's case, she has taken some time out for her celebrity family and has slowed down when it comes to her acting and music career in order to dedicate more time to her husband and children. But you don't need to put your job on hold to make your relationship and love a priority. Setting some time aside each week to connect intimately with your guy will go a long way in making him feel like he's just as important to you as your job.

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

Use Celebrity Couple Jessica Simpson and Eric Johnson as an Example

3. Include your partner in your career goals and support him in his endeavors: Once you've communicated your career dreams to your partner, begin to include him in the attainment of these goals whenever possible. Does he have a complimentary job that could help you in some way? Could he provide some general help based on a certain skill he possesses? To follow this expert love advice, take a cue from Simpson: She recently released some sexy pictures of her and Johnson, and by doing so, she's *including* her man in her career instead of having him watch from the sidelines. Make him a part of your successes and be his cheerleader as well. Being invested in each other's accomplishments will leave little room for jealousy or resentment.

Juggling love and a successful career may be a new frontier that modern women have to face, but it's one that can be navigated successfully through open communication, understanding, and a focus on the achievement of both party's goals.

[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.

Dating Advice: Three Ways

Your Relationships and Love Could Be Killing You



 By Amy Cook for [Hope After Divorce](#)

When is it okay to end a relationship and love? People differ in their reasons for staying or leaving, but most agree that partnerships should be over when they damage your physical and/or emotional well-being. While we don't know the reasons behind the surprising [celebrity divorces](#) of Patrick Dempsey, Hilary Duff, and Mandy Moore, we do know that there were longstanding issues that required these famous couples to make a change. If your relationship is giving you stress, depression, or a weakened immune system, it might be time to evaluate whether your love is toxic and needs a change too.

How to Know When to End a Relationship and Love

Stress: Trying to maintain a relationship in a “fight or flight” state of being will surely break down your body's ability to function normally. Anxiety, high blood pressure, and added stress to your heart compromise your health.

Related Link: [Mandy Moore and Ryan Adams File for Celebrity Divorce After Six Years of Marriage](#)

In a June 2013 article titled “How Relationships Can Make You Sick” and published on Healthgram.com, the author references a study conducted at Ohio State University where researchers discovered married men and women who struggled with ongoing concerns about the stability of their relationships and love had higher levels of the stress hormone cortisol. The study also found lower levels of T-cells, which help fight

infections.

The research concludes, "Those who were the most anxious about their marriages had 11 percent more cortisol and 11 to 22 percent lower T-cell levels than those who were less anxious. The lead researcher said the results are most likely linked since increased cortisol can reduce T-cell production." Partnerships plagued with poor communication, jealousy, deceit, fear, anxiety, and conflicting goals all run the risk of creating a chronically stressful environment.

Depression: He may be "killing you softly with his song," but he is doing some pretty serious damage with his words and actions too. A relationship clouded with mistrust or emotional abuse takes a toll on the partner's emotional and physical well-being. When negativity leaves cracks in a person's spirit, depression fills those empty spaces.

Related Link: [Hilary Duff and Mike Comrie Announce Their Separation](#)

In her article "5 Ways a Bad Relationship Can Make You Sick," relationship expert Marcelina Hardy writes, "When you are arguing with your boyfriend and feeling sick, you don't love your life. Your love should be something that enriches you. It should make you smile in the morning and feel grateful at night. It should be what lowers stress rather than create it. For these reasons, take steps to improve your relationship, so it doesn't make you sick. If you've tried to solve the problems and it's just not working, it may be time to consider how much you really need this person in your life."

If you are sustaining a relationship and love with a partner who is overly critical, constantly suspicious, possessive, or physically violent, it could be making you sick. An unhealthy relationship invites feelings of hopelessness, a fear of abandonment, and a feeling of loss for unfulfilled goals or any hope for happiness.

Dating Advice: It's Time to Break Up

Weakened immune system: One of the advantages of being in a healthy relationship is a euphoric energy that fuels your day. When depression invades your enthusiasm for life, it affects your lifestyle choices. Exercise becomes a burden, and healthy eating becomes a distraction. Before you know it, you are facing high blood pressure, high cholesterol, weight gain, and a compromised immune system that is unable to ward off infections and disease.

“Unhealthy relationships can be like that,” writes licensed professional counselor and registered nurse Suzanne Jones in her article “Is Your Relationship Making You Sick.” She elaborates on this dating advice: “Sometimes, in an effort to be supportive and helpful, we find ourselves drowning in unrealistic and endless demands. We can’t bear the thought of hurting this person or letting him down, so we try and try to make adjustments to salvage the relationship. We go to extraordinary lengths to keep this person happy. We sacrifice our peace and happiness for theirs.”

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

“In an effort to be patient and helpful, we may be putting ourselves in harm’s way,” she adds. “Like the rescue of a drowning person, we are at risk when we get too close and tangled up in an unhealthy person’s problems and issues. These relationships can turn us into a physical and emotional mess.”

Throughout the years, love has been blamed for a number of things. Sometimes, it stinks, hurts, and even bites. At times, people have been accused of giving it a bad name. However, a healthy, strong, solid, and positive relationship isn’t like that. It enhances your life and improves health. If the love

you have in your life contributes to stress, depression, or a weakened immune system, it's time to reevaluate and consider whether you need to make a change.

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

Expert Love Advice: He's Great, But He's a Bad Kisser...Now What?!



On this week's [Single in Stiletto](#)s show, matchmaker Suzanne Oshima talks to dating expert Marni Kinrys about how to handle a bad kisser.

Dating Experts Discuss What to Do About a Bad Kisser

The founder of the Wing Girl Method believes that, unlike women, men don't like to hear that they're doing something incorrectly or that they're turning you off in some way. "So there has to be a gentle way for you to say, "Yeah, you're the worst kisser in the entire world!" Kinrys explains. According to her expert love advice, the best way to do so is to take on a teacher role and show him in a fun and flirty way how you like to be kissed.

Related Link: [Marni Kinrys Discusses What Turns a Man On](#)

Afterwards, you want to reward him. “Say something like, ‘That was so sexy the way you were kissing me,’” the relationship expert shares. “Walk him through those steps again so it reinforces what it was he was doing that was correct.”

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

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Expert Dating Advice: How to Spot a Man Who Only Wants One Thing



 By [Jared Sais](#)

“How do I know if a man really likes me or if he just wants sex?” Does this question sound familiar? I’m sure it does because it’s one of the most popular questions I get asked as a relationship expert. Ditch the creeps and find your keeps with these non-verbal communication tips:

Relationship Expert Talks About Non-Verbal Cues

To follow my expert [dating advice](#), here are three non-verbal cues to be aware of if you’re trying to determine if a guy is *really* into you:

His eyes: Of course, elevator eyes, flirting eyes (not directed at you), and wandering eyes are a big no-no. Elevator eyes refer to when a man skips your eyes and is constantly engaged in your lips, hips, boobs, butt, or “strut” instead. He’s clearly not respecting you for who you are and instead only focusing on what you offer in bed. Now, don’t get me wrong! It’s okay for a man to be physically attracted to you, but it shouldn’t be his sole focus.

There have been multiple times that I have observed a man and woman on a date, and as they’re talking, he will be flirting and sending seductive messages to other ladies around them. This is often done with nothing but the magical eyes. It’s essential to make sure that the man you’re with only has eyes for you; he shouldn’t be planning his next pick-up. If he does have wandering eyes, he may be more sexually aggressive than other men. It may seem innocent at first, but then he quickly rushes into a physical relationship that you’re not ready for. When you don’t give in, he’ll go straight for those other women at the bar!

Related Link: [What Chris Pratt and Anna Faris’s Goofy Red Carpet Pose Says About Their Love](#)

His facial expressions: If you’ve read my expert dating advice before, then you know I’m talking about facial expressions that include microexpressions, which happen much quicker than regular facial expressions and are more genuine and real.

Two expressions to look for are true happiness and true sadness. Be aware that he may be faking these facial expressions and emotions to trick you into sleeping with him. If he looks genuinely interested in what you are saying and falsely supplies you with the comfort you crave, enough to get you into bed...well, then, you just fell into his trap! Most likely, he was only half-listening and just knew the right time to smile and respond.

True happiness is often shown through a smile that takes up the entire face. The corners of the lips rise upward; the teeth show; and the mouth may open. Crows feet or wrinkles near the eyes form as the ocular muscles flex. Look for this expression in order to be confident that he is truly happy and not just faking it. A phony smile only happens with one part of the face, either the eyes or the mouth. Think about how you would smile in a picture (fake smile) versus how you would smile when seeing your significant other after an extended time apart (real smile).

True sadness also uses the entire face. The corner of your lips point downwards; the chin dimples; the eyes start to lose focus; and the inner eyebrows rise upwards. When someone is really sad, tears form and fall not only from the eyes but from the nose, as they share the same passage way. When you share a sad story with him, see if he can empathize with you and if he shows signs of sadness. Obviously, let's hope for no full-force tears and snot, but if he's listening and cares about what you are saying, you'll see a definitive change in his facial expressions. It's good to have a man who is a "rock" in your relationship and love, but you also want a partner who can feel his emotions and relate to you when you are sad.

Related Link: [John Legend and Chrissy Teigen's Body Language: More Intimate Than PDA](#)

Be aware that some men will pretend to be sad and care just to gain access into your arms. They may even use tears as a tool to manipulate your emotions and trick you into believing them and their story. You can prevent this mistake by keeping a close eye on the details. See if his story changes or he gets very angry after becoming sad.

Expert Dating Advice to Improve Your Relationship and Love Life

His salesman personality: I have heard from so many of my friends (usually women) that “men can be so stupid sometimes.” I am sure that you’ve had a boyfriend or guy friend say something so dumb that it caused a fight. Yet on a first date or second date, if a man acts like a man and says something stupid, you go running for the hills. It’s funny, really: In the beginning, men have to act like James Bond to gain your trust and your affection, but in reality, it is *those* guys that should have you running.

It’s the case of a player versus a genuine man. Someone who is more like a salesman – always saying and doing the right thing at exactly the right time – has acted this way time and time again. Their skill level is through the roof, and you should be on guard. Either this guy has more charm than most or he has a goal to get you into bed!

So what should you look for? According to my expert dating advice, look for a man who is willing to open up. Look for someone who can act a bit goofy and is able to have fun. Look for a man who is a gentleman and knows how to treat a woman on a date. Look for something called “class,” which has been almost extinct in recent years but *does* still exist.

Related Link: [Sofia Vergara and Joe Manganiello Are Like High School Kids In Love](#)

Let’s play a game; we’ll call it “Class or Classless.” Opening the door for you? Class. Calling you beautiful when you first meet? Class. Asking you back to his place on a first date? Classless. Being too touchy-feely and invading your personal space too quickly? Classless. Looking into your eyes as you speak? Class. Looking at other woman or at your assets

rather than into your eyes? Classless. Paying on a first date? Class. Giving you a good night kiss? Class.

If a man is trying too hard to sell himself to you, it's a definite red flag. It's important to note that that some men are charming and genuine, but they are easy to spot, as they are not always "on guard." They are open and will answer any questions. They will share the good, the bad, and the challenging times in their lives. They listen and care about what you have to say.

The salesmen will be focused on themselves and try to show-off, either with what they do or what they have. It's a thin line between confidence and cocky. Confident men don't need to talk about themselves all the time, while cocky men do. Confident men put the emphasis on the company that made the night and the building of the relationship and love; cocky men put emphasis on what *things* made the night, such as the location or the bottle of wine.

A guy who is only interested in sleeping with you will try to make you feel comfortable and make you trust him quickly. He is doing so because he knows that, once you feel comfortable with him, you are more likely to sleep with him. A man who truly likes you won't rush these emotions from you, but a man looking to only sleep with you will. You want a man who looks at you with caring eyes and leans in and who is engaged with what you are saying instead of someone who comes up with lines to make you feel comfortable and in turn trust him.

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

Remember that a salesman has a designated time frame to "sell you." It can be a few hours or into the second or third date. The best defense is not sleeping with them right away. Wait it out at least four or five dates. This behavior will do three big things. First, if the man is truly into you, waiting for

sex won't be that hard for him. He will just be happy you're still going out with him. Next, if the guy is looking for sex and sees that you are a "hard sell," he will go for an easier target. And third, it gives you all the power and saves you from having to deal with a creep.

Once you've considered these three non-verbal cues, be aware of the gentlemen disappearing act. Think of it like *Cinderella*: Once the clock strikes midnight, the charade is over. He might become increasingly aggressive or repeat how beautiful you are as if that's the only English he knows. Look for slip-ups or hints of his true goal. I bet either "I had a wonderful time and would love to see you again" or "Do you want to get out of here and go to my place?" will come out of his mouth.

[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.

Relationship Advice Video: Why You're to Blame for Dating Losers and Jerks



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](#) explains why

you might be to blame for dating losers and jerks.

Expert Love Advice from E!'s *Famously Single* Dating Coach Laurel House: You Get What You Give

According to House, if you're not in a "healthy headspace and living the life you want to live," you may be unknowingly attracting the wrong type of partner. "You need to look inside yourself and think about who you are," she explains. "You attract how you act and get what you give."

Related Link: [Screwing the Rules Video Dating Tips: Busting the Soul Mate Myth](#)

After all, you are the one consistent thing in all of these relationships and love. "Take a beat. Inhale into your belly. Fully exhale out the stress and the fears and the emptiness," House advises. "Now, think about it: How have you been acting? What patterns have you been experiencing?" If you follow this expert love advice and figure out *you* first, you'll find a good guy before you know it!

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

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

What's the best way to understand your own needs and desires when it comes to relationships and love? Share with us in the comments below!

Single in Stilettos Show: Love Advice About What You Need and Don't Need in a Man



On this week's [Single in Stilettos](#) show, founder and dating expert Suzanne Oshima talks to [relationship author](#) Duana Welch about what you *think* you need in a man but don't.

Related Link: [Duana Welch on Finding Love By Not Looking for Love: Is It Fact or Fiction?](#)

Relationship Author Shares Love Advice

According to the writer of *Love Actually*, many women focus on the wrong must-haves when they're looking for The One. Doing so may be keeping you single! Here are a few qualities that you think you need in a partner but actually don't: every shared interest, a "cool" guy, someone who respects your independence, love and sexual attraction *only*, and someone who is wealthy. To follow this love advice, reevaluate your checklist and remove those things that you don't really need in a man.

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

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

What is a quality that you thought you needed in a significant other but actually don't? Share your love advice in the

comments below!

Celebrity Couple Predictions: Gabrielle Union, Kourtney Kardashian and Lady Gaga



By [Shoshi](#)

The latest celebrity news has been filled with hot relationship gossip, including newlyweds dealing with marriage drama, reality TV stars facing cheating rumors (again), and a private pair celebrating their celebrity engagement. Check out my predictions for the three [celebrity couples](#) below and find out what's next in their relationships and love!

Latest Celebrity News About Three Popular Celebrity Couples

Gabrielle Union and Dwayne Wade: The word on the street is that the actress and Miami Heat star may not be legally married. Somehow, their marriage license was never filed with the state court. The lovebirds did obtain a license, so it's a mystery why it wasn't signed and sent back to the county within the 10 day period. Technically, the celebrity couple is married, but if there are any legal issues, the lack of a marriage license could cause trouble in the long run.

I agree with the theory that they didn't file the license so that, if things in their celebrity relationship take a bad

turn, neither one of them can go after each's other bank account. Unfortunately, I don't see this marriage lasting. Right now, they're in the honeymoon stage. Union appears to be way more into their relationship and love than Wade. Sure, he's enjoying it right now, but when the pixie dust wears off, pay attention to the press. He'll be accused of having a side chick. After all, he's consistently gotten away with being a cheater – why stop now?

Related Link: [Celebrity Couple Gabrielle Union and Dwayne Wade Signed Prenup](#)

Kourtney Kardashian and Scott Disick: Every day, new celebrity gossip circles around the Kardashians. The most recent celebrity cheating rumor is that Disick is hooking up with younger sister Kylie Jenner. This isn't true, as the father of three isn't looking at Jenner in a romantic way. However, he is close to her because he feels like he can talk to her. This could be trouble in the long run if he and Kardashian continue to have communication problems. It's true that Disick can be a bit of a bad boy with his drinking and partying, but that doesn't make him a cheater.

People keep wondering when this celebrity couple will get married. Up until now, a celebrity marriage hasn't mattered to the oldest Kardashian sister. I do see a shift in what she wants though. The pair has been together since 2006, and three kids later, she is reconsidering getting hitched (as you may recall, she previously said no to Disick's proposals *twice*).

Out of all of the Kardashian sisters, she has the best relationship and love. Yes, even better than Kim Kardashian and Kanye West! It's true that Disick could turn his partying down a bit, but he does support her and help with the kids. At one point, he wanted them to move to New York City. That would be the best thing for their relationship. They need to get out of that crazy Kardashian compound, or it could tear them

apart.

Related Link: [Kourtney Kardashian Feels “Blessed” After Birth of Third Child](#)

Lady Gaga Celebrates Celebrity Engagement

Lady Gaga and Taylor Kinney: On Valentine’s Day, the *Chicago Fire* actor put a ring on it! It’s no surprise that the pop star said yes to her longtime love’s proposal and shared the good news with her Little Monsters on social media. The pair has been dating since 2011 after Kinney appeared in Gaga’s video “You and I.” This famous couple has a wonderful energy around them, and they are a very good match. . Kinney helps to keep her grounded, while Gaga adds spice to his life. While they are both in the entertainment business, family comes first.

It will be interesting to see how Lady Gaga reinvents herself after she gets married. We will definitely see a different version of the songstress! I also see baby energy circling around them. Having kids is a priority, though they may wait until they are married for a year to start trying for a bundle of joy. I see their firstborn being a little girl and baby number two being a boy.

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

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

Expert Relationship Advice: What's In a Name?



By Toni Coleman, LCSW, CMC for [Hope After Divorce](#)

I recently received the letter below and offered my expert relationship advice in my response.

Expert Relationship Advice from Hope After Divorce

Dear Toni,

I have a problem that many people might feel is one of my own making and something I should be able to deal with myself. However, I haven't been successful so far, and it's causing a real disconnect between me and my fiancé.

This will be my second marriage; I was married many years ago for about twelve years and have been divorced for over five. When I married the first time, I took my husband's name. Many women did that back then, and since it was important to my ex, it was an easy decision for me to make. Following our divorce, I kept the name because it had become my identity; it was my children's last name; and more importantly, it was how I was known professionally.

Related Link: [Can Love Be Better the Second Time Around?](#)

Now, my fiancé wants me to drop my last name and take his. He has said that my reluctance to do so points to my lack of commitment and to our future relationship and love together. I have explained my reasons for wanting to keep it, primarily my professional identity and recognition, which is very important, especially in the virtual world where I have a

strong presence. My identity is also wrapped up in my name, as I have been this person for 17 years. Not changing it would change nothing else about who I am, who we are together, and how strong my commitment to him is.

I have presented my case in detail and, at times, have grown so weary of the resulting power struggle that I have thought about just giving in or calling off the engagement to see if he will relent. Our relationship is truly good on so many levels, and I don't want to lose him over this issue. We are at a dead end here. I would love your thoughts and any expert relationship advice you might have on how to go about resolving this stalemate.

– Identity Challenged

How To Compromise In Your Relationship And Love Life

Dear Identity Challenged,

What's in a name? Apparently, much more than many of us give any real thought to until we are put in a position like the one you now find yourself in. Our names contribute to our identity: where we come from, our history and experiences, who we are connected to by blood or choice, and how others get to know and define us. In other words, our name is significant to our sense of self and is therefore something we don't easily relinquish. This is why you are not able to easily "deal with this" yourself.

Ironically, your fiancé appears to share your strong name attachment, so much so that he is willing to risk your relationship and love rather than have you be called by another man's name. Yet while you have "presented your case in detail," he hasn't been able to acknowledge your feelings, even though he clearly hears and understands them. Therefore,

I have to wonder what else might be going on here.

Related Link: [Learning to Compromise: My Way or the Highway!](#)

You have shared that the relationship is good on many levels, but I feel I must play the Devil's Advocate here. What makes it so good? How well do you discuss and come to compromises on other issues? Do you find that you often give in because a problem just doesn't feel important enough to get into conflict over? Are you generally a "pick your battles" kind of person who can let things go and let the other person win more often than not?

The reason I ask these questions is because I have to wonder if the relationship works because he is dominant and you are submissive, because your yin works well with his yang. If so, this dynamic could work very well until you encounter an issue that is a potential deal breaker, as this one may be. You shared that you have considered calling it quits even though you don't want to lose him, and he has expressed concerns that you are not really into him and the relationship. This definitely brings you at least close to deal breaker territory!

If I am even slightly warm, challenging your status quo could help you move towards an answer. Sit down again for another talk, but this time, talk about your relationship and love in general, how you often discuss and resolve issues together, and how it feels for him when he is asked to compromise on something that's important. If he gets defensive, gently point this out and remind him that you are on the same side and really want to understand how he feels and what he needs from you.

That brings me to a key issue here: what he is looking for in a partnership. Have you been the easy and compliant woman he prefers until recently? It's also possible that the whole name issue is a loaded one for him and that he isn't even

completely tuned in to why. So exploring what his name means to him and what the significance of a woman taking her spouse's name is for him should yield some useful information.

Related Link: [Hang Tough – You'll Get Through It](#)

It might be hard to have this discussion without an objective third party. Premarital counseling is widely accepted and often recommended to couples of all ages and marital histories. Finding an experienced therapist to help you work through this issue is certainly a middle-step to consider before walking away. In addressing it together, you will inevitably wander into discussions about your different personality styles and how you generally discuss and negotiate issues together. The answer you're looking for will be found in the overall way you communicate your wants and needs to one another and whether or not you both have a willingness to be there and compromise for one another.

For more information about and additional expert dating advice from Hope After Divorce, click [here](#).

Single in Stiletto Show: Relationship Experts Discuss Why He Didn't Call



On this week's [Single in Stiletto](#) show, founder Suzanne Oshima talks to relationship expert David Crowther about why your date didn't call when he said he would.

Relationship Experts Share Dating Advice

The dating consultant for SurviveWomen.com explains that the only person who truly knows the answer to this question is the man himself. However, the [relationship experts](#) offer a few potential reasons for you to consider: Something may have come up in his personal or professional life; he didn't find you attractive or may have been bothered by something you said; or he may be taken already. Of course, he may just be someone who lacks integrity. If that's the case, he's not someone you want as your partner in a long-term relationship and love.

Related Link: [When One Partner's Needs Are More Important](#)

There's one other question that women often ask themselves: If he doesn't call, should I reach out? Feel free to contact him, but remember that you shouldn't be doing all of the pursuing. It's a two-way street, and you deserve someone who's willing to go the extra mile for you!

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

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

Expert Dating Advice: 5 Signs He's Mr. Now and Not Mr.

Right



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

Everyone dreams of the fairytale ending, but nobody said that finding Prince Charming would be easy. Even when we fall in – what *feels* like – love, we’re still not always sure that he’s The One. After all, relationships and love are supposed to be work, right? While this may be true to an extent, a romance should not be more work than it’s worth. One of the hardest decisions to make in a partnership is realizing when it’s time to walk away.

Founders of Project Soulmate Share Expert Dating Advice

While love may be enough to withstand the test of time in stories, reality is much more complicated than that. Two people could be in love and still not be right for each other. Knowing when you are a good fit for each other can be hard. With that thought in mind, here are five red flags that mean you aren’t dating Mr. Right:

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

1. You don’t trust him: If there is no trust, there is no relationship. A relationship is primarily built off trust, so one *without* trust is like having a phone without service: It’s frustrating, and no matter how hard you try, it will never work. Let’s not beat around the bush: If you don’t trust your guy, there is a reason. Whether you saw a text from another girl pop up on his phone, found out he was cheating, or even just caught him in one too many lies, if you don’t trust your man, it’s over.

You cannot spend all of your time and energy stalking his whereabouts because, let's face it, it's exhausting. Instead of spending your time worrying about your guy's every move, you should be enjoying your life and the people you love!

2. There's no passion: Love and passion seem to go hand-in-hand. But the truth is that you can love someone without feeling any passion for them. If your relationship is lacking that burning passion that you've dreamed about, then you're probably better off as friends. Passion is the longing for someone that makes you feel complete when you are together. And while the sexual passion is said to fade, the romantic passion should last forever. You should always feel like your partner is your other half and that you complete one another. While it's true that passion isn't everything, it is a necessary component to any successful relationship and love.

Related Link: [Balance Work and Love Like a Celebrity](#)

3. You don't feel accepted: Being in love means that you can completely be yourself around the other person. If you feel like you're constantly walking on egg shells in your relationship or like you're being judged by your man, then he isn't right for you. A person that you love should accept you for exactly who you are and whatever baggage you carry. And while relationships require minor sacrifices, they should be mutual and not one-sided.

As relationship experts, we believe that you shouldn't have to completely change yourself or give up the things that you love for another person. Your partner should accept you for who you are and embrace you with open arms. The truth is, if he really loves you, he should make the effort to learn about your hobbies, your work, and your loved ones. You should never have to give up your life to satisfy your man.

How to Know If You've Found a Relationship and Love with Mr. Right

4. He won't talk about the future: Every couple has to eventually have "the talk" about the future. And while they may dread the moment that they have to face reality and realize they want different things, it's a conversation that has to happen in order to move to the next phase in any partnership. It is true that every person has their own unique set of beliefs, but your partner's goals have to jive with yours in order for a relationship to work. In the beginning stages, many couples don't feel the need to talk about their these things, but as your relationship progresses, this discussion will become unavoidable. If you're considering spending the rest of your life with someone, having a conversation about religion, children, and your future in general is crucial.

The sooner you have the conversation, the better. You definitely don't want to marry someone, only to find out later that you both want different things in life. Even if you're in love, having different values and wanting different things means that you aren't right for each other. At the end of the day, you need to face the music and realize that it's time to move on.

Related Link: [Dealing With a Valentine's Day Break-Up](#)

5. He doesn't respect you: A relationship and love is all about balance. Your partner should bring out the best in you, and you should bring out the best in him. But the truth is that many times people stay in romances that bring out the worst in them. While arguing is normal in any relationship, there needs to be a healthy line of communication where you can discuss your feelings openly before a full-fledged fight

erupts. If your partner doesn't have enough respect for you to sit down and tell you how they are feeling through a mature discussion, then your relationship will quickly spiral out of control.

Let's face it: Nobody likes to fight. If you and your partner don't have open conversations and have a lack communication, then your relationship will quickly take a turn for the worse and you will see each other's ugliest side.

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. For more information about Project Soulmate, click [here](#).

Dating Expert Laurel House on How to Break Up Via Text Message



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](#) is here to tell ladies how to break up with a guy over text.

Dating Advice from E!'s *Famously*

Single Dating Coach

No, it's not cold, she reassures us. House says that if you're an active dater, there is no need for a dramatic conclusion every time you don't think a guy is a good fit. And it's totally okay to politely let him know that you don't think you two are romantically right for each other. House's expert love advice is always getting you out of sticky situations!

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

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

What did you say to a guy when ending your relationship and love via text message? Tell us in the comments below!

Single in Stiletto Show: Love Advice to Go From Dating to a Committed Relationship



On this week's [Single in Stiletto](#) show, founder and dating expert Suzanne Oshima talks to relationship author Dr. Diana Kirschner about how to go from casually dating to a committed relationship and love.

Relationship Author Reveals Love Advice for a Committed Partnership

Dr. Kirschner shares the following [love advice](#): Have fun in and out of the bedroom; be radiantly happy; don't be a drama queen; make him feel good about you; and be patient with where you're at in the relationship process. While there's no set timeline, your partnership should always be moving forward. No matter what, though, never give a man an ultimatum; you don't want to force him to be with you exclusively before he's ready.

Related Link: [Dr. Diana Kirschner Talks 'Love in 90 Days'](#)

If you follow this love advice from Dr. Kirschner, which is based on the simple laws of attraction, you'll be one step closer to finding the relationship and love you want.

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

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

Expert Love Advice: The Perfect Excuse for a Valentine's Day Getaway



 By [David Wygant](#)

If you're thinking of traveling with your new woman, why not plan a weekend trip for Valentine's Day? There are so many great deals during this special holiday. Don't make the classic mistake of looking to the countryside. Everyone thinks that's the most romantic place to go, but on Valentine's Day, those bed and breakfasts are swarming with couples.

Expert Love Advice for a Valentine's Day Vacation

Instead, to follow my [expert love advice](#), consider the business districts in your local city. Some of the nicest hotels are situated in the business districts, and on Valentine's Day, those hotels are often empty. There will be a ton of weekend specials you won't be able to resist – I'm talking four or five star hotels for half the price! Yes, it might be a little quiet down there, but isn't that exactly what you're craving for you and your significant other?

Related Link: [How to Plan a Guy Friendly Valentine's Day](#)

For your romantic weekend, you'll have a big bed, room service, and easy access to recent movies. Usually, there is a great spa, a huge gym, and a top-notch restaurant in the hotel too. After all, they're geared towards the business traveler who wants to feel absolutely spoiled when they are away.

How to Use a Special Getaway to Learn About Your Relationship and Love

After you book your room, what do you plan for Valentine's Day weekend? Well, that depends on what you want. When I travel with somebody for the first time, I'm taking a look at how spontaneous they are. How do we relate to each other in closed

quarters? It's important to ask these questions because, up until this point in your relationship and love, you've probably spent all of your time in a comfort zone.

Maybe she spent the night at your place, or you spent the night at her house, but either way, you've been in familiar territory. When you take somebody out of the familiar, you get an idea of how they are when their things aren't around. How much time does she spend with you? How much time is spent staring at her phone? Is she talking to or texting with her friends over the course of the weekend? These are things you don't really think about, but a lot of women are social media junkies – they're on it 24/7. I remember when I went away with this woman for the very first time years ago. We had sex, and it was great. I went to the bathroom. I came back literally 35 seconds later, and she was on Twitter.

Related Link: [Dating Advice: How Do You Make a Woman Feel Most Beautiful?](#)

The first time you “live” with a person – even just for a weekend – they reveal their true nature. Up until this trip, they've been on their best behavior, but they're about to expose themselves. Are they high maintenance? Are they low maintenance? Do they travel with a lot of things? Do they have trouble leaving their routine? You won't know these intimate details until you take them away.

I believe that, in order to have a strong relationship and love, you need to take somebody on a getaway as quickly as possible. So this Valentine's Day, invest in a weekend trip! Check out who she is and what she's all about. Get an idea of what your future's going to look like if you stay together.

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

Expert Relationship Advice: I'm Divorced, But He's Married



By Toni Coleman, LCSW, CMC for [Hope After Divorce](#)

I recently received the letter below and offered my expert relationship advice in my response.

Expert Relationship Advice from Hope After Divorce

Dear Toni,

Somehow, I have fallen in love with a married man. I know what you must be thinking: that if I knew he was married, and I walked into it anyway, I did this to myself and need to just accept the consequences. If so, you would be right, but I honestly didn't have the intent to go down this path. It more or less evolved from us being co-workers and friends. Ironically, he was the one who I leaned on a lot through my ex's infidelity and subsequent divorce. It was a time of great vulnerability for me, and he was just so great; in fact, he was everything my ex had never been. After hours of talking, long lunches, drinks after work and an increased frequency in texting, we shared a kiss. From there, it was too easy.

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

He is a good man, the father of three children and spouse to a

nice woman. I know they have had their issues and problems, but he has never been unfaithful to her in the past because he is not that kind of guy. He has told me that he did not intend this either and feels guilty and torn about continuing, even though I know he values our relationship and love. He loves his family, is concerned about his children, and knows he would take a terrible financial hit if he were to divorce.

I'm hoping you can help us figure out what we should do next. Speaking for myself, I would love it if he could be free and we could have a life together. I know this is very selfish, but it's the truth. However, I am not exactly sure how he feels. He has told me he cares about me and has demonstrated this in many ways, but I know he is devoted to his family. I have considered just breaking it off, asking him to go to counseling with me, and telling him I can't remain in limbo while giving him a period of time to tell his wife and begin a separation or else. The last one is a bit of an ultimatum, but at least I could be sure of where he really stands. Any insights, suggestions or wisdom gained from your experience working with situations like this would be greatly appreciated.

– In Love's Limbo

Related Link: [Your Soul Needs Nourishment](#)

What's Next For This Relationship and Love

Dear In Love's Limbo,

Wow, your ex did this to you, yet you have let yourself be a part of doing this to another wife. You mention the irony, but I don't sense much remorse on your part, and that is a bit troubling. You also say "he" is married to a nice woman and that he has never done this before because he is a nice guy.

What does that make you?

My intent is not to dump a lot of guilt or criticism on you; I am instead asking hard questions in order to get you to step beyond your present perspective and take a larger and more brutally honest view of the situation in which you now find yourself. This did not just happen – it is the result of a series of steps taken over time, each of which could have been different if either of you had made a different choice. Seeing this as a choice is very important, as you are not a helpless victim here, and that means you can make choices that will help you to work towards what is best for all involved.

I get the sense from several things you have written that your lover has been expressing ambivalence and has suggested that he does not want to continue. It also seems apparent that you do not share these feelings and would have no hesitation to move this relationship and love forward once his marriage is out of the way. The reason these impressions are important is that, if I am correct, your letter might be motivated by a desire to find a way to convince him to remain involved with you and end his marriage because his reluctance to do so is becoming very apparent to you. If this is the case, any suggestions I might offer would not be addressing the real issues and dynamics and would not help either of you in the long run.

Related Link: [Love Advice: Is Your Life Working?](#)

Therefore, I recommend that you begin with an honest discussion about what both of you want. This will require that you create the right environment and give him the space to share his feelings honestly and without fear of backlash. After all, would you want to be with a man who feels ambivalent or pressured to be with you? If his heart is with his family, what of any real value would be left for you? There is also all the collateral damage that would result if he were to break up his marriage and family life. Would it be

worth it to him if he only has a half-hearted desire to be with you? Do you really want a future with someone who isn't fully committed to you and the relationship?

The truth may be very painful to accept, and you would be left to grieve if a decision is made to end your affair. I suspect you are feeling a bit desperate to avoid this pain, and that is understandable. But weigh that against a possible lifetime of resentment on the part of your partner and continued grief over never having the relationship and love you had hoped for. Somehow, a quick and clean cut seems like the better option. However, you will need to really listen to what he has to say before you will know what you need to do.

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

Single in Stiletto Show: Love Advice for Winning Him Over



On this week's [Single in Stiletto](#) show, founder Suzanne Oshima and dating expert Des O'Connor share their best love advice for how to win him over.

Related Link: [Des O'Connor on Why You Keep Attracting the Wrong Men](#)

Relationship Advice Video: How to Win Him Over

According to O'Connor, finding a relationship and love shouldn't be hard for women. If you understand how men think and what they want, you can capture his attention. Consider this love advice from the dating expert and make yourself aware of these three things: Know what makes him tick; understand his relationship with his mother; and remember that food is really important to a man. Other than that, just show him that you're thinking of him. It really is *that* easy!


Watch the [relationship advice video](#) above for the rest of O'Connor's great dating tips!

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

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

Expert Dating Advice: How to Straddle the Line Between Proactive and Pushy



 By [Marni Battista](#)

In this day and age, females aren't expected (nor do they want) to be that delicate flower patiently waiting for the

object of their affection to ring them up and ask them to the drive-in. We're making more money and finding fulfillment in ourselves, so by golly, we should be able to make the first move with confidence every once in a while!

Expert Dating Advice: How to Be Proactive

In the interest of maintaining that magical feminine mystique that makes us such a desirable gender, it's important to determine where being proactive crosses into pushy territory. And since navigating that line can be a subjective and nearly impossible exercise on your own, here's a Dating With Dignity list from our relationship experts to help you keep your sexy confidence from turning scary:

Related Link: [How to Know When to Make a Move for Him](#)

1. Introducing yourself: There is absolutely nothing wrong with walking up and saying hi to that cute guy you spot across a room. In fact, many fellas will say they find it attractive when a girl goes after what she wants. If you're a little unsure, follow this expert dating advice when looking for a relationship and love: Shoot him a smile first and see how he responds; then, read the signs from there. As long as you keep it casual, light, and flirtatious, any red-blooded, American man will welcome an attractive lady doing the hard part for him.

Signs that you're being pushy: He's clearly trying to end the conversation; you catch him making subtle SOS signs to a friend; and/or he's wearing a wedding ring.

2. Initiating follow up: Many guys will be the first to admit they're clueless about when to pull the trigger, whether it's asking for a number, sending the first text, or suggesting a date idea. And much like being the first to say hello, it

takes a heightened sense of social graces to determine when your go-getter attitude is a welcome one. If he's expressing interest during your initial conversation – actively engaging, making physical contact, listening attentively, and smiling plenty – you have your go-ahead to grab some digits or broach the subject of hanging out.

Signs that you're being pushy: He's trigger shy at every turn; his responses to your contact are short and infrequent; and/or he doesn't seem to open up as contact continues.

Related Link: [Top 3 Mistakes Women Make in Relationships](#)

3. Making the first move: This is a tricky one. We assume that men, being the supposedly simple creatures they are, will make a move if they're even remotely attracted to you. But believe it or not, that's not always the case. For every man who leaves a date wishing he had swooped in for the kiss, there is a lady who won't let that happen. When and where you decide to do it is completely dependent on your comfort level, but deciding to do it in the first place requires a key focus on body language. Here's some expert dating advice to consider: If you can sense the attraction is there but nerves are standing in its way, it may just be you who needs to break that physical barrier.

Signs that you're being pushy: He maintains a healthy distance when the two of you are together; he doesn't initiate any physical contact; and/or he appears disinterested in conversation.

[Marni Battista](#), founder of *Dating with Dignity*, is a relationship expert and life coach with a 10-step system to manifesting love for yourself and others. You can contact Marni at marni@datingwithdignity.com.