

Single in Stiletto Show: What Scares a Man Away



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Ever wonder why the guy you were seeing suddenly stopped calling you, never to be heard from again? As author Zan Perrion explains on this week's [Single in Stiletto](#) show, you may have scared him away by being too demanding, dramatic, needy, rejecting, or jealous.

Related Link: [Zan Perrion on How to Have the "Exclusive Relationship" Talk with Him](#)

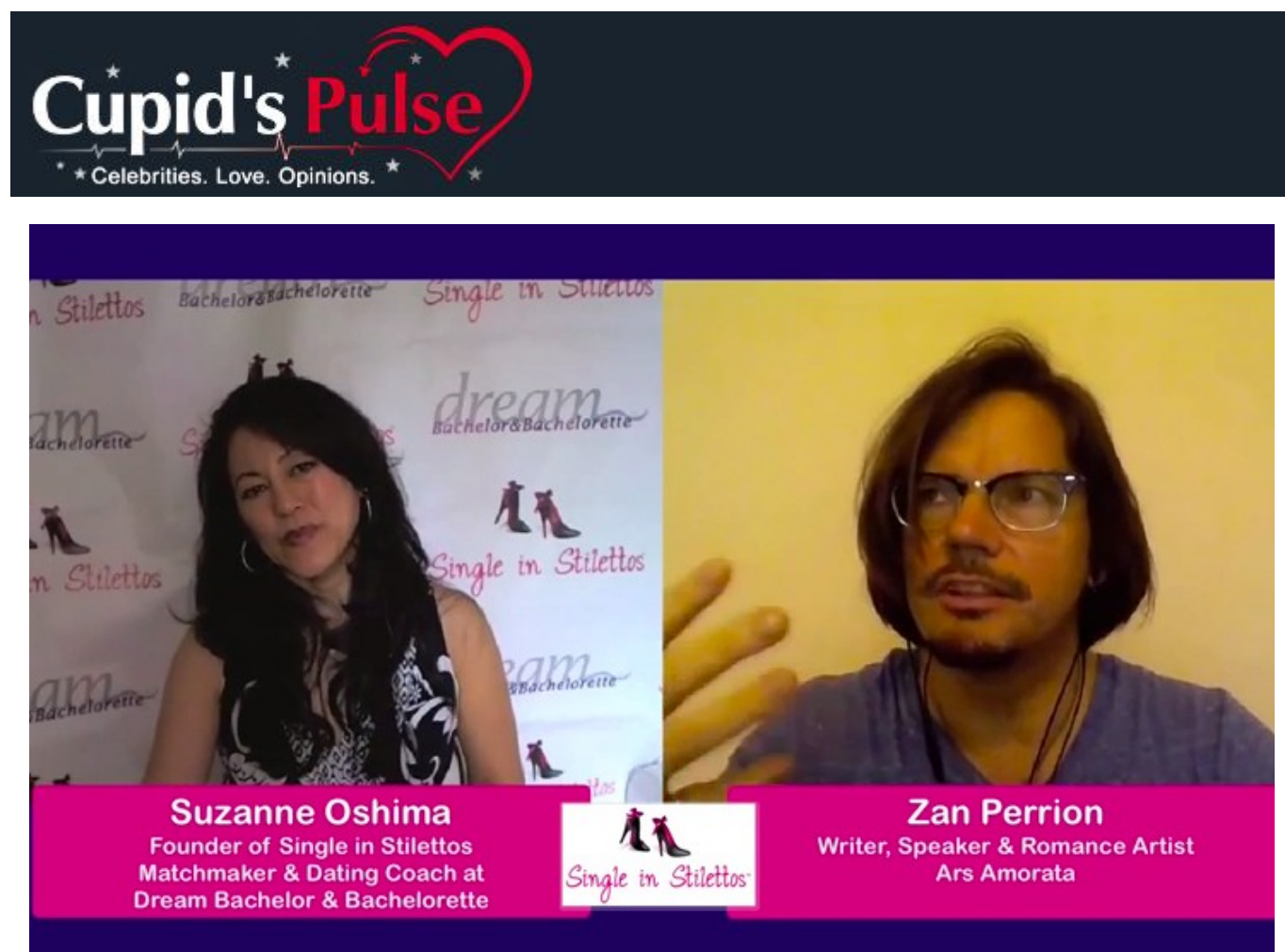
Watch the video above to learn how *not* to make these mistakes with future men!

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

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What mistake do you make that scares men away? Tell us in the comments below!

Why a Rebound Romance is a Good Thing



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

A rebound romance tends to be a controversial subject for men and women in today's dating world. After exiting a relationship, we are often told to take some time for

ourselves or to learn how to be comfortable alone. Though these are valid points, we feel it's important to not let the failure of one relationship hinder us from entering another. Here at Project Soulmate, we believe there is absolutely an upside to a quick relationship turnaround, so we recommend you jump right back on that dating horse and gallop enthusiastically around the track in search of your proverbial "victory lap."

What better way to dismiss the thoughts of a past relationship than to occupy your mind with someone or something else like a momentary distraction or the start of a new relationship? As a matchmaking company, it's not uncommon for us to come across new clients who are new to the singles' circle. This is our perfect opportunity to get these people back into the dating scene and prevent them from falling into the black hole of despair. Allowing these people to see that there are more great partners out there can open up a different world and lead them to believe in love again.

Related Link: [Hollywood Stars Who Rebounded With a Hot and Heavy Romance](#)

In other instances, women or men may have felt depressed or suffocated in their previous relationships and are looking for someone to ignite their spark once again. Exploring the dating world and beginning a new relationship will bring with it a newfound confidence and allow people to remember that they are absolutely worthy of being happy and finding love.

A perfect example of a successful rebound relationship is that of Ashton Kutcher and Mila Kunis. Kutcher and his longtime friend and former co-star began dating before the *Two and a Half Men* star's divorce from previous wife, Demi Moore, was even finalized. The two are now happily engaged and are expecting their first child together. Talk about a quick turnaround! What better validation do you need?

Related Link: [Can a Rebound Relationship Turn Into True Love?](#)

So there you have it: A “rebound” romance may be just what the doctor ordered! No matter what kind of relationship one may have had or the amount of time it lasted, there is no written rule that demands we evaluate our lives before jumping into another one. Everyone deserves love, so don't waste time sulking about the past. Be proactive, have some fun, and find your soulmate!

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

Do you think a rebound fling can turn into the real thing? Share with us in the comments below!

Simple Survival Tips for Single Parents





By Lisa LaBelle for [Hope After Divorce](#)

Being a divorced, single parent can be overwhelming. If you are the primary custodial parent, you have a great responsibility to teach and raise your children in a positive, well-structured, healthy environment. You set the example; you set the tone in your home for your children to exemplify and follow. Giving your children the attention and support they need is not for the faint of heart. The reality is you are doing the job of two parents, and most of the time, it's by yourself.

In light of recent cheating accusations, Kendra Wilkinson and Hank Baskett are possibly considering divorce, which means they would be looking at many years of co-parenting their two young children as a divorced couple. Hopefully, these rumors aren't true. If they are, implementing simple survival tips for single, divorced parents would be essential for this couple to refer to and follow.

Here are some helpful tips when facing the challenges of parenting and co-parenting after divorce:

Let go and accept your new reality: It's important to let go of the need to be a perfect parent, especially being single and divorced. You're fulfilling the responsibilities of two parents for your children, so give yourself a break and be willing to accept your new reality. It's okay to "let go." You will hopefully be co-parenting with your ex-spouse, but still, the day-to-day responsibilities of parenting will be a heavy load to carry.

Related Link: [How to Date When You're a Single Parent](#)

Develop a support system: Be sure your support system is a high priority for you and your children. Your family, true friends, your children's teachers, etc. will be a great help to you. Let them be there for you as you move through the healing process and rebuild your life. You need others, and they also need you. Remember that you're never alone!

Everything will be okay: Be kind to yourself and trust that everything will be okay. You can and will get through it and heal. Look for and focus on the good things in your life. Think positive thoughts and trust yourself as you begin making new decisions as a divorced, single parent. You are stronger than you realize!

Take time out for you and your kids: Once a week, get a babysitter to come over and give you a break. Go out alone or with friends to a good movie, a concert, or a favorite restaurant. The time you spend with your pals will be good for your emotional and mental wellbeing. Having an hour alone to exercise each day is also important for your overall health as you carry out your responsibilities of being a single, divorced parent.

Along with taking time out for yourself, make sure to spend time playing and relaxing with your children each day. Keep building your relationship with them, nurture them and listen to what they have to say. Encourage them to use their voices.

You are all in this together!

Related Link: [Best Dating Tips for Single Moms](#)

Make your home a peaceful place: Make it comfortable and happy, keep it clean, and make it a reflection of you. For example, paint each of your rooms a new color and go to a flea market where you can find “cool stuff” for decorating. Have house rules that you and your children agree on and follow together. Choose chores for your kids to do. It will give them increased self-confidence and appreciation for your home, and they will learn the importance of working together to make your house your sanctuary. Keep your own room neat and comfortable. You also need a retreat, a quiet place where you can rest, meditate, and be rejuvenated.

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



Lisa LaBelle is co-founder and co-executive director of Hope After Divorce and Divorce SupportCenter.com. She holds a B.S. degree in Education, and is completing her master's degree in clinical mental health counseling with an emphasis in marriage, child, and family therapy. Lisa is a family and child advocate. She is co-author and co-editor of Hope After Divorce and Divorce Experts Weigh In. Lisa is the co-host of the Life After Divorce CL3 Agency blogtalk radio show. She is a contributing expert for DivorceSupportCenter.com, FamilyShare.com, CupidsPulse.com, and Newport Lifestyle

Magazine. You can contact Lisa by visiting www.divorcesupportcenter.com.

If He Doesn't Pay For The Date, It's A Bad Sign!



By [David Wygant](#)

Read that title again. If he doesn't pay for a date, it's a bad sign. I have a rule: Whoever asks for the date, pays for the date – end of story. If a guy asks you out on a first date

or even second date, he should be paying for it, plain and simple. If you asked him out on the date, don't sit there with your arms folded acting like a Disney princess. Pay for the check! You chose the place; you pay. You suggested the date; you pay.

Now, if you get involved in a relationship with him, you can start splitting it 50/50 if you want. There's nothing wrong with you paying your way if you make more money than he does or if you just want to contribute. That I can understand. However, if you're just on a date, he asked you out, you've had a great dinner, and he sits there staring at the check, trying to will it to your side of the table, you need to stare back at the check and will it *back* to him.

Related Link: [First Date Conversations That Will Get You a Second Date](#)

Actually, if a man pulls that crap on you, excuse yourself for about ten minutes. Go to the bathroom. Check your makeup. Text some of your friends, or check your Facebook feed. Do the things you normally do when you have the iPhone in your hands and you're trying to pass the time. You're normally really good at this, so you know what I mean!

Now, take a peek out of the bathroom door. Has he paid for the check? Does he at least have his credit card out? If the answer to those questions is no, go back to the table and say, "I'm getting tired. I think I better go home."

Then stare at him again. Whatever you do, don't reach for your credit card at all. Sit there until the cows come home if you need to. Sit there until there's a full moon. This cheap man needs you to teach him a lesson. Don't let him get away with it! Besides, you know you'll never go out with him again, so make him suffer. He's a one and done-er!

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

Now, here's what's great about this: If you've both driven to the restaurant, which I strongly suggest you do, all you need to say is, "I'm going to go now while you take care of the check."

A real man will grab the check instantly. That's what I do all the time. A real man won't say something like, "Hey, we're a team. Let's split the bill tonight." Remember that Mr. Cheapskate is definitely cheap in every way, shape, or form. Let some other woman pick up the bill if she's happy to fall for it. Get yourself out of there, and run girl, run!

For more information on David Wygant, click [here!](#)

Screwing the Rules Video Dating Tips: Turn Him Off with Filler Words





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

Dating Advice from E!'s *Famously Single* Laurel House on Filler Words

Related Link: [Communicating About Tough Topics](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) shares why using filler words – like, um, well, anyway – will instantly turn a guy off. “You’re not stupid, so don’t act like it,” she says. “Or rather, don’t sound like it.” While it’s natural to want to fill every moment of silence, she encourages you to use this time wisely: “Think about what you’re going to say next.”

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

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

Any tips for avoiding the use of filler words? Tell us in the comments below.

Clear the Clutter



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

"Sometimes, life is about just being here and feeling gratitude and enjoying all we are blessed with."

I have been spending a great deal of time lately with a good friend who is deep into self healing, meditation, de-stressing, clearing buried emotions, and other ideas that go along with living a healthier, happier life.

I love feeling good, and I'm very open-minded about new ways to improve my health in every sense. When we go through a great deal of stress in our lives – and who doesn't? – it affects us in ways we sometimes don't notice until it's too late, and our health suffers. I never want this to happen, so I try to stay ahead of the game.

One of the things my friend has had me do is ten minutes of meditation twice a day. The first time I tried it, I was opening my eyes and looking at the clock before even two minutes had passed. He explained this is because of all the chatter we have going on in our heads. It's difficult to shut off our minds and just "be." Just try to sit still for ten minutes and totally clear your thoughts, and you'll see what I mean!

Related Link: [Changing Your Life in Those Quiet Moments](#)

I had another friend tell me a few years ago, "Janeen, you are too busy! Sometimes, life is about just being here and feeling gratitude and enjoying all we are blessed with." She really made an impression on me and had me working to simplify and clear the clutter out of my life. I have realized recently that family, church, service and work – the things that are most important to me – take up the bulk of my time. The things that are important to you may be slightly different, but I believe each of us has to be really choosy about the other things we let come into our lives.

It's so easy to:

- get busy with things that don't matter;
- let toxic people stay in our lives because it's more difficult to do something about it;
- let Internet shopping and social media fill our down time;
- and ignore our responsibilities because mindless activities

are more fun.

It can be really easy to get off track and start spending our time doing unimportant things. I know someone who fills his life with so much noise, and I have to ask myself why. He can't be in the car or working without the radio blasting. He can't sit still long enough to have a conversation, so he's always fixing things, moving things, turning things on and off. In my observations, I have come to realize that there are things he would rather not have to think about. When we allow ourselves to just be quiet, we are forced to think about our lives and dwell on the things we have done and on the things we need to do going forward.

I want to inspire you to become the kind of person who can work to clear the clutter, so you can get rid of the anxiety, the stress, and the unhappiness. Begin with these suggestions:

Decide what's causing you distress and write those things down. Maybe there are some little annoying things you need to deal with, and maybe there are some big, life-changing things that need to be faced head on. Start making a plan. And remember: Sometimes, the plan can take months or even years to achieve. Patience is going to play a vital role.

Take these things one at a time and begin putting them out of your life. Start with something small so you can have success quickly and gain some confidence. You have to ask yourself: Do I want to live with this for the rest of my life, or am I willing to make changes now so I can look forward to a better life?

Set goals and decide when each item will no longer be a part of your day. Having a date in mind and on the calendar will help you do what it takes to get where you need to be.

Related Link: [The Most Powerful Tool to Help You Find Your Soulmate](#)

Stress is a part of life. We all have to deal with it from time to time. But we don't have to let it take us over or ruin the enjoyment we get from family, friends, and meaningful work. Make sure you do the basics everyday: exercise, eat well, meditate, do things that bring you pleasure, and laugh.

Do what it takes to stay healthy and full of life. Get rid of as much stress and anxiety as you possibly can. And be grateful for something every day.

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

Online Dating: Are Pictures Worth 1000 Words?



By [Marni Battista](#)

As much as we may try to seem above it, there's no denying that photos are a major factor when choosing whom to pursue in the online dating world. While I always encourage women to look beyond a man's physical characteristics and delve deeper to determine overall compatibility, online dating presents a whole different animal.

Other than the mysterious algorithm working behind the scenes, most online dating sites give you a guy's stats, a few sentences, and a gaggle of photos to base your first impression on. It's only natural – and wise – to read into the pictures these potential men choose to provide. So that you don't step on any online dating landmines, here's a Dating with Dignity guide to potential photo faux-pas:

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

Obviously Outdated

It's tempting for us all to pick the fit, tanned photo from senior year sorority formal over the slightly paler and softer-around-the-edges candid photo from brunch last weekend. But the most secure and successful daters realize the value in posting something more recent and realistic. Guys who've posted something clearly from decades past are cause for a red flag. There's something on the outside or the inside that they haven't quite come to terms with.

Angles and Filters on Filters on Filters

Women have long been accused of using "the angles" in online photos, but just as many men are guilty of snapping profile pics from unnatural vantage points that put their most flattering face (or body part) forward. Popular apps such as Instagram add a whole other layer to the problem: This and other photo-editing apps can make any average Joe look like an A-list Hollywood stud.

Again, when you encounter someone who feels as though they need to dramatically alter their photo in order to appear attractive to potential women, you're likely dealing with someone who carries a level of insecurity, narcissism, or some combination of both.

Related Link: [How to Be Successful with Online Dating](#)

Another Lady

It blows my mind when I hear of men posting photos with significant others, whether past or present, to their online dating profiles. However, it's not uncommon to encounter men online who have purposely included photos with girlfriends, wives, fiancées, or even blatantly exposed wedding rings. Some dating apps, such as Tinder or Hinge, pull profile photos directly from Facebook, inadvertently including cuddly couple pics from profile pictures past. But beyond that, there isn't

much of an excuse for this kind of online dating behavior. Guys with other girls have got to go!

No Picture at All

A man who foregoes photos doesn't constitute an automatic deal breaker, but proceed with caution. Reasons abound for choosing to remain physically anonymous on an online dating site. Perhaps he's new to the concept or simply hasn't yet taken the time to upload any.

If a photoless gent reaches out to you and the conversation flows freely or something in his profile piques your interest, be sure to ask for a photo or at least a last name for a Google background check before meeting in person. But if his words aren't impressing and he balks when asked to put a face to the name, it's time to move on to someone who isn't afraid to show his true self.

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

How Soon Is Too Soon?





By [Melanie Mar](#)

When is the right time for the first time in a new relationship? Yes, I'm talking about sex. There is no right answer to this question. Ask numerous people, and they will each tell you a different story: "We had sex the first night we met. It was meant to be a casual encounter, but we're still going strong nine years later," or "We waited five months to have sex and then broke up two months later."

Related Link: [How to Turn Your Spring Fling Into the Real Thing](#)

So there's little wonder that many of you are confused on this topic! Below, I've outlined three points to consider when deciding to have sex for the first time in a new relationship:

1. Never assume: Unless you've had a conversation with your new partner about exclusivity, then you can't presume that having sex will automatically make you a couple in a monogamous relationship. This is not true in most cases, and it can be very hurtful when you discover after the fact that you're not on the same page in regards to what you want and

expect in the relationship.

2. Premature sex: Having sex early on isn't usually a good idea if you are seeking a long-term relationship. You are most often best served by investing time and energy getting to know the person *before* becoming sexually intimate. This enables you to discover if your new partner has good intentions and high integrity and is capable of making and keeping their commitments. These things are impossible to know on the first few dates but are crucial if you want a future together.

3. Oxytocin bonding: Oxytocin is biochemical that is released during sex that creates a feeling of attachment. Unfortunately, you may experience it with someone you're not at all compatible with, but this bonding effect can override your logical sense of judgment and keep you in a relationship with a person who is completely wrong for you – another reason to not have premature sex!

Related Link: [10 Signs That You're in Love](#)

There are no hard or fast rules, and there will always be exceptions. By having an understanding of the basic principles above and being smarter in your choices, you can protect yourself from potential heartbreak. High sexual chemistry is difficult to contain, and it's very easy to get carried away with intense sexual desire, so don't put yourself in situations that make it harder to refrain. Keep your dating to public places, and let your hearts and minds be aroused before your body. Talk about intimate things and allow the relationship to turn you on mentally; the better connection you have out of the bedroom, the better connection you'll have in it. Enjoy!

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

Screwing the Rules Video Dating Tips: Dating Red Flags Revealed on Facebook



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

Ever wonder if social media can reveal red flags when it comes to that new guy you're dating? In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) believes it can! If your partner asks you to unfriend your cute male friends or feels uncomfortable with you maintaining contact with your ex, it's time for a conversation. "It can really be the ruin of

relationships if you let it be,” she explains.

Dating Advice from E!’s *Famously Single* Laurel House on Social Media Red Flags

When it comes to *your* feelings about your partner’s social media habits, it’s important to trust them until you have a reason not to. If you continually fail to trust them, the dating expert says “pretty soon, that person is going to start acting in a way that’s not trustworthy. You’re blaming them for something they haven’t done.”

Related Link: [How to Get a Guy to Commit](#)

Watch the video above for more great dating tips!

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

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How to handle social media issues with your new guy? Tell us in the comments below.

Ryan Reynolds and Blake Lively’s Body Language:

Confidence is Key



By [Jared Sais](#)

Ryan Reynolds and Blake Lively are one of Hollywood's golden couples, so I thought it'd be fun to look at their body language and see what it reveals about the pair.

Photo 1 (above): Here, the *Gossip Girl* star looks confident. She is standing straight with her head held high and wearing somewhat of a smile, one that looks like a facial expression of contempt. Contempt, in this case, is shown because Lively feels morally superior and empowered by her looks and environment. You can see the unilateral facial expression with a corner of her lip raised. In this particular moment, she feels true power. It also may help that her husband is some good-looking arm candy!

Related Link: [Find Out About Ryan Reynolds and Blake Lively's Life Before Marriage](#)

Speaking of Reynolds, he is holding his wife close as he does the typical hand-in-the-pocket stance. Usually, I like to stay away from keeping my hand in my pocket, as it can be seen as closed off. The best thing to do is just rest your arm to your side as he does in Photo 4.

Photo 2: Lively is demonstrating a held tilt, which can be seen as endearing, sweet, and vulnerable. Combined with her smile, which is a bit pinched and stretched towards her ears, it indicates that the actress is feeling shy and fearful. Seeing that Reynolds isn't in this photo with her, she could be feeling a bit overwhelmed. I've seen the actress in many photos before, and she typically has her hair down and is a bit more, well, lively. But in this photo, with her hair is up, she appears stiff, which adds to the fact that's she's feeling scared and helpless.

Related Link: [Blake Lively and Ryan Reynolds Take a Mini-Honeymoon in Virginia](#)

Photo 3 and Photo 4: In Photo 3, the beautiful blonde is showing a fake smile. As you can see, there is a lot of movement in the mouth region but nowhere else. Usually, a real smile includes the eyes, cheeks, *and* mouth. We can spot her real smile in Photo 4.

In Photo 3, we see Lively's hands on her hips; some call this pose the Superwoman or Wonder Woman pose. It's a way to demonstrate dominance, strength, and being in control. In many cases, it's a great way to seem confident without actually being confident. Sometimes, faking confidence works just as well as actually having it! By looking at these photos, you can see that the actress is self-assured but also shy, and this strong pose counteracts her shyness.

[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.

Q&A: Is It Okay If My Boyfriend Texts His Ex?



Question from Alex S.: My boyfriend and I have been dating for almost six months. Every once in a while, I'll see a text on his phone pop up from his ex. He says they're just friends, and he's even introduced me to her before, but my girlfriends tell me that it's weird and that I should ask to read their

messages. What do you think?

Answer from Our Love Experts:

[Suzanne K. Oshima, Matchmaker](#): If you ask to read the text messages, it's going to be a red flag to your boyfriend. You're basically saying that you don't trust him and that you're insecure about your relationship. It's going to be a huge turn-off to him, especially if there's nothing going on with his ex. Honestly, I think it's far more important for you to find out about his past relationship history and how it ended. Is she trying to win him back after he broke up with her? If so, then it *is* an issue that he's still communicating with her. Or did they both mutually decide to end the relationship and really are just friends? Believe it or not, it is possible to be friends with an ex. I'm actually friends with a couple of my exes, and believe me, nothing is going on!

Paige Wyatt, Reality Star: A lingering ex-girlfriend is never a comfortable situation, but sometimes, men don't feel negatively about their exes. Men hate drama, and one surefire way to get involved in drama is being rude to their ex. Instead, they figure they'll just be nice and friendly, and it won't be a big deal.

Unfortunately, they have no idea how uncomfortable it makes *you* feel as their current girlfriend. The only way to resolve this issue is to talk to your boyfriend about it. Let him know what you're thinking and try to make him understand from your point of view. Otherwise, he'll never know it bothers you. If he's really over his ex, he'll understand and find you and your feelings more important than talking to her.

[Robert Manni, Guy's Guy](#): Although social media plays a prominent role in relationships, every situation is different, so there's no definitive answer. However, communicating clearly and honestly with your partner is always recommended. In Alex's case, I suggest she forget about asking to read the

texts. Her boyfriend responded when asked, and it could be an occasional harmless exchange.

Let's address the real issue. Alex is uncomfortable, and she doesn't understand why it's important for him to stay connected to his ex. That's a fair question. If her boyfriend knows she feels this way but insists on keeping constant contact with his ex, that's a warning sign. He needs to man up and let Alex know if his priorities are with the past or the present. And Alex needs to determine her course of action based on his response.

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](#).

Do you still text your ex? Why? Let us know in the comments below!

Helping Your Child Through a Divorce





By Patricia Bubash, M.ed, LPC for [Hope After Divorce](#)

In spite of the naysayers who were telling me to not bother spending money to see *Jersey Boys*, I decided to go see the matinee (it was cheaper, of course). And I was glad that I ignored the unfavorable critics. I thought it was an excellent movie: good acting, touching story of poor boys making it big, and music that had everyone clapping, tapping their feet, and enjoying songs from their youth. I anticipate seeing it at least another two times and even buying the DVD when it comes out.

So where does my delight with *Jersey Boys* fit into a site devoted to helping those who are divorced or contemplating the end of their marriage? Not to give away any of the story, but I need to explain how my movie going experience and divorce corresponds.

Growing up, Frankie Valli lived in a low social economic neighborhood, the tough streets of New Jersey. Through determination, grit, drive, and connections, he achieves success and recognition in the entertainment world. And, not

so different from the regular guy who must make a living by working overtime and traveling, his career takes over his family time. From the all too common divorce stories, we know the toll that work takes on a marriage. The mother of his three daughters, his first true love, throws Frankie out.

Related Link: [6 Things Women Should Never Do in a Divorce](#)

Just before he packs his two suitcases and departs the family home, Frankie puts his youngest daughter to bed. She asks him to sing to her (oh, how special would that be – a dad who sounded like Frankie Valli to sing you to sleep!). As he is singing, she interrupts him to ask, “Do you like me?”

Watching this scene, I felt a tug in my chest. I experienced flashbacks from conversations with former counseling clients, students, and my own daughters, who all shared similar deep feelings to me as I listened to their familiar, anguished words. Like my students and my kids, there was genuine confusion and puzzlement over *why* dad would no longer be living with them. Did he really have to go? And did they do something to cause him to be mad – mad enough to leave?

Young children often internalize that they are the reason for mom and dad divorcing – you know, the failed math grade, the disciplinary action for talking in class, squabbling with another student, or fighting too much with a sibling. It’s this idea that, “Had I been a better kid, they wouldn’t be divorcing.” The adults are so involved in their own dynamics, focusing on the logistics of getting out of the marriage, that the children’s interpretation of the why goes overlooked.

International star and actress Jennifer Lopez and her husband, singer Marc Anthony, went through a divorce with young twins. They have seemed to be amicable and respectful in their new co-parenting roles, keeping their focus on their beautiful children. You may become divorced from one another, but you

will always be your children's parents together. These ex-spouses set a good example for all divorced parents on how to be respectful in the essential role each parent plays in the lives of their children, both equally important. Lopez recently ended her relationship with longtime boyfriend and dancer Casper Smart. Hopefully, she was able to gently communicate and share this decision with her son and daughter, as it would have been a loss of another relationship for them as well.

When this beautiful child in *Jersey Boys* asked her dad if he liked her, I knew the why of that question. Could it be that her dad really didn't like her and that she was the cause of it? Of course, Frankie assured his beautiful daughter that he loved her. And then he was gone. For many dads and moms who become so involved with work, after divorce, it is often said, "Not only did they divorce their ex but the children as well." It's an adult decision, but it's the kids who struggle most with a new family composition. They are commonly not ever asked what they want, which is the real tragedy in parents divorcing. Why shouldn't our children be asked what they want and what they think? They should at least be heard so parents can take into account knowing how their very own children feel about them dissolving their family.

Related Link: [To Move or Not to Move? Why This Decision is Tough on Kids](#)

As a former educator, school counselor, family advocate, and, most credible of all, a divorced parent, I feel comfortable offering the following suggestions:

- Together, assure your children, "We may no longer want to be together, but we will always love you." You can never remind them of this truth enough. Your children need to feel secure in the continued love of both parents.
- Be honest. If divorce is imminent, then don't give your

children the false hope that you might be together again. Explain the changes: visitation, sharing of holidays, and any possible moves into a new home or school.

– Encourage them to talk with you and truthfully answer their questions.

– Let the school know the situation. Many times, a teacher has come to me with a student acting out, and we discover that the family is going through divorce. Knowing this helps the school in helping the child – thus, the reason for school counselors.

– Don't talk negatively about your ex-spouse in front of your children or even to others when your children might hear your conversation. Speaking despairingly of the other parent (even if it is true!) is like shooting an arrow in your child's heart.

Related Link: [What Now? Transitioning From Married to Single](#)

Divorce changes our lives and that of our children. It is one of the most difficult and emotional situations for a family to experience. Fortunately, we have resources like Hope After Divorce and Divorce Support Center. And through these resources, we find hope for the future. Our children also need to have hope for better times ahead, and as their parents, we are responsible for providing this hope.

(And go see *Jersey Boys* – it's definitely worth the money and your time!)

To find out more 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, HopeAfterDivorce.org, CupidPulse.com, andFamilyShare.com. She can be reached at patriciathecounselor@successfulsecondmarriages.com. Follow Patricia on www.facebook.com/patriciathecounselor.

**Screwing the Rules Video
Dating Tips: 'The
Bachelorette' Way to Date
Lots of Guys**



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

Dating Advice from E!'s *Famously Single* Laurel House on Dating Lots of Guys

If you're a fan of *The Bachelorette*, then you know the formula is simple: the Bachelorette (currently Andi Dorfman) starts off dating 25 guys before whittling the group down to her final pick. Using the show as inspiration, in this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) shares her best advice for dating a lot of guys. As the dating expert explains, "If you want to find your perfect mate, you need to date multiple people at once. How are you supposed to make a

decision if you don't have any choices?"

Related Link: [Video Dating Tips: 'Bachelorette'-Based Ways to Know If He's Using You](#)

Listen up if you're ready to date more than one guy in order to meet your soulmate!

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

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

What are tips for dating lots of guys at once? Tell us in the comments below.

Celebrity Couple Predictions: Chrissy Teigen, Jessica Alba and Eve





By Shoshi

For today's post, let's look at three celebrity couples with happy and strong relationships – one twosome settling into married life, one duo with two adorable daughters, and one pair of newlyweds:

Chrissy Teigen and John Legend: This beautiful supermodel and her husband are just simply one of the cutest couples in entertainment. They were together for seven years before the sexy singer put a ring on it, and now, the couple appears to be blissfully married.

What makes these two work is that they allow each other to be who they are. In case you haven't noticed, Teigen is a bit of a wild woman, while Legend is more reserved. It's a great balance in their relationship, and there is a wonderful foundation of love and respect that keeps them going strong.

Baby energy is swirling around Teigen, so expect an announcement that they will be welcoming a bundle of joy by late September or early October. I keep seeing two babies

arriving at the same time, which could be a sign of twins. Once Teigen starts to have kids, she will have a clothing line for little ones, which will be a huge success around the world. It will be such a hit that she will pretty much drop modeling to focus on being an entrepreneur.

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

Jessica Alba and Cash Warren: There are rumblings that this pair are having marital troubles due to The Honest Company founder being the breadwinner. They met on the set of *Fantastic Four* – she was the lead actress in the movie, while he was a production assistant. At the time, Alba was the more famous of the two, but who knew she would go from being a B-list actress to a savvy entrepreneur and spokesperson?

Fans, rest easy: Alba and Warren are not separating or getting a divorce. They are best friends and trust each other with everything. However, there is a some tension in their marriage. Warren is trying to figure out how to leave his mark on the entertainment business by being known as more than “Jessica Alba’s husband.”

Luckily, Warren is beginning to gain some ground as a producer. He will end up producing a movie that gets him some notoriety and even nominated for an award – and Alba will be there right by his side, cheering him on. This couple will continue to go strong.

Related Link: [Jessica Alba and Cash Warren Celebrate Five-Year Anniversary](#)

Eve and Maximillion Cooper: Eve is officially off the market! This past weekend, she married her longtime boyfriend, Gumball 3000 entrepreneur Maximillion Cooper, in an intimate ceremony in Ibiza, Spain. The two met at the Gumball 2010 rally when Eve was a participant in the race, and they have been together ever since.

While some may think that they're an odd couple, they are a great match. Eve became really clear about the type of relationship that she wanted, and she made big changes in her life for love, including moving to London. Long story short, girlfriend did what she had to do to get her dream guy. It can also be said that the singer is exactly what Cooper was looking for. After his first marriage ended, he wasn't sure he would get married again, but now, he cannot imagine his life without Eve; she is his backbone.

Recently, the rapper formed her own label and released an album, but all of that is going to take a backseat now. She's going to focus on her new television show about interracial couples and getting pregnant. Cooper has four children with ex-wife Julie Brangstrup, but Eve is so ready to have a little one of her own with him. She also recently said that her stepchildren want her to make them a brown baby sister. A baby is indeed on the way but not until 2015.

Considering Divorce? Ask Yourself Three Questions





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

“...great marriages are born when two people decide to come to the party!”

It's common knowledge that most of us, at one time or another, will consider divorce as an alternative to a difficult marriage. The truth is ALL marriages are difficult to some degree, and those of us who long for the fairy tale will be sorely disappointed. I have often said that great marriages are born when two people decide to come to the party! Marriages fail because someone decides the party isn't all that fun.

Sadly, Melanie Griffith and Antonio Banderas are divorcing after 18 years of marriage. Their news comes after living separate lives due to their conflicting work schedules. They may be saying their split is amicable and ending in a loving manner, but the reality is that they no longer choose to be a couple. They will now have to face dividing their combined fortune, rumored to be worth 50 million dollars.

Related Link: [Going Solo Again: Bold New Beginnings](#)

In talking with many divorced individuals, I've learned that expectations about sex, money, care taking, adoration, housekeeping, ways to spend leisure time, and a whole bunch of other individual traits are often born out of selfishness, immaturity, and insecurity and sometimes even based on a lack of experience with reality. I hope that doesn't sound negative, but the fact is we all bring our own stuff into our marriages, and often, our stuff doesn't exactly mesh with our spouse's stuff.

I met a couple several weeks ago who, between them, had experienced several divorces. The husband lamented that his first wife had cheated on him, his second wife just wouldn't give him enough attention, his third wife couldn't accept his children, and so on...

And this is the reason I try and focus on helping people stay in their marriages if at all possible! Because the cycle doesn't end. Issues will keep popping up no matter how many times you get married, because it isn't about the issues themselves – it's about the people in the marriage who are creating the issues. And until we fix the people...the issues will remain. In my opinion, a good counselor could absolutely help a couple facing infidelity, attention deficits, blending families, or any other problem that exists by focusing on the real issues we just talked about – selfishness, immaturity, insecurity, etc.

If you are seriously considering divorce, I want you to spend the next week asking yourself these three questions over and over until you have the answers solidified.

– **Will I be better off?** Will you be better off emotionally? Will you be better off or at least be able to sustain yourself financially? Will you be happier in the long run? Think of these questions in every possible scenario.

– **Am I okay with the thought of a new life?** If you are forced

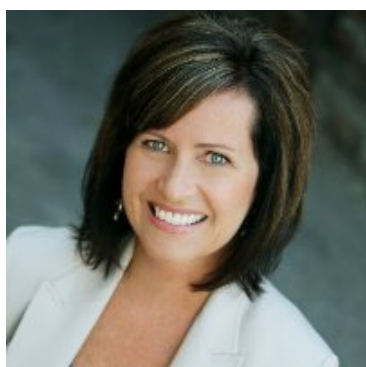
to move from your home, will your kids be okay with a new school and new friends? Will you be able to handle all the added responsibility? Think about all of the changes that will take place for you personally and figure out if, for you, these changes are manageable.

– **Have circumstances made it necessary for me to end this marriage – affairs or abuse?** If the affairs or abuse has stopped, is it possible to put things back together? The roadblock often comes when one partner doesn't want to put in the work or seek counseling and do what it takes in order to gain back the violated spouse's trust. These are serious problems, and you need to determine for yourself if indeed you will be better off leaving the marriage.

Related Link: [Attitude is Key](#)

Divorce is a big decision. Don't move forward with it until you have exhausted every attempt to fix things in your marriage. Once you are comfortable with your decision, whatever it is, move forward with conviction. I will root for you to go for the save!

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/janeendiamond.

Taking Your Partner on a Family Vacation



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

Summer has finally arrived, and we are diving right into the month of June! This season brings with it lots of sunscreen, bikini bods, and the exciting – albeit sometimes dreaded – family vacation. Let's say that you've finally met someone

special, and you are contemplating whether or not to bring them to your family's beach house. If you do take the plunge and invite your partner along, here are a few simple rules to consider:

First, if you are a guest in someone else's home, make sure you let them know you are bringing a plus-one. This way, they can decide the sleeping arrangements. Your host may think that separate beds isn't a big deal, but if it is to you, then speak up! If you're pitching in and paying for this vacation, then you should have a say in what room you get and whether or not your significant other can stay in it with you.

Related Link: [A Summer of Love](#)

It's probably best that your family isn't meeting your beau for the first time on this vacation. This step will ensure that your love feels somewhat comfortable with your relatives so you don't have to worry about them having a good time. If you have the chance, introduce them to family members they may not know yet to avoid any awkward moments or embarrassing small talk.

Remember to help out and be neat around the house – and encourage your partner to do the same. You don't have to cook a five-course meal every night or do your brother's laundry, but helping with the dishes after dinner, hanging up the beach towels, or making a trip to the grocery store are all small acts that will not go unnoticed by your loved ones.

Take some alone time if you need it. Your sweetheart should feel comfortable enough to say no to cards with the guys or the annual family volleyball tournament. Just don't turn down every offer; you don't know what great traditions you could be missing out on! If you are really serious about this person, it's good to immerse yourself in these customs since they might be a part of the family one day.

Always be on time for arrivals and departures as well as any pre-planned excursions. When things go wrong during traveling, as they often do, try and keep your cool. You won't remember that night spent without your luggage or getting attacked by mosquitos on a morning bike ride, but your family will always remember that first vacation with your significant other.

Related Link: [10 End-of-Summer Date Ideas](#)

Be respectful that this is vacation time and leave your work at home. If you or your boo have to check email regularly or do a few hours of work each day, talk with your family and let them know. Then, unplug and enjoy yourself for a while! This simple act shows your relatives that your significant other is committed to learning about them and can really unwind and relax.

Finally, remember to be yourself. Show your family who you and your partner are as a couple. Following these tips while on vacation will ensure that you have a great time with your sweetheart and that they create long-lasting bonds with your family!

How did you prep for bringing your partner on a family vacation? Share in the comments below!

**Screwing the Rules Video
Dating Tips: George Clooney
is Engaged! Why He Chose Her**



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

Dating Advice from E!'s *Famously Single* Laurel House on Amal and George

With this sexy actor's recent engagement, we all can't help but wonder: What did Amal Alamuddin do to capture George Clooney's heart? In this week's [dating advice](#) video, dating expert and E!'s *Famously Single* dating coach, [Laurel House](#) reveals the truth: "Her attitude was, 'You're just a guy.' She wasn't hypnotized by his looks or money or fame or the fact that he's considered to be one of the most eligible bachelors in the world." With this thought in mind, learn how to snag your own dream man!

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

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

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

What is your best move for snagging an ultimate bachelor? Tell us in the comments below!

So You're Dating a Mama's Boy!



By [David Wygant](#)

Congratulations! You're now in a relationship with a mama's boy. Mama's boys are tough to date. Mommy took such good care of them over the years, and while she's still in their lives, you might always play second fiddle to her.

I know all about mama's boys because my dad was one. I remember when we used to go out to the Hampton's during the summer. My dad would have his own special blueberries and sugar on top. His mom, my grandmother, would always reserve the coffee ice cream for him, her king. She catered *everything* to him. He'd call her at least three or four times a day. It was like he couldn't stand not having contact with her for even a couple of hours.

When you're dating a mama's boy, you're going to be under such a powerful microscope, and you can never win because nothing will ever be good enough for her "sweet little boy." Moms sometimes cradle and pander to their boys, no matter how old they are. Not just that, but they give them their full backing and support, even when they've done something wrong.

Related Link: [Five Ways To Get His Undivided Attention](#)

It's almost too much. He's used to being catered to, and he's used to having everything done for them. I've even known grown men who still take their laundry home for their moms to do. Some let mom come over to their place and tidy it up for them too!

I've heard many nightmare stories about girlfriends moving into their boyfriend's house and buying some new furniture and decor, only to come home one day and find out it's all been moved. Mom came over, decided she didn't like what you chose, and replaced it with all her own stuff.

Don't get me wrong though! Mama's boys have some great qualities too. They're gentle, they're sweet, and they're respectful.

The big problem is you may be used to dating a man-boy, someone who has struggled to leave the nest. He's a boy at heart who can't bear to leave his mom's side. It's hard when you're dating a mama's boy because you're going to find he'll increasingly want you to take over her duties.

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

Now, you can try to break the boy out of mama's cradle, but that's not going to be easy. He's lived his entire life this way. He enjoys it, and he expects any woman he dates to treat him the same as his mom does. Are you ready to be in a relationship where you have to mother your partner and his mom knows all your business? If you're ready for a relationship where your mother-in-law is going to know everything, and you can handle it, then go for it. If you can't, then you need to think again.

I remember I once dated a daddy's girl. Nothing I did ever compared to her father. She'd say it all the time too: "Dad did this for me, and Dad did that for me." I felt like I was competing with her dad, and it drove me crazy. If I ever did anything wrong, her daddy would get a phone call right away.

You want to be the woman in a man's life, not his caretaker. You don't want to compete with his mom, and you don't want to be second best. The next time you meet an amazing guy that happens to be a mama's boy, you need to ask yourself whether you can put up with this kind of behavior. If not, it's time to send him on his way and send him back to his mother. She'll welcome him with open arms!

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

Co-Parenting Teenagers in the Summertime



By Lisa LaBelle

Co-parenting and planning summer visitation with teenagers can be challenging and emotionally draining. Hopefully, plans can be worked out peacefully with your ex-spouse – consider Reese Witherspoon and Ryan Phillippe for a celebrity example – but there are many who are not so fortunate. The error comes when parents choose to not give their teenagers a voice in planning their time. They don't stop to think about the consequences that occur when their teenagers aren't able to participate in activities and events that are important to them, through no fault of their own.

The solutions are simple. Here are some tips to help with co-

parenting during your teenager's summer plans:

Related Link: [Keep Talking to Your Kids After Divorce](#)

Give your teenager a voice:

It's important to sit down one-on-one with your teenager and simply ask what they want their summer to look like. Does your teenager have scout camp, sports camp, music and art classes, academic work, dance camp, team sports, or a summer job? Remember it's not about you; it's about your teenager. Next, have your teenager write out their summer goals, responsibilities, and commitments. Give your teenager a voice in both the verbal and written word.

Be your teenager's true advocate:

Listen to your teenager and offer supportive input. Do your best to work around their activities. Talk with your ex about your teenager's summer commitments peacefully. Encourage your ex-spouse to come and attend any events too. For example, it may be a scout camping trip that he could chaperone with your son or coming to cheer for your teenager in a dance competition.

Encourage your teenager to use their voice:

Encourage your teenager to respectfully use their own voice with both you and your ex-spouse. It's important for your teenager's self-worth to speak directly to both parents concerning their summer plans. It may take some time for your ex-spouse to adjust to your teenager making their own plans, but it will increase mutual respect.

Be supportive of your teenager *and* ex-spouse:

You, as the custodial parent, will have the role of being supportive to your teenager and your ex-partner as they work out their summer plans. If your ex attempts to bring you into

the decision-making process, you simply remind them you are there to offer support, cheering them on in making their plans “together.” After a few times of responding in this peaceful, supportive manner, your ex-spouse will not feel the need to reach out to you for assistance.

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

Remind your teenager you're there:

Verbally remind your teenager that you are there to be a support as they make summer plans with their other partner. Knowing you are there will naturally build confidence in your teenager's ability to communicate directly with your ex-partner. You are there to be the main support and to reinforce the importance of your teenager's voice as plans are being made.

As a co-parent, stay close to your teenager, cheer them on, and encourage them to use their own voices for all summer and year-round planning. The results will be worth it. Communication between you and your teenagers will increase, and a long-lasting, healthier relationship will be the outcome. Your teenager's own self-respect will improve knowing they do have a voice and that they matter.



Lisa LaBelle is co-founder and co-executive director of Hope After Divorce and Divorce SupportCenter.com. She holds a B.S. degree in Education, and is completing her master's degree in clinical mental health counseling with an emphasis in marriage, child, and family therapy. Lisa is a family and child advocate. She is co-author and co-editor of Hope After Divorce and Divorce Experts Weigh

In. Lisa is the co-host of the Life After Divorce CL3 Agency blogtalk radio show. She is a contributing expert for

DivorceSupportCenter.com, FamilyShare.com, CupidsPulse.com, and Newport Lifestyle Magazine. You can contact Lisa by visiting www.divorcesupportcenter.com.

The Height Factor: Short Men and Tall Women



By [Marni Battista](#)

Choosing a mate involves enough numbers to make the process a math equation, but daters of both genders place the most importance on a lot of the wrong ones. From a bird's eye perspective, it doesn't make sense to prioritize such an

uncontrollable physical characteristic as height, but as superficial as it may seem, biology is at work here. Women tend to go for taller men because of the masculinity and protectiveness it implies, while men seek out more petite girls who make them feel like a strong lumberjack of a guy.

I could tell you all day long that height is irrelevant in the long run and that, by following this primal urge, you're effectively ruling out a painful number of worthy potential partners who could make you feel just as meek or manly as someone who meets your height requirement would. But since it would be fruitless for me to simply suggest we all fight Mother Nature, here's a Dating with Dignity guide to how men and women who weren't blessed with traditionally ideal genes can exude the right qualities.

Related Link: [Why Hating Your Body is Destroying Your Love Life](#)

How Short Men Can Measure Up

If you're the guy who was always chosen last to play basketball in gym class and are a regular at the tailor to have new pants hemmed, you may have low expectations for your love life. If you hone other parts of your appearance and personality, however, you'll communicate power, presence, and an ability to protect no matter your magnitude:

Confidence: Many men express confidence by overcompensating and acting like a jerk, but simply being comfortable and carrying yourself accordingly will do. Don't forget that confidence is also associated with ambition and an overall happiness with your looks and personality. If you're not quite there yet, perhaps you're better off working on yourself for a while before hitting the dating game hard; it'll benefit both you and your romantic prospects.

Appearance: Height aside, overall appearance is an undeniable attraction factor – especially when attempting to snag a

lady's initial interest. Take care to dress well but also in a way that suits you, both size- and personality-wise. A well-groomed man with an eye for fashion can make a lack of height unnoticeable. Similarly, maintaining your physical shape can give a solid sense of that protective quality women seek in men.

Personality: While you may feel as though you have to embrace an abrupt and coarse demeanor to make up for your lack of height, kindness still matters and is especially desirable in a long-term mate. Believe it or not, kindness can still be considered masculine, so long as you express it with that confidence you've honed and refrain from becoming a doormat. Simply treat others, especially your lady, with respect, consideration, and compassion and stand up for what you believe in. That's sexier to us than being able to slam dunk a basketball.

Related Link: [Guys Edition: How to Behave like a Gentleman](#)

How Tall Women Can Appear Down to Earth

Many men find height in women imposing, no matter how charismatic and warm you may be. The key to attracting a man who may normally shy away from taller gals is to exude femininity and appear approachable, even if that means doing the approaching yourself.

Confidence: Though making the first move may seem like the opposite of appearing less intimidating, it may be your job to break the ice. Use your feminine wiles and approach him in a flirty, natural way to avoid seeming forward or "ballsy." Once he's had the chance to talk to you for just a few minutes, he'll likely see what a warm and welcoming person you are, and all the rest will fall away.

Appearance: You may be inclined to slouch to appear shorter, but improving your posture makes you appear more self-assured. Be sure to smile often and openly. Don't be afraid to sling a

smile at the cute guy in the next aisle at the grocery store or across the bar; it's the most surefire way to express your effusive personality and make someone feel more comfortable and open to approaching you.

Personality: If you're into soccer and fly-fishing and have an active career, by all means go for it – but try to balance it out through your relationship's dynamic. Allow yourself to be vulnerable and maybe even have your new guy take care of some of the fix-it tasks around your apartment early on, even if you're fully capable of handling them yourself. Making your man feel needed and giving him ample chance to take care of you will make your height difference irrelevant.

***Marni Battista**, founder of Dating with Dignity, is an expert dating and life coach with a 10-step system to manifesting love for your self and others. You can contact Marni at marni@datingwithdignity.com.*

Screwing the Rules Video Dating Tips: Talking About Your Relationship Needs





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

Dating Advice from E!'s *Famously Single* Laurel House on Communication in a Relationship

Related Link: [How to Get a Guy to Commit](#)

In this week's [dating advice](#) video, dating expert and E!'s *Famously Single* dating coach, [Laurel House](#) teaches you how to communicate with your partner about your relationship needs. "Whether it's phone, e-mail, text, or in person, there are five key elements to communication," she reveals. "Those are attitude, word choice, motivation, timing, and length." Watch the video above if you're ready to improve your skills!

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

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

How do you communicate your relationship needs? Tell us in the comments below!

How to Recover From a Hurtful Split



By Melanie Mar

When CupidsPulse.com asked me to write an article on this topic, I stopped for a minute to reflect upon two emails I received this week, both requesting my help: one from a man who was struggling terribly to let go of his ex-girlfriend and move on, and the other from a lady with the subject

“heartbroken.” The end of a relationship can be extremely difficult, and I never underestimate the pain of a breakup. In severe cases, it is truly debilitating, causing mental anguish and physical turmoil, affecting your health, and leading to weight loss and other associated illnesses.

Of course, the degree of distress is dependent on how a relationship ends. For example, if both of you have come to the conclusion that the relationship has “run its course” and each have apathy for the other, then the most likely feeling you’ll have is melancholy. You’ll wish each other well and mean it. In these cases, I recommend doing things that bring you joy to counteract the blues: dance, sing, surround yourself with friends, whatever makes you happy.

There’s also the “chipping away” of a relationship from bickering, lack of sex, lack of respect, etc. If these things have ultimately led to the end of your relationship, then relief is usually the first emotion felt. During this stage, I suggest doing things to rediscover yourself, like taking up a hobby or interest, pampering yourself, or taking some much needed “me” time.

Related Link: [Could You Be Friends With An Ex?](#)

If your relationship ends because of betrayal or immoral or unethical behavior, you will experience deep agony. The ending is usually swift and extremely hard to comprehend. Understanding the process (and yes, it is a process) will make it easier for you. Know that what you are going through is not uncommon and that having the right tools in your tool belt will assist you as you handle your loss.

Here are some other feelings you may experience during a hurtful split:

Pain can be both emotional and physical. I always tell my clients that “pain indicates change is needed or change is in progress.” Do not push away the pain; instead, *feel it*. If you

deny the feeling, you're only prolonging the inevitable. People ruminate when they are in emotional distress, which is perfectly fine for a short time. However, if extended, it can cause sickness.

Within weeks, you have to move on from the feel-think, feel-think, feel-think merry-go-round and do something positive to make it better. Remember that the way out of any negative thought is to follow it with a positive action.

Anger is a very frequently expressed emotion. As a certified transactional analysis, I use "child" and "adult" as forms of communication styles. With that in mind, there are four types of anger:

1. **Frustration** is created from a deep dissatisfaction from unresolved problems or unfulfilled needs.
2. **Resentment** is a bitter feeling of persistent ill will.
3. **Denial** is a defense mechanism in which confrontation with reality is avoided by denying the existence of the problem.

The three angers above are all child angers and are not healthy in the aid of moving on and letting go.

4. **Indignant** is adult anger in its simplest form, and it merely means you are logically angry about the situation. It's perfectly healthy to display your anger if done with facts and reasoning and not for an extensive amount of time.

Sadness comes after the pain has eased and the anger has subsided. It is, of course, sad to acknowledge that someone you loved deeply betrayed your relationship and that the future plans you had together will not happen. You miss that person and the special moments you shared. It's okay to mourn; in fact, it's normal, and it would be highly unusual if you didn't.

Just make sure that this phase doesn't continue for an

extended period. Remember to keep reminding yourself the reason why your relationship ended.

Related Link: [Rihanna and Drake Are Off-Again](#)

Acceptance is the last stage. There will be a day when you wake up and realize that it's over and that you survived. It didn't kill you, but it did make you stronger. When looking back at the relationship, you understand completely that it wasn't what you initially thought and that your ex was less than you deserve. It's the relationships that don't last forever that teach us the lessons that will.

You now have what I call a "clear head, clear heart" – both of which are necessary to start dating again. So get out there and enjoy the excitement of meeting someone new. You never know what it might lead to!

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

Single in Stilettos Show: Where Are All the Good Men?!





On this week's [Single in Stilettos](#) show, dating coach Jonathon Aslay talks to founder Suzanne Oshima about the five best places to meet men. If you're ready to find a new guy, he recommends that you: think about what you like to do and what you're passionate about; head to high-end business seminars; go to your church or synagogue; try online dating; or look more closely at other forms of social media, like Facebook or Twitter.

Related Link: [Jonathon Aslay on Why Men Disappear](#)

Of course, the most important thing is that you put yourself out there. Open yourself up to love, and it will come to you!

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

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

Where do you go to meet men? Share in the comments below.

Divorce with Dignity



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

It would be hard to ignore the latest buzz in celebrity couple news. There has been little else talked about than the separation and impending divorce of Hollywood darling Gwyneth Paltrow and front man rock star Chris Martin. This marriage of 10 years has been closely protected and kept out of the public eye, so news of the breakup has come as a surprise and a blow to their adoring fans.

There has been endless speculation on what went wrong in their relationship, but it is, at this time, just speculation. After

recent news of many Hollywood breakups, it certainly would seem that celebrity status puts an added stress on a marriage that many are not able to rise above. Although no divorce is easy, it does appear that this illustrious couple has figured out the ever-elusive secret of how to have a diplomatic and uneventful dissolution. Even as they head for divorce, this celebrated couple has much to teach us about relationships and separation.

What You See Is Not Real

The actress has built her brand on having it all together. We admire her for her strong family bonds, her pulled together style, her clean eating and healthy lifestyle, and up until a few weeks ago, her seemingly fairytale marriage. But here is the truth: What you see on the outside is not what is real. What has been portrayed through magazines, commercials, and movies is not reality. Celebrity or not, we all are dealing with our own private stuff. Everyone from your next-door neighbor to Oprah Winfrey has their own inside struggles of which we are not privy.

The lesson here is don't believe everything you see. Celebrities are people, too. Like the rest of us, they, too, are just trying to get through each day with the appearance that they have it all together.

Related Link: [Maintaining a Positive Image After Divorce](#)

Children Come First

The biggest tragedy in most divorces is its effect on the children. There is the very real concern that there will be long-term effects on the well-being of the kids. With two children, Apple, age 9, and Moses, age 7, this is sure to be among the top concerns of this A-list couple too, and it seems they have not taken this responsibility lightly. Martin and Paltrow announced that they have come to an agreement to share custody of the children. They have made it clear that it is

top priority that the children's transition is as easy as possible.

Granted, while not all relationships can end as amicably as this one seems to have, there is a lesson to be learned about ensuring that their children are made the priority in the midst of divorce. Though not always possible, the goal should be to make sure that the children still have both their parents in their lives. Even though Mom and Dad don't live together, they are still a team when it comes to parenting. Though surely difficult, couples like Paltrow and Martin show us that it can be done.

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

Maintain Your Dignity

These two stars have been known for protecting their personal lives fervently. Even in the face of divorce, they are keeping the reasons and terms behind the decision for separation private and personal. In a country where divorces have become increasingly ugly and cruel, it is certainly a breath of fresh air to see two people maintaining their kindness and dignity in what is certain to be a challenging time. It is understandable that not all relationships come to an end in such a civil manner. Certainly, there are reasons for a split where maintaining a polite relationship of any kind is impossible.

That being said, it is important to always aim to be the bigger person. So many divorcees allow the process of separation and divorce to turn them into someone that they are no longer proud of. As of yet, it doesn't appear that this superstar couple will be among that list. We look to celebrities to help guide us through parenting, aging, trends, diets, exercise, and relationships. Even though many relationships in the spotlight end in a whirlwind of drama, it

is nice to see that some Hollywood couples work hard to ensure their separation is done with privacy, compassion, and dignity. Paltrow and Martin appear to be shining examples of just that.

**Do you think it's possible to remain friends after a divorce?
Let us know in the comments below!**

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

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 happily married to her high school sweetheart and is the mother of two. See Tammy's Curiosity Quest website at www.curiosityqueststore.com. Follow her blog, MarriedandNaked, at www.married-and-naked.com.