

# Single in Stilettos Show: He's Great, But...



**Suzanne Oshima**

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



**Sandra Fidelis**

Dating Coach  
SandraFidelis.com

On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to dating coach Sandra Fidelis about common first date mistakes that women make. So often, we immediately dismiss a guy if we don't feel an instant attraction to him...but doesn't he deserve another chance? Here are four things women often think after a date that hold them back from finding love: I want amazing chemistry from the start; I just wasn't attracted to him; he's great, but I don't want to go on a second date; and if I'm not going to date him, I don't need to be his friend.

**Related Link:** [Do You Push for Commitment Too Soon?](#)

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Cupid wants to know: How do you keep an open mind after a not-so-great first date?

## Q&A: Should I Tell My Friend Her Crush Has Been Facebook Messaging Me?



**Suzanne Oshima**  
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*Question from Amelia S.: This guy who my friend has been hanging out with a lot will randomly message me on Facebook whenever I'm online. It's always harmless stuff like, "What are you up to?" but it still catches me off guard. Should I tell her, and if so, what's the best way to bring up the subject?*

**Suzanne K. Oshima, Matchmaker**: You know that saying "you're stuck between a rock and a hard place?" Well, guess what? You're in a no-win situation! From what you said, it sounds like your friend just likes him and isn't dating him yet, so "technically," she can't get upset that he's contacting you. Now, I say "technically" because we both know that, if you tell her, she will be upset and hurt.

Now, while you may think that his messages to you are completely harmless, men don't do things without some sort of intention. Without knowing the entire situation, I'm going to guess that he's not just looking for a friend and that those harmless messages are going to lead to something more.

So here's my advice to you: If you truly value your friendship with your friend and have no interest whatsoever in this guy, then I suggest you ignore his "harmless messages"...because it's just going to lead to a no-win situation for everyone involved.

**Related Link:** [Should I Delete or Unfriend My Exes on Social Networks?](#)

Paige Wyatt, Reality Star: Absolutely tell your friend that this guy has been messaging you. If it truly is harmless, he won't be embarrassed or upset if she brings it up. If he does have an ulterior motive, then you warned your friend, and it's now her move. It's much better to be honest with your friends about situations like this one. If you didn't tell her and she found out, she may get upset with you. If it really is nothing, then what's the harm in letting her know?

**Related Link:** [Can You Tell By Someone's Social Network If They're The Relationship Type?](#)

**Robert Manni, Guy's Guy:** Some say where there's smoke, there's fire. In this case, it's hard not to miss the smoke – but let's not rush to judgement. When a guy is really interested in a woman, his focus is on her, and he curtails his flirting. Maybe this guy just wants to establish good relationships with his leading lady's BFFs. Still, I'm not sure if this is the best way to do it. He must know that girlfriends talk. And when friends talk about the curious actions of a guy, his behavior and character go under the microscope. At this point, I'm not sure that's in his best interests.

As for you, for now, I suggest you either ignore his Facebook messages or keep the exchanges polite. Over time, his true intentions will surface. When they do, you can determine if it's necessary to let your friend know about his correspondence.

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

*If you have any questions you would like answered by our experts, please submit them on our [Contact Page](#).*

How would you handle the situation described above? Tell us in the comments below!

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## Child Expenses After Divorce





By Michele Sfakianos, RN, BSN for [Hope After Divorce](#)

The expenses for caring for children continue to rise, and that doesn't make it any easier for divorced parents. Each parent attempts to keep their own household going, and at the same time, they often try to share expenses for their children. This may be court ordered or due to a mutual agreement between the parents.

Whether the divorcing couple is a celebrity couple in the public eye or a private couple, the children's needs and welfare should be the number one priority. You must accept and embrace the reality that your children's expenses to live will not change. They are our greatest responsibility and deserve the best care and protection we can give them, whether married or divorced. Some divorced celebrity couples, like Demi Moore and Bruce Willis and Reese Witherspoon and Ryan Phillippe, seem to put their children's best interest ahead of their own as they co-parent together.

**Related Link:** [Ryan Phillippe Says He's 'Proud' of How He and Reese Co-Parent](#)

Routine check-ups at both the doctor's office and the dentist are essential for your children. One of the parents should have both medical and dental coverage on the children, as the cost of this type of preventative care out of pocket is very high. If one of your children have an emergency for either place, it can be a bill you have to pay for a very long time.

Childcare is another expense that can add up when a divorce takes place. Perhaps one of the parents was the caregiver, and now both are in the workforce. The parents should decide on a childcare provider together. It may be a licensed facility, a nanny, or even a family member. The cost of childcare should be second to the quality of care that your children are receiving.

Inevitably, there will be additional expenses for your children. Who is going to pay for school clothing and supplies? Many parents who pay child support assume that they pay enough for such items with that monthly check. Yet it may be just enough to help the family with food and shelter. You don't want your children to go without due to lack of money.

Many children love to be involved in extracurricular activities as well. It can be sports, dance, or clubs. There will be expenses involved, including special clothing and shoes needed and even enrollment fees. Parents need to be willing to share these expenses so that their children can take part in such events.

**Related Link:** [Helping Your Child Through Divorce](#)

Summer is also a time when there are more expenses for children. They may want to go to swimming lessons, camping, or even to a summer camp. All of these things cost money, and someone has to pay it! Some feel the parent who makes more money should cover the cost. This is up to the parents though, as many want to do everything 50/50. Problems could arise when one parent can't afford their share.

As you can see, there are plenty of additional expenses to consider for your children when you are divorced. Make sure you are willing to discuss these expenses with the other parent. You always want to do what's in the best interest of your children. Bottom line: Get as much in writing as you can when it comes to who will cover expenses. This way, everyone involved knows what to plan for.

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

*Michele Sfakianos, RN, BSN, is a Registered Nurse, Life Skills Expert, Speaker and Award Winning Author. She is the owner of Open Pages Publishing, which includes her series of "The 4-1-1" books on Life Skills, Step Parenting, and Surviving Teenhood. Michele is a contributing expert for HopeAfterDivorce.org, DivorceSupportCenter.com, FamilyShare.com, and CupidsPulse.com.*

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## **Single in Stilettos Show: 5 Signs He's Interested in You**





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to dating coach Mr. Locario about how to know if a guy is interested in you. Here are the top five signs to look out for: He can't stop staring at you; he calls or contacts you in some way; he wants to show you off to his family and friends; he tries to make you laugh; and he acts nervous around you. Don't miss the rest of Mr. Locario's advice in the video above!

**Related Link:** [Mr. Locario on Why He Didn't Call You Back](#)

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How do you know if a guy is interested in you? Share with us in the comments below!



# Screwing the Rules Video Dating Tips: Decide to Fall in Love



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

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

Related Link: [Your Must-Have Relationship Mantra](#)

In this week's [dating advice](#) video, relationship expert and

E!'s *Famously Single* dating coach, [Laurel House](#) talks about what it means to decide to fall in love. If you keep going out with great people but you're just not feeling it, it might be because you're *choosing* not to be open and available. "You have to decide to open your heart. You have to decide to be vulnerable. You have to have conversations that express vulnerability," she explains. Otherwise, your relationships will continue to be one-sided. Listen up for more great dating advice!

For more information about our dating mentor, click [here](#).

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

What's your best tip for opening yourself up to love? Tell us in the comments below!

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## Single in Stilettos Show: How to Communicate with a Man





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to dating coach Tripp about how to communicate effectively with a man. As every woman knows (and has been told time and time again), communication is key in any relationship. Here are Tripp's best three tips for talking to your guy: be direct; be clear and don't beat around the bush; and never assume. Watch the video above for more great advice!

**Related Link:** [Top 5 Dating Mistakes Woman Make](#)

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

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What's your best advice for communicating with your partner? Tell us in the comments below.

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# Celebrity Couple Predictions: Ashlee Simpson, Khloe Kardashian and Mama June



By [Shoshi](#)

For today's celebrity couple predictions, we're looking at three pairs who are in various stages of a relationship: one set of newlyweds, one rebound relationship, and one surprise split.

**Ashlee Simpson and Evan Ross:** When it was first announced that the former pop princess was engaged to the son of songstress Diana Ross, nobody thought the marriage would actually happen. Some wondered why the 26-year-old Ross was hitching himself to

a single mother instead of going out and sowing his wild oats. Despite the naysayers, the wedding took place earlier this summer in Connecticut.

What I think some people forget is Ross has probably seen and done a lot in his two and a half decades, far more than any of us may do in our lifetime. For Simpson, this is her second go at walking down the aisle; be sure that she learned a thing or two on how to make a marriage work.

The newlyweds will give this marriage a good run. They have great chemistry and look very happy together. Around the beginning of the year, expect a baby announcement from them; I see a beautiful daughter in their future. Family is very important to the both of them and will always be their priority.

**Related Link:** [Ashlee Simpson Ties the Knot with Evan Ross at Diana Ross' Estate](#)

**Khloe Kardashian and The Game:** If I had to be stuck in an elevator with a Kardashian sister, it would be Khloe. She has always been the one Kardashian who speaks in complete sentences and makes pretty good decisions – that is, until she started dating rapper French Montana. Finally, her relationship with him is over, a rebound love that lasted far too long. Now, the reality star is back to spending some quality time with rapper The Game. He seems to be her go-to guy after every break-up.

These two look like way more than just friends sitting around having tea. They are a good example of friends with a *lot* of benefits. It's kind of a shame that they're in such different places when it comes to what they want in a relationship. They would be good for each other, and they understand each other on many different levels.

It would suit Kardashian to take time away from dating to be able to truly heal from her divorce from Lamar Odom. It would

be the best way for her to get grounded and figure out what she really wants in a relationship. Hopefully, she gets it together soon and can have the marriage and baby that she desires.

**Related Link:** [Khloe Kardashian Says French Montana is Too Needy](#)

**Mama June and Sugar Bear:** The separation of reality TV stars Mama June and Sugar Bear came as quite a shock. Honey Boo Boo's mom thinks that her husband has been cheating on her, so she kicked him out of the house. Turns out, he *has* been creating profiles on dating sites such as PlentyOfFish.com. Who knew that he was such a stud?

Mama June has taken off her wedding ring and let it be known that the two of them are taking some time apart to figure things out. I predict that she'll get a little makeover and spruce herself up a bit – nothing too glamorous but something new for her. She will even test the dating scene to see what comes her way.

At this time, it's unclear if their relationship will work out. The time away from each other will do them good. Mama June will actually enjoy being single, while Sugar Bear will miss having his family around. After all, sometimes, you don't know what you have until it's gone.

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

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## Is Your Life Working?



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

*...it's impossible to have genuine, solid, meaningful relationships with other people if we don't think much of ourselves.*

During an interview this week, I found myself talking about how important the relationships we have in our lives are. And as we talked, we brought up the fact that the relationship we have with ourselves is, by far, one of the most important ones we can have. Why? Because it's impossible to have genuine, solid, meaningful relationships with other people if we don't think much of ourselves.

Sisters Jessica and Ashlee Simpson are two good examples of celebrities who have both experienced divorce. What is inspiring about these two well-known siblings is that they each took time out for themselves afterwards. They took time

for self-care to heal from the inside out, becoming the best they could be. Jessica and AshLee offer us hope that we can love ourselves even after a great loss. Then, we can find true love all over again.



Jessica Simpson and daughter Maxwell at sister Ashlee's wedding. Photo courtesy of Ashlee Simpson's Instagram.

If we can't trust ourselves, how are others going to trust us? If we don't like who we are, how are other people going to care for us? If we don't enjoy being alone with ourselves, how will others find it enjoyable to spend time with us? If we feel we have nothing to offer, why would we think anyone else believes we have value?

**Related Link:** [Don't Let the Good Guys Finish Last](#)



Consider the life you lead right now. Is it what you want? Are you doing the things that fulfill you and bring you joy? Do you wake up in the morning and look forward to the work you have to do? Do you plan to talk with friends today? Do you have something fun planned for yourself? Will you offer service to someone today?

There are a lot of things we have control over in our lives. If something isn't working or if there are ways you could improve, decide right now to make a change and begin working toward it. I always like to start with small goals. Perhaps you want to feel more energetic and you just don't know what you're doing wrong, or maybe you have a habit of watching too much television and you want to start reading more.

So decide on one thing you would like to change in yourself, like "I want to have more energy!" And set three goals toward accomplishing it: I will have a set bedtime and get a full eight hours of sleep; I will begin a diet overhaul, but this week, I will simply eat two more servings of veggies every day; and I will begin exercising, but maybe this week, I will just start slow by walking twenty minutes each day.

**Related Link:** [Clear the Clutter](#)

Or if you want to stop watching so much TV, turn it off for just one hour a day and spend that time reading a book you've been interested in.

These are simple examples, but you get the idea. Simple fixes are usually the most far reaching and impactful in the long run because you have a greater chance of actually sticking with the changes. You might have physical, emotional, spiritual, or mental things you want to change. Think about what those desired changes are, and set up a plan to start improving a few things in your life. You may find your relationship with others will begin to improve drastically.

You will begin to like yourself more – and that will lead to positive vibes towards family, friends, and co-workers.

Just remember that loving yourself will have a positive impact on everyone you know – especially you!

For more information about Hope After Divorce, 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.

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## Single in Stilettos Weekly Show: Flirting Tips





On this week's [Single in Stilettos](#) video, founder Suzanne Oshima talks to passionate living coach and author Abiola Abrams about how to flirt with men. She shares more than just external flirting tips and describes bombshell flirting as exuding positive, feminine energy. Here are her tips for working on your inner flirt game: be tuned into your inner receptivity; flirt with everyone; imagine yourself as a magnet; and expect a male miracle. When you change your energy, true love will come your way!

**Related Link:** [Abiola Abrams on Insecurity and Dating](#)

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**What are your best flirting tips? Tell us in the comments below.**

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# Screwing the Rules Video Dating Tips: Your Must-Have Mantra



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

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

Related Link: [Find the Love of Your Life](#)

In this week's [dating advice](#) video, relationship expert and

E!'s *Famously Single* dating coach, [Laurel House](#) discusses your must-have relationship mantra. “‘Here I am.’ That’s it!” she shares. “Not ‘Here I am – am I good enough?’ or ‘Here I am – do you like me?’ It’s confident. It’s comfortable.” If you don’t recognize your own value and worth, then you can never expect a man to do so. Remember that you can only be who you are – and someday, you’ll find a partner who loves you for you.

*For more information about our dating mentor, click [here](#).*

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

**What is your must-have mantra? Tell us in the comments below!**

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## **How Do You Make a Woman Feel Most Beautiful?**





By [David Wygant](#)

Well, I could tell you to just come right out and tell her she's beautiful. But to me, that lacks the emotional depth a woman wants. Most women have a day each month, if not several days, where they find themselves more insecure than usual about their looks. They constantly compare themselves to others and make themselves feel bad. Men don't necessarily do that. We'll go to the gym, look at another guy, and say, "Boy, I wish I was built like him." Then, we'll shut it off in our brain and carry on with what we're doing. Women, though, stand next to each other in Zumba and start to get angry or sad because they feel inadequate.

So here are the five best ways to make a woman feel her most beautiful – any time and any place.

**1. Make an effort in the morning:** Whether she wakes up wearing her gym clothes, sweat pants, or a dirty t-shirt, tell her she looks beautiful. If you say those sweet words to her when she's wearing no make-up and hasn't brushed her hair, it's going to mean the world to her. Tell her that, even in her

grungiest, she's still perfect to you.

**Related Link:** [4 Best Practices for Talking to Your Date](#)

**2. Say it and mean it:** When she's rocking something she looks good in and she's checking herself out in the mirror (like women do), it may be because she doesn't like the way it fits her body that day. What you need to do is walk up behind her and whisper in her ear, "You look absolutely gorgeous. I can't wait to take you out. I'm not going to be able to concentrate the whole night." When you do this, you're showing her you recognize that she's picking at her parts. You know she's not feeling 100 percent, but you still think she's amazing.

**3. Don't just say she's beautiful:** You can make a woman feel beautiful *without* actually telling her she's beautiful. If she's leaving for a business meeting, look at her and say, "Wow, you're rocking that outfit, and you're going to kick butt today. Have an amazing day." You're building up her confidence and self-esteem despite not using those two little words.

**4. Make her feel awesome around her friends:** When you meet your woman and a group of her friends, there's a chance she may start to feel a little insecure. She might think her friends are more attractive than she is, and it could impact her confidence. Say something like, "The second you walked in here, I couldn't keep my eyes off you. You look amazing. I love the way you did your hair." It's all about making her feel special...because that's what beauty is to a woman. It's a feeling rather than an actual look.

**Related Link:** [Planning the Perfect Proposal](#)

**5. Tell her the moment you see her:** Don't wait. When you pick a woman up for a date or come home from work, tell her she looks gorgeous. She's spent so much time, especially if you're on one of your first few dates, picking out an outfit and making herself look good. She's probably changed clothes three

or four times! So acknowledge the fact that she looks great. Similarly, be aware of your woman at all times. If she gets her hair done, take the time to notice and tell her how nice it looks.

Make a woman feel beautiful, and she'll make you feel amazing.

For more from David Wygant, click [here](#).

## Don't Let the Good Guys Finish Last



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



*...we see a few redeeming qualities and think we've found The One. Well, let me tell you – some of us have found The One more than once!*

What is it about us humans that we believe in order to be truly happy we need a significant other in our lives at all times? I think more of us need to work on being okay with being alone – at least until we know we're ready for the kind of relationship that will truly add to our own individual happiness. Now, you know me: I always try to keep a dose of positive attitude in everything I write. So today's message may come across as a bit of a downer, but I believe it is too important, so I'm going to go for it.

The divorce rate continues to climb, and I'm convinced it's because people – and particularly we women – get in such a rush to marry or re-marry, that we see a few redeeming qualities and think we've found The One. Well, let me tell you – some of us have found The One more than once!

We wind up telling ourselves things like, "He's completely different than my last husband" or "He's just so wonderful with my kids." Maybe it's more like, "Who cares if he drinks a little too much? He's just so amazing" or "So what if his ex-wife hates him – he's just misunderstood." There's also, "He's irresponsible, but he's so generous with his money," "I don't know that much about his past, but that's just because he's a very private person," and "Yeah, I know he's got a temper, but he has so much stress in his life. I can make everything all better."

**Related Link:** [How To Behave Like a Gentleman](#)

Let me just say... Yes, of course, there are good men out there. I know many. But there are a lot of bad ones too, and the world of divorce seems to make them surface in droves.

I don't make it a habit of recommending books, but I came

across one that I actually want my youngest daughter to read before she even starts dating. That means I think every woman, married or dating, should read it too before she overlooks the warning signs or so she can finally realize why she's been beating her head against the wall trying to make the relationship work. It's called *How to Spot a Dangerous Man Before You Get Involved*. And boy, is it an eye-opener!

Now, to all you ladies reading who are looking for a new relationship, let's give this a positive spin because I won't be able to live with myself otherwise... Let's be the woman who is so happy with herself and her life that she doesn't need a man to fulfill her. Let's be the woman who spots a good man when he does come along and attracts him into her life because she is stable and independent and happy. Let's be the woman who is able to step back and examine the facts before jumping feet first into a relationship that may leave you heartbroken at best. Let's be the woman who takes a pass on all the drama and looks for a grown-up to be a lifelong partner, who brings joy and stability and lasting love into the relationship.

The task of finding a genuine man who will appreciate you, love you, take care of you, and allow you to be who you are and who is also loving, kind, secure, and stable (funny would be an added bonus!) doesn't need to be as hard as we make it. Be the kind of woman who will attract this kind of man, and don't settle for anything less than what you want and what you deserve.

**Related Link:** ['Love Sick: A Memoir of Searching for Mr. Good Enough' Recalls the Humorous and Insightful Journey of Looking For Love](#)

If you're currently on the market for a new relationship, just remember to be careful, be watchful, and be open to dating and marrying good, solid men. They may not be as exciting in the beginning, but they will make your dreams come true in the end.

For more information about Hope After Divorce, 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.

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## Single in Stiletto Show: How to Make a Man Fall in Love With You





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to writer, speaker, and romance artist Zan Perrion about what makes a woman irresistible to a man. Here are five qualities that Perrion says will make a man fall in love: a woman with a certain grace and elegance that implies beauty on the inside and out; someone with a feminine spirit; a woman who inspires him to be the best version of himself; someone who is supportive; and a woman who is completely devoted to him. Watch the video above to find out more about the importance of these traits!

**Related Link:** [Zan Perrion on What Scares a Man Away](#)

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What do you think is the #1 quality in a woman that makes a man fall in love? Tell us in the comments below!

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# Sharing Secrets



By [Melanie Mar](#)

You all have experiences in life that are so private that you choose to only reveal them to a small group of close confidants. But when you start a new relationship, one of the dilemmas you'll face is: When is the right time to share your personal secrets with a new love? Sharing your private life can be somewhat anxiety-inducing, whether it regards a previous relationship, a health issue, or a family problem. It takes a lot of guts to share your secrets with your partner with the hope that they are trustworthy enough to embrace what you're telling them with an open heart and no judgement. Below are four things to consider before disclosing

yourself:

**1. Take your time:** Get to know the person and observe how they react to others. Are they compassionate towards friends, co-workers, and family? When faced with a challenge, how do they handle it? You want to know that what you share is in a safe zone; does your new partner tell you secrets of others that should not have been repeated? When you feel comfortable, start by sharing smaller, less impactful parts of your private life and tread lightly. How did they handle this information? Were they emotionally mature and supportive? Do not reveal more until all of these questions are answered in a positive way.

**Related Link:** [Five Tips for Falling in Love in 2014](#)

**2. Maintain boundaries:** However close you're feeling to your new partner, you do not "owe it to them" to share things until you are completely comfortable. Sharing your private life prematurely can lead to regret if the relationship fails a few months later. Do not feel the need to disclose every specific thing that occurred with previous relationships and only give information that is truly for the benefit of your new relationship. Maintain boundaries for yourself and understand your reasoning for implementing this trickle effect; this step will assist you in refraining from dragging your skeletons out of the closet before the relationship has a deep, solid foundation.

**3. Build a trustworthy record:** Trustworthiness and honesty are the backbones of any successful relationship, but while you're establishing yourselves as a couple, withholding certain information is not particularly a bad thing. If asked something directly that you do not wish to answer, gently steer the direction of conversation to another subject. If that fails, simply state that you would prefer to discuss it later as your relationship progresses. Initially, keep it

light when it comes to your discussions with your new significant other. Keeping a few secrets may be in everyone's best interest. You're not pretending to be someone you're not; you're just revealing things about yourself in small doses and at appropriate times.

**Related Link:** [How to Have a Stress-Free First Date](#)

**4. Know that some secrets are healthy:** Not all secrets are bad! There's something to be said for the curiosity that can come from being with someone you don't know absolutely everything about. Withholding tidbits of information about yourself can add a sense of mystery that will keep the relationship fresh and exciting when your partner learns something new about you.

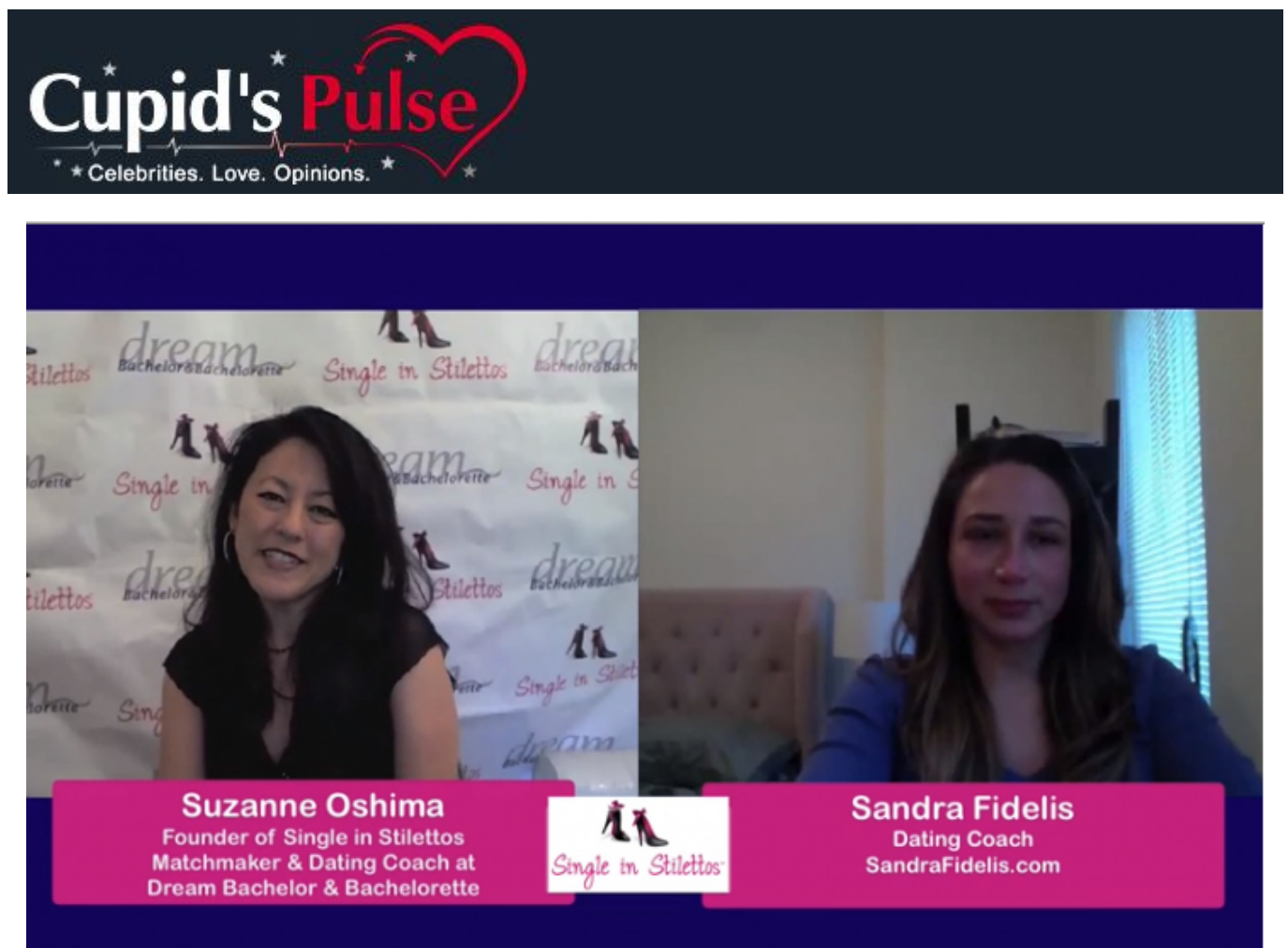
Remember personal information is sacred. It should not be disclosed without great contemplation. You have to decide if the things you're withholding will significantly alter the a new and vulnerable relationship. Still, know that in a long-term, committed relationship, secrets should be kept to an absolute minimum.

*[Melanie Mar](#) is a celebrity relationship specialist, matchmaker and life coach.*

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**Screwing the Rules Video  
Dating Tips: The Best Dating  
Question to Ask on a First**

# Date



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

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

**Related Link:** [Do THIS for Better Dates](#)

If you're insecure about what to chat about on a first date or tired of having boring conversations, then this week's [dating advice](#) video, from relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) is for you. She encourages you to ask one "magic" question: Why? "That's it! Why adds so much – it's the one thing that you can tack onto any mundane



subject and suddenly transform it into something that matters," she explains. Listen up for more great dating tips!

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**Cupid wants to know: What's your go-to first date conversation topic?**

## 5 Tips for Meeting Your Partner's Family Stress-Free

A video call interface showing two women. The woman on the left, Suzanne Oshima, is in front of a backdrop with logos for "dream Bachelor & Bachelorette" and "Single in Stilettos". The woman on the right, Sandra Fidelis, is in a room with a window and blinds. Below each woman is a pink nameplate with their names and titles. A central logo for "Single in Stilettos" is also present.

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

**Sandra Fidelis**  
Dating Coach  
SandraFidelis.com

Single in Stilettos

By [Marni Battista](#)

You've won over the guy, but winning over his family is even more daunting. While your feminine wiles and witty repartee may have tugged at his heartstrings, making a killer first impression and getting the stamp of approval from those closest to him takes a slightly different strategy. Much like a first date, the first time you meet the family doesn't always elicit fireworks. But there are ways to prepare, calm your nerves, and set the stage for a wonderful relationship with your fella's loved ones. So take a deep breath and let these five Dating with Dignity tips help you relax:

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

**1. Understand his family landscape:** Relationships between family members are often the most deeply rooted and intricate of them all, so gaining a solid understanding of existing tensions or unconventional family arrangements beforehand will save you from surprise. Schooling yourself on your boyfriend's step-siblings or tense background with his aunt will eliminate awkward situations and allow you to navigate some major conversational pitfalls.

**2. Learn their likes:** Ever fretted before a first date about what the two of you will talk about? You may be experiencing similar anxiety before meeting the family, but in this case, you have your boyfriend to help you prep. Don't be shy about pumping him for information about the personalities and interests of those you're about to meet. Not only will you naturally engage in more thoughtful and free-flowing conversation, but your genuine interest in your partner's loved ones will score you brownie points with him too.

**3. Avoid controversy:** No matter how vehemently you and your partner may agree on certain hot button issues, it's best to err on the side of caution when meeting his family. Sensitive subjects like politics or religion carry with them scores of

touchy nuances that could make the conversation treacherous. If you're worried a certain subject might come up, plan to pre-vet opinions on the issues in question with your boyfriend beforehand in case you need to prepare a PC response or gently nudge him in the ribs to jump in and change the subject.

**Related Link:** [Meeting Your Partner's Family Over the Holidays](#)

**4. Mind your manners:** Hold that sailor's tongue, roll up the sleeves of your sensible yet stylish cardigan, and start setting the table. Your language and overall interaction with his family members will all roll into one well-formed opinion of your character. Of course, don't go overboard with the manners or sensible clothing to the point where you feel stiff and unnatural. You just want to create a sterling (and well-deserved) first impression.

**5. Be yourself:** You probably saw this one coming: The best way to succeed in any social situation is to relax and let others get to know the real you. Any time you find yourself getting nervous, remember that the whole reason you're meeting these people in the first place is because your mate is enamored with *you*. The more naturally you act, the more likely his family will follow suit.

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

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## Four Ways to Stay Connected

# to Your Spouse



By Tammy Greene for [Hope After Divorce](#)

Let's face it: Life is crazy! Trying to keep up with the hustle and bustle of each day is overwhelming: work, family commitments, school, soccer, dance classes, friends, health, birthday parties, holidays, babies, and so on. Sometimes, we look back on the week and wonder where it went. One of the challenges you might face, as a result of this stress, is staying connected to your spouse. Putting your relationship on the back burner can quickly breed cracks in the foundation of marriage – and a cracked foundation can often be difficult to repair.

We've heard of several celebrity couples separating as of late, including Chris Martin and Gwyneth Paltrow. Recently,

the Coldplay frontman has been rumored to be dating Jennifer Lawrence. It may be too late to rekindle his marriage to the goop founder – or maybe it's not. Time will tell!

**Related Link:** [Divorce with Dignity](#)

To prevent a complete disconnect from happening, it's important to make your marriage a priority despite all of the challenges that every day throws at you. Here are a few ideas to help you stay connected to your spouse:

**1. Affirm your love each morning:** Start the day off with a connection. Before work, children, headaches, and fatigue set in, make sure that your spouse feels your love. Begin the day with a really great kiss, a sweet hug, or at the very least a sincere "I love you." It may sound simple, but it's often the simple things that can make the biggest difference in a relationship. Something as small as a steamy kiss can leave your spouse thinking about you all day.

**2. Say thank you:** We all desire to feel appreciated, but often times, we forget the power of those two words: "Thank you." Take advantage of the opportunities to say them to your spouse. Show your appreciation for the little things like taking out the trash as well as the big things like going to work everyday so that you can have a better life. Don't let gratitude go unspoken! Make sure that your spouse knows that you appreciate all that they do.

**Related Link:** [Lessons from Jennifer Garner and Ben Affleck](#)

**3. Schedule date nights:** Regular date nights are an absolute must for a healthy marriage – and they don't have to be complicated. The purpose of a date night is to reconnect with each other. That could mean doing something as easy as asking Grandma to watch the kids at her house and going back home for pizza on the living room floor. If a sitter is too hard to come by, plan something special at home after the kids go to bed. Stay unplugged, play a game, have dessert, and focus on

each other.

**4. Plan a vacation:** Looking back on your relationship, when did you feel most passionate and happy? It was probably in the early days when you were dating. One reason for this is because, in the beginning, you spend a tremendous amount of time alone together. Then, as marriage and life sets in, that alone time starts to dwindle, often dwindling down to nothing. But maintaining a healthy marriage requires couples to continually take time to be alone. Stay connected with your spouse by getting away for a couple of days. If funds are tight, send the kids to a friend's house and just stay at home. You'll be amazed at how far that small amount of time, reconnecting and loving each other, can carry your relationship.

**Related Link:** [Five Secrets Truly Happy Couples Know](#)

It is easy to get disconnected from our spouses. We each have so much on our plates – so many things to do and so many places to be. But putting everything else before our marriages can lead to some serious and sometimes irreparable damage. By making a conscious effort to stay connected, you are giving your marriage all of the nutrients it needs to be healthy and thrive.



*Tammy Greene is a graduate of the University of La Verne. She has worked as a Child Life Specialist and social worker assisting families who have children with illness or mental disabilities. Tammy is a producer of the national PBS children's television show, Curiosity Quest. She has a blog, Married and Naked, where she shares personal lessons learned from her own life, offering helpful ways to navigate through the challenges of marriage. Tammy is a contributing expert at [HopeAfterDivorce.org](#), [FamilyShare.com](#), [LAFamily.com](#) and [Cup](#)*

*idsPulse.com. She is happily married to her high school sweetheart and is the mother of two. See Tammy's Curiosity Quest website and follow her blog, MarriedandNaked.*

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## Single in Stiletto Show: 4 Signs He May Be Falling for You



On this week's Single in Stiletto show, founder Suzanne Oshima talks to dating coach Sandra Fidelis about four signs that your crush is falling for you. You may be looking for

something that screams “He’s so into you!” but remember that subtle signals reveal his true feelings too. Here are four indications that he likes you: his actions say he wants you even if his words don’t; he becomes protective of you; he volunteers to do things for you; and he introduces you to his family.

Listen up for more great dating advice!

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

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## **Q&A: Can You Tell by Someone’s Social Network If They’re the Relationship Type?**







*Question from Charlie W.: When I first meet someone, I always add them on Facebook, Twitter, and Instagram and do the inevitable cyber-stalking that everyone does but no one wants to admit. Are there signs that show if someone is the relationship type or just looking to have a good time?*

[Suzanne K. Oshima, Matchmaker](#): It's so true: No one likes to admit to cyber-stalking, but the reality is, checking out a man that you just started dating on Facebook, Twitter, and Instagram can really tell you so much about him. You'll find out what's important to him and what he likes to do in his free time.

While there aren't any specific indicators to tell if he's the relationship type, there are some signs to watch out for that reveal if he's just looking to have a good time. If he posts a lot of photos of himself surrounded by beautiful women (you know the type – I think every woman knows a man like this!), he could be feeling the need to be validated and just want to play the field. Or if he posts a lot of photos of him partying and having fun with his buddies, he might still be in the *Animal House* phase of his life and not have any intentions

of getting serious with someone. Ultimately, there aren't hard and fast rules when it comes to determining if a man is relationship material; however, these are some red flags to look for while you're dating him.

**Related Link:** [Celebrity Couples Who Let Social Media Ruin Their Relationship](#)

Paige Wyatt, Reality Star: Finding out what a person is like through social media can be a tricky thing, but it can be a good way to see if they are worthy of getting to know more after a first impression. A good way to tell if someone is the relationship type is to look at the activities they like. If they enjoy hiking, cooking, reading, or spending time with friends or family, they may be more of the relationship type. But if there are tons of pictures at clubs, bars, or parties, they may be just looking to have a good time. Though these signs give a good idea of what a person likes to do, they are *not* the best way to find out who they really are. Instead, get to know them in person and spend quality time together.

**Related Link:** [Five Ways Social Media Can Help Your Relationship](#)

[Robert Manni, Guy's Guy](#): If you dig deep enough, you can get a reasonable idea about someone's relationship potential based on their social media activity. We all take a look at our new dates online, but we need to be careful not to prejudge our prospects solely based on their tweets, Facebook posts, and Instagram photos. Not only is the content mostly superficial, but it takes a lot of the fun and mystery out of dating! After all, the best way to get to know someone is in person.

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

*If you have any questions you would like answered by our experts, please submit them on our [Contact Page](#).*

Have you ever judged someone you're dating based on their social media activity? Tell us about it in the comments below!

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# Screwing the Rules Video Dating Tips: Do THIS for Better Dates



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

# Dating Advice from E!'s *Famously Single* Dating Coach on Having Better Dates

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) reveals what two little words will allow you to connect more with your partner and make your next date even better than the last. “‘Me too’ is the universal connector,” she explains. “It’s what allows you to understand and be empathetic with someone else.” It also shows your vulnerability and willingness to open yourself up. This simple phrase reassures your significant other that they aren’t alone, reminding them that they have *you* during both the good and bad moments.

*For more information about our dating mentor, click [here](#).*

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

**Try using “me too” on your next date and let us know how it goes!**

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## **John Legend and Chrissy Teigen’s Body Language: More Intimate Than PDA**



by [Jared Sais](#)

It's hard not to be enamored with Chrissy Teigen and John Legend and the love they share for each other. With that thought in mind, I took a look at their nonverbal cues to determine what their body language reveals about their relationship.

**Related Link:** [John Legend is Engaged to Model Girlfriend Chrissy Teigen](#)

In both photos above, the couple shows their best red carpet photo stance. Even with the yellow dress covering her legs, I can tell that she is actually doing the same camera-op pose. You can see a bit of a bump at her knee, giving a small outline of the direction of her legs and feet. Her legs are pointed the same way, and her feet are in the same position (one foot in front of the other). What that proves is that

Teigen is posing more for the cameras than truly showing her love for her husband.

Still, there are body language signs that show just how much they love each other at this point in their relationship. Two things really stick out to me in these photos: The first is their distance from each other. In almost all of their photos, you will see them standing close to each other as they share the “we” mentality, which is when a couple starts identifying as a single unit. You may hear a long-time pair say something like, “We have to run a few errands tomorrow,” when only one of them truly needs to.

In the second photo, we really see that idea: Look at how they bring each other close when taking a photo. They are proving that they’re in a happy, loving relationship with trust and lust. When a couple is happy, they will get close together and pose as one unit; when a couple is not happy or feeling distant, they will lean away from one another and not be joined at the hip.

**Related Link:** [Celebrity Couple Predictions: Chrissy Teigen, Jessica Alba, and Eve](#)

The second nonverbal cue that jumped out at me was the position of Legend’s hand in both pictures. The angle of his arm indicates his hand is on her lower back or upper butt. This zone of a person is considered off-limits to all who are not considered loved ones. We have different zones on our body that indicate different levels of connection and comfort. For example, a pat on the head usually means one person is more dominant (the pater) than the other, either by age or position. This action is usually a sign of acceptance or support. In this case, Legend is reaching for a more loving, relationship zone of the body. In turn, his causal photo pose is really a nonverbal shout-out that they are in love and in a very intimate relationship.

It really looks like these two were made to love to each other. These pictures might be a bit light on public displays of affection, but thanks to their body language and nonverbal leaks, everybody knows that they only have eyes for each other.

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

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## Can Love Be Better the Second Time Around?





By Patricia Bubash for [Hope After Divorce](#)

Yes, it can! This answer is according to the couples that I interviewed for my book, *Successful Second Marriages*. What prompted a book about second marriages? The failure of my own second marriage and my admiration for remarrieds who found success in this second chance love – success in spite of the negative numbers for second marriages. Statistics approximate that half of first marriages end in divorce. For second timers, the odds for staying together get even tougher: Two-thirds of those taking the plunge a second time don't make it. With odds like these, it is surprising that more than half of those first-time exes remarry...but they do! We are a nation in love with love.

**Related Link:** [A Hole in My Heart](#)

So yes, love *can* be better the second time around if we do some self-introspection, a little homework. When we're met with failure while attempting a new project, a recipe, school work, or a job, we question what we did wrong. We don't want to repeat our mistake and fail again. This mindset should



also be true for a marriage. Whatever happened in our first union, we did make some contribution to the demise of that marriage. Maybe not to the extent of our ex-spouse, but we were half of the doomed duo.

Love can even be better the second time around with the same former spouse if needed relationship work is done by both parties together as a team. Take two celebrity couples in the news for possibly getting back together again: Hilary Duff and Mike Comrie as well as Gwyneth Paltrow and Chris Martin. Good for them! There truly is hope for couples to work together to strengthen their relationship and be happier and better than they ever imagined they could be. Owning up to the individual part we play in the relationships we are in is what matters most. We can only be fully responsible for ourselves and how we choose to participate in our marriages.

Family/marriage therapist Mary Duparri has observed a certain pattern with clients who have found love again. Their comments relay their total lack of responsibility for their failed first marriage. They say, "Now, I have found the right person. I choose the wrong person before. I shouldn't have married him (or her) in the first place, but this time, I have the right one!" The therapist expressed her dismay that her clients do not accept any personal liability for the previous marriage and do not look into what went wrong so mistakes would not be repeated. Instead, they conclude it was simply the *wrong* person. Now, this new love is the *right* person – a perfect match. Problem solved.

A pleasant change for DuParri would have been to have the couples I interviewed as her clients. These nine pairs had done their homework before committing to another relationship. As much as they all agreed that after their divorce they hoped for another relationship, they also, very vehemently, stated, "I never want to go through another divorce!" They were going to do everything in their power to make number two a success. The tagline on my book reads "Inspiring, Encouraging, and

Hopeful” – words descriptive of the couples interviewed. Every time I left a home, I felt humbled and gratified for our conversations. I knew that I needed to be more attentive to my own marriage (yes, I’ve been in a third-time-is-charm marriage for the past 24 years). I found myself aspiring to have a relationship similar to that of the couples I was talking with.

**Related Link:** [Second \(and Third\) Marriages: Destined for Divorce?](#)

Their stories were the catalyst, a personal goal to write the book. In terms of my own personal understanding of what went wrong with my second marriage, how had I contributed to the failure of it? And what was the formula for success the second time around?

**1. Know yourself.** Before you say “I do” again, know what you really want in a marriage. Are you looking for companionship, security, credibility, a family? What are you willing to contribute? Do some introspection. I was impressed with the number of individuals I interviewed who did just this – spent some time alone, getting to know themselves better versus rushing to become a twosome again. Taking time out for a little constructive self-awareness leads to a better relationship when that true love comes along.

**2. Discuss finances.** I know this was a problem in my second marriage. I owned the home we shared, earned more money, and had job security. This is especially important when each person has children. Decide who is responsible for what expenses and have this clearly determined before you become a married couple.

**3. Don’t expect love and acceptance from their kids!** Many a troubled, disappointed parent has come to my office to bemoan, “I have found the love of my life, and my children are being horrible” or “I don’t know what is the matter with them. I

have finally found my soulmate.” Well, you may be in love, but your children are not. They have another parent, so give them time. Don’t rush them to acceptance of this “wonderful” new husband or wife.

**Related Link:** [Maggie Scarf Breaks Down Unique Family Dynamics in “The Remarriage Blueprint”](#)

These two celebrity couples – Duff and Comrie and Paltrow and Martin – show us that there is hope and promise for the possibility of working harder together to build a stronger foundation for our relationship, marriage, and family. Good for them – we are cheering them both on!

I learned much more than these three tips from my wonderful second timers. Love can be better the second time around when we don’t rush to action (marry again too quickly), do some introspection, clarify financial responsibility, give kids time to adjust to the new person, and read *Successful Second Marriages!*

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



*Patricia Bubash received her M.Ed. in Counseling from the University of Missouri, St. Louis. Working with students and families has been her true calling for over thirty years. For more than twenty years she has presented workshops at the community college on a variety of topics relating to parenting issues, self-esteem and issues relative to divorce. Patricia is a Licensed Professional Counselor in the state of Missouri and, a Stephen Minister. She submits a variety of articles related to relationships, marriage and divorce to several internet sites, and, frequently, is interviewed on internet radio stations.*

Volunteerism, writing and family are most significant in her life. Patricia writes for [DivorceSupportCenter.com](http://DivorceSupportCenter.com), [HopeAfterDivorce.org](http://HopeAfterDivorce.org), [CupidPulse.com](http://CupidPulse.com), and [FamilyShare.com](http://FamilyShare.com). She can be reached at [patriciathecounselor@successfulsecondmarriages.com](mailto:patriciathecounselor@successfulsecondmarriages.com).

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# Celebrity Couple Predictions: Sofia Vergara, Charlize Theron and Zac Efron



By [Shoshi](#)

For today's celebrity couple predictions, we're looking at one pair that caused speculation as merely a rebound, one that sparked initial doubt from the public but may turn out to be the real thing, and one that's still in the first stages but looks promising.

**Sofia Vergara and Joe Manganiello:** When Sofia Vergara was first spotted getting up close and personal with *True Blood* star Joe Manganiello, they were declared the hottest couple in Hollywood. Within minutes, Kimye got dethroned as the "It" couple and became yesterday's news.

These two actors make an interesting match. On paper, they're a ten – with their looks, money, charm, and success. However, their relationship doesn't look like it has lasting power. As a matter of fact, it looks more like a publicity move. This isn't to say that Vergara and Manganiello don't enjoy each other's company, but it benefits both of them to be seen together.

Vergara is not about to get serious with anyone. She is still getting over her relationship with her shady ex-fiancé. You know the saying: The best way to get over a man is to get under another one! Manganiello is the best kind of rebound guy – totally hot and a lot of fun.

For now, this couple is just enjoying some time together and making headlines. Don't expect a wedding invitation from them anytime soon though.

**Related Link:** [Sofia Vergara and Joe Manganiello Pack on PDA on Double Date](#)

**Charlize Theron and Sean Penn:** Could it be that bad boy Sean Penn has actually been calmed down by love? Throughout the years, the actor has made headlines for his turbulent relationships with Madonna and Robin Wright Penn. While he was married to Wright Penn for fourteen years, they separated

numerous times, which eventually ended in divorce.

The first few times that Penn was spotted with Theron, it was hard to believe since she normally dates the clean cut type. Plus, she's a single mother, so what would she be doing with him? The media then assumed it would be a short-lived fling, but now, it looks like this couple is headed down the alter.

For the first time in years, Penn actually looks happy. He is smiling in pictures all of the time, something that was rarely seen before. There are even adorable photos of him with Theron's adopted son, Jackson.

It looks like the marriage rumors could be very valid. However, if they do wed, it will be an intimate ceremony in the fall. There will not be any big announcements, just the two of them with friends and family.

**Related Link:** [Are Charlize Theron and Sean Penn Engaged?](#)

**Zac Efron and Michelle Rodriguez:** The first time the cameras caught Zac Efron and Michelle Rodriguez all over each other, they were making out on a yacht. The last known relationship that Rodriguez had was with model Cara Delevingne. At this point, there has not been a statement that Efron and Rodriguez are officially dating; however, the hot photos of them keep coming.

When I look at what is going on between this duo, their attraction to each other is mutual respect and support. While the media keeps saying that it may be a bad idea for them to be together, she may be just the thing that the actor needs. If anyone can understand his drug addiction, it's Rodriguez, who has had issues with drugs herself.

For now, this relationship will stay low-profile, as it's one that Efron is not ready to share with the world. With Rodriguez, he gets to be exactly who he is without any pressure, which is exactly what he wants right now.

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

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# Screwing the Rules Video Dating Tips: Forget the Bouquet!



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

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) talks about why it's the big *and* little things that create a happy romance. "Relationships aren't about the high notes. They're

about the in betweens,” she explains. “It’s actually the mundane, the day-to-day, the little things – that’s what a relationship is made of.” You know you really care about someone when you find yourself sending “thinking of you” texts or picking up Kleenexes because you remembered they ran out.

## **Dating Advice from E!’s *Famously Single* Dating Coach on Why to Buy Flowers**

**Related Link:** [Find the Love of Your Life](#)

House adds, “Just the big things are not enough to sustain a relationship. On the same note, just the little things, while they’re great...sometimes, you need something a little bigger.”

*For more information about our dating mentor, click [here](#).*

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Let us know your thoughts in the comments below!