

# Checklist for Dating from Different Decades: Get Love Advice from 'The Bachelor' Star Arie Luyendyk, Jr.



By [Megan Weks](#)

There is a bit of a buzz going on about the age gap between some of the contestants and the leading man on season 22 of *The Bachelor*. Is it really a big deal? After all, significant age differences are often common in [celebrity relationships](#). A notable one is Mary-Kate Olsen and French businessman Olivier Sarkozy, who is seventeen years older than the fashion designer. Celebrity couple Hugh Jackman and Deborra-lee Furness also seem to be handling the test of time: She is

thirteen years his senior, and they have been married for nearly two decades.

## Love Advice from *Bachelor* Star Arie Luyendyk Jr.

What should we look out for if we are dating someone from a different decade? Since Arie Luyendyk Jr. seems well-prepared to qualify the candidates on *The Bachelor*, we might be able to get some great [love advice](#) from his experiences. He has self-proclaimed “baby fever” and is therefore seeking a match who is ready to tie the knot and start a family.

**Related Link:** [Celebrity News: ‘Bachelor’ Star Arie Luyendyk Jr. Justifies First Impression Rose Pick](#)

A good relationship starts with good intentions – which means, if both people know what they want out of life and have similar values, there is a much better chance for success, regardless of a difference in age. Luyendyk knows what he wants, which will make it easier for him to see if the intentions of the women he meets match his own. When people do not have clarity on what they want out of life, they can easily veer away from one another on the path to self-discovery.

Regarding his decision-making process with regard to age, according to *The Hollywood Reporter*, Luyendyk said, “I only really addressed that if I felt it was an issue – if there was some immaturity or if I questioned whether they were really ready for marriage. It’s more about readiness and about being able to take that next step.”

Realize that, if you choose a mate from a different decade, there will be things you don’t have in common. My husband, who is ten years older than me, has different musical interests and grew up knowing different movies and shows. However, since

I had an older sibling and am a person who likes all the arts, we find similarities among our tastes. This difference could become frustrating, however, for those who cannot connect through the arts because inevitably, you'll be spending time listening to music and watching movies and shows together. Therefore, it's ideal to be able to find some common ground in media that you can enjoy together.

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

Another thing to look out for: Either you or your partner will be aging at what seems like a faster rate. Your partner may be reaching the next stage of life – middle age or elderly – before you. This difference might start to be more noticeable for you if you're the younger half. You'll want to be sure you have enough of a soul connection that this situation won't matter to you.

Overall, if your goals, values, and soul connection are intact, then age truly is just a number.

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

---

## **Relationship Advice: What If Your Family Doesn't Approve Of Your Partner?**



By Dr. Jane Greer

Choosing a partner for life is a big deal under any circumstances. There's enough pressure on yourself to ensure that you're making the right decision and meeting all your needs. So what happens when you come up against a thumbs down from a parent, sibling, or friend who has been weighing in on your choices all your life? Why is it that the people you love take a contrary position and see your partner completely unsuitable for you? Why can't they just welcome the people your care about with open arms? If this sounds like a familiar situation, you are not alone. This is a very common experience for many people, and it happens for a lot of reasons. It speaks to declaring your independence, freedom of choice, autonomy, and, most importantly, trusting your own judgement to know what is best for you, rather than what others think is best.

# Here are some key pieces of [relationship advice](#) as you work to stay true to yourself and your commitment, without allowing conflict to tear apart your family:

It has been reported that [Selena Gomez](#)'s mother is not happy about her rekindled [celebrity relationship](#) with pop star [Justin Bieber](#). Considering how distraught Selena was in the aftermath of their much-publicized breakup, it makes sense that her loved ones would worry about her this time around. Whatever the reasons may be, Selena's mom has assured the public that she just wants her daughter to be safe, healthy, and happy. While the approval of your parents is always a plus in any relationship, is it crucial to the success of your union? What can you do, then, if you find yourself in a similar situation?

It is important to begin with an open conversation with the person criticizing your partner. Ask them to spell out their concerns and explain why they feel the person is not right for you. This isn't always easy to do. You might start from a defensive position, (especially if this is a continuous pattern) but it is worth hearing what's on their mind because their thinking is valid and you might be missing something. Keep an open mind while you are talking and consider what they have to say. If, for example, your romantic partner exhibited bad behavior in the past and your parents call that out, think about what has changed and what is different now. You have likely allowed yourself to fully trust that person and move forward with them. Explain the changes and describe why the previous behaviors are no longer something to worry about.

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

If, on the other hand, your family members or friends raise issues about a difference in race or religion, this may be a fork in the road where you choose to go your own way. It becomes a step toward independence, and a move away from the ideals of the family you grew up in. It is a time when you can take responsibility and voice your own values, even though they may differ from your parents, siblings, or friends. It can serve as an emotional emancipation and where you start to embrace what is important to you. When this happens, you acknowledge that they have criticisms, while asserting that they are not your personal beliefs.

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

Whatever the case, if you continue to meet disapproval tell your loved ones that you would like them to “agree to disagree” and accept that you have clear differences of opinion in order to stay together as a family. This is also a time to put boundaries in place. Note that you are aware they don’t like your choice, but you do not want to hear anything more from them unless you specifically ask for an opinion. You can even warn that if they broach the subject, you will simply end the conversation. This will help you keep some control and prevent being blindsided.

The ultimate goal is to avoid getting into a power struggle that could make you feel controlled and judged by a parent or other loved one. It’ll also avoid lots of arguments, too! Try not to become defensive or feel you have to justify your choice. The only thing that matters is that you are happy, excited, and comfortable as you move forward with your partner with your eyes on the future. Hopefully Selena and Justin will be able to do this and find peace even with the family discord. And, in time, Selena’s mother will also come around and embrace her daughter’s rekindled romance.

*Please tune in to the Doctor on Call radio hour on [HealthyLife.net](http://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](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on [Facebook](https://www.facebook.com/DrJaneGreer), at [www.facebook.com/DrJaneGreer](https://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>.

---

## Love & Libations: Valentine's Day Cocktails for February Date Nights





By [Yolanda Shoshana](#)

As soon as January 1st hit, the Valentine's Day decorations, chocolates, and teddy bears are out. Now that February is only a few weeks away, it's time to prep. February is known as the month of love. Besides Valentine's Day on the 14th, there are 27 other days to show love to your partner, friends, and, of course, yourself.

That being said, here are three libations to help you show love next month:

## Cocktails for February Date Nights

**Related Link:** [Love & Libations: Sparkling Wine for Holiday Date Nights](#)

### Gin & Dubonnet

Celebrate yourself and drink like a queen. Queen Elizabeth II has a Gin & Dubonnet every day at lunch. In fact, it's part of her four-cocktails-a-day routine. It's perfect to enjoy while

having some “me time.” There’s a good chance that the Queen will sip on one of these at Prince Harry and Meghan Markle’s [celebrity wedding](#) reception!

Ingredients:

- 1 1/2 oz. gin
- 3/4 oz. Dubonnet Rouge
- Lemon or orange twist for garnish

Directions:

Add all the ingredients to a glass and fill with ice. Stir. Garnish with a lemon or orange twist. Sip as you are wearing your favorite tiara.

### **Chocolate Martini**

A chocolate martini is an aphrodisiac in a glass. Believe it or not, two Hollywood legends created this cocktail: none other than Rock Hudson and Elizabeth Taylor. They invented it one evening when they lived across the street from each other while they filmed the movie, *Giant*.

The following recipe uses Sean “Diddy” Combs’ Ciroc Vodka. Maybe he will make one for his long-time love Cassie – or she will make one for him. After all, it’s the perfect cocktail for lovers on a February [date night](#).

Ingredients:

- 1/2 oz. Ciroc Vodka
- Dash of Madagascar vanilla extract
- 1 1/2 oz. Godiva Chocolate Liqueur
- 2 1/2 oz. half-and-half
- 1 oz. Kahlua
- Ice
- Shaved chocolate and/or fresh strawberries for garnish if desired

## Directions:

Add all of the ingredients to a cocktail shaker and shake. Pour into a chilled cocktail glass that is rimmed with chocolate syrup. Garnish with dark chocolate and/or strawberries.

**Related Link:** [Love & Libations: Autumn Date Nights Inspired by Celebrity Red Wines](#)

## Flirtini

February would not be complete without a Flirtini. Most people remember the Cosmo being a big part of *Sex and The City*, but the Flirtini was also in the mix. All it takes is three ingredients. Enjoy with your girl squad while binging on the show.

## Ingredients:

- 1 oz. vodka
- 2 oz. champagne
- 2 oz. pineapple juice

## Directions:

Combine vodka, champagne, and pineapple juice in a highball or collins glass filled with ice. If you are making it for a viewing soiree, multiply the recipe by six, and mix it up in a pitcher.

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

---

# Dating Advice from a Seasoned Vet: 4 Reasons to Avoid Matchmakers



By [Joshua Pompey](#)

I've been in the game of helping men and women find relationships for a long time – almost a decade to be exact. And while I have learned a lot as a [dating expert](#), if there is one fact I'm certain of, it's that single men and women should steer clear of traditional matchmakers. Why? Well, I could go on for pages with [dating advice](#) about this topic, but here are four reasons why I strongly advise that you avoid going down this path.

# Dating Expert Shares Why You Should Avoid Matchmakers

**Related Link:** [Dating Expert Reveals Why Online Dating Is Better Than Meeting In Real Life](#)

**1. They give you false promises:** Over the years, I have met a lot of men and women who were promised nothing but wonderful, high-quality matches when they initially contacted their matchmakers. Remember that when something sounds too good to be true, it usually is.

It turns out that it's a game of bait and switch. More often than not, the quality members you are promised when signing up are suddenly unavailable once you have made your first payment. That's when the bait and switch occurs, leading many clients to feel extremely disappointed, frustrated, and scammed.

**2. Chemistry can't be determined on paper:** Let's use online dating as an example. If I were to log on right now, at least 50 percent of the profiles I read would seem like great matches for me. If I were to then meet them in person, the odds of having face-to-face chemistry, let alone everlasting love, fall off a cliff.

Even if matchmakers had other members that seem like great matches on paper, the odds of you hitting it off one-on-one are still very slim. The problem is that most memberships only provide you with a handful of dates (or less), making it extremely unlikely that you will be a success story.

**3. There's a lack of real world success stories:** You know how we know that Apple products are great? Because millions of people use them and rave about them. You know how we know that Match.com works? Because there are statistics and studies that show a vast amount of members finding love.

Matchmaking on the other hand? Well, how many couples in your life have actually met through a matchmaker? That says a lot about how relevant the industry is in today's world.

**Related Link:** [Dating Advice: The Do's and Don'ts of Online Dating First Dates](#)

**4. The cost is high:** Matchmakers will do anything to get you on the phone or meet with you in person. I actually know some wealthy men and women who've told me that matchmaking recruiters flew overseas just to pitch them because they could smell the money potential. Many of them went through with it due to the excessive flattery, only to regret it later on.

Once these recruiters fill your head with hope and incredible promises, the fees are anywhere from 1,000 dollars to as high as 75,000 dollars, depending on who you use. Even worse, I've had clients who told me the highest-priced services are no better than some of the lower-priced services.

At the end of the day, you just have to ask yourself: Does throwing mass sums of money towards a relationship equate to a better chance of success? When it comes to love, the answer is usually no.

Want a great solution to matchmaking and finding live? Visit [my website](#), where we combine traditional matchmaking with the modern world of online dating for the ultimate recipe of success. Click [here](#) to learn more.

*For more advice from dating expert Joshua Pompey, including how to write [online dating emails](#) with 300 percent higher response rates, visit [this page](#).*

---

# Dating Advice Q&A: How Do I Get My Husband to Disconnect From His Phone?



*Question from Rachel S.: My husband is a general manager, so even when he leaves work, he's still working from his phone. He doesn't mean to, but lately, he's been so wrapped in his phone that he ignores me when I talk. He seems genuinely apologetic and interested when I get his attention, but it's getting it that's hard. How can I get him to disconnect from his phone at the end of the day?*

Technology makes our lives better in so many ways, but it can also be a distraction, especially if you or your partner has trouble unplugging at the end of the work day. Let our [relationship experts](#) help by offering their best [dating](#)

[advice](#) for using technology, like your cell phone, in the right way. Learn valuable dating tips from matchmaker Suzanne Oshima and relationship author Robert Manni. Here, they answer your question on how to politely encourage your significant other to disconnect from their phone. Check out their dating advice below!

## Dating Advice About Unplugging

[Suzanne K. Oshima, Matchmaker](#): When it comes to technology, its biggest strength is also its biggest weakness: It connects us, but it also disconnects us from the ones that are standing right in front of us. Your husband may not be intentionally trying to hurt or ignore you, but in this age of technology and mobile phones, it's easy to get lost in multitasking.

My recommendation is to share with him how his constant connection to his phone makes you feel unimportant and disconnected from him. Then, just ask him to put away the phone on date nights so that the two of you can spend quality time together, uninterrupted by a flurry of notifications and messages. It's the perfect way to reconnect with each other emotionally and romantically after working all day.

**Related Link:** [Dating & Technology Q&A: Is It Weird If He Doesn't Call Back After a Date?](#)

[Robert Manni, Guy's Guy](#): It all comes down to communication. In today's culture, we are are tethered to work 24/7, and you may not be aware of some job pressures your husband is experiencing but not sharing. Getting him to open up about work may be a good way of broaching the phone issue.

Another angle is stressing the positives – how much you and your family value your time with him and how important it is for your husband to invest as much energy in you as he does in his job and his phone. A healthy balance between work and home life is critical to any marriage.

A third, wild-card approach is planning a night planned by you featuring some good old-fashion seduction. If that doesn't get him to put his phone down, you may have a bigger issue on your hands. 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](mailto:cupid@cupidspulse.com).*

---

## **Expert Dating Advice: How Can I Change My Dating Tactics for the New Year?**





By [David Wygant](#)

This is going to be the shortest article I've ever written because, if you are like most people, you're going to think that next year will be different because it's a different year. In reality, it will be exactly the same *unless* you change the way you do your life. So how do you change your dating tactics for the new year?

## Relationship Expert Shares Expert Dating Advice for 2018

It's really simple. You actually start to date. Because if you need to change your dating tactics, it means you're not dating enough, and if you're not dating enough, it means you're not putting enough energy or effort into your search for love.

**Related Link:** [Expert Dating Advice: Should I Drop All The Other People I'm Interested In?](#)

As a [relationship expert](#), I've always believed dating is massive action, massive results. The more you put yourself out

there, the better chance you're going to have of actually meeting somebody fantastic. But how do you do this massive action, massive results?

Well, first off, you've got to get dates. In order to get dates, you've got to get on the apps. From Bumble to Tinder to any other app, you need to put yourself out there. And you need to accept the fact that it's going to take you a lot of un-swipes or swipe lefts to find a mutual swipe right. Don't take anything personal.

The dating apps are only part of it. You also need to go and join a dating website. Join a site like match.com and go out and meet people. You can even make one night per week a "going out" night. Don't just have text or e-mail relationships.

You should also keep another night free for any potential dates that may pop up. Why? Because if you free yourself and you allow yourself to go out on dates, you're going to meet people. And if you meet people, you're going to be more successful when it comes dating.

**Related Link:** [Relationship Advice: Don't Let Him Be the One Who Got Away](#)

I'm not asking for a lot from you right now because I know you're crazy busy during the holiday season. What I truly want to do is wish all of you a very merry Christmas and a happy New Year. Get ready for prosperous 2018!

Keep it simple. The above information I gave you is uncomplicated, and I did it for a reason. Uncomplicated [expert dating advice](#) is what you truly need. Just remember: Without massive action, you won't get massive results and find your next great 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](#).*

---

# Relationship Advice: Keys to Growing a Business When the Marriage is Over



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

Hollywood certainly has its share of dramatic endings –

relationship endings, that is. Stars like Laurence Fishburne, Fergie, Chris Pratt, Jennifer Hudson, and Danica Patrick, to name a few, were invested in a long-term [celebrity relationship](#) and either personally or professionally called it quits. But what happens when a couple's livelihood relies on maintaining a relationship after the marriage is over?

Christina and Tarek El Moussa can relate. After becoming household names as co-hosts of HGTV's hit reality TV show *Flip or Flop*, they publicly announced their [celebrity divorce](#) just over a year ago. Despite moving on in their personal lives, both are committed to working together to make their successful business grow.

**Related Link:** [Celebrity Divorce: Christina & Tarek El Moussa Announce Break-Up](#)

It's not uncommon for former partners to maintain a business relationship. There are an estimated [3.3 million businesses](#) in the U.S. that are jointly owned by spouses. In some cases, a partner buys out the remaining portion of the business. But in a growing number of cases, the former married couple opt to remain invested in the business long after the divorce is final.

"I worked with one business where, actually, [the ex-spouses] were better business partners and got along better after the divorce and stayed together within the business for a while," says [Dann Van Der Vliet](#), executive director of the Smith Family Business Initiative at the Samuel Curtis Johnson Graduate School of Management at Cornell University. Van Der Vliet believes that, when the divorce relieves the anxiety in a relationship, the partners can focus on the strengths they contribute to the business.

# Reality TV Stars Open Up About Celebrity Divorce & Share Relationship Advice

I talked with Christina and Tarek about their transition from a blended life to one that is now exclusively professional. They shared five rules they follow to maintain a positive and supportive professional relationship, even though they now lead separate personal lives:

**1. Be professional:** Part of their success derives from their ability to separate professional obligations from personal responsibilities. “We believe in this company, and that means keeping our personal lives separate,” Tarek explains. “When we’re on set, it’s like a different life than what we live outside of the set. When we’re doing our job, we’re doing our job.”

**Related Link:** [Relationship Advice: Is Your Job Killing Your Relationship?](#)

**2. Focus on the ultimate goal:** Whether it’s personal or business, staying focused on your goals can help minimize distractions. “Every day that we film, I remember why I’m there,” says Tarek. He says his priority is to support his kids and family. “Second, I remember how I worked my entire life to build this thing. I don’t want to throw it away because of a divorce. We are good at what we do,” he adds. “We love flipping houses, and we enjoy delivering a great TV show that helps change people’s lives.”

**3. Put kids first:** Tarek and Christina understand that it is in everyone’s best interest to get along. “Children come first, and that means doing things that are best for them,” says Christina. “In our children’s case, it was in their best interest to do things together.” Often that decision requires some sacrifice and adjustments on the parent’s part.

**4. Don't sweat the small stuff:** When tensions are high, it seems everything is a big deal. Immediately after a divorce, no matter how amicable, there is going to be a transition period. "Take time apart in all areas to better understand what you want," says [Kate Taylor](#). "As you redefine your relationship, you should draw clear lines around your roles and responsibilities at work."

Christina quickly discovered that not everything is worth fighting about. "When you're not with that person, you're not entitled to have those disagreements anymore," she shares. "When Tarek and I first separated, if there was a disagreement, it was important that we walk away from it." When disagreements happen, her rule is: Don't react, because that is the moment when you need to think more clearly.

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

**5. Keep it fun:** Tarek and Christina make sure to contribute to a positive work environment. Their professionalism means everyone feels happy and comfortable when they are at work. "We have a great crew," says Christina. "We've been friends with all of them for a long time. Because of that, it makes everything much easier because it's such a great workplace."

There are those who are skeptical that this type of relationship can work, but Christina is unfazed by the criticism. "Business is what we've always done best together. Tarek and I both agree that we work great together regardless of whether or not we are married," she explains. "We make a great co-parenting team as well. There is nothing I would have done differently."

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

---

# Dating Advice: The Sex-C Single's Guide to Confidence in Holiday-ting



By [Amy Osmond Cook](#)

Hello, holidays! Aside from the huge boon this season is to retailers, there's no other time of year when online dating sites see their [biggest spikes in activity](#). Romance-seekers start wondering: Who do I bring to my company party? Who should I enroll in my family's festivities? Who's my plus-one to my coupled best friends' snowsport weekend? And who'd be in for the ride if they knew I couldn't have intercourse?

Make no mistake: There are [millions](#) of people who remain silent and grapple with that question, and it's confidence-shattering enough to cause them to dodge dating altogether. Health problems such as diabetes, heart disease, cancers and related treatments, traumas, congenital abnormalities, and even PTSD can preclude individuals from engaging in sexual intercourse – as would be expected in the course of a romantic relationship.

## Dating Advice for the Holidays

**Related Link:** [Expert Relationship Advice: First Comes Love – Now What? Creating Intimacy Without Intercourse](#)

This makes modern-day dating especially tough. There is one online dating site, [RomanceOnly.com](#), that completely eliminates the need to disclose this dilemma. Afterall, Sex-C (sexually-challenged) men and women are no different from anyone else in their needs for affection, companionship, and attraction-based physical connection. Sex-C individuals are also in the same holiday-ting quandary as the rest of singledom. Rather than sidelining the pursuit of someone special, here is some [dating advice](#) to improve the Sex-C adult's chances of kindling a real connection this season.

### **Jingle, Jingle: Get Out and Mingle!**

A person who sees themselves as different in a shameful way can experience crushed self-confidence, which in turn can cause them to [avoid social interactions](#). But in truth, getting outside of oneself, if even just to [smile at a stranger](#), can really make a difference in restoring self-confidence. Talk to that person in line next to you at the grocery store. Accept invitations to parties – and don't hesitate to go alone! Join a local Meetup group. You'll not only meet fascinating people, but by being open to being out there, you'll increase your chances of meeting someone special.

**Related Link:** [Expert Relationship Advice: Four Survival Tips When Bah Humbug Meets Father Christmas](#)

“Remember it’s a numbers game,” says Laura Brashier, the visionary behind the world’s premier Sex-C dating website. Any measure that helps you to be open and upfront from the beginning about the awful quandary of “when and how do I share my secret” serves as one less stressor in dating. But it all starts with building confidence, and that starts with meeting people and finding a common interest. Shared commonalities are the cornerstone of any fulfilling relationship. “True pleasure can be found in a variety of social connections and relationships.”

### **Spread Holiday Cheer: Go Volunteer!**

When people desire a deeper and more satisfying relationship, character counts. You’re not defined by your inability to have intercourse! The holidays abound with opportunities to work alongside other volunteers looking to help those in need. It’s another wonderful chance to get out and do something good for others that will make you feel even better about yourself. If the person next to you is attractive or interesting, don’t hold back in asking them out! Start with something simple, like a coffee date – you’ll know in 30 minutes if there’s a connection.

[Date ideas](#) like hiking, dancing, attending concerts, pairing up to take an art or cooking class, spending a couple hours at a museum together, or trying a restaurant that’s new to both people are all ways to gauge common interests. They’re great avenues by which two people can share interesting and meaningful things together, which are building blocks for a solid relationship – friendships and romantic partnerships alike!

“The benefits of such activities extend beyond the immediate pleasure of being together,” says [HealthyWomen.org](#). “The new

interests will stimulate your brain and provide numerous new opportunities for conversation.” Finding things in common makes for a nice beginning.

**Related Link:** [Dating Advice: New Year's Resolutions to Rekindle Your Relationship](#)

## **Naughty or Nice: Sex-C Delights**

Once you feel you've found that special someone to take beyond the mistletoe, there are plenty of options for physical delights outside of intercourse. When you think about sexiness, the authentic allure of a desired person goes beyond the temporal desire of sex itself and rests on a physically sensual connection. It's a spark, an undeniable urge to share yourself physically with another. RomanceOnly.com offers [articles](#) that cover alternatives to intercourse that can spice up any couple's physical connection.

According to Michael Castleman, M.A., [great sex without intercourse](#) means experimenting, which can feel strange. But he says, “Novelty is key to sexual zing. Doing things differently stimulates the brain to release dopamine, and dopamine heightens erotic intensity. Once you get on board with sex without intercourse, it's pretty easy. It involves the same leisurely, playful, whole-body touching, caressing, and massage that sex therapists recommend to all lovers.”

So for all you Sex-C people, make your holidays merry and bright by putting yourself out there. You have nothing to lose but being alone! Go to some of your local community events, listen to music, and just put yourself out there. Say yes even if you're tired! When you do meet someone, and even if that the person doesn't seem like The One, go and just have fun. Always date safely with exit options. The bottom line is that you deserve the companionship you're after, and you can't find it until you connect with others.

Cheers to 2018!

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

---

# Love & Libations: Sparkling Wine for Holiday Date Nights



By [Yolanda Shoshana](#)

December, a month packed with festive holiday gatherings, is the perfect time for sparkling wine. It's also a great way to pop into 2018. Bubbly is known for special occasions, so whichever holidays you celebrate, there's a bottle that will pair perfectly for your situation. Honestly, it's always a

good time for sparkling wine. Even if you are having a quiet [date night](#) at home, you can break out the bubbles!

## Enjoy Celebrity Sparkling Wine on Your Next Date Night

**Related Link:** [Love & Libations: Palate Pleasing Pairings & Celebrity Couple Inspiration for Thanksgiving Day](#)

If you are looking for a sparkling wine to keep on hand, Giuliana Prosecco is the way to go. Most people know [Giuliana Rancic](#) from her days on *E! News*. Besides being a host, she also owns a few restaurants with her handsome husband, Bill Rancic. This year, Giuliana launched her Prosecco at their Chicago-based restaurants as an affordable and quality wine. Now, you can enjoy it with your friends and family for some added holiday cheer. It's like inviting this celebrity couple over for a good time!

When you want an elegant sparkling wine, pick up a bottle of Christie Brinkley's Bellissima DOC Brut. Brinkley is all about clean living, so it's no surprise that her wine is made with organic grapes. Produced in the beautiful region of Treviso, let your palate travel to Italy as you enjoy the aromas of green apples and baked bread. If you and your boo are having a quiet night in for New Year's Eve, let this choice be your go-to.

Former NBA player, Yao Ming, got into the wine game in 2011. The Napa-based winery is known for producing stellar wines. If you are planning a grown and sexy night with your partner, the Yao Ming Napa Valley Brut will add a special touch to your evening. Made with Chardonnay and Pinot Noir grapes, this crisp sparkler is flirty on the palate. It will add a touch of seduction to your evening. Yao brings in the meow.

If you want a sparkling wine that comes with a sassy attitude,

you can always go with Myx Classico Sangria by Nicki Minaj. There's something about bubbly sangria that screams "good time." The best part about this wine is that it's ready to go. No need to mix up anything – just open the bottle and sip! This Spanish wine-based sangria is a good one to drink while binging on romantic Christmas movies with your girl squad or with your partner (who may act like he doesn't want to watch, but secretly, you know he does).

**Related Link:** [Love & Libations: Autumn Date Night Ideas Inspired by Celebrity Red Wines](#)

When Steve Amell isn't charming viewers as *The Arrow*, you can probably find him at his winery, Nocking Point, in Washington. Their limited edition Pacific Coast Pink sparkling rosé is a must-have for the holidays. It pairs perfectly with just about every holiday treat or meal. The sparkler is produced in New Mexico, which is such a fabulous area for sparkling wines that you may get hooked. This wine is perfect for that holiday party you're hosting later this month.

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

---

## New Year, New You! Dating Advice to Revamp Your Love Life in 2018





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

In just a few short weeks, we'll be entering 2018 (ah!). The past year has been one for the history books. From the presidential inauguration to the total eclipse of the sun, this year has been one of fast-paced news cycles and memorable moments. It's hard to imagine leaving 2017 in the past; however, when it comes to an unsuccessful love life, we can hope for nothing more than that in the coming year. Or maybe you have a good love life, but it's a new year, and you and your partner want to shake things up. Either way, here at Project Soulmate, we have matchmakers and [relationship experts](#) Lori Zaslow and Jenn Zucher to supply you with [dating advice](#) on how to start the New Year with a bang.

**Follow the dating advice below if you want a successful love life in**

# 2018!

## Try New Date Ideas

One sure fire way to revamp your love life in the New Year is to explore unique dating scenes. No more boring coffee or dinner dates – and let's try to drop the bland movie dates, which are terrible if you're trying to communicate with your partner. Instead, try stepping out of your comfort zone with these new and fun date ideas:

**Related Link:** [Dating Advice: When to Say I Love You](#)

**1. Head to a jazz bar:** Going out to see live jazz will let you live your *La La Land* fantasy while also giving you an excuse to dress up. This date idea is for all those cool cats out there that want to sip on their Manhattan and snap their fingers along to a good ol' saxophone.

**2. Try a comedy show:** Unlike a movie, a live performance allows for you to have time to sit and talk and enjoy each other's company. Plus, going to a comedy show can reveal your compatibility. If both of you are dying laughing, you may have found yourself a keeper!

**3. Go rock climbing:** This one is for you daring romantics. Head to a rock climbing wall at a nearby rec center, and take your relationship to all new heights. This date idea is adventurous and unique, bringing some excitement to any relationship.

## Shake Up Your Routine

We are all human, and we all have a tendency to get stuck in a routine. In order to revamp your love life for 2018, it's important to mix things up. There's no need to drop everything you're doing. Rather, focus on implementing small changes in your schedule in order to spend more time on those special relationships in your life.

For those who want to totally revamp their love life and experience more successful dates, try a matchmaking service. At Project Soulmate, the stress of finding someone is alleviated, and you are able to cut down on the time swiping and focus more on finding a true match for you.

Another way that you singles out there can shake up your current routine is by adding some self-love rituals. Make your love life more successful by first loving yourself. Take a few minutes to write some positive mantras on a sticky note for yourself. If you're already in a relationship, you can even do this for your partner! Positive affirmations are a great way to show you care for yourself and for others.

**Related Link:** [Expert Relationship Advice: The Stages of Soulmate](#)

### **Create New Traditions**

Creating new traditions is a third way to shake up the New Year, but where do you start? The first thing you need to do is choose a regular date night. Whether it's bi-monthly or an annual event, make sure you can stick with it. Then, pick a passion you have: Do you love animals? Or are you a sucker for time spent exploring a museum? Pick something that you feel like you never have time to do. If you're currently single, this tradition is a great opportunity for you to meet people with similar interests to you. If you're in a relationship, it's a great way for you to get to know your partner better.

May you find love and happiness in 2018!

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

---

# Expert Relationship Advice: When to Sleep Over



By [Megan Weks](#)

When to sleep with someone is a personal decision; it must be considered for each specific situation. However, before you decide, influenced by him as the external factor, an internal overview is always the first consideration.

## Consider the expert relationship advice below:

Many great loves that have begun with an immediate naked, giddy romp have turned into serious relationships and lasting love stories. You may even know a couple who started off this

way. Even so, I'm going to offer some [expert relationship advice](#) for you to think about before making the fateful decision to jump into the sack.

Being single can be tiresome. Our bodies ache and yearn for closeness. The discomfort of pulling yourself together after work to be date-ready, skipping workouts, and spending money on clothes and cabs, only to have to face an unknown person who decides whether you're a yes or a no, can be a process of grueling anxiety.

**Related Link:** [Dating Advice: When Should I Sleep with a Guy?](#)

It's easier to slip into your comfy stretch pants and dive onto your warm, cozy couch for some yummy snuggles with the hot-blooded male specimen standing before you. You crave to feel a warm touch or a tickle on your back and perhaps gentle cheek kisses. Ahhh. The delicious comfort of a relationship! The urgency to advance quickly into this stage has many of us skipping the necessary qualifying steps that, ideally, come before committing to an exclusive relationship.

There are two ways to approach the intimacy process in a new relationship. The first is to dive right in, learn about the guy's intentions and goals, and hope that the relationship falls into place (keeping in mind that his words don't necessarily determine his intentions – only time and consistency will reveal his *true* intentions). If you take this approach, you'll be making relationship decisions after the physical bond has been formed. Even if this man is not right for you on multiple other planes, you'll have to determine that while feeling physically attached to him! Therefore, your body will be yearning for closeness with him, while you're still trying to figure out if he wants what you want, has similar values, and so on.

After having sex, it's proven that your brain makes cloudy (hormone-influenced) decisions about the person to whom you

are attached. This is how we end up in time-consuming “mini-relationships,” often followed by painful “mini-break-ups.”

Do you have relationships that begin hot and heavy and then start to taper off and fade away? Do you have a hard time getting serious interest from men? Have you not had a serious relationship in longer than you would care to admit? If so, I want to stress this second approach to the intimacy process: Take your time to get to know a guy over two to three months before the sleepover. The process where you learn about one another slowly, without exclusivity and without sex, is what I call The Exploratory Phase of the relationship. If you include this phase in your dating process, you will decrease your number of sexual partners and increase the likelihood that your relationship will stand the test of time.

Even naturals at love can still fall prey and find themselves mired in many time-consuming “miniature-serious” relationships. You see, when you dive in head first, you put yourself in a position I call Lay and Pray. This is when the physical part of the relationship occurs before the actual relationship. A woman who gets caught up in Lay and Pray is telling herself that she can handle it and that she’s going to remain cool while things fall into place. Sound familiar? However, in this place of uncertainty, she’s feeling uneasy, seeking for answers or clues to help her define what’s happening with the relationship.

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

Even if what she is experiencing with him is not ideal, she’s not exploring other options because she feels attached and is not interested in seeking out other possibilities. Women whom I define as naturals at love might still have a decent ROI (return on investment) with this method of dating because the naturals usually have a better feeling about the men who are coming into their lives. This means that, since they are

making overall healthier choices when it comes to men, they will have a higher ROI in their dating process. Even though a woman may be able to jump into bed and have a chance of that turning into a solid relationship, she still needs to consider her goals, her health, and the time investment she is willing to put into having multiple “mini-serious” relationships.

Keep in mind that if he’s the right man for you, you’ll likely have the rest of your life to enjoy him, both in bed and on the couch. Either way, happy humping!

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

---

## Relationship Advice: Is a Bad Boy Good for You?





By Dr. Jane Greer

Carmen Electra has revealed her ideal man is a “bad boy with a good heart.” She describes this man as someone who has been through a lot in life, and has had to work on himself. He is a spiritual person with a strong self-awareness, someone who has “worked all the steps” and is ready to settle down after experiencing all of the craziness of life. This is a common desire for women – wanting a man who is thought to be “bad.”

**This conundrum of falling for the rebel, the tough guy, and then dealing with the consequences that brings, has been around since people have been looking for love. What is it about that “type” that**

## attracts so many? Check out the following [relationship advice](#).

It could be the image, or the idea that someone like that might be sexier than someone else, or it might be the thrill of being with a man who often decides not to follow the rules. Whatever the case, it can often lead you down a path of darkness. Very often the outcome is that the “bad boy” makes you feel bad. You see him as having been through a lot, maybe even having suffered, and you might want to try to make things better for him, but it comes with a price. Someone who breaks the rules might do so in your relationship, too, by lying, cheating, and even possibly insulting you. To an outsider, it might look like simply asking for trouble. Why, then, would someone knowingly put themselves through that?

**Related Link:** [Celebrity News: Carmen Electra Sets Record Straight on Her Relationship with Ex-Husband Dave Navarro](#)

In my book *How Could You Do This To Me? Learning to Trust After Betrayal*, I talk about the trust sand traps that keep you mired in a relationship like this. The first is, you want to give him the benefit of the doubt. In other words, you want to believe what he says and take it at face value, whether it is that he is sorry, or he didn't mean it, or he didn't realize what he did would hurt you. It is a way to make yourself feel virtuous since you are being understanding and patient, and you keep giving him another chance. You can say to yourself, look what I'm willing to put up with. Another trust sand trap you can get stuck in is the idea that he loves you so much he will change his bad behavior for you. This concept allows you to stay in it and tolerate whatever he does while holding onto the hope that over time he will come to treat you the way you want. You are going to be the one who is more special than all of the other women, and be able to bring out the good in him. And finally, there is the idea that we

are meant to accept the good with the bad. He wants you to feel sorry for him for how hard he's had it, and all the pain he has been through. This can work on your guilt. So by staying with him, it gives you a feeling of being in control since you are choosing to put up with it, which can help to alleviate your feeling guilty about not being accepting enough.

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

If any one of these three trust sand traps are at play with you, surprisingly the relationship might be a way of going about trying to make yourself feel good. You raise your self-esteem by making you feel you are a strong, tolerant, and forgiving person in contrast to his being so bad. If you find yourself here, you may want to explore other ways to boost yourself up. Try to begin to trust your own truth by admitting that his lies and the other troubling things he does are not okay, and probably won't change. Protect yourself by putting limits in place and refusing to go along with the bad behavior so you don't have to continue to be mistreated.

Hopefully Carmen's "bad boy" has gotten all that negativity out of his system and is ready now for a smooth, good ride with her by his side.

*Please tune in to the Doctor on Call radio hour on [HealthyLife.net](http://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](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on [Facebook](https://www.facebook.com/DrJaneGreer), at [www.facebook.com/DrJaneGreer](https://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>.*

---

# Love & Libations: Palate Pleasing Pairings & Celebrity Couple Inspiration for Thanksgiving Day



By [Yolanda Shoshana](#)

Thanksgiving is a time for spending with the ones who we love. That also means it's a time when wine and cocktails are flowing to celebrate gratitude and the joy of being together. Here are some beverage ideas perfect for pairing with your Thanksgiving meal, whether you're having a special [date night](#)

with your partner or a dinner with your friends and family.

**Related Link:** [Love & Libations: Autumn Date Night Ideas Inspired by Celebrity Red Wines](#)

A great way to butter up your mother-in-law is with a bottle of bubbles. Slip her a bottle of Carlos Santana's Supernatural Brut. The blend of Chardonnay and Pinot grapes is a creative collaboration between Mumm Napa and Santana. The aromas of apple, fig, and vanilla are signatures of the holidays. Mumm Napa is one of the best sparkling wine houses around, so she will probably hide the bottle to save it all for herself.

## Celebrity Couple Inspiration for Thanksgiving Day

Bring [celebrity couple](#) Jay-Z and [Beyoncé](#) to your Thanksgiving table by busting out a bottle of D'USSÉ. A lot of people think of Cognac as a drink for men, but women also love the brandy as well. Your relatives will be thrilled to indulge! Plus, if you aren't married yet, maybe it'll get you "marriage material" points. D'USSÉ has notes of caramel, spices, and honey that will excite your nose as well as your palate. Use the brandy to mix up some cocktail classics like a Sidecar or French 75, which go great with turkey, cranberries, and dressing. Above all else, Cognac is an elixir of love, mainly because it makes everybody feel good.

When you know that your partner digs Scotch, you can most certainly pair it with a Turkey Day feast. A good selection is Haig Club Scotch Whisky, a single grain scotch whisky in a striking blue bottle that is as posh as its British creators [David Beckham](#) and Simon Fuller. Think toffee and butterscotch notes with a short finish. Keep it simple by adding a touch of club soda to it to pair with dinner. If you still plan to serve wine with dinner versus the whisky, make a light Scotch-based cocktail as an aperitif to kick off the festivities.

**Related Link:** [Celebrity Couple: David Beckham Shares Sweet Birthday Message for Wife Victoria](#)

When your Thanksgiving meal is over, a perfect way to chill with your significant other or family and friends is by having an after-dinner drink such as a Limoncello. The Italian lemon liqueur is mainly produced in Southern Italy. While it's slowly becoming more popular around the world, it's the second most popular liqueur in Italy. Danny Devito's Limoncello is the pick that will do the trick. Devito ended up getting into the Limoncello game after drinking far too many with George Clooney and showing up tipsy for an interview on *The View*. This is what you call turning lemons into Limoncello!

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

---

## Relationship Advice: When Is the Old New Again?





By Dr. Jane Greer

Jelena is back! [Justin Bieber](#) and [Selena Gomez](#) are officially back together. This is an instance when what was once old and finished can become new again. Rekindling a relationship in this way can sometimes mean a couple was never really over the feelings they shared for each other the first time around, or that with the passage of time they are simply ready to give it another try. Sometimes extenuating circumstances such as illness can play a role and help them realize what is truly important. With this in mind, an end is not always really an end, and you might have an opportunity one day to reconnect with an old love if they're single, too. If that happens, it may give you both a chance to deal with unfinished business, and to move forward the way you may have always hoped you would.

**How, then, can you get from Point A  
– a breakup – to Point B – a**

# revived romance?

So many things can bring a relationship to a grinding halt despite the fact that two people still feel love for each other. Career opportunities that force people to live in different places, or one of you wanting one thing – such as marriage or a family – when the other isn't quite ready. Negative parental pressure can also tear two people apart even if they don't really want to say goodbye. In these cases it isn't the feelings people have for each other that threaten the relationship, it is the life/work balance and other outside forces. This can become especially hard to cope with if one or the other jumps into a new relationship quickly to get over the hurt and disappointment of the loss. Even considering that, there still might be feelings of hope that someday they will find their way back to each other and their connection will resume.

**Related Link:** [Relationship Advice: Does Being Wronged Give You The Right To Fight?](#)

Sometimes this can occur with simple good luck – two people find themselves living in the same city again. It can also happen more dramatically, such as when someone becomes ill, as Selena has been with lupus which required a kidney transplant earlier this year. That sort of event can change your perspective and make you question your priorities, turning the small issues that once seemed so important in the past into meaningless details in the present. It may make you more willing to compromise over differences that previously you might have stood your ground on. It might also make you realize that you don't want to waste any more time hoping and waiting, and one or the other might reach out. When one does that, if the other person is receptive and welcomes the contact, it can leave room to pick up where you left off, rebuild, or even lay down new tracks.

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

If you have been in a relationship that ended, and find yourself suddenly single and thinking about a former love, if they are also single, it might be a chance to call or write to them. If that person is sick, you can reach out in the name of friendship and offer caring support in those hard times. By doing so you open the door which might lead to something bountiful for both of you, and give new life to the connection you once shared and cherished.

Whatever happens going forward, it seems clear that Selena and Justin indeed have a bond together that has endured.

*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](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on [Facebook](#), at [www.facebook.com/DrJaneGreer](http://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>.*

---

## **Dating Expert Reveals Why Online Dating Is Better Than Meeting In Real Life**



By [Joshua Pompey](#)

So often online dating is looked upon as a medium that people turn to after running out of options in “real life.” As an online [dating expert](#), I may be a bit on the biased side, but I personally think this is a mindset that officially needs to be put to death. Not only is online dating an incredible opportunity to meet other singles, but dare I say, it’s even better than attempting to meet people out and about. Here are five reasons why:

## Online Dating Advice: Why It's Better Than Real Life Dating

**1. I don't have to put on pants to meet someone special:** Okay, so maybe *eventually* I will. But when I'm home on a weeknight, tired, cold, and worn down from my work week, it sure is nice

to meet other singles without having to get dressed up, brush my hair, and psych myself into feeling energized for [date night](#). Online dating is always there for me. Rain, shine, morning, afternoon, or night, I can always meet someone from the very comfort of my own home.

**Related Link:** [Dating Advice: The Do's and Don'ts of Online Dating First Dates](#)

**2. There's almost no financial investment:** Going out to meet women isn't exactly cheap, especially in a big city like mine. Between drinks, transportation, and that inevitable late night snack, one night out can easily turn into a 100-dollar investment. Paying a 30-dollar membership to Match or even signing up for a free website provides me with a lot more opportunities to meet people for pennies on the dollar.

**3. Real life makes no guarantees:** Whether you are attempting to meet someone during your daily routine, at a social club, or at a bar, there are no guarantees. If you're lucky, maybe you'll stumble upon someone else who is single that you are attracted to. But how often does that happen? When you are on an online dating site, you are guaranteed to come across other people that are also single and actively looking to meet someone.

**Related Link:** [Dating Advice: 5 Online Dating Photos That Will Instantly Up Your Profile Game](#)

**4. Online dating can be less pressure:** One of the beautiful aspects of online dating is that you already know a fair amount about the other person prior to meeting. Between the profile and the conversations you have via email, you will have a nice insight into that person's likes, dislikes, and personality. That makes the prospect of talking to somebody new a bit more relaxed since you've already had some icebreakers prior to meeting. As an added bonus, you have a nice cheat sheet of topics that you can talk about on a first

date.

**5. Online dating is what everyone is doing these days:** There's simply no way around it: Meeting people in real life is great, but with the busy lives we all lead, it's just not as realistic. Online dating has become mainstream and is, without a doubt, the most common way singles attempt to meet these days. You can't fight progress!

*For more advice from dating expert Joshua Pompey, including how to write [online dating emails](#) with 300 percent higher response rates, visit [this page](#). Or click [here](#) to learn why you aren't getting responses on Match.*

---

## Relationship Advice: How to Handle Engagement Envy





By Dr. Jane Greer

Fashion model Gigi Hadid really wants her boyfriend, Zayn Malik, to propose after she found out her ex, Joe Jonas, just got engaged. This is a common response of feeling envious when your ex has moved on from being with you and gets engaged to someone else. It's difficult to feel like you are a step behind when you see a former partner move forward with increased commitment, planning a future life together with someone else. This can be even more challenging if you are either at a standstill in your current relationship or worse if you're not in one at all. Engagement envy can strike and push you ahead when in fact you might not be ready to get engaged, as well as lead to pressure that can create conflict.

**How, then, can you handle envy and see the potential good you have right now instead of focusing on**

# what could have been or forcing what isn't meant to be yet? Here's some relationship advice.

Even though a relationship is over, there can be that urge to look back and wonder what you could have done differently. There might be a lot of bad that led you to the breakup, but somehow people tend to remember that pot of good that brought and kept you together, no matter how small it might be. With that in mind, it is hard not to wonder what you might have been able to do to work things out with your ex. Should you have tried harder, or given the love you once shared a second chance? These feelings can really come to the forefront when your ex becomes engaged to another person. You might even think that could have been, maybe should have been, you.

**Related Link:** [Celebrity Couple News: Gigi Hadid's Family Calls Zayn Malik a 'Great Guy' and Says 'She's Happy'](#)

Those negative feelings swirl around the sense that you've been cheated. You were the one who put up with so much negativity and worked at getting your partner to change for the better, and now someone else is going to reap the benefits. Or you might feel it's not fair that your ex so easily found another partner while you might still be looking for Mr. or Mrs. Right. Or, as in Gigi's case, you might actually be part of a new couple, but seeing your ex get engaged to someone else stirs up your own desire to do the same. This could be stemming from not wanting to see your former lover be more successful than you, resulting in your forcing your new partner to take the next step before either of you are ready.

**Related Link:** [Celebrity Wedding: Joe Jonas & Sophie Turner Are Engaged](#)

All of these scenarios have the undercurrent of envy, which is never a pleasant place to be. So what can you do? First and foremost, remember what was different about the relationship you used to have and why you chose to end it in the first place. Trust your gut that you were taking care of yourself, and the breakup was in your best interest. If your ex was the one to call things off it might help to realize that the expectations he or she had for you were probably unrealistic, and take comfort in the fact that you are now free from that conflict and disappointment.

If you are currently not involved with somebody, it is really important to keep in mind that the connection you had with your ex served a purpose in helping you grow and discover what you are looking for in someone and what you're not. Even though they are now involved with someone else, try to keep that separate from your life and instead let it shed a light on what you want in your next relationship. Rather than getting caught up in feeling left behind or abandoned, or a failure that you and your ex couldn't make it work, focus on what you took out of it to better judge and choose your next partner.

Finally, if you are in a relationship as Gigi is, and your ex is already engaged to someone else, consider that this new situation for your ex may perhaps be a rebound romance. They might be in a hurry to have a commitment, and it still might be just as fraught with the complex issues you had together. Just because he or she is choosing to get married now does not mean it will necessarily be smooth sailing ahead. If you can, sit back and maybe find some relief in the fact that it is not you on the road to marriage with someone you already know brings discontent and hard times to the table.

Hopefully Gigi and Zayn will get engaged when the time is right for them, not her ex.

*Please tune in to the Doctor on Call radio hour on*

[HealthyLife.net](http://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](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on [Facebook](https://www.facebook.com/DrJaneGreer), at [www.facebook.com/DrJaneGreer](https://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: Does Being Wronged Give You The Right To Fight?





By Dr. Jane Greer

Superstar Pink has revealed that Christina Aguilera tried to punch her in a club during their feud, rather than talking things out. Sometimes when people do not have the skills or the opportunity to deal with their anger directly, that hostility might build up and result in a situation like this, which isn't healthy for anyone.

**So, how can you avoid this a hostile incident, and, more important, how can you guard against feeling so mad that you find yourself wanting to hit someone? Here's some relationship advice:**

Very often when somebody does you wrong, you believe you have

the right to feel outrage toward them. If you don't get to talk through those feelings, they can build up into self-righteousness that you carry around with you like a landmine that might explode anytime it is triggered. Understanding this points to how important it is to speak up when you feel offended or hurt by someone's behavior or actions toward you. Doing this is essential to your health and well-being.

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

The best thing to do is to talk directly to the person you have the grievance against. Reach out through a letter, email, or a call, and ask if that person is willing to sit down with you or have a conversation over the phone. Explain that you are upset and would like to clear the air, and hopefully they will respond accordingly. If you can do this, it will not only help to dissipate the fury you feel, but might also lead you to a place of understanding as to why you had such a strong reaction about what happened in the first place. There is also the chance that the person in question did not even realize he or she did something to anger you, and this will give you the opportunity to gain some perspective as to what might have been going on for them. In this way, you can discover something that can help to shift things so that what they did doesn't occur again.

Of course there are times it isn't possible to speak directly to the person. If, for example, they refuse to talk to you, or if it is impossible to reach them, are you stuck with all this rage? You don't have to be. If that happens, see if there is someone else you can talk the issue through with who might help you figure out why this pushed your buttons so much. Did you feel devalued? Lied to? Blamed? Were you treated unfairly? Were you made to feel vulnerable? Once you have a good handle on it, it will help you navigate so that you can prevent similar situations in the future. One of the goals is to learn how to stop taking things personally, because this can make you stronger and less sensitive to people's offensive

behavior.

**Related Link:** [Celebrity News: Put Yourself First Like Lady Gaga](#)

If there is nobody you are comfortable talking about this with, and the other person is uncooperative, then write it down for yourself. There is a reason we say the pen is mightier than the sword, and there is no better example of that than this scenario. When you are able to express yourself in words, either through talking or writing, it helps to release and decrease your anger, so instead of carrying around one hundred pounds of it, you can reduce that to a lighter load of twenty pounds or so. The sword, or in Pink and Christina's case, a possible punch, does not address the problem or resolve the conflict. It will only lead to more of the same.

Nobody likes to be angry. But if you can use it in a positive way as a catalyst to change through conversation, it can give everyone a chance to move forward and feel better. Thankfully, Pink and Christina never came to blows. Perhaps in the future they will find the words to connect.

*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](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on [Facebook](#), at [www.facebook.com/DrJaneGreer](http://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>.*

---

# Dating & Technology Q&A: How Do I Get My Girlfriend to Stop Posting Racy Photos?



*Question from David T.: I've been with my girlfriend for a long time. We have a great relationship, but she often posts suggestive photos of herself on social media, and it makes me uncomfortable. How can I get her to keep that part of herself between us instead of for all the world to see?*

Dating in the era of social media can be difficult. Parts of your relationship that were once private can now easily be shared online. So what do you do if one partner likes sharing

racy photos but it makes the other person uncomfortable? Let our [relationship experts](#) help by offering their best [dating advice](#) for using technology the right way. Learn valuable dating tips from matchmaker Suzanne Oshima and relationship author Robert Manni. Here, they'll answer your question on how to ask your significant other to keep personal parts of your relationship (like racy photos) private. Check out their dating advice below!

## Dating Advice About Social Media & Racy Photos

[Suzanne K. Oshima, Matchmaker](#): I can completely understand why it makes you feel uncomfortable that your girlfriend posts suggestive photos herself on social media, but I'm guessing that this is something she was doing well before you started dating her. While you can't stop her from posting the racy photos, I recommend just being completely honest with her. Share your feelings with her and let her make her own decision about whether she wants to continue posting the photos. If she doesn't want to risk losing you, I'll bet she'll tone it down a bit, but don't expect her to completely stop posting those types of photos, especially on Halloween!

**Related Link:** [Dating & Technology Q&A: My Partner Fishes For Likes – What Do I Do?](#)

[Robert Manni, Guy's Guy](#): Millennials have little, if any, filters when it comes to posting to their social media pages. Whether they're on Instagram showing their fitness routines and progress pictures or booty shaking on Snapchat, it's all out there for the world to see. And for that reason, and if you and your lady share a clear understanding about your commitment to each other, I do not see this as a major issue. However, if you're uncomfortable with her sharing too many racy photos, ask her why she does this. Is it driven by self-esteem, competitiveness, or narcissism? Or is she simply

comfortable in her own skin and wants to celebrate her good looks while she's young and beautiful? Tell her how you feel – because if you don't the world will be watching her while you wait. 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](mailto:cupid@cupidspulse.com).*

---

## Love & Libations: Autumn Date Night Ideas Inspired by Celebrity Red Wines





By [Yolanda Shoshana](#)

Pumpkin spice isn't the only thing that arrives during Autumn. The season brings in the cold weather, making it the perfect time to snuggle up to your boo and enjoy some red wine to keep you warm. It's been said that red wine is an aphrodisiac for love. According to Euripides, the Greek tragedian who was a wine connoisseur, "where is no wine there is no love."

**Here are some celebrity reds and [date night](#) ideas to enjoy during the crisp and cold months:**

**LVE Cabernet Sauvignon, Raymond Vineyards**

Soul singer [John Legend](#) has a collection of wines called LVE produced in Napa Valley. His Cabernet Sauvignon has notes of blackberries, dark chocolate, and black tea. Can't you imagine [Chrissy Teigen](#) making a dish from her cookbook for Legend and pairing it with some of his wine? File that under relationship goals! Put on some of Legend's slow jams, sip some LVE, and

make it a very romantic night.

**Related Link:** [Marriage Advice from Celebrity Couples Who Stay Together](#)

### **Marilyn Merlot, Marilyn Wines**

You know you are an icon when you've passed away and you end up with your own wine. Marilyn Merlot is inspired by none other than Marilyn Monroe. If Monroe's sassy attitude could be put in a bottle, this wine would be the answer. It's easy to assume this wine is mainly for fun, but it's actually a high-quality wine produced in Napa Valley that's been going strong since 1981. Vanilla and tart cherries will flirt with your palate. When you are feeling extra frisky, maybe even a bit adventurous with your partner, this wine is the one.

### **Pinot by Tituss, PBTB Wines**

If you have ever watched the Netflix hit, *The Unbreakable Kimmy Schmidt*, you are probably familiar with the character Titus Andromedon, played by Tituss Burgess. In season one, his character sang a song called "Peeno Noir." The song became a viral hit, which lead to Burgess creating a Pinot Noir wine. The actor has said that the wine is meant to be enjoyed by all the fabulous "Kings and Kweens." This fun and fruity wine is great for a Netflix and chill night or some hold me, let's Hulu.

### **The Director's Merlot, Frances Ford Coppola Winery**

Coppola has been in the wine game for a while. His wines tend to be inspired by the art of storytelling and filmmaking, so they have unique names to reflect that. The Director's Merlot is a juicy and succulent red that is a good example of a wine from Sonoma. Coppola has probably won more awards for his wine than his films. This Merlot is perfect to enjoy while relaxing by the fire and having a nice conversation with your love.

**Related Link:** [Top Places Celebrity Couples Go For Date Night](#)

### **Drew's Red Blend Pinot Noir, Barrymore Wine**

Drew Barrymore is the perfect celebrity to have a wine. She knows how to have fun and live it up. She created her line of wines with the help of the California-based Carmel Road Winery. Her red blend is meant for every day sipping. Since it has notes of tobacco, spice, and fruit, it would be good paired with meat or something from a slow cooker. Long story short, when you are home for a nice, quiet meal with your partner, this is the perfect wine to choose.

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

---

## **Expert Relationship Advice: First Comes Love – Now What? Creating Intimacy Without Intercourse**





By [Amy Osmond Cook](#)

The power of love can never be underestimated, but it is also often misunderstood. As one of the leading Google search topics, the matter of love and how it pairs with sex is on most people's minds. It's possible to have sex without love, but can love survive without sex?

Most people say yes. A [study](#) conducted at San Diego State University reported that couples who reported having a satisfying relationship also reported having less sex as the relationship progressed. In an era where sex is used to sell everything from perfume to bathroom cleaner, this study shows that people may be buying it, but they aren't necessarily "doing it."

## Relationship Advice on How Sex Relates to Love

"Despite their reputation for hooking up, Millennials and the generation after them (known as iGen or Generation Z) are

actually having sex less often than their parents and grandparents did when they were young,” says Jean M. Twenge, the study’s lead author and professor of psychology at San Diego State University.

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

Recognizing that romantic love and intercourse can be mutually exclusive is encouraging news for millions of people who are unable to “seal the deal.” Whether limited by emotional challenges or physical obstacles, these champions of celibacy are coming forward with candid conversations, new desires, and innovative ways to create satisfying relationships beyond the bedroom.

“While these people are unable to have intercourse, they still crave intimacy but are unable to open up about it,” says Laura Brashier, founder of RomanceOnly.com, a site that promotes and supports those seeking intercourse-free relationships for “whatever” reason. “I’ve discovered that people facing difficulties with sexual intercourse still want to show love and be loved in return.”

**1. Connection:** Successful connection requires recognizing the difference between love and erotic love. “Love proper is to do with the other person,” says [Olivia Fane](#), [relationship author](#) and sex therapist. “It is about the care, respect, and understanding of that human other. Love like this grows; it cannot help it. The more of yourself you invest in another person, the more you receive.” This connection unites two beings into one unit; their pain is your pain, and their joy is yours too.

**2. Unconditional Caring:** An authentic love says I care how you feel. But loving unconditionally doesn’t mean you have the responsibility to deliver everything the other person wants. “When we love people unconditionally, we accept them as they

are and how they aren't and contribute to their happiness as wisely as we can," says Greg Baer, MD., author of *Real Love: The Truth about Finding Unconditional Love & Fulfilling Relationships*. Connection happens when we genuinely care about the happiness of the person with whom we share our lives.

**Related Link:** [Relationship Advice: Listen With Your Heart](#)

**3. Communication:** It's one of the most common pieces of [expert relationship advice](#): Honest and open communication is an integral part of a healthy, loving relationship. For people struggling with sexual intercourse, the anxiety that accompanies being honest about their inability is hard to express. "Knowing what each party brings into a relationship and being able to own and acknowledge this can often provide a basis from which a couple can grow and improve together," says psychotherapist [Michael Betts, MSc, MBACP](#). Rather than viewing sexual intercourse as a deficit, people can emphasize other qualities that they can contribute to a relationship.

**4. Intimacy:** As noted earlier, intercourse does not equate to meaningful intimacy. In fact, in many cases, it is the total opposite. "Our cultural talent for commercialization has separated out sex from intimacy," says [Lori H. Gordon](#). "In fact, intimacy involves both emotional and physical closeness and openness. But we wind up confusing the two and end up feeling betrayed or used when, as often happens, we fail to satisfy our need for closeness in sex." Sharing time and experiences, engaging in meaningful conversation, being responsive to needs, cuddling, and enjoying non-sexual physical contact help a couple feel valued, cared for, and safe. And all of these factors contribute to feelings of intimacy.

To paraphrase lyricist [Jackie DeShannon](#), what the world needs now is not more sex, but love, sweet love. And not just for some but for everyone. For those suffering from sexual challenges—as well as those who don't—physical gratification

outside of intercourse, within a loving relationship, is an intimacy in a league of its own where both sides win.

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

---

## Dating Advice for Dealing with the Break-Up Blues



By [David Wygant](#)

Let me explain how I personally handle a break-up and why it's probably one of the most amazing ways to heal. When I experience a break-up with somebody, I want to process through

it very quickly. Why? Because to me, life is always about moving on.

When I was 19 years old, my mother and I had a long talk. At that time in my life, Kris, my high school girlfriend, had just broken up with me for the third time, and I was extremely upset. I was full of heartache. I was sobbing. I couldn't believe that this was the *third* time we had broken up.

## Dating Advice from a Relationship Expert

My mother looked at me and gave me some of the best [dating advice](#) I've ever received. She was actually about to divorce my father, although I didn't find out about that until the next day.

**Related Link:** [Dating Advice for the Guys: Why Is it So Hard to Date?](#)

She said, "David, this will not be the last woman who loves you. As a matter of fact, there will be many women who love you. You see, you've learned some amazing things. You've grown from this relationship, and because of it, you became a better person. Thanks to all the wonderful experiences you had with Kris, you're going to meet somebody who loves you more."

Those words of wisdom really sunk in, and because of them, I've always been able to process past relationships very quickly. Whether I ended it or they did, I've always known that there's going to be somebody out there who's going to love me so much more.

Recently, I was with somebody, and I got love bombed. I spent three months with her. It was literally a summer romance; it lasted from Memorial Day to Labor Day. She told me that she loved me 15 times a day. Then, we had a conflict, and after

that, we never spoke ever again. She denied all of her feelings and everything that went on between the two of us.

I was heartbroken, but I was also relieved. I truly believe that, when conflict comes up, you get to see someone for who they truly are – not the well-behaved person that they've been pretending to be.

So how did I process through the break-up and end up so much stronger, more powerful, and more open to love than ever before? I talked to my friends. I literally spent two days doing nothing but healing. I went to my coach and therapist a few times. I figured out what I learned from my ex. I embraced how much I grew from the experience. I literally thanked the universe for presenting her to me so that I learned another valuable lesson in love.

**Related Link:** [Expert Relationship Advice: You're in the Dog House...Now What?](#)

After 72 hours, I realized that I am a far better man because of my relationship with her. I was able to be loving and open again, something I hadn't really done for a couple of years. And my experience with her reminded me of the beautiful [relationship advice](#) that my mother gave me years ago. There's somebody out there who's going to love me even more, and I feel so satisfied knowing that. That's why I've always been able to go through a break-up quickly and come out stronger, more open, and more willing to love.

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

---

# Celebrity News: Put Yourself First Like Lady Gaga



By Dr. Jane Greer

Lady Gaga announced she is postponing the European leg of her Joanne world tour until next year because she is in a great deal of physical pain, and has decided to take this time to try to heal so that she can come back stronger. This is a very difficult thing to do, since as a performer she may feel like she's letting down her fans. She has been open about her battle with fibromyalgia, including the side effects of anxiety and depression, but until now has pushed through it. In order for her to take this drastic and important step, one can only imagine the acute discomfort she is experiencing. She clearly has such a strong work ethic, and over the years we have witnessed the incredible details that go into her work.

It often seems she will do anything for her fans. But the time has come to focus on herself, making her fans number two for the time being. You don't have to be Lady Gaga or a performer to have a strong response to the people in your life, making it tough to take yourself out, even if it is just for a short time, and do what you have to do if you are suffering from a physical or emotional situation that is making it hard to function in your daily life. Sometimes even being able to find the time to get to the doctor for a simple appointment can seem daunting. So many of us feel a need to keep going, in work or taking care of family, and feel too guilty to take any time out for self-care.

**The thing is, when you neglect yourself, not only can it compromise your work and caretaking, there is also a chance you will miss something with your health that needs your attention. When you consider the celebrity news behind Lady Gaga, it's very important to take care of yourself.**

It seems like the obvious response that if you are not feeling well you will check it out, but so many people simply don't and continue to ignore whatever is bothering them, often trying to forge ahead and doing further harm. It isn't until you have gone over a cliff or hit a wall, simply unable to go on in the same way, that many people stop to consider their own needs. By then, though, recuperating might take even longer and be more complicated.

If you are one of those people who finds it difficult to put your own needs first but might be concerned about a personal health issue, what can you do? This does not include situations that might seem like an emergency – a terrible headache, a pain in your left arm, symptoms of a possible stroke – in those cases it is essential to seek immediate medical help. But for more subtle symptoms that linger, making you feel different from your norm, it is important to pay attention and take inventory. Give yourself a timeline, deciding that if the symptoms don't go away by a certain time you will go to a doctor. Some health issues present themselves in a flurry of symptoms that are hard to pinpoint and too easy to explain away. If these persist, don't ignore them.

Along the same lines, if you're dealing with health concerns and physical pain, it helps to be able to talk about it with people, friends and family. That way they can let you know that they care about you, as well as offer support and be helpful with whatever you're going through. It gives them a chance to be there for you.

Lady Gaga was open in sharing her painful condition, and is a role model for all of us. One thing she will most certainly feel in the coming weeks and months is the tremendous love and caring of all her fans .

*Please tune in to the Doctor on Call radio hour on [HealthyLife.net](http://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](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on Facebook, at [www.facebook.com/DrJaneGreer](http://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: The Stages of Soulmates



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

We all want to believe in love at first sight and the fairytale ending, but that's not always the case. Relationships and love can grow and change with time. From your first hello to saying "I do," here are four stages you will go through to establish if the person you're dating is your soulmate.

# Follow this expert relationship advice to determine if you're dating The One!

**Attraction/Connection/Infatuation:** The first stage of any relationship occurs when you initially meet someone that you're attracted to and it intrigues you. Whether it was one conversation, a date, or an evening together, after spending time with this person, you want to get to know them better and learn more about them.

**Related Link:** [Expert Relationship Advice: What To Do If Your Partner's Family Doesn't Like You](#)

**Relationship:** The second stage occurs when, after dating and learning more about this person, you want to continue to spend time with them and commit by being in an exclusive relationship. This stage should be bliss! You want to spend as much time as possible with each other, and you begin to introduce each other to your friends and even family.

**Open Communication:** During this stage, you're able to argue in a healthy way and have open communication during tough times. Reality begins to set in as your relationship faces difficulties. It can make your partnership stronger, and it's a great time to establish your core values and see if they are in line with your partner's values.

**Related Link:** [Dating Advice: When To Say I Love You](#)

**Commitment:** Here, you decide to take your relationship to the next level and get engaged. In order to get to this stage, you have to open up to one another, trust each other, and be on the same page when it comes to your values and your future together. At this point, you should know that your partner is, in fact, your soulmate!

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

---

# Expert Relationship Advice: How I Used a Manfunnel to Meet My Dream Husband



By [Megan Weks](#)

Once upon a time, a lonely woman centered her heart and her hopes on a certain man, whom she put on a pedestal. She wondered what he saw in her and why a man of his caliber would

be interested in what she had to offer. Long after he let her go, she would obsess and compare other men to him, feel sorry for herself, and wonder why a relationship hadn't yet worked out for her when they had for so many other women. When would it be her turn?

## Dating Expert Megan Weks Shares Relationship Advice to Help You Find The One

This heartbreaking story was my ongoing pattern. I had gone through so many let-downs while dating in Manhattan for over a decade. Of course, I had some monumental takeaways. Oftentimes, though, I was already "in" the relationship wholeheartedly by the time I figured out it was not the real deal. This left me with painful and long recovery times when I had to grieve and slowly get back on my feet before being ready to face the dating world again. I finally realized that it was not intelligent of me to give my all to these men before I knew their motives. I learned that their true intentions showed up in the first three or four months of dating.

**Related Link:** [Expert Relationship Advice: Don't Let Him Be the One Who Got Away](#)

The Manfunnel was born out of simple math and complex self-love. It was built from the same equation that helped me find love quickly and learn how to capture the hearts of much higher-quality men than I had been accustomed to. A Manfunnel is simply a group of men who are looking to pursue you for a relationship; it's a tool used in what I call "The Abundance Model of Dating." It means that you hold off from becoming exclusive until you find a man who truly meets your needs on every level and on your timeline.

To follow this [expert relationship advice](#), remember that a man

is not going to date you exclusively if you aren't meeting his needs. Similarly, you should not allow yourself to be pigeon-holed into a relationship that does not serve your needs. You're going to have to be really honest with yourself about what you *truly* want. Additionally, you will have to drop all of the excuses as to why he is not meeting your needs. Ask yourself if you are truly happy. Keep a daily log of how you are feeling and reflect on the relationship. If your relationship is anxiety-ridden, ask yourself why you are accepting this situation.

After you've determined that your needs are not being met and that you are ready to have it all and quickly, you are ready to build your Manfunnel. What this means is that, even though you have found someone who excites you, you will continue to keep your options open until you know for sure he is The One. A good rule of thumb is to wait for three months before you delete your other options. During that time, you are learning about men and about what will truly make you happy in a relationship. I call this waiting time "The Exploratory Phase." This can feel as if you're taking things extremely slowly; however, it actually saves you years of time.

Having a Manfunnel helps you from becoming overinvested too soon. When we believe there is a lack of options, we may start to slip into a place of scarcity. It's cyclical: When we start to believe this idea, men read our energy and also begin to believe that you don't have options. Biologically, this sends a message to men that you are not a high-value mate or a great catch...even if you are!

**Related Link:** [Dating Advice: Should I Drop All The Other People I'm Interested In?](#)

## How Megan Weks Used Her Own Expert

# Relationship Advice

My Manfunnel helped me realize my value in the dating marketplace. I started gaining momentum, and the confidence to date the kind of men I've always dreamed of – and, even better, to have these men want to make a commitment with me! When the man who would be my husband showed up, I came across as poised and feminine. You see, I had allowed myself to be filled up by the energies flowing toward me in the dating process, and this energy projected my warm and positive outlook on love. And so, I was able to make a choice with a clear head and an open heart. I set my boundaries on taking things slowly, and he enjoyed every minute of it. When he proposed before our six-month dating anniversary, I knew I had found the right man.

If you are looking to streamline the dating process and avoid having an unnecessary, painful broken heart, it's time to learn how to Master Your Manfunnel. Doing this can open up a whole new world to you.

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