

Expert Relationship Advice: The Exclusivity Trap!



 By [Megan Weks](#)

Are you stuck in an exclusive relationship but not really ready for a monogamous one on one? While we all yearn for that special someone to be just ours, jumping into exclusivity too soon can be damaging, especially to women. Read the [expert relationship advice](#) below to help you make healthier dating decisions.

Expert Relationship Advice to Help You Stand Up for Your Best Interests in a Relationship!

What angers me the most about being a relationship coach is the same reason I am a relationship coach: women are breaking their own hearts. Yesterday, three women reached out to me in desperation. They each have a man but they are feeling frustrated and nervous. Their stomachs are in balls of knots, they are crossing their fingers for luck, and they are extremely anxious. Why? Because their needs are not being met in their new relationships. Interestingly, these women happily agreed to jump into the situations they now find themselves in. Didn't they want a boyfriend? After all, that was their goal. Now, however, they feel trapped in exclusivity with men that may not be right for them.

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The "going steady" dating model, by the way, did not occur until the 1940s. It was born out of the desire for – and the

more acceptable view of – casual sex. Before that, people would take their time to really determine if someone was a match, and then get married through a leisurely process called “courting.” The “going steady” dating model, or “linear” dating, as I call it, can be extremely disempowering for a woman who has the goal of getting married within the next couple of years.

You meet a man. You date and spend time at his place and at yours. You get close, enjoy his compliments, and share laughs. Things are going great. You feel attached to him. You are excited to finally find someone who sees what you have to offer: how special you are. You feel like a [celebrity couple](#) at first. You feel comfortable and slip into that girlfriend role with ease...heck, you've been waiting a while for this. You're sick and tired of being “out there.” Now it's your turn.

Or, is it...?

Suddenly, he starts to get a bit lazy. The communication isn't what you feel it should be from a boyfriend. He said he wasn't dating others, and you aren't supposed to, either. However, you don't know if you're seeing him this weekend or not. You're playing the waiting game...again. The nervousness, the anxiety-stricken feeling, the knots in the pit of your stomach return. You start thinking that you're running out of time and that you're back in the waiting game. You want this all to be over. It's a familiar feeling, and it's awful.

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“How did I get here again? Why is dating, and men, in particular, so difficult? What can I do to save this relationship?” You don't want to make plans with your friends and then have to cancel on them if he comes around. You think to yourself, if you just see him again you'll get the magic

back. So you push to see him again. You will accommodate his busy schedule. You make excuses for him. You accept less than you deserve. You lack integrity for yourself. You worry that if you stand up for yourself or push for more time, it will backfire. It's like your fate is dependent on his next move, which is determined by a stupid little flashing red light on a digital screen. You peek at it all day while at work.

Ladies, if you find yourself in this position, get yourself out of exclusivity. Exclusivity is a trap! You have no business spending your precious mind, sanity, and time waiting for a man to choose you. While it may not be what you want to hear in [relationship advice](#), you must get yourself back out there and explore your options. Allow a man to get to know you, and allow yourself to get to know him and his intentions deeply before you jump into an exclusive relationship.

Rushing over to his place and getting cozy is the lazy dater's way to find relief. You both can't wait to drop the pesky formalities of dating, jump in the bed, and experience what the relationship would be like – now. The problem with this is, the formalities are actually an important part of the courtship process, and a courtship process is exactly what you need to go through in order to avoid getting into “the exclusivity trap!”

Expert Dating Advice: Date Ideas for Spring Love



By [Joshua Pompey](#)

If you are a New Yorker like me, it often feels like winter will never come to an end. Believe it or not, it was snowing in April this year! While this can be frustrating, it only makes the arrival of Spring all the more sweeter. As an added bonus, spring is an incredible time for dating if you use the [expert dating advice](#) below. Try these spring [date ideas](#) from [relationship expert](#) Joshua Pompey that will help you and your loved one make the most of this season!

Expert Dating Advice to Ignite a Spring Love!

Spring serves as a symbolic fresh start. With the sun shining and the flowers blooming, all is renewed in the world again. Take advantage of the feel-good vibes and enjoy some outdoor date ideas that tap into these endorphins.

1. Check out a ball game: Nothing says spring more than going to a ballgame. Even if you're not a fan of sports, the atmosphere at a game is infectious. There is a reason baseball is called America's favorite pastime: the cheering, the weather, the nostalgia. It all makes for a terrific date night. Indulge in some good old fashioned American food, have a few drinks, and don't forget the songs, chanting, and seventh-inning stretch.

Related Link: [Dating Advice: How to Make the First Move \(Women's Edition\)](#)

2. Go to the park: There are so many ways to enjoy a day at the park. Bring a basket full of cheeses, fruits, nuts and a bottle of wine for a romantic picnic. Try tossing around a Frisbee like you're kids again. Relax on a blanket and people watch on a beautiful day. And of course, the conversation of a great date will make the time unforgettable. Explore each others' interests, ask about old childhood memories, and

discover something new about your love.

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3. Find a roof top: Roof top bars or restaurants with a nice view tend to make incredible dates. What more can you really ask for when you see the city skyline? If you can't find a rooftop, a restaurant with a nice patio is a great backup plan.

4. Head to the dog park: This may not apply to all of you out there, but nothing will bond people quicker than an adorable dog. A dog tends to make the ultimate wing man (or woman!), and if your date has a dog, you will be guaranteed a great time outside. Who doesn't feel light-hearted around four-legged creatures that only want to please people? Take turns tossing a ball or playing tug of war. Befriending your date's pet is a win in every dating book.

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

Love & Libations: Royal Reds for the Royal Celebrity Wedding



 By [Yolanda Shoshana](#)

All eyes have been on the royal [celebrity wedding](#) between Meghan Markle and Prince Harry. Between the cameras, approvals from the Queen, and invitations, Markle will probably be thrilled to relax with a glass of wine during her wedding

reception. While there are many charming things about Markle, what I like about her the most is her love of good Italian red wine. Imagine chilling with Meghan over a glass of red, talking about tiaras and, hopefully, she shares the secret to her roast chicken recipe.

“The Tig” was the name of Markle’s lifestyle blog that was named after Tignanello, a full-bodied red wine from Italy. Long story short, it’s a wine from Tuscany that is a part of what is called the Super Tuscan revolution, which took place in the 1970’s. The red blend is a combo of Sangiovese, Cabernet Sauvignon, and Cabernet Franc produced in the Chianti Classico region. This would suggest that Markle has a sophisticated palate. She is prepared for all of the fancy meals at the palace, not to mention the food she will share with Prince Harry as they travel the world together.

A bottle of Tignanello can run from \$80 to \$150. However, there are Tuscan wines up to par that are more affordable. The following is a list of five wines that I like to think of as “royal reds” from Tuscany and ones that I think would receive a thumbs up from Markle herself. After all, a bold Italian red is perfect to sip during fairy-tale weddings or for a [date night](#) with your prince or princess.

Check out these red wines worthy of any royal celebrity wedding!

Luce Della Vite Toscana 2014 (\$100)

This unique wine is produced by Frescabaldi Estates in Montalcino. It’s the first wine from that area made with 60% Sangiovese and 40% Merlot. Montalcino is a highly regarded wine producing commune known for fabulous red wines. The Luce is an elegant blend that has aromas of cherries, blackberries, leather, and coffee. Doesn’t that sound nice? Pair with a cheese plate or an exquisite meal. When you want to feel like

a [royal celebrity couple](#), this is the perfect wine.

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Luce della Vite Lucente Toscana 2015 (\$27)

It's the second wine from the Luca Della Vite estate that is also produced in Montalcino. This red is a bit younger than the Luce. A full-bodied blend of 50% Merlot, 25% Sangiovese, and 25% Cabernet Sauvignon, the bottle is packed with fruity aromas. A glass of this goes great with cured meat and cheese. Think of it as a bold and sexy red. It would pair wonderfully with a romantic night.

Roxanne Rosso Toscana 2016 (\$20)

This Super Tuscan wine is produced on Sting and Trudie Styler's Chianti estate called II Palagio. Who knew they had wine, right?! Roxanne is a blend of 80% Sangiovese, 10% Merlot, 10% Syrah. It's the kind of red that goes great with a steak or pasta dish. A truffle cheese would always be a good pairing. If you can't make it to II Palagio, let romance find you and your boo in this bottle of red.

Related Link: [Love & Libations: Heat Up Your Relationship with a Date Night in the Kitchen](#)

La Mannella Brunello di Montalcino 2012 (\$80)

While this wine isn't considered a Super Tuscan wine, it's produced in Tuscany. It is made with 100% Sangiovese grapes. In fact, Brunello is the local nickname for the Sangiovese grape. This bold wine is great with beef, lamb, and hearty red sauce dishes. When you want to feel fancy, this is a where it's at.

Cecchi La Mora Maremma Toscana 2015 (\$14)

A fabulous wine for every occasion, a blend of Cabernet

Sauvignon and Syrah suits all palates. Aromas that will hit your nose are cherries, spice, chocolate, and a touch of floral. This one would be perfect for a night of snuggling in with roast chicken and garlic mashed potatoes, just like Meghan and Harry. It would also work for a girl's night in, you just may need extra bottles.

For more Love & Libations date ideas and celebrity couple predictions from Yolanda Shoshana, click [here](#).

Dating & Technology Q&A: How to Use Technology to Prevent Your Relationship Going Stale



Question from Kirstie W: When my boyfriend and I first started dating, our texts were fun and exciting. When we saw each other at the end of the day, we still had a lot to talk about even though we had been texting all day. After being together for six years, texting is non-existent and when we do see each other all we talk about is work. Conversation is getting stale; help!

Long-term relationships face unique challenges. Conversations can be much more in depth because you know each other better. At the same time, conversations can run dry because you already know so much about each other. After awhile, talks are less about discovery and more about supporting each other. This [dating advice](#) from [relationship experts](#) Suzanne Oshima and Robert Manni will help bring excitement back into any relationship!

Dating Advice for When Relationships Go Stale

[Suzanne K. Oshima, Matchmaker](#): Ironically, the effectiveness of our communication with our partners can be damaged by the technology that we surround ourselves with every day. When you're both busy and working throughout the day, it can be difficult to keep in touch and talk about work over technology. When you get home, try to make it a rule to only talk about work for the first 30 minutes of your conversation, and make sure it's about something you need advice or insight on from your spouse.

After that, focus on your relationship and the fun things about your life together, whether it be date nights, your love, or future plans. This way, you'll be able to foster an environment at home with your relationship as the focus without the noise and distraction of technology between you. Keep things real by engaging in face-to-face conversations, and you'll feel much more connected with your partner as a result.

Related Link: [Dating & Technology Q&A: How Do You Handle Dating Someone with an Internet Persona?](#)

[Robert Manni, Guy's Guy](#): The issue here transcends technology. It seems that your day-to-day relationship has become expected and you're counting on technology to solve your problem. Technology can be a helpful tool for keeping the connection strong, but it's a means to an end. I'm sure your partner would welcome fun and sexy text exchanges throughout the day, but the real issue is finding ways of maintaining true intimacy when you are together.

I suggest making it a priority to live in the moment when in each other's company. That means being present: verbally, physically, and even spiritually to maintain your loving

connection. Try discussing more than your work when you meet up, even after a hard day. Make it a priority to share meals, drinks, physical intimacy, and your true selves on a regular basis. Technology provides a way of staying connected during the work day, but the most important way to keep the embers glowing is to make the most of your time when you are face to face. Good luck.

For more dating advice and to find out more about our dating and technology gurus, click [here](#).

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

Relationship Advice: Tales of the Other Woman



 By Dr. Jane Greer

Everyone feels they were scourged in the aftermath of betrayal, and in an effort to work through that and regain their equilibrium they like to talk about what happened, often to anyone who will listen. Sometimes, though, while that can make someone feel better in the moment, it can cause greater trouble down the line and further delay the journey back to personal peace and happiness. Whether you are in the public eye or not, speaking out about the person who hurt you can be tempting. For example, Evan Felker's ex-wife Staci Nelson reacted recently to claims that he cheated on her with country superstar Miranda Lambert. Doing this can feel like your

chance to set the record straight by telling your side of the story, and it can feel like a way to fight back. You've been wronged, so this is your way to make it right.

Sometimes speaking out about the one who wronged you can be helpful, while other times it can cause more negativity. So how can you balance it? This relationship advice comes down to what you say, and whom you say it to.

The obvious place to go to vent your anger and frustration is to friends and family, since they are the people who know you and support you. They may encourage you by asking you to tell them what happened, or they may be more provoking by launching a missile and speaking badly about your ex-partner, thus throwing logs on the already flaming fire. Try to be careful, however, about what you share with them for a few reasons. While the initial reaction is to look to end the connection, sometimes cheating can actually help people reevaluate and overhaul their relationship to make it stronger and more resilient than it was before. There are enough times that people get back together. If in fact you and your ex do reconcile one day you don't want your friends and family members to have turned so completely against him or her and become so alienated that it makes it difficult for you to reconnect. Also, there is always the matter of the people you shared while you were together. What if, during your relationship, your cousin became good friends with your ex-husband, or your college best friend's wife is now best friends with your ex-wife? These are hard connections to break, and it helps to be aware of the tricky position that

putting down your ex, who may still be an important factor in their lives, can put the people you love in. While oftentimes there is a strong pull to rally as many people as possible to your camp, drawing these lines can sometimes be very divisive and you risk creating more losses for you with your existing relationships if people feel they have to choose a side.

Related Link: [Celebrity News: Miranda Lambert Throws Shade at Celebrity Ex Blake Shelton With Key Lyric Change](#)

Being able to vent and say bad things about your ex can be an important initial step, but you want to continue to take subsequent steps and have that not be where you remain. Instead of only demeaning them and looking to do a character assassination, start to shift what you are expressing to focus on the impact their betrayal had on you and how you are dealing with it. To begin the real healing, it is important to be in touch with all of your feelings, not just your anger. This way it can eventually become less about stirring the brew of your rage and more about developing your self-awareness. In my book *How Could You Do This to Me?: Learning to Trust After Betrayal*, I speak about blind trust. Was this going on for you? Were you too trusting, did you see signs and ignore them, or did you miss them completely? It is this reflection and understanding that will enable you to learn how to trust your own judgement so that you feel better equipped to protect yourself in the future and keep this from happening again. By doing this it helps you to stop perpetuating the negative by keeping yourself in the role of victim, and instead shift to moving forward and away from your ex and the fallout of the betrayal.

Related Link: [Celebrity Break-Ups: Evan & Staci Felker Were Trying to Have a Baby Before He Met Miranda Lambert](#)

Being deceived is devastating at best, at worst, if not dealt with, it delivers a blow that can keep you feeling low for a long time and can derail you from living your best life. For

that reason, doing all this is your emotional health insurance as you go forward. Hopefully, Staci will be able to get back on track and become stronger as she carries on.

Please tune in to the Doctor on Call radio hour on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on Facebook, at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Expert Relationship Advice: 4 Ways to Build a Healthy Relationship with Your Body



 By [Amy Osmond Cook, Ph.D.](#)

If you hope to build healthy relationships with other people, the best [expert relationship advice](#) is to start on your relationship with your body.

Body shaming is a real issue. [Selena Gomez](#) responded to it and so did Tyra Banks. Even celebrity [Emma Stone](#) wasn't immune from an encounter. The repercussions of this are a soaring number of cases of eating disorders and depression. For

instance, the National Association of Anorexia Nervosa and Associated Disorders reports that at least [30 million](#) people of all ages and genders suffer from an eating disorder in the US.

Social and political forums are scrambling to find ways to eliminate body shaming activities. One of the best defenses you can build against forming a negative self-image is to concentrate on building a healthy relationship with your body. “I am not a woman whose self-worth comes from her dress size,” says [Kristen Bell](#) when confronted with negative comments about her physical appearance. “Comparison is one long, agonizing death and does not interest me at all.”

Working on your relationship with your body will help you build healthy relationships with others. Here are four tips from [relationship expert](#) Dr. Amy Osmond Cook.

Expert Relationship Advice for Loving Your Body

1. What you eat is what you are: The focus of a healthy diet shouldn't rest on deprivation or discouragement. Instead, healthy eating is about providing fresh, nutritious, quality foods that nourish your body. We have the power to choose what fuels our body. One trend that supports a healthy relationship with our body is cooking at home. [Market research](#) shows the meal kit delivery services industry generated almost \$1.5 billion dollars in sales over the past three years and projections estimate a multi-billion dollar growth in the next five years. [Culinary schools](#) that cater to the amateur chef are popping up in cities across the country, offering hands-on instruction from professional chefs. The idea is to embrace healthy eating, which in turn, allows us to celebrate our bodies.

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2. Make exercise a routine: The benefits of an exercise routine extends beyond better health. A commitment to daily exercise helps other aspects of our lives, especially our jobs, by developing self-discipline, time management skills, and increased productivity. “Some employers take a healthy workforce for granted, until they aren’t,” says [Ryan Westwood](#), CEO of Simplus, who encourages exercise in the workplace.

“Employed athletes who pursue passions outside of the workplace bring that self-discipline to their job,” says [Cody Ferraro](#), cofounder of InXAthlete, and a former collegiate Lacrosse player. “What an employer gets is a productive, self-motivated employee who has a strong concept of time-management.”

Along with the physical benefits, exercise enhances mood and staves off depression. “Even moderate physical activity improves muscle strength, maintains healthy joints and bones, and it can help reduce high blood pressure,” said [Tonya Fisher](#), executive director of Bainbridge Island Health and Rehabilitation. The [American Psychological Association](#) says that researchers have also explored exercise as a tool for treating, and perhaps preventing, anxiety. A strong body boosts a strong mind, and that reinforces a healthy relationship between both.

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3. Find a purpose: An essential defense against negativity is finding meaningful ways to spend your time. “Living on purpose feels alive, clear, and authentic,” say [Barb Leonard, PhD, RN, PNP, and Mary Jo Kreitzer, RN, PhD](#). The article also points out that purpose influences health, including life extension, reduced risk of heart disease and Alzheimer’s disease, and it

allows for better pain management. In a world seemingly brimming with shallow, superficial conversations, finding a deeper meaning that adds value to your life is a solid strategy for being a part of the world but not consumed by it.

4. Surround yourself with great friends: Whether conscious or not, experts say we are defined by the people with whom we spend the most time. “Your best friend could be a key contributor to your success,” said CNBC contributor [Ruth Umoh](#). “[Research](#) shows that having a close friend boosts your resilience and helps you bounce back from hardships.”

One of the reasons why celebrities can bounce back from harsh criticism is their social support system. Although it may seem the more popular the star, the bigger the entourage, experts say quality outweighs quantity when it comes to friendships. “Although being friendly can get you more friends, you don’t need hundreds to help you through life,” says [Susan Krauss Whitbourne, Phd](#). “You may have to prune your friendship tree as you get older to be sure that you give enough attention to the ones who will really matter for your well-being.”

By focusing on diet, exercise, personal fulfillment, and great friends, you will develop a healthy relationship with the one person who matters most: you.

For more information about and articles by our relationship expert Dr. Amy Osmond Cook, click [here](#).

Relationship Advice: The Pitfalls of Dating While Divorcing



 By Dr. Jane Greer

Dating someone new is exciting but often challenging, and adding the complications of a divorce that's not officially finalized yet, as well as kids from the fractured marriage, into the mix can create a whirlwind of possible pitfalls and new challenges. Waiting for a divorce to become official, though, can take some time, and it is often difficult to put the entire future of one's love life on hold until it is all said and done. Actor [Brad Pitt](#), for example, has been seeing MIT professor Neri Oxman in the midst of ending his marriage to [Angelina Jolie](#). Dating while being separated from your ex-spouse can often feel like a no man's land of uncharted territory with no clear rules. There may be concerns about how quickly to move things along, or a newfound fear of commitment because the most recent union failed.

While you may be eager to move forward and find new love, it can feel like a slippery slope where you can get in too deep quickly, sometimes without even meaning to. With that in mind, there are

certain pieces of relationship advice to consider as you navigate this sometimes lawless territory.

The first obvious question is how soon is too soon? It is a very personal journey in terms of how each person manages the sadness of saying good-bye to someone they loved and shared a life with. Some people have no immediate desire to meet someone new, and instead withdraw and go into emotional hibernation, unwilling to put themselves out there for a while and risk being hurt again or diving into another unsuccessful relationship. Others take the opposite approach and seek out a new romance because that is what they believe they need to survive the turmoil they are facing. Taking your personal inventory of what works for you, figuring out your own rhythm of moving faster or slower, can be helpful in gauging the best way for you to proceed. If you do decide to jump back in to the pond of love, try to consider what didn't work in your marriage and attempt to avoid those behaviors in this new partnership.

Related Link: [Celebrity News: Brad Pitt is Casually Dating as He Adjusts to Single Life as a Dad](#)

Along those same lines, how do you balance the responsibilities and devotion you have to your children, as well as all the things that go along with taking apart your old life, with this new person? Consider how much energy you realistically have to give to your new identity as a single person and to your new relationship. If you have met someone you really like and want to get involved, that is fine, but keep your kids in mind and pace yourself with how you introduce them, possibly saying your new love interest is simply a friend at first so as not to confuse them. On the flip side, you might find you are not ready to invest a lot of

time into a new romance. He or she might want to jump right in, planning dates and weekend brunches, but you are juggling time with your kids and don't want to miss a soccer game or a dance performance which often conflicts with the proposed plans. Think about and prioritize what is most important to you, and be completely honest about what you are willing and able to put into this new situation. Be clear about your time and what you need to keep it balanced. It can be helpful to convey this upfront so that they can keep their expectations of you realistic and not bombard you with demands for getting together. By doing this it will help make the new relationship stay light and be a relief for you, instead of becoming another emotional burden and a new source of guilt.

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Finally, is it okay to talk about your ex and the details of your divorce with your new dates? There is no question that you have gone through a difficult time as you and your ex-spouse untangle the life you shared together. It has probably been the focal point of everything for you, all that you can think about. It is natural, then, that it is what you are used to talking about, and very likely what you want to talk about. That is understandable, but when it comes to the people you are just meeting and getting to know, the less you say about the nitty-gritty of your ex and your divorce, the better. Try to keep the conversation focused on fun topics such as activities you enjoy doing as well as those you would like to pursue in the future. Instead of making this new person your support system while you go through the divorce, allow your connection to be about what is ahead of you and think about it as an opportunity to explore who you are now and who you are becoming.

While it is a lot to contend with, it appears Brad is handling these possible roadblocks and choices with aplomb. Neri seems to be taking everything in stride, and perhaps she and Brad can continue on this path to happiness together.

Please tune in to the Doctor on Call radio hour on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on Facebook, at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Relationship Advice for the Guys: How to Approach a Woman You're Interested In



 By [David Wygant](#)

One of the biggest problems for men today is that they suffer from a made-up disease called Approach Anxiety. I keep waiting to see commercials during football games from a major drug manufacturer. It would start like this: a man staring at a woman who is staring at her phone. The man would be thinking about what to say. The woman would still be standing there, checking her Facebook feed or re-reading a text. You can substitute any of the details for this situation because, wherever women go, they're staring at their phones. It's their safety blanket, their virtual crutch. It may be annoying, but it still doesn't give the men a reason not to go and talk them.

Unfortunately, most men will be in this situation and say, “I really wanted to talk to this woman, but she was too busy on her phone.” Women will always have their phone. It’s the way they protect themselves, which means that men have to learn to conquer their Approach Anxiety.

Relationship Advice on Approaching Women from Relationship Expert David Wygant

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If you suffer from Approach Anxiety, try this new pill. If you are always trying to think of the right thing to say, then you need to take Approach No More. Now, the side effects may be substantial. You may itch. You may have a chronic stomachache. You may have heart palpitations, but at least you’ll be able to go talk to a woman.

Honestly, I find the whole thing super silly. My [relationship advice](#) is to remember that you’re just strangers passing each other during the day. It’s so easy to start a conversation based on whatever is going on in the moment. I call it the power of observation.

Observe what a woman is doing and make a comment on it so you are jumping into her world. For instance, if she’s at Starbucks and ordering a drink you’ve never had, say something like, “I’ve never had that here. Is it good? Is it your favorite?”

Men are always looking for opening lines. Opening lines are the biggest con in the world. Speak, talk, say anything, *be human*. Talk to a woman like you would talk to a regular person, and stop treating her like she’s ET’s sister. That’s

how you approach a woman you're interested in. Remember that you're not truly interested in her until you get to know her.

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So how do you get to know her? You must talk to her. Communicate with her. Speak to her. Talk to her like you would anybody else. In my 20 years of being a [relationship expert](#) and helping men and women understand each other, I basically have told men the same thing over and over again: Stop worrying so much about what you say and just say anything. Realize women are more open than you think. They'll put the phone down if you come and talk to them, if you're confident about what you say, if you speak to them like you would an old friend. But if you go over there and try to say something clever that's really not clever, if you say something stupid that you've seen on the Internet, or if you're just shaking in your pants because you're so afraid to talk to her, she's going to feel that energy and want to run.

The only way you make a woman interested in you is if you treat her as you treat anybody else, and it's something that I do all the time. This [dating advice](#) works. The problem is that men have been marketed to death and made to believe that they need to do something so spectacular. Try talking to her about what's going on in the moment and listen to what she has to say. Just treat her like a human being.

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

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

Love & Libations: Mint Juleps for a Derby Date Idea



By [Yolanda Shoshana](#)

Whether you care about the Kentucky Derby or not, you will be hearing about the races' infamous Mint Julep until the Derby is well and done. You can't have a Derby celebration without the classic cocktail! Plenty of celebrities show up at the Derby to be seen, including Kathy Couric, Debra Messing, Tracy Morgan, and Harry Connick Jr., to name a few. Some celebrities even host events. Try hosting your own Derby party for a fun [date idea](#)!

Keep reading for celebrity spins on Mint Juleps for a fun date idea!

Related Link: [Love & Libations: Date Ideas & Summer Loving with Rosé](#)

If you can't make it to the Derby to hang out with your favorite famous people, you can still sip like a celeb. Dust off your big hats and put on your flashy clothes (even if you are just watching at home) to rock the latest [celebrity style](#) for your party or date night. Here are two recipes for the Mint Julep for your date idea – one has a Cognac base, while the other is based in whiskey:

D'USSÉ Julep (recipe courtesy of D'USSÉ)

Recently, [Beyoncé](#) stunned the world with her hot Coachella performance. Her boo, [Jay-Z](#), even joined her onstage. This celebrity couple will, no doubt, partake in the Derby. Jay-Z will probably make Bey a D'USSÉ Julep, the cognac-based version of this famous drink. Doesn't she deserve one or two? The Mint Julep was originally made with Cognac, so if you want a historically proper Mint Julep, this recipe is for you. It's perfect for entertaining, but if you and your partner are having a quiet Derby Day at home, it's still a great fit for your date.

Ingredients:

- 2 1½ parts D'USSÉ VSOP Cognac
- 1½ part simple syrup
- 2-4 sprigs of mint
- Crushed ice

Directions:

Place simple syrup in a julep glass with 5 or 6 mint leaves and muddle. Fill the glass halfway with ice, add 1 1½ parts of D'USSÉ VSOP Cognac, and stir. Add more ice and 1 part of D'USSÉ VSOP Cognac. Stir again until the glass is fully frosted. Top with ice.

Related Link: [Love & Libations: Heat Up Your Relationship with a Date Night in the Kitchen](#)

Jimmy Russell's Mint Julep

Matthew McConaughey is in bed with Wild Turkey to have his own signature whiskey called Long Branch. The whiskey is inspired by his Kentucky and Texas roots. The following Mint Julep recipe is one that McConaughey has shared from the master distiller of Wild Turkey, though I recommend using his Long Branch instead of Wild Turkey 101. It has Matt's humor written all over it. This one is a friends-and-family drink. It's

worthy of whipping up a batch because it will go fast.

Ingredients:

- 200 mL Wild Turkey 101 or Long Branch
- 2-3 fresh mint sprigs
- Shaved ice
- 1/3 portion simple syrup
- Powdered Sugar

Directions:

Pour the whiskey and set aside. To fully enjoy the experience, make sure you have a proper stainless steel julep cup. Pick the fresh mint sprigs of their leaves and muddle the mint leaves in the bottom of the cup. Don't use crushed ice! Get a block of ice and shave some ice into the cup. This step is very important. Once the cup is cold and sweating, add simple syrup, powdered sugar, and mint sprigs. Finally, take the cup, go to your backdoor, throw the whole thing out, and drink the whiskey straight!

For more Love & Libations date night ideas and celebrity couple predictions from relationship expert Yolanda Shoshana, click [here](#).

Expert Relationship Advice: How to Move On After Being Ghosted



By [Megan Weks](#)

Ghosted? Congratulations! While it may hurt to be left alone without any explanation, this [expert relationship advice](#) will help you see how ghosting can be a *positive* thing for your dating life.

Reference the expert relationship advice below when you're feeling the dating blues!

Last night, a client told me how a man she had planned a date with seemingly fell off the face of the earth, except for one thing: the haunting green light on his Match account was lit up. He was online. His photos and approach were so entirely normal that I could not deem this man a scammer, a player, or anything in between. Frankly, it made the situation worse. It's easier when you can say, "This looks like a fake account" or "You dodged a bullet."

Related Link: [Expert Relationship Advice: When to Sleep Over](#)

My client was trying to move on and was doing great until that same man sent a message saying, "I have not heard back from you in response to my last few messages." The fishy thing was that my client had been writing to him and had not heard back. She explained that in her next message. Was it a glitch with Match? Could it be some sort of deranged, crossed e-mail lines? She wrote him several times, reassuring him that she had written back. Flatline.

Did this man make the most lame excuse on the planet to dodge the date he had previously seemed so excited to attend? We may never know. As my client told her story, I felt knots in the pit of my stomach. Dating can be extremely discouraging already. This behavior, while unlikely a technical glitch, was

completely outside of the realm of integrity that would line up with my client. She is a person who dedicates her life selflessly to others and deserves the utmost quality in her future mate.

When I finished scratching my head, I realized this truth: Some people are completely inept in telling you that they are not interested. One reason may simply be because they don't care. The other reason is that they actually care but cannot bring themselves to express the words.

Related Link: [Expert Dating Advice: How to Handle Heartbreak](#)

I want you to know that, if you're doing a good job putting yourself out there, you will come across some low-grade individuals – people who have little or no aptitude for dating whatsoever. It's going to be par for the course. While your dating life may not be the [latest celebrity news](#), it's still a tumultuous and painful journey.

What might be less obvious to you is that it's a sign you're on the right track. You're on the right track because you are taking the risks to get out there and to take the good with the bad. If you're doing that, you're already winning.

The path toward finding The One can be bumpy. It's those who are willing to face the bumps and persevere who will find their love. Keep going. Rejection is simply redirection. It's the universe's way of sending you one step closer toward your right person. Trust my love advice – it will help you avoid any more unnecessary heartbreak.

You were ghosted? Congratulations. NEXT!

For more information about dating expert Megan Weks, visit her website at www.meganweks.com. For more expert relationship advice articles from Megan, click [here](#).

Relationship Advice: Working Through Your Heartbreak



 By Dr. Jane Greer

Getting over a heartbreak is never easy, and there is no simple answer to how to recover from it. What does it mean when relationships don't work out? Is it you choosing a bad partner, or is it something out of your control? Dealing with the loss of love is often a challenge. Some people throw themselves back into the mix immediately, jumping in to a new relationship, while others take themselves out of the dating game for a while. The question is, how do you hold on to hope, and is there a way to try to ensure success on take two so that you don't continue to repeat the same wrong moves in the love game? It's rumored that The Weeknd's new EP is about his exes [Selena Gomez](#) and Bella Hadid. Perhaps his approach to dealing with his breakups is through his music.

Here is some expert [relationship advice](#) on navigating heartbreak post break-up and when entering a new, rushed relationship:

Many who dive right back into the fire may find that their new love connection isn't going as well as they had hoped and wonder why. There are several reasons this can occur, and it is helpful to understand them. For some, the pain of the split is too immense to handle because of how personally rejected

they feel. As a result, their self-esteem may take a big hit, and they may go along in a relationship that they know isn't a good fit simply because having a new person in their life helps buffer the intense pain they are feeling. In that case, their thought might be that at least somebody wants to be with them. Another reason is that sometimes the loss of a significant other in their life and everything that goes along with that – doing things together, planning for two, looking toward the future, and having some security as to how they spend their weekends and evenings – is so hard to take that being with anyone might seem better than being alone. Therefore, they will quickly seek out a new partner regardless of how bad a fit that person might be. When that happens, simply having that person in their life trumps how compatible they are. If either of these reasons are in play, it can be the equivalent of taking an aspirin for a headache. It is a quick antidote to buffer the pain, but it may not deal with the contributing issues that brought about the heartbreak in the first place. Consequently, if you are looking to “lose” yourself in a new relationship, be it a rebound or an escape from the past, while it might ease the heartache in the moment it can sometimes lead to more loss in the future.

Related Link: [Relationship Advice: Say 'Yes' to Terms of Endearment](#)

In this whole mix one of the questions is, have you gotten over your ex at all? If not, you might find yourself comparing your new person to your old significant other, and if you are still in love with the former, your current companion may pale in comparison. While the relationship itself might make you feel better about yourself temporarily, your new partner may not ever replace your old one. In addition, there may be unresolved problems still lingering from your old relationship that you now find squarely present in your new romance. You may even realize, surprisingly, that you have taken on the role of your old partner with your new one, and are now doing

what your ex did to you, anything from calling too often to acting jealous. If you find this happening it can be a red flag that all is not well.

Related Link: [Relationship Advice: Tips to Inject More Romance to Your Relationship](#)

If you have gone through a heartbreak and are looking to start a new relationship that is successful, it is important to take an honest look at what didn't work in your romantic past. Shine a light on what went wrong. Were you unhappy or did you do something to make your partner unhappy? Were they turned off by some of your behaviors and quirks, or you by theirs? Was it you or them who was not willing to step up to the plate in terms of making necessary compromises? This will help you develop self-awareness and give you some understanding of what might be at play with your new partner. This will also enable you to view the past as a stepping stone to the future, not wasted or lost time, but important information that you can learn from and take with you. It can also give you more realistic expectations going into the next relationship so you can hopefully make a better choice that will lead to a more positive connection. Along the same lines, if you find yourself going from one relationship to the next so you are not alone, but you keep choosing people who are not right for you or you lose interest in them quickly, then now is a good time to learn how to be on your own so you can develop inner security and grow stronger before doing a cannon ball back in to that pool of love. Once you have given yourself a chance to do that, you might be better able to choose a new partner based not only on how they make you feel about yourself, but also on how you feel about them and what you are able to share together.

Related Link: [Relationship Advice: Don't Let Distance & Lifestyle End Your Relationship](#)

It seems that The Weeknd is working through his heartache with

music. [Taylor Swift](#) has been known to do the same. You don't have to write music to be able to do this. Instead, write a letter of the things you wish to say or wish you said, that you don't have to send. You can also listen to sad songs, but remember to balance that with a few love songs so that you are able to have faith that there will be a new beginning around the corner for you.

Please tune in to the Doctor on Call radio hour on [HealthyLife.net](#) every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on Facebook, at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](#) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit www.drjanegreer.com.

Relationship Advice: Say 'Yes' to Terms of Endearment



 By Dr. Jane Greer

So much goes into making a relationship work, and the secret ingredients that lead to success certainly vary from couple to couple. With that in mind, there are certain gestures many have in common that help them accent and cement their romance, and sharing pet or special names as well as baby talk are often among them. In fact, Kelly Ripa and Mark Consuelos

recently revealed they share some naughty pet names for each other.

By choosing a nickname you use only for each other, it can allow you to express the unique affection you share. It can give you the confidence that you are truly seen and known by your partner, and it can make you feel special. Check out more relationship advice around terms of endearment:

Seductive names like this can add a lot of excitement and enhance intimacy as well as rev up your sex life. In some cases, hearing the special name can take you right back to those amorous sessions and make you feel sexy and desirable. In other words, the word itself can cause a reflex that gets your sexual energy going. Some take it a step beyond and give nicknames to their genitalia, which allows them to playfully refer to one another. There are many different types of names that can have a positive effect, and they don't have to be risqué, but can also be simple and innocent. These, too, can be emotional glue that help to keep you together, and that can also add to a shared moment of love. All of this is great, and can bring you closer to your partner, but sometimes there can be too much of a good thing. Can it ever become a problem?

Related Link: [Relationship Advice: Can You Cheat Jealousy?](#)

The resounding answer is yes, it can. There are those occasions when something that starts as a cute and adoring act

can begin to feel like a criticism, especially if the name of choice is rooted in a trait or behavior that may potentially annoy your partner. On occasion a name is picked for that very reason, to mitigate personality quirks that can get on each other's nerves. For example, if your partner chose to call you Slowpoke because you are always on the other side of late, or you call him Bull because he is always rushed and breaks a lot of things, these can eventually come to highlight the less lovable sides of each of you. At first they might seem charming, but over time they can take on the negative twist of reality and you may feel like you are being scolded. Also, they can become overused and grating, and can become a source of tension. The same can happen with baby talk. You might like it, and it can serve to enhance the camaraderie you share while letting your inner child out, but it can become too much and seep into too many different places in your life. If this happens it can have the opposite of the desired result and instead of turning you on it can turn you off. So what do you do when the terms of endearment become terms of negativity?

Related Link: [Relationship Advice: The Baby Predicament](#)

The best thing to do is to have a direct conversation with your partner about it. Explain what you are feeling, and suggest either coming up with another pet name or taking a break from it altogether and simply calling you by your real name. If you go the route of searching for a new nickname, you might even recommend that you hunt for one together. When it comes to baby talk, it is important to express your wishes there, too. Sometimes putting boundaries in place can help – for example, maybe you want to keep it out of the bedroom, or maybe the bedroom is the only place it works for you. Perhaps you are comfortable when you are the only ones present, but once you leave the house and are in the company of others, you might want to suggest turning it off and saving it for later. With that, too, if you want to stop it completely then ask to take a break. By doing this and being honest with each other,

you are keeping your verbal interaction fresh and true, and continuing the spoken intimacy you share.

It seems that Kelly and Mark are able to enjoy and balance their naughty names, and hopefully so can you whatever your pet names and baby talk might be.

Please tune in to the Doctor on Call radio hour on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on Facebook, at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Expert Dating Advice: Why You and Your Partner are Constantly Arguing



 By [Joshua Pompey](#)

I'd love to sit here and pretend that I was always Mr. Perfect when it came to relationships – I am a relationship expert after all! But I had to learn the [relationship advice](#) that I offer. When I look back at my younger days, I had one specific relationship that was not only far from perfect but downright

unhealthy. The arguments would come in like clockwork. No matter how many times I would say, "This is the last fight," a new argument inevitably came around sooner rather than later.

Fast forward to the present with my beautiful wife, and I can happily say that our fights are almost non-existent. We'll have one small argument every few months – if that. So, what brought the turn-around? Here are a few reasons that my former self was always arguing in a previous relationship as well as some possible signs that you may need to end your own relationship. With this [expert dating advice](#), you too can build a healthy relationship that's free of arguing.

Relationship Expert Shares Expert Dating Advice About Arguing

1. I was with the wrong person: This may sound oversimplified, but sometimes, things are more clear when you take a step back and think about how you are living your life. My ex and I weren't right for each other, so we argued constantly. If I said a table was black, she'd argue it was brown. No matter what the topic was, we were always butting heads. We may have both been nice people at heart, but that doesn't mean we were nice people who should've been in a relationship together.

Related Link: [Relationship Advice: How Do You Know When It's Right to Move in with Someone?](#)

2. My partner was resistant to change: Even during times in my life when I wasn't perfect, I was always the type of guy who wanted to grow and become a better person. During my younger years, I had some relationship habits that were ingrained in me from the experiences I had throughout my childhood. We are the product of our environment and upbringing in many ways, right?

But the key difference was that, while I was always attempting

to improve, my partner never self-reflected or sought to change her own bad habits. My ability to self-improve allowed me to grow in relationships, and it even took me as far as becoming a relationship expert. When one person in a relationship is trying to change and the other person is resistant, it leads to resentment and, ultimately, to much more arguing. Life is about growth, and nobody is perfect. Both partners must acknowledge this truth and, more importantly, work on it.

Related Link: [Expert Relationship Advice: Is it Lust or Love?](#)

3. My former partners didn't know how to handle me: One of the most amazing things about my wife is that she knows how to deal with my moods. Like all people in life, I have a bad day or react poorly. It's rare, but it happens. My wife knows how to handle me because she understands that I'm human. Sometimes, she must be firm and intolerant when she realizes the motivation for my reaction is out of line. Other times, her reaction is to just let me have my peace and not turn it into anything serious because she knows I'm just having a bad moment. Because these instances are extremely rare, these approaches work.

On the other hand, in my previous serious relationships, if I ever did something wrong or made a mistake, my partner would go on the offensive, antagonizing me and pushing my buttons. This is far from conducive to a loving relationship. It's important that our partners accept that we are human and that we will make mistakes. Remember that every mistake shouldn't lead to a massive argument.

For more expert dating advice from relationship expert [Joshua Pompey](#), click [here](#).

Dating Advice Q&A: Can Technology Make a Long-Distance Relationship Work?



Question from Jay E.: My girlfriend and I are about to be separated by an ocean and an 8-hour time difference. Technology has made it so much easier to stay connected, but how can we make it feel genuine in a romantic relationship, especially with the large time gap?

Long-distance relationships have been made easier by advancements in technology, but it's still important for you and your partner to find your groove and feel connected despite the distance. Let our [relationship experts](#) help by offering their best [dating advice](#) for using technology in the *right* way! Learn valuable dating tips from matchmaker Suzanne Oshima and relationship author Robert Manni. Here, they answer your question about how technology can make a long-distance relationship work. Check out their dating advice below!

Dating Advice for Long-Distance Relationships

[Suzanne K. Oshima, Matchmaker](#): A long-distance relationship actually takes a lot more work and effort than a relationship where you both live in the same city. Because you can't see her in person, your only option is to connect with her through virtual forms of communication. While it can be stressful and lonely, technology offers a great way to make it through the hard times.

The great thing is, you both always have your phones on you.

So texting is perfect for a quick flirt or to let her know you're thinking of her during your busy work day. However, texting should never be your sole means of communication. To keep your long-distance relationship going, phone calls and FaceTime or Skype are much better for connecting on a more intimate level. Try setting a regular time that works best to have a call. This way, you'll both have something to look forward to that helps make the time apart pass by a little easier and faster

And the truth of the matter is... When it comes to a relationship, no matter how "busy" you both are, you will make time for those things that are important to you! Sure, it may be difficult at first to get past the hurdle of the time difference, but experiment with your communication and never be afraid to try out new things.

Related Link: [Dating Advice Q&A: How Has Technology Changed the Way We Date?](#)

[Robert Manni, Guy's Guy](#): Long-distance relationships are tricky, and unique. Technology helps, but time, distance, and presence are the key variables for potential success. Circumspection is a good starting point. Ask yourself the following questions: How serious is the relationship? How far away is s/he moving and for how long? Will s/he be close enough so you can see one another on weekends? If not, how long will you be separated? Is this a permanent move? How badly do you want it to work? And what sacrifices are you willing to make to keep things going?

It's great to be romantic, and Skype certainly comes in handy with long-distance relationships, but let's be practical. If your partner is moving to Australia for five years or more, the odds of staying together are less than optimal. If s/he has been transferred to the Chicago office and you're in New York, the odds of success are better due to proximity. The old saying, "Out of sight, out of mind" often rings true in these

circumstances. Long-distance relationships can work, but listen to your heart and your head before committing yourself. Good luck.

For more dating advice and to find out more about our dating and technology gurus, click [here](#).

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

Expert Relationship Advice: Spring Cleaning Tips for a Happier Life



By [Amy Osmond Cook, Ph.D.](#)

When the smell of spring is in the air, it can only mean one thing. No, not the spring sale at Neiman Marcus. Instead, for many of us, the end of winter ignites a passion for cleaning. But along with hauling old furniture and clothing to the curb, let's take a look at our emotional well-being and the relationship we have with others.

So, in the spirit of renewal, here are four areas where we can benefit from some mental and emotional spring cleaning. Don't miss the [expert relationship advice](#) below!

Expert Relationship Advice for Spring Cleaning

1. Examine relationships: It's time to address the negative feelings that may be lingering with others. "Releasing your grip on a gripe can free up emotional energy that you can then invest in other, more positive areas of your life," says [Julie Hanks, PhD, LCSW](#).

This same belief also applies to people who may have a negative influence on your ability to feel good about yourself. "Feel good about who you are, how you have grown, and what you offer in your personal and professional relationships," says [Jeffrey Bernstein, PhD](#). "If you have trouble remembering your own value, then think about what you would say to a family member or close friend who wanted to return to a toxic relationship." Bernstein says thinking about how you may value or advise someone else can help you treasure yourself and move on.

Related Link: [Expert Relationship Advice: Four Reasons Going Outside of Your Comfort Zone is a Good Idea](#)

2. Find your passion: There's doing things you enjoy, and then, there's doing things about which you are passionate. "I've always said that passion is my drug of choice," says [Steve Sims](#), a professional ultimate experience concierge, founder of Bluefish, and author of *Bluefishing: The Art of Making Things Happen*. "I can get further with passion than I can with any amount of money in the world. Passion is my secret weapon."

Hey, we all have dreams: We can visualize our dream vacation, career, life experience, celebrity encounter, or life partner. But Sims often encounters clients who are afraid to realize those dreams or passions. "One of my first questions for clients is how far they are willing to go to make this passion

– this experience – truly unforgettable.” If you are ready to uncover your passion, three of Sims’ many life lessons are to never underestimate the power of simplicity, to ask yourself why this matters to you, and to realize that nothing is ever going to happen if it benefits only you. “Work for win-win every time,” Sims says.

3. Make physical health a priority: Remember that New Year’s resolution to lose 10 pounds? Fewer than [10 percent](#) of us actually achieved that goal. However, it’s never too late to adopt healthy lifestyle choices. With the warmer weather and more hours of sunlight, outdoor activities and exercise are easier. And research shows that exercise is not only good for your body but that the brain gets a healthy boost as well. “Exercise is a scientifically proven mood booster, decreasing symptoms of both depression and anxiety,” says a published article from [Walden University](#). “Physical activity kicks up endorphin levels, the body’s famous ‘feel good’ chemical produced by the brain and spinal cord that produces feelings of happiness and euphoria.”

Experts say even moderate weekly exercise can improve depression and anxiety. In some cases, doctors recommended an exercise regimen for these conditions before turning to medication, which is particularly good for older adults who are generally [more susceptible](#) to depression. “Clinical depression is a major concern for those of us working in healthcare since it is so common with older adults,” says [Derek R. Orme](#) of Mission Hills Post Acute Care. “Healthcare providers and loved ones focus on the physical needs of patients, but we also need to make sure their emotional needs are addressed.”

Related Link: [Expert Relationship Advice: Six Ways to Keep Work & Life Demands in Balance](#)

4. Declutter: Whether it’s clearing out stuff in the closet, garage, or your married and gone son’s bedroom, removing the

physical clutter from your surroundings is essential for your mental health. “Clutter can increase stress by distracting us and overwhelming our senses with extraneous stimuli – toppling piles and unsightly messes as well as associated smells and noises,” says [Jonathan Fader, PhD](#).

[Organizing expert Lauren Piro](#) says that when facing a cluttered space, we should ask ourselves tough questions like, “Is this item enhancing my life?” or “Is this something I’ll want my children to see one day?” Sometimes, forcing yourself to defend owning an item can help gain a realistic perspective on the true value of that item. Keep in mind that you don’t have to clear the area to gain inner peace. “Take comfort in knowing that your home and desk do not have to be pristine for optimal living and working,” says Fader. “The key is finding what environment is most efficient and productive for you.”

Now is the time for some personal spring cleaning. By tending to relationships, our health, passions, and the physical clutter that surrounds us, we are on the road to authentic rejuvenation and renewal.

For more information about and articles by our relationship expert Dr. Amy Osmond Cook, click [here](#).

Love & Libations: Date Ideas & Summer Loving With Rosé



By [Yolanda Shoshana](#)

With the start of spring earlier this week and summer creeping closer, it's time to bust out the rosé. While it's fun to "rosé all day" anytime of the year, there's something even more magical about sipping the pink wine during the spring and summer months. If you're looking for a fun [date idea](#), here are four rosés that you can enjoy to make you feel like the rich and famous.

Spring & Summer Date Ideas with Rosé

Related Link: [Sparkling Wine for Holiday Date Nights](#)

Château Miraval Rosé

Love didn't keep [Brad Pitt](#) and [Angelina Jolie](#) together, but their wine, Miraval, is still flowing strong. When the former celebrity couple came out with the rosé, it was such a hit that it was named "the best rosé in the world." When they split, the first question was, "What will happen with the wine?" Luckily, the wine lives on!

Pitt once said that he tastes every barrel himself – but now, I'm not sure who tastes for him now since he is rocking a sober life. Made from four grape varietals in Provence, it's an elegant wine that works for all types of occasions. This wine is perfect for what Wendy Williams calls the "kitchen table top," when you are with family and friends sharing secrets, celebrity gossip, and the joys or oys of life.

Diving Into Hampton Water Rosé

Can you imagine Jon Bon Jovi sipping rosé by the pool? It's not a bad image at all. He just launched a new rosé inspired by the Hamptons called Diving Into Hampton Water. Rosé wine is known as "Hampton's Gatorade" because it's a big deal during the summer. Bon Jovi's son, Jesse Bongiovi, came up with the concept and name of the wine. While the name of the wine

features the Hamptons, it's actually produced in the South of France by the very charming winemaker, Gérard Bertrand.

It's the kind of wine to sip by a pool when hanging out with your boo. The wine is selling out because it's shiny and new. If you can get your hands on a bottle, it will be a special treat for you and the one you love.

Sofia Rosé

This rosé by Francis Ford Coppola is named after his only daughter Sofia, who most people know as a talented director and screenwriter. With her busy schedule, I can't help but wonder how often she has her wine. This California wine is a blend of Syrah and Pinot Noir. It's an elegant wine in a sexy bottle that showcases the lively pink color of the rosé. The aromas in the wine are floral and berries, which make it wonderful to pair with fish, seafood, and cheese.

Skip the Sofia Rosé bubbles in the can and go for the still wine in a bottle. It's perfect to pair with a quiet date night at home or when you're cooking dinner together.

Related Link: [Heat Up Your Relationship with a Date Night in the Kitchen](#)

Vanderpump Rosé

While Lisa Vanderpump is famous for being one of the stars of *Real Housewives of Beverly Hills*, she is quickly becoming known for her wine. Since she and her husband, Ken Todd, are in the hospitality business with 28 bars and restaurants, having a wine is a natural progression. The Vanderpump Rosé is produced in Provence, so it's perfect to drink when you want to feel like you are in France without hopping on a plane. As Vanderpump says, "Life isn't all diamonds and rosé – but it should be."

It's a feminine wine with a lot of personality on the palate.

This wine is perfect for your summer soirees at a rooftop bar or in the backyard with your squad.

For more Love & Libations date ideas and [celebrity couple predictions](#) from Yolanda Shoshana, click [here](#).

Relationship Advice: Date Ideas For Your Significant Other's Birthday



By Lori Zaslow and Jenn Zucher for [Project Soulmate](#) // Contributing Writer: Lauren Serrato

Planning the perfect birthday can be tough, especially when in a relationship. The date you plan can make or break your significant other's big day, so choose wisely! When planning, you should consider what would be fun and memorable for both of you. Whether you are thinking sentimental, sexy, or spontaneous, the birthday [date idea](#) should always have a touch of *you* in it. Add in something special that makes it clear that you put a lot of thought into the date, like your significant other's favorite food or something only you two would understand. Follow the [relationship advice](#) below, and you will definitely make your partner's birthday one to never forget!

Five Birthday Date Ideas for Your

Significant Other

1. Plan a picnic: This is the perfect date idea if you're looking for something sentimental. The food prep, the wine, and the location are all aspects that you can arrange based on your partner's preferences. Maybe he'd be into a picnic in the park with a perfectly-packed basket of wine and homemade comfort food as well as a cozy blanket for the two of you to share. If the weather isn't nice enough for a picnic outside, no worries! Move it indoors. A picnic in the living room is just as romantic. Set the mood with dimmed lights and some flowers and candles, and you are destined for the perfect birthday date.

Related Link: [10 Date Ideas Inspired by Celebrity Couples](#)

2. A night out on the town: If you're not into the sentimental stuff, plan a night out. Get dressed up and hit the big city! A night at his favorite bar is a great way to spend any birthday. If you're looking to make it extra special, after happy hour drinks, go to a fancy restaurant that neither of you have been to before. Trying something new together will make it even more memorable.

3. Host a brunch: Looking to include your friends and family in the birthday celebration? Hosting brunch is a perfect way to get all your favorite people together. French toast, fresh fruit, and mimosas make up a delicious (and easy!) menu. This date idea is a great way to make your significant other feel loved, and it allows the two of you to have the night to yourselves after the party is over.

4. Recreate your first date: This date idea is the perfect way to show off your sensitive side. Recreate the first date you had as a couple. If it was a movie date, rent the movie (or find it on Netflix) and set up a theater at your place. Complete the date with popcorn and candy. You can add to the

night by cooking your partner's favorite meal.

Related Link: [Dating Advice to Revamp Your Love Life in 2018](#)

5. Plan a getaway: If you two have a favorite vacation spot nearby, book a nice hotel for the night or weekend and make reservations at your favorite restaurant. Or you can plan a road trip to a secluded destination. It's the perfect chance for you to reconnect. Looking to make it more extravagant? Plan a few days of vacation in a different city or even a different state. If you're tired of the cold, find somewhere warmer to travel for the weekend, like Arizona or California. You can find a nice place to stay through Airbnb. Whether it is an outdoorsy vacation or a few days filled with good food and shows, you're sure to have created the perfect birthday weekend for your partner.

Don't be afraid to alter these birthday date ideas to fit your relationship. Make it personal and memorable. Your significant other will appreciate the thought and planning you put into this date, whether it's sentimental or spontaneous!

For more [expert relationship advice](#) from Project Soulmate, check out their [website](#).

Expert Dating Advice: How to Handle Heartbreak



 By [Megan Weks](#)

Arie Luyendyk Jr.'s point of view on negative commentary regarding his experience on [The Bachelor](#) holds a life lesson

we may all be able to benefit from, especially related to finding The One. With regard to facing a backlash from viewers, the [reality TV](#) star tells *E! News*, “It’s all about the ending, and finding that person for yourself. That’s the important part.” The takeaway, then, is that, even though he had to endure hardship, he knew it was all part of the journey to finding his soulmate. This thought process can offer us an intelligent and healthy way to approach heartbreak.

Dating Advice for Dealing with a Broken Heart

Related Link: [Checklist for Dating from Different Decades: Get Love Advice from ‘The Bachelor’](#)

It seems as though Luyendyk will be seriously breaking some hearts this season, especially since he destroyed the “I love you” rule by saying that powerful phrase to *two* women. Still, the expert dating advice here is that you must take a risk to get the big reward in life.

In Luyendyk’s case, he risked facing all sorts of negative commentary by living the public lifestyle that is on reality TV. Going on *The Bachelor* was, for him, the ultimate matchmaking experience. He had twenty-nine handpicked women there, all pre-screened to match his criteria. It’s a big risk, but if we look at the results, there are a lot of successful love stories created through this process. Choosing the right woman certainly was a tough choice for him, though...

The women were less fortunate, as only one out of those twenty-nine would end up not feeling disappointed. A couple of them would be severely heartbroken. And one of them might feel badly embarrassed (spoiler alert!). When we face these devastating moments in our lives, how can we handle them? What can we do to keep our sanity?

The key is to look at heartbreak as a beginning and not an ending. The more we fight the flow of life, the more pain we will endure. Look for the opportunity in everything. If you were not someone's choice, there is a better choice out there for you.

A couple of months ago, a woman approached me for help with news of a devastating break-up. Upon working together, she decided that it could be an opportunity for her to go out and get everything she had been dreaming of in a relationship. She wasted no time in her decision to adopt the Manfunnel Method of dating: She quickly put herself back out there and reported back in exactly one month's time that she had met an incredible man. They are now planning their summer trip together with her family. She knew what she wanted and took the action to make it happen.

Related Link: [Expert Dating Advice: How I Used a Manfunnel to Meet My Dream Husband](#)

If you're not looking to date right away, that's okay too. What can you do to take even better care of yourself? Perhaps you commit to your yoga mat, get into that infrared sauna, and spend extra time in the steam room. Fill your body with the highest-quality foods. Take time to sort through what might have gone wrong on your end. If you sit still, reflect, and grow from your experiences, you will eventually attract higher-quality people into your world because of your heightened level of awareness.

Your break-up is an opportunity. It happened for a reason. Soon, you will find out the reason. You may end up being delighted and thankful. So for now, just allow everything to unfold as it is meant to.

For more information about dating expert Megan Weks, visit her website at www.meganweks.com. For more relationship advice articles from Megan, click [here](#).

Expert Relationship Advice: Is It Lust or Love?



By [Joshua Pompey](#)

The first few weeks of dating can be so exciting: the laughter, the new experiences, and, of course, the physical connection. But how exactly do you know if the chemistry you're feeling should be attributed to blooming love versus something that is merely an intense physical attraction? If you are attempting to determine whether it's lust or love, try asking yourself the following questions:

Dating Expert Shares Expert Relationship Advice

1. How excited are you to see each other when you are outside the bedroom? Sure, it's easy to get excited when you're about to get physical. But how motivated are you to hang out when it isn't late at night or only because all of your other plans fell through? Love is when you are dying to just be *near* that person, regardless of the circumstances or whether or not there is a physical interaction on the horizon.

Related Link: [Expert Relationship Advice: 4 Reasons to Avoid Matchmakers](#)

2. Are you having romantic thoughts? If you're in love, you will most likely go out of your way to make the other person happy on an emotional level. Your thoughts and [date ideas](#) will have a little extra romance infused into them. With love, you

don't just want to make the person happy in order to get them into bed. You want to make them happy because it genuinely makes you feel good to see them smile.

3. Would you be willing to go months without sex? Ask yourself: If your partner suddenly decided they wanted to wait a few months before having sex again, would you stick around? If the answer is yes, you are definitely leaning in the direction of love.

Related Link: [Dating Advice: How to Make the First Move \(Women's Edition\)](#)

4. Do your conversations constantly default back to sex? When I was involved in mini relationships that were mainly focused on lust, the conversation would more often than not turn sexual or revolve around physical flirtations. On the flip side, when I genuinely connected with someone, sure, there was sexual flirtation, but there were also conversations that probed towards getting to know the other person on a deeper level. If you are moving towards love, topics that hold more weight should be a part of your daily interactions.

For more expert relationship advice from [dating expert](#) Joshua Pompey, including how many online dating photos you should have in your profile, click [here](#).

Relationship Advice: Don't Let Distance & Lifestyle End

Your Relationship



 By Dr. Jane Greer

People in distance relationships, whether by choice or necessity, are able to have success with a great deal of effort and flexibility. In order to make the relationship work, there must be s a strong desire to be together, and a willingness between both partners to make room for each other's respective needs. However, love does not conquer all, regardless if you are a celebrity or not.

Is it possible to find a resolution? Read on for more [relationship advice](#):

Recently, [celebrity couple Jennifer Aniston](#) and Justin Theroux announced their [celebrity divorce](#) after two years of marriage, stating it was a mutual decision to part ways. While Aniston and Theroux love and respect each other, they said they simply couldn't agree on a lifestyle that worked for each other. This is a common issue couples may face: you can love someone, and still desire to live differently than them, or even desire to live in an entirely different place than them.

Splits like the one between Aniston and Theroux are often caused by the inability to find the middle ground when trying to successfully make a home in the same place. Compromise is hard enough for two people who live under the same roof, but when partners are separated by differing work schedules or physical office placement, compromise can be extremely challenging. The key to keeping the peace is to commit to a place together, making sure that both partners are happy and

do not feel as though they have sacrificed their happiness and well-being.

Related Link: [Relationship Advice: What If Your Family Doesn't Approve Of Your Partner?](#)

So, if you're in a long distance relationship right now, what should you consider before packing up your life and moving to a new place with your significant other, to best guarantee a successful outcome? How can you be sure you or your partner are sacrificing enough, without negatively impacting your relationship?

Above all, you and your partner must be in love. This is the most important box to check, as it gives each of you the ability to be open to change because you'll be with your loved one. While this is a starting point, it might not be enough, as we saw with Jennifer and Justin. When deciding to take the plunge, be sure to ask yourself: do you actually like the place you're moving to? Will it take away your happiness?

Related Link: [Relationship Advice: Is a Bad Boy Good for You?](#)

Here's some food for thought. If one of you lives in a sunny place, but the other one simply hates the sun, or if one of you lives in a rural community and the other thrives on city life, where to move might not be an easy choice to make. If all your friends live in your current town, would you resent moving away from them to be with your love? Think about how all of this might affect your day-to-day life, mood, and eventually, your relationship. If, on the other hand, your partner lives in New York City, a place you've always wanted live, great! Leaving your loved ones behind won't matter as much. Talk to your partner and hash out the details. A temporary move might not be a deal breaker. A permanent one may be, though.

It is most important to think about your relationship, what it means to you, and where you can find happiness and friends in

your new home. Is this decision mutual? Do each of you want it as much as the other? Does moving mean you're ready to take the next step towards engagement?

Related Link: [Relationship Advice: When Is the Old New Again?](#)

It is also important to consider the strength of your connection, especially during the triumphs and tribulations. Up until now, most of the time you've spent together was special and seemingly perfect. (It's called the honeymoon phase for a reason!) You have probably tried to be on your best behavior at all times to maintain the picturesque image. Once you move, it will be more difficult to keep up the guise.

Ultimately, if you are moving for the right reasons; for love and for openness to adventure, it is less likely that you will feel as though you have lost yourself. What really helps is when you are connected with a partner who has similar aspirations, wants, likes, and needs. In the end it, it should not feel like either of you are sacrificing your "me" to be a "we." This wasn't possible for Jennifer and Justin, but hopefully they can both move forward and find happiness apart.

Tune in to the Doctor on Call radio hour on [HealthyLife.net](#) every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on [Facebook](#), at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](#) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Love & Libations: Heat Up Your Relationship with a Date Night in the Kitchen



 by [Yolanda Shoshana](#)

Preparing a nice home-cooked meal on a [date night](#) with your partner is one of the sexiest things that you can do together. It's also important to pair your food with the right spirit or wine. There are some [celebrity chefs](#) who have the perfect libations to add a sensual touch to your dinner table.

Ideas for Date Nights at Home

If you are a foodie, you have probably already gone to an Alain Ducasse restaurant. The celebrity chef has around 19 Michelin stars under his belt. Ducasse partnered with Grey Goose to create the first gastronomy vodka called Grey Goose Interpreted by Ducasse. Basically, the vodka was made to pair with food. Since it has notes of coffee, chocolate, and vanilla, it would be great to pair with something from the slow cooker on a night that you and your partner plan to stay in. It would be particularly wonderful with a mole sauce.

Related Link: [Romantic Cocktails for Winter Date Nights](#)

If anyone should be in the libation business, it's Martha Stewart: She shows us how to cook and entertain better than anyone. She finally got into the wine game by creating a wine club with some of her favorite picks. Joining the club could be a great way for you and your boo to plan your meal based on wines from around the world. Stewart has plenty of aphrodisiac recipes available to whip up that can go with your wine

choice. Don't forget to try new dishes! It adds to the excitement.

If you are into Italian wines, then chef Lidia Bastianich has the right wine for you. Besides hosting a television show, Bastianich is a restaurateur mainly on the East Coast, but she has a spot in Kansas City too. She founded the Bastianich Winery in 1997 in the Friuli-Venezia Giulia area of Italy. Since she has various cookbooks, you and your partner could select one of her recipes and pair it with one of her wines. If white wine is your choice, the Bastianich Vespa Bianco would be great with fish. On the flipside, the Bastianich Vespa Rosso is the perfect selection for a red sauce dish – and just because red wine is sexy.


Related Link: [Date Night Ideas Inspired by Celebrity Red Wines](#)

Wolfgang Puck is known for his extravagant dinners and his work with celebrities. Did you know that Puck also has his own wine? Luckily, they're very affordable: There are both red and white selections in the 12 to 15 dollar range. The wine was created to celebrate family, friendships, and hope. If you wonder what to pair his wines with, go with pizza. Everyone knows that Puck loves pizza, and he has a pizza dough recipe that makes people salivate. Plus, pizza and wine are the perfect pairing for a night of romance.

For more Love & Libations date night ideas and [celebrity couple](#) predictions from Yolanda Shoshana, click [here](#).

Dating Advice Q&A: Should I

Remain Friends with My Ex Online?

 *Question from Sonya M.: Facebook is the official/unofficial way of announcing a relationship. Is it too vindictive to unfriend an ex, or is that the right move when you enter a new relationship?*

Social media is a fun way to share your relationship with friends and family, but if that relationship ends, the waters can get a little murky. Let our [relationship experts](#) help by offering their best [dating advice](#) for using social media in the *right* way! Learn valuable dating tips from matchmaker Suzanne Oshima and relationship author Robert Manni. Here, they answer your question about whether or not you should unfriend your ex after a break-up. Check out their dating advice below!

Dating Advice for Unfriending Your Ex on Facebook

[Suzanne K. Oshima, Matchmaker](#): When it comes to dating after a break-up or divorce, it's important to know that removing all traces of your ex on social media isn't about being vindictive – it's about moving on.

This is the last step at the end of your relationship, so now is the time for some “spring cleaning.” Daily reminders of him won't allow you to move forward with your love life, so remember the saying “out of sight, out of mind.” This will remove any temptation to cyber snoop or check in on what he's doing and who he's dating. All in all, if you continue to stay connected, then you're holding on – and this can hold you back from moving forward into another relationship.

Related Link: [Dating Advice Q&A: How Can You Tell Red Flags From Online Dating?](#)

[Robert Manni, Guy's Guy](#): Even though people have become too reliant on social media as their main form of communication, announcing a new relationship on Facebook can feel great and be validating. It's a nice way of putting something out there about yourself that you feel good about for the people you enjoying sharing with.

On the other hand, if you no longer have an offline connection with an ex and do not feel comfortable posting about your new relationship for them to see, it's perfectly acceptable to unfriend them. However, if you remain on good terms and they're cool, there is no harm in staying connected with an ex on Facebook.

There are no strict rules or protocol about this. Listen to your inner compass and do what feels best for *you*. Good luck.

For more dating advice and to find out more about our dating and technology gurus, click [here](#).

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

Expert Dating Advice: Tips for Romance That's Just Around the Corner When You've

Been Around the Block

By [Amy Osmond Cook, Ph.D.](#)

For many of us, a lost opportunity at love or the end of a long-term relationship can sometimes make us feel like a second chance just isn't in the cards. And when Valentine's Day is focused on romantic dinners for two or coupled walks on the beach, it can be a painful reminder of what we lack.

Let's face it. There's no substitute for young love, but that doesn't mean we can't enjoy being loved again later in life, especially for seniors. "Fortunately, in some ways, there has never been a better time for women over 60 to be in the dating world," says [Margaret Manning](#). "The rise of divorce among 'silver splitters' means there are more single older men – and there might be more great guys out there than you might expect at first glance, especially if you give them a chance."

Expert Dating Advice for Older Adults

Related Link: [Relationship Advice: Keys to Growing a Business When the Marriage is Over](#)

A loving and caring companionship is a good thing, but it's also important to recognize that it's different for older adults. If you find yourself ready to take a shot at love again, here are three pieces of [expert dating advice](#) for making this experience feel as good as if it was new.

1. Instead of going for red hot, opt for a slow burn: Daters who are 50 and older tend to be less impulsive. And AARP writer [Ken Solin](#) says that's a good thing: "By now, we've

collected enough life experience to know better than to fall for the first person we meet,” said Solin. “We understand what works for us and what doesn’t.” For older adults, the belief that a fulfilling relationship is out there waiting for us still holds true. The difference is that we are willing to wait for the right person to come along.

2. Bring the [Sex-C](#) back: Instead of relying on intercourse to be the foundation for your budding relationship, a growing community is coming forward with conversations about intimacy challenges. [Laura Brashier](#), founder of RomanceOnly.com, helped ignite this conversation when she pioneered a site designed for people whose physical and emotional challenges prevent them from engaging in intercourse. “While these people are unable to have intercourse, they still crave intimacy but are unable to open up about it,” says Brashier. “I’ve discovered that people facing difficulties with sexual intercourse still want to show love and be loved in return.”

Sharing intimate moments with someone you love is an essential part of a growing relationship, but for older adults, that doesn’t always require intercourse. Instead, a loving couple can explore other ways to share pleasure and develop a personal connection. It can be as simple as spending a whole day together erranding, participating in common interests, sharing meals, and everything in between – and then parting ways at sunset.

Related Link: [Expert Dating Advice: 4 Reasons Going Outside Your Comfort Zone Is a Good Idea](#)

3. Expect respect: At this stage of life, older adults know what they want and what they deserve in a relationship. Yes, we want romance and attention, but we also need respect. “We all need respect, especially from those who are closest and most intimately connected with us,” says [Peter Gray, PhD](#). “It seems to me that women, even more than men, have suffered when love directed toward them is not accompanied by respect.” It’s

helpful to discover common interests, but a caring partner will also respect differing hobbies or career choices. For instance, if your partner cannot understand why you would pursue teaching as a career or insists that you give up bowling league to spend more time at the theater, these may be signs that your new squeeze is a drip. “A lack of respect is unacceptable under any circumstances, but it’s especially intolerable on a first encounter because it’s unlikely to improve with time,” says Solin.

Love certainly has its share of unpredictable twists, but there has never been an easier time to navigate those turns. For instance, with online dating sites catering to older adults and those facing struggles with intimacy, the ability to connect is offering new hope to older adults every day. By using a strategy that includes things like patience, honest communication about intimacy – and, above all, respect – you’re on the right track to finding new love again.

For more information about and articles by our relationship expert Dr. Amy Osmond Cook, click [here](#).

Relationship Advice: How to Stay Confident in a Long-Term Relationship



 By [David Wygant](#)

In order to feel confident in a long-term relationship, you need to be in the *right* long-term relationship for you. If

you're not safe and you don't feel like you're being heard, then you're in the wrong partnership. There's no way in the world you will ever thrive in a relationship where you feel judged and evaluated at all times. For me – and I've been in many long-term relationships – the ones that I always felt most confident in were the relationships where I was actually seen for who I am. If a woman is trying to change you, if she's trying to make you into someone you're not, you're never going to feel confident.

Long-Term Relationship Advice from Relationship Expert David Wygant

Related Link: [Expert Relationship Advice: How Can I Change My Dating Tactics for the New Year?](#)

Long-term relationships are some of the most beautiful things you can ever experience, but the only way to have a successful one is to truly communicate who you are. As a [relationship expert](#), I believe that the beginning of a relationship is when you have the opportunity to be who you are and expose yourself. If you're going to give her a false version of yourself, then her expectations are going to run rampant. And when her expectations run rampant, you're not going to have a successful long-term relationship. That's the biggest mistake most people make.

Most people make this mistake because, over and over again, they think they need to misrepresent themselves to “get” the relationship. To me, I expose it all – *everything*. I reveal all my fears and insecurities because I'm looking for a real relationship, a long-term relationship where I'm able to grow.

A strong long-term relationship is a relationship that's a mirror. You literally reflect each other each and every day. By doing so, you will show each other exactly what you need to

learn. A great relationship will reflect that right back at you. The best relationships are when you grow and when you get out of your own story and are able to create new stories together.

Related Link: [Dating Advice for Dealing With the Break-Up Blues](#)

So my best [relationship advice](#) for feeling confident is to be ready to express yourself. If you're not able to talk about who you are and what you want, then you're not in the right long-term relationship. Now, I can sit here and write another 25 pages on this topic, but the reality is, in life, we need to keep things more simple. And the simple dating advice that I can give you today is that you need to communicate all your needs, your wants, and your desires at the start of a partnership to be fully accepted and heard. Once you do, you'll feel confident in your long-term relationship.

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

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