

# Dating & Technology Q&A: Is It Too Soon For Me To Ask Him To Get Off Dating Sites?



*Question from Adrienne P.: I started dating this guy a few weeks ago, and everything is going great, but there's one thing that bothers me- he still uses Tinder. I know it's early in the relationship and I don't want to seem controlling but I'd still like him to stop. It just doesn't seem like that'll help us advance forward in this relationship. Am I being unreasonable?*

Dating in the era of social media and cellphones can be difficult. Having many options is something daters expect in case things go wrong. With so many people playing the field it can be hard to find commitment. However do not fret, you can

have a successful relationship even if your new partner is still on a dating website. Leave it up to our relationship experts who can offer their best [dating advice](#) on using technology the right way. Learn valuable dating tips from Cupid's very own, matchmaker Suzanne Oshima and relationship expert Robert Manni. Here they'll answer your questions on whether you should ask your significant other to get off Tinder.

## Technology dating advice on whether it's time to give up dating apps.

[Suzanne K. Oshima, Matchmaker](#): You've only been dating him for a few weeks, so you're still in the early stages of dating where you're only getting to know each other and determining if you want to take things further with each other. So, it's a bit premature to ask him to get off of Tinder. However, I do recommend asking him what he's looking for, as you will then find out if he's looking to just date around or if he's looking for a serious relationship. Then based on what he tells you, you can determine if it's worth it for you to invest your time into seeing how things go with him. And if things continue to progress on the right path, then you can have the conversation about getting off of Tinder at the appropriate time.

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[Robert Manni, Guy's Guy](#): These days, daters like keeping their options open, and with all of the options available there's often a disconnect in how two people define a relationship. The only way to find out where things stand is by asking. Cushioning, maintaining side relations and a constant online presence are standard operating procedure. Tinder is generally viewed as a hook-up app, so if your guy is still

active there and you want to move your new relationship forward, ask him if he's open to putting his digital dating presence on hold. If he really digs you, he'll agree. If he rejects the idea or skirts the subject, at least you'll have a better idea where he stands. Since you've only been dating a few weeks, for now he may want to continue playing the field. That's not necessarily a deal breaker. Guys often take more time to "get serious." Regardless, it's better to find out what his intentions are before investing too much of your heart into the relationship. Good luck.

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

*If you have any questions you would like answered by our relationship experts, please e-mail them to [cupid@cupidspulse.com](mailto:cupid@cupidspulse.com).*

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## Dating Advice: The Do's and Don'ts of Online Dating First Dates





By [Joshua Pompey](#)

Ready for your very first online date? No? Well, don't worry. If you're nervous about meeting someone for the first time or simply need some solid [dating advice](#), today, we are going to go over some fundamental first date information that you should abide by when you meet your next online match.

## Online Dating Advice from a Relationship Expert

**1. Do take the time to look your best:** Whether you are meeting straight from work or have had long busy day with your kids and are trying to squeeze in a date, you can't excuse yourself from looking your best. Men especially are very visual, so you need to put in the effort to reveal your best self if you want to impress him. Approach a date the same way you would approach a job interview: Dress for the occasion and take the process seriously.

**2. Don't sexualize the way you look:** Looking your best doesn't

mean letting all your best assets hang out in all their glory. It's okay to show sex appeal – in fact, it's even good. But less is more. Do so in a classy way.

**3. Do meet in a public space:** Safety should be one of your biggest concerns when online dating. Bad incidents are very rare, but they do happen. Always choose a public place that is fairly populated. Bars, restaurants, parks during the day, and coffee shops are just a few of the many domains that will accommodate this concern.

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**4. Don't accept a ride:** Remember, safety first! Meet your date at the initial location that you decide upon and don't accept a ride home on the first date, no matter what. Even if your partner is safe, it still might create an awkward situation at the end of the night. If and when you get to a second date, then you can start expanding your boundaries a little.

**5. Do prepare some topics of conversation in advance:** Nothing is worse than awkward silences on a first date. Even if you're getting along great, it's still common to have lulls in the conversation when you meet someone for the first time. Circumvent this problem by having a few topics ready to go in your emergency conversation bank.

**6. Don't try to take over complete control of the date:** Making suggestions is great; most people will appreciate this effort. But don't try to take control over every aspect of where you go and what you do, or you may accidentally create the impression of being controlling and high maintenance. Instead, being easygoing and open are always two of the most attractive qualities someone can have.

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**7. Do touch your date if you are interested:** Yes, you should touch your date. But before you jump on top of him in the middle of dinner, I don't mean in a sexual way! I'm talking about little touches on their arm or the small of their back when making a point. Small touches like that communicate interest and establish a physical bond that will make you feel less like friends and more like potential romantic partners.

**8. Don't start pre-planning future dates:** Sometimes, people get excited about how well the date is going and start suggesting future ideas about where the two of you should go on a second, third, or fourth date. Don't do this. You may accidentally scare off someone who was otherwise interested in asking you out again.

**9. Do text your date after if you had a great time:** If you enjoyed yourself during your date, let the other person know with a text and thank them if they treated you to anything. This small gesture will go a long way towards showing them that you're a good person who is appreciative when someone is kind to you.

Have any more questions? [Contact me](#) here at Cupid's Pulse, and I'd be glad to help out!

*For more information from [relationship expert](#) Joshua Pompey, including six lessons he learned from the world's greatest online dating profile, please visit [this page](#) now.*

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## Relationship Advice: What We



# Can Learn From Trials & Triumphs of Celebrity Relationships



By [Dr. Jane Greer](#)

Selena Gomez was seen cuddling up with The Weeknd while he relaxed with some video games recently. This is a perfect example of a low-key date. Couples sometimes think they must have constant excitement to keep the spark alive in their relationships; however, that is simply not the case. There are so many ways to share quality time, and a well-planned, expensive evening or afternoon is just one of many routes to take to create those special moments.

**If you and your sweetheart are having difficulty finding ways to share some quality time, never fear. Check out some [relationship advice](#) to help you move forward!**

Whether you are dating or married, finding time to be together and then deciding how you are going to spend it can be challenging. Many believe that if it doesn't require effort and money, it might not be worth it, or that their partner won't be interested. But so often people don't have the energy or extra minutes in a day it would take to choose a restaurant, make a reservation, find the right exhibit at a museum, and therefore the whole thing might simply not happen at all. There is no question that sometimes extravagant nights out are fun, but the pressure to get them just right can be overwhelming. Instead, consider a low-key date which can be a great way to spend quality time with a loved one. It can be as simple as watching a good movie, ordering your favorite take-out, or each doing what you like while being in the same room, which was the case with Selena and The Weeknd. One of you might want to play video games while the other puts together a photo album, or one of you might want to read a book while the other reads the newspaper.

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If you and your partner have been passing each other most days as you run around keeping your lives in order, but rarely have time to focus on each other, take the pressure off and plan a low-key date. All you really need is to find a few hours in your schedule when you can be together in the same room. One extra benefit it provides is a break from all your other



social responsibilities with family and friends. You don't have to be a celebrity to appreciate a few hours out of the limelight. You can snuggle and watch your favorite show on Netflix, or play cards, or learn how to play chess, or even take a walk. It's an opportunity to let your hair down and be real with each other, free from having to dress up and put too much attention on what you're wearing and how you look. The goal is to be together sharing time and space. Sidestep the fancy schmancy and make it easy peasy. Instead of thinking big, think small and turn it into great fun. The most important thing is that you are devoting time to each other. It will be more doable if it is simpler to plan, and often can be as enjoyable.

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Selena and The Weeknd have the right idea. Just being together is the only real requirement of a happy date.

*To keep up with Dr. Jane Greer, 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>.*

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# Relationship Advice: How to Navigate a Separation



By [Dr. Jane Greer](#)

Actors and [celebrity couple](#) Anna Faris and Chris Pratt announced that they are separating. This comes after eight years of celebrity marriage, and the birth of one son, Jack. It's always a shock when a seemingly stable couple decides to split. It appears that Anna and Chris are now finding some of their differences in family life difficult to reconcile, given their respective careers and professional demands. Chris needs to travel more for his career which is at a high point, making it necessary for Anna to handle many home responsibilities solo. Additionally, there may be other issues that they are not in agreement about.

# Head below to check out some relationship advice regarding similar situations to Anna Faris and Chris Pratt's!

There is no question that once the decision is made to break up, disentangling your life from your partner's is almost always difficult and messy on so many levels. In addition to the obvious hardships, there is often collateral damage. One of the areas in which it can be particularly complicated is with the family and friends you share in common, and deciding how those alliances will shake out once you are no longer a couple. If you are in the same business, as is the case with Anna and Chris, that group probably also includes your colleagues.

There are so many possible scenarios: your brother has become good friends with your ex-husband, your kids go to the same school as your sister's and your ex-wife is used to spending mornings with her after drop-off, or your parents still invite your ex to holiday dinners. You might expect all of that to stop automatically now that you've split, but sometimes it isn't that clear cut and people want to continue relationships even though you might prefer they don't. Your instinct may be that they will be joining you in the separation and parting ways with your ex as well. However, demanding that they stop being involved in your ex's life can lead to conflict. How, then, can you begin to navigate this so that you can become more comfortable as you try to move forward in your new life?

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The first step is to evaluate what your hopes and expectations are in terms of family and joint friends and colleagues. Do

you want them to unquestionably take your side and never see or speak to your ex again, or are you simply hoping they will let you know when they do interact with your ex or invite him or her to an event? Once you have a sense of that, consider the relationships these important people to you have with your ex. Have they become great friends, or are they just passing acquaintances who see each other a few times a year? Obviously, the request would vary depending on the intensity of what you are asking someone to give up. If they are very invested in their relationship with your ex, are you able to accept and make room for it? You can look to do this by trying to recognize that it is something separate from you, instead of seeing it as a threat.

Rather than trying to control their behavior, telling them what to do and what not to do, explain to them the way it feels for you, that their staying in touch with your ex might even feel like a betrayal, and let them know how that might affect your relationship with them. For example, it might be harder to talk to them about your feelings, or it might have an impact on the amount of time you spend together. Additionally, you can also let them know there are certain things you have already shared with them that you hope they can respect and keep private, and how important that would be to you. And finally, you can ask them to give you a heads up if there is a possibility that you and your ex will be invited to the same event. This will give you the opportunity to decide if you do or don't want to go, rather than being blindsided by your ex's presence when you show up. Keep in mind there can be many extenuating circumstances that can be confusing – a family illness or even a death – so it helps to be as clear with yourself as possible about what you can handle, so you can be equally honest with the people you love as you move forward.

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The goal is to figure out what it will take to give you the most peace in an already difficult situation. As Anna and Chris work their way through the murky waters of separation, hopefully they, too, will be able to minimize the collateral damage.

*To keep up with Dr. Jane Greer, 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>.*

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## Dating Advice: When To Say I Love You?







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

One of the biggest and perhaps scariest questions that arise when you begin to date someone new is determining when to say those three big words, “I love you.” But how do you know when it’s the right time to say it? Here are the key pieces of [dating advice](#) to keep in mind before putting your heart on the line.

## Dating advice on the right time to say I love you.

**Make sure its love.** This may seem like an obvious point, but when you first start dating someone, you mistake lust for love. Before you say it, realize there are no take backs. You can’t say it one day and change your mind the next. If you are going to say it, make sure you really feel like you love the person and have the feeling that they love you too. Are you excited to spend time with the person and get to know them on a deeper level? Do you feel completely yourself around this person? These are questions that you should ask yourself

before taking the plunge.

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**Can you let your guard down?** Often times when you start out dating someone, it is easy because you haven't fully opened up to one another. Make sure that you are prepared to let your guard down and open up to this person. Also make sure you are willing to listen and not judge when your partner opens up to you.

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**How long have you been dating?** There is no set number of weeks or months that you need to abide by before saying I love you, but it should be long enough where you have spent enough time together to really get to know each other and fall in love. Also make sure enough time has passed that you aren't going to freak your partner out or cause [relationship problems](#).

*For more advice on love and relationships from relationship experts, check out our [website](#).*

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## Relationship Advice: Are Guilty Pleasures Okay?





By Dr. Jane Greer

The pursuit of happiness is an inherent right, as stated in the Declaration of Independence. And yet, everyone grapples with pleasure in one way or another, encountering stumbling blocks along the way. Gina Rodriguez, star of the popular television show *Jane The Virgin*, recently admitted in [celebrity news](#) that she used to feel extremely guilty about masturbating. While masturbating is a natural and healthy activity, many people do experience guilt, especially if their religion indicates it is something to stay away from. They might also feel guilty if they are in a relationship, and worry it might be taking away from their being intimate with their partner.

We all want pleasure, but so often feel we “shouldn’t” have it for one reason or another. Guilt and anxiety can become barriers that make finding it elusive, and that is true whether someone is thinking of masturbating, or indulging in a good meal or a favorite dessert, or even taking time away from work and family to go to the spa. Generally, people have a hard time giving themselves permission to participate in self-gratification.

**The question is, why does feeling good make so many people feel bad? And even more important, how can you handle the negative feelings so that they don't spoil the positive ones? Here is some [relationship advice](#):**

Of all the pleasures people feel sheepish about, certainly masturbation is one that carries perceived taboos. By the time people have reached sexual maturity, most have explored and discovered what feels good. If they aren't in a relationship, masturbation will give them the chance to satisfy their sexual desires. If they are, masturbating does not have to take away from the bond they have with their partner but can instead heighten their shared intimacy. But even with this in mind there is often a shameful element to it, as there is with other indulgences. There is this idea of what you should and should not be doing, when in fact, as long as you aren't hurting another person, there is no reason to deny yourself happiness. In fact, it is important to revel in it. We all deal with so many responsibilities and tasks we have to do on a daily basis, from paying the bills to feeding the family to going to work. With that in mind, it is all the more reason to seek out pockets of pleasure that can rejuvenate you and give you the stamina to tolerate all the rest. Here are a few tips for tackling the guilt that may be thwarting your joy.

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First of all, question the source of your guilt. Are you listening to someone else's voice in your head? Whether it be

a parent or a religious figure or someone else, take time to figure out who is telling you that you shouldn't do whatever it is you want to do. Stop that voice in midsentence and replace it with your own beliefs and convictions. Speak up and out for what you deserve and want, as Gina is doing in challenging the social stigma by talking about masturbation.

Next, give yourself permission to find pleasure. Again, as long as you aren't completely shirking your responsibilities or causing harm to another, you have every right to pursue whatever healthy passion calls to you.

Finally, take responsibility for your well-being with the understanding that if you want to indulge it's helpful to set parameters so that you can feel in charge. Consider what you are hoping to do, and set a middle ground that will make you feel better. Meaning, if you engage in behavior that's triggering your guilt – a delicious dessert or masturbating – know that you will do these things and plan ahead so that you have intention, though you may not know when, you know that they will happen. In this way, rather than doing something impulsively where you feel controlled by it, you are making the decisions.

It isn't easy to tackle guilt, but it is possible. In the end, it is important to remember it is okay to feel good. Just as Gina is speaking out and moving beyond the taboos, you can too. In the end though, keep in mind that treating yourself well will have a positive effect on everything you do, and will give you the energy and grounding you need to keep your life running and give back to others.

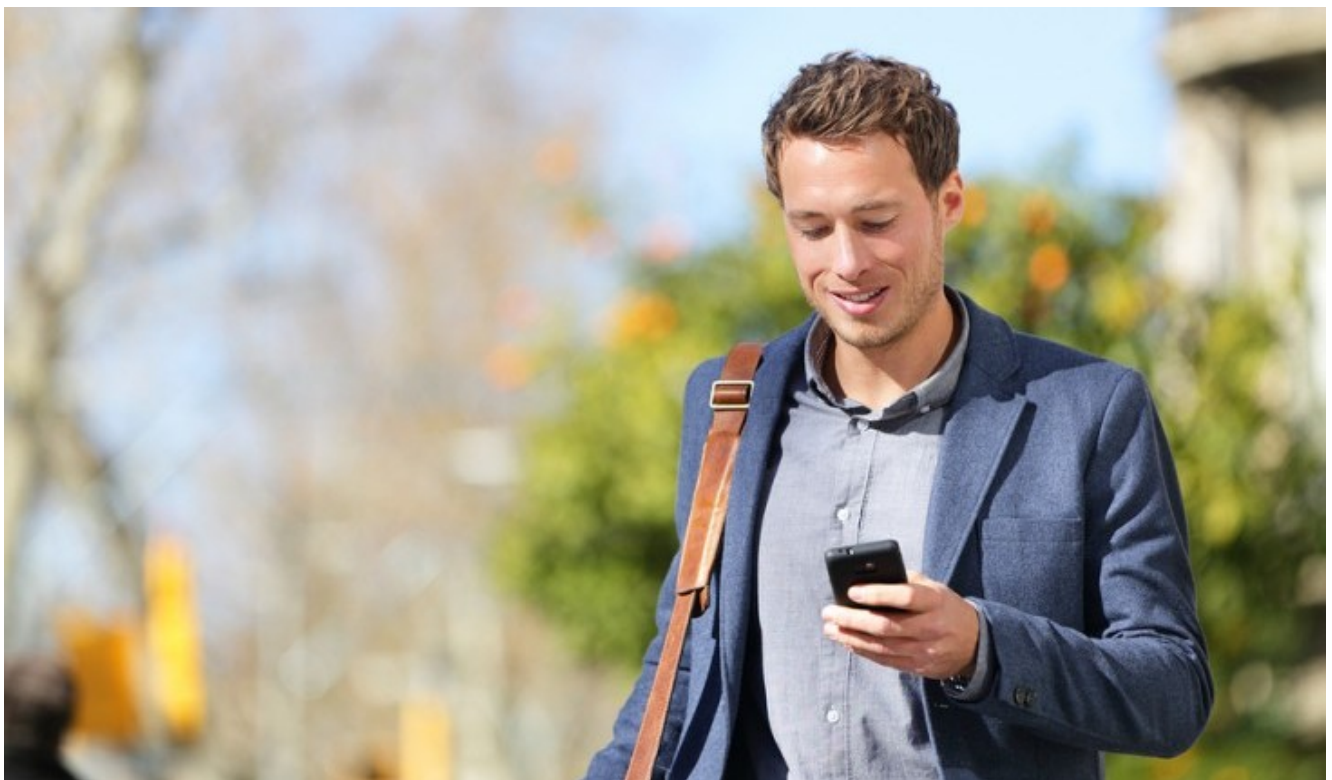
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# Dating Advice: 5 Reasons You Should Consider Hiring A Professional Profile Writer



By [Joshua Pompey](#)

Over the past 10 years as a [relationship expert](#), I've written

a whole lot of dating profiles. From teachers, to doctors, to CEOs, and even best selling authors, I've had the pleasure of helping people from all walks of life. And while most of the people I've worked with are intelligent, well-rounded, and perfectly capable people, it wasn't until they outsourced a professional profile writer that they will be able to find true online dating success. If you've been having less than stellar results online, or are even just beginning, I would strongly urge you to consider hiring a professional profile writer of your own. Here are five pieces of [dating advice](#) as to why.

## Dating advice that will improve your odds on the field.

**1. Online dating is a unique language:** Remember when I said I wrote profiles for a couple best selling authors? Well I've also written a whole lot of online dating profiles for English professors, journalists, English teachers, and various other careers that specialize in writing. Most of these people possessed overall writing skills that were far superior than mine, but online dating is a different kind of language that requires a unique skill set. I may not be able to decipher Shakespeare on the same level or create meaningful poetry, but when it comes to online dating profiles, I bring much more to the table. Everything is relative.

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**2. Professional profile writers have seen it all:** Suppose you wanted to lose weight and are going to the gym for the first time. Or maybe you've been trying to lose weight for six months and your results have been rather mediocre. Who is more equipped to take you to the next level. You, or a professional trainer who has been helping clients to meet their goals for years? This is what you need to think about before you spend

months, or even years with a profile that has not been looked at with a professional set of eyes. By hiring the best of the best, you are allowing yourself to chase your goals with the highest chance of success.

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**3. A profile writer can easily spot red flags:** One of the biggest reasons men and women fail at online dating is because they unintentionally write statements that scare people away. Something as little as the wrong word choice, accidentally appearing desperate, or sending the wrong signal about yourself can destroy an otherwise perfect profile. A professional profile writer can spot these types of mistakes in a split second, saving you the unfortunate situation of being ignored without knowing why and improve your [date night](#) chances.

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**4. A professional online dating profile writer will not be biased:** When someone hires me, it's my job to give them a little tough love from time to time. Friends and family often try to be nice, or maybe they just don't know any better so they don't say anything critical. And you yourself might be your own worst enemy, as it's hard to objectively critique one's own work. But with a professional? You are going to get it straight, and you'll receive the tough love you need to achieve your goals. The [dating tips](#) you receive from a professional profile writer will be like none other.

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**5. Their reputation depends on your success** Every single time I write a profile, I know that my name has its stamp on that profile. My future success depends on your current success,

which creates a tremendous incentive to create the best possible profiles for people who expect top quality work. In the age of the internet where people can write reviews and provide feedback on everything, a professional who wants to stay in business long term will definitely put his or her all into doing right by you.

*Joshua Pompey is an online dating expert, helping men and women to find love since 2009. For more information how to have your perfect profile created, men learn more [here](#), women learn more [here](#) .*

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# Relationship Advice: Is Your Job Killing Your Relationship? How To Choose The Right Company To Work For?





By [Dr. Amy Osmond Cook](#)

When Andy Sachs ([Anne Hathaway](#)) took the job as an assistant for the infamous Miranda Priestly, (Meryl Streep) in the 2006 hit, *The Devil Wears Prada*, viewers knew things would get rough in the workplace. But this movie also illustrates the impact a stressful work environment has on a relationship. Studies conducted by [relationship experts](#) show that more than half of women are kept awake at night by job-related stress, according to [Metro.co.UK](#). Fortunately, not all bosses have this negative influence on employees, and many leading companies place employee engagement and job satisfaction as top priorities. Here are three things to look for in a company that values your personal life as well as your work life so you can avoid [relationship problems](#).

## Relationship advice that will help you balance work and love!

**1. Choose a company that values flexibility.** In a global economy supported by cloud technology, the parameters for



innovative work structures are more flexible than ever. For example, companies like Simplus and Clif Bar offer remote and flexible work schedules for full-time employees. “That’s why nine out of ten employees report plans to grow with their companies for a long time,” says Jennifer Parris from WorkFlexibility.org. “And workers, grateful for the flex, report that the overwhelming majority (95 percent) will do extra if it means getting the job done.”

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**2. Choose a company that values culture.** Finding a company that values a positive work culture means management respects work boundaries and recognizes the importance of personal time. “We often hire with our work culture in mind,” says Ryan Westwood, CEO of Simplus. “We want our employees to thrive, and we understand that supporting employees’ personal lives is an important of that. We aim for high employee satisfaction, which is one reason we were ranked the #2 top company culture by Entrepreneur Magazine.” Things like yoga classes, healthy lunches, and generous vacation packages ensure companies retain valued staff, and employees can focus on other things when the workday is over.

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**3. Choose a company with good benefits.** While things like prenatal care or family dental coverage may not matter now, however a solid benefits package will support you when your long-term goals include starting a family, buying a home, or retiring early to kayak around the world. A generous benefits package means a company wants to keep you around for a while and be a part of your personal and professional growth.

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Contrary to what the movies may show, a qualified employee shouldn't have to sacrifice a valued relationship for work demands. Follow this work-related [relationship advice](#), and you're sure to bypass all that unnecessary stress Andy Sachs had to put up with. If you have the skills that an employer values, you can position yourself for positive professional momentum while nurturing cherished relationships at home.

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

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## Dating & Technology Q&A: How Bad Is It To Send Nudes, Really?





*Question from Tanya M.: In light of all the Blac Chyna and Rob Kardashian drama, I wanted to ask on behalf of regular people: how bad is it to send nudes between consenting adults? It seems like it's so common in the dating scene now. I'm just not sure what to think of about the whole thing.*

Dating in the era of social media and cellphones can be difficult. Communication and instant gratification is what many daters expect when they start seeing someone, especially when it comes to exchanging nude photos. With so many people partaking in voyeur, you may wonder if you should do it too. However if you don't want to, do not fret, you can have a successful relationship with or without nudes. Leave it up to our relationship experts who can offer their best [dating advice](#) on using technology the right way. Learn valuable dating tips from Cupid's very own, matchmaker Suzanne Oshima and relationship expert Robert Manni. Here they'll answer your questions on whether you should send nude photos or not.

## **Technology Dating Advice That Gets**

# Honest About Sending Nudes

[Suzanne K. Oshima, Matchmaker](#): What happened between Blac Chyna and Rob is something that can happen to anyone. While sending nude pictures is more common amongst today's daters, your body is your personal treasure and you should be discerning in who you send those images to. My recommendation is to only send them to a man who you're in a committed relationship with, and not just some man you went out on a few dates with. Because the reality is, once they leave your phone you have no control over where they may end up and there's no recall button after you stop seeing a man.

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[Robert Manni, Guy's Guy](#): In the wake of the current Black Chyna – Rob Kardashian drama being played out in the press, I strongly advise that you carefully weigh the pros and cons of sharing digital nude photos of yourself with anyone. Through the media we are now witnessing the pitfalls of how quickly a modern romance can turn ugly, and the ramifications of sharing nude photos even with someone as close with the father of your child. If you are really into a guy and he keeps hounding you for nude photos, stop and think about it before you hit send. When it comes to love I never say never, but unless you're 100 percent confident that you really know and trust this man, I suggest limiting the show to the bedroom or wherever you two get it on. Otherwise, the risks far outweigh the rewards. Good luck.

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

*If you have any questions you would like answered by our relationship experts, please e-mail them to [cupid@cupidspulse.com](mailto:cupid@cupidspulse.com).*

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# Dating Advice: How to Make the First Move (Women's Edition)



By [Joshua Pompey](#)

The person sitting across from you is cute, charming, and you just can't seem to stop thinking about going in for that first kiss. But the question many women have is how to you make the first move? Truth be told, the first move shouldn't just happen at the end of the date. It should be the result of many small moves that occur over the course of a first date, eventually building to that first kiss by the end of the



night. So before you make the first move at the end of your date, the following [dating advice](#) will help you to make the transition much easier while avoiding relationship problems.

## **Dating advice that will help you make the first move like a pro!**

**1. Playfully touch your date's arm when you laugh.** The idea is to slowly build up comfort as the [date night](#) goes on. If you go straight in for a kiss at the end of the night without any prior touching, it will likely feel forced and awkward. With playful and innocent touches to your date's arm when you are making a point, laughing, or just having a fun conversation, he or she will slowly get used to your touch.

**2. Slowly progress to more intimate touches.** Once your date gets comfortable with casual touches to the arm, it's okay to move towards slightly more intimate touches like a brief hand hold, or even grabbing his leg for a second or two when making a point before letting go. Remember though, keep it casual. These touches shouldn't feel overwhelming or sexual. The last thing you want to do is start sensually rubbing his leg on a first date! Just get the other person used to your touch and keep building those comfort levels.

**Related Link:** [Dating Advice: 4 Reasons Younger Women In The City Struggle To Forge Meaningful Relationships](#)

**3. Keep the date fun, relaxed, and interesting.** Your date may start getting used to your touch, but if he or she is not having fun and doesn't feel relaxed, then there will be little desire for a kiss at the end of the night. So my top [dating tip](#) is to make sure you and your date are having a good time. Fun should be prioritized above all else because it will set the tone while you prepare to make that first move.

**4. And now it's the end of the night.** It's time to make the

first move! So what do you do next? Well, if you had a great date and followed the dating advice above, odds are you won't even have to. Your prior work will lead your date to make the first move for you. But assuming you still have to make the first move, let your date know with your eyes and smile as opposed to with your words. Wait for the visual cues, and if they clearly look like they are thinking about kissing you, go in for an innocent kiss on the lips, and pull about an inch or two away slowly. If your date is into it, he or she will almost certainly lean back in for some more fun.

At the end of the day, it's all about confidence and creating the physical comfort with another person. Establish that comfort along with a fun first date night, and a first kiss will be completely natural when the time comes.

*For more online dating advice from Joshua Pompey, including the questions you must ask an [online dating profile writer](#) before hiring them, visit this [link](#) now!*

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## Dating Advice: Our Cultures Are So Different, Can It Really Work?





By [David Wygant](#)

There's a saying I have in life as a [relationship expert](#). Date someone from common backgrounds. Why? Because you understand one another. When you have a common background, grew up the same way, in similar neighborhoods and schooling, then you've got a lot of familiarity between the two of you. Now it doesn't mean that if you've grown up differently it can't work out at all. What matters most is how you took your childhood experience and manifested it into adulthood. If your concerned about whether or not your differing cultures will cause relationship problems, follow my [dating advice](#) as someone who has made it work personally.

## **Dating advice that will help you date outside your culture successfully.**

We live in a multi-cultural world right now. Where people from all over the country are living all over the planet. A person

who grew up in New York City might be living in the deep woods in the dark south. A person who lived in LA on the beach might be living in the middle of Manhattan. A guy from India might be living in New York City. A girl who grew up in Bangladesh might be living in the heart of Chicago. The great thing about the United States and the world nowadays is that it's so multi-cultural. So can it work out if a couple is from different cultures? Can a man from India fall in love with a small-town girl from Sioux City, Iowa after a single [date night](#). The answer is absolutely yes! You see, if they grew up the same way, meaning they grew up with love, similar morals, values, and parents that actually cared about them, then their cultural backgrounds actually make life far more interesting. You see, it's fascinating dating somebody from another culture, because really it just comes down to communication. And love is not a cultural thing. Love is really about how you relate to things, where your value system is, and how you can teach and show one another the lessons that you both need to go through.

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One of the most fascinating experiences I ever had was when I dated a girl from Vietnam. She was fascinating in so many different ways. She grew up in an entirely different time than I did. Her dad actually was an American GI and her mother was a Vietnamese refugee. They met during the war and she was born. She never really got to see her dad because he was moved back to the U.S. and never returned. She ended up moving to the U.S. herself when she was a young adult and going to college. She actually got to meet her dad in the process and got to form the relationship she always wanted. She may have grown up dirt poor, but she grew up with values and a culture that was different than my own. She was appreciative. I on the other hand. grew up in New York, where everything was go, go, go! Despite these differences, our value systems were pretty

much the same. Our cultures were very different. but it was a fascinating experience. When it comes down to dating, it's really about what somebody's heart says.

**Related Link:** [Relationship Advice: What To Do When You're No Longer In Love?](#)[Dating Advice: Should I Drop All The Other People I'm Interested In?](#)

So ask yourself some serious questions when you think of your significant other. What is their heart about? What does their heart say to you? It's fascinating that we can date within your culture, but isn't it more interesting to date outside your culture and learn some new, amazing and beautiful things?

*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](#).*

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## Dating Advice: Can An Open Relationship Ever Work?







By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#) with contributing writers Elizabeth Hamilton and Julia Presten

Relationships, platonic and otherwise, provide us with something important and needed: love. The affection, care and intimacy that love gives is a beautiful part of life. But what happens when one partner wants to start seeing other people? Open relationships can be extremely difficult to handle and can ruin a perfectly good relationship if you're not careful. Check out NYC's top matchmakers and [relationship experts](#) Lori Zaslow and Jenn Zucher's [dating advice](#) on whether or not an open relationship is a good idea for you.

## Dating advice on whether you should consider an open relationship.

**1. Why an open relationship?** When deciding whether or not you and your partner are going to pursue an open relationship, the first question you have to ask yourself is why you're both looking for one in the first place. Have the two of you been having [relationship problems](#)? Fighting often? Some people

begin open relationships because they think that one person, no matter how amazing they are, will never be able to give them everything they're looking for. Ask yourself whether or not it's a problem specific to this relationship or one that's more long-lasting.

**2. What about you?** Are you the jealous type? A little self-conscious? Or are you more laid-back? If you've always been a bit jealous or self-conscious when it comes to love, an open relationship is probably not the best fit for you. Keep in mind that if your partner starts seeing someone else it might shake your self-esteem even if you've never had those feelings before. Be as honest with yourself as possible. You'll also need to consider how adding a third or fourth (even if you never seen or met them) person into your relationship will affect both you and your partner. Could you handle seeing them text heart emojis to someone else? Spending the night in someone else's arms? Even at their best, relationships offer love *and* stability. You'll need to ask yourself whether you can feel loved by your partner while they're also intimate with someone else.

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**3. Set ground rules and know your expectations.** Will the two of you have a "don't ask, don't tell" policy? Is sex on the table? Is love on the table? When you talk with your partner, you need to ask these questions. Make sure you set ground rules and have the same expectations for what an open relationship would mean. Would you go on dates with your *other* significant other? Or would you be hush-hush with the details? Establish some boundaries before diving into an additional relationship. If you and your partner aren't on the same page, both of you – plus whoever else you're bringing into the relationship – could end up really hurt.

**4. Have an ongoing conversation.** Is this one-sided? How does

your partner feel about open relationships? What do they want out of it? As you continue with your first relationship, you should keep talking to your partner. Check in, see how they're feeling with everything going on. You and your partner are a team – team members have each others' backs. Be honest and tell your partner if you ever start feeling uncomfortable and need to change ground rules. If there's ever a point where you need to end the "open" part of your open relationship, it'll be easier to do so knowing that you've had an ongoing talk.

No matter what you and your partner decide to do, keep talking and listening to each other. Relationships are supposed to be fun! If you approach an open relationship with an open mind and a confident heart, it might work out. If it doesn't, remember you are loved by many different people – not just your boyfriend or girlfriend – who will support you no matter what happens.

*For more advice on love and relationships from relationship experts, check out our [website](#).*

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## Dating & Technology Q&A: My Partner Fishes For Likes, What Do I Do?





*Question from Carolyn S.: I've been with my partner for a long time now. I love him, but he's always posting inappropriate stuff (like memes or outrageous status updates) on social media for likes. It's pretty cringe-worthy to watch. Why does he do this? And why is my support not enough? I can't figure out why he needs validation from his peers or strangers online.*

Dating in the era of social media can put a strain on relationships, especially when one party is constantly seeking approval in a negative way. However do not fret, crude internet personas should not be the cause of your breakup (or at least hopefully)! Leave it up to our relationship experts who can offer their best [dating advice](#) on using technology the right way. Learn valuable dating tips from Cupid's very own, matchmaker Suzanne Oshima and relationship expert Robert Manni. Here they'll answer your questions on how to handle a partner's inappropriate behavior online.

## **Technology Dating Advice That Will**

# Help You Deal An Inappropriate Partner Online

[Suzanne K. Oshima, Matchmaker](#): Remember back in high school, how everyone wanted to be the most popular person in school? The one that everyone liked? Well, this is no different. Your partner continually posting on social media is just to get likes and attention from others. While you may think it's inappropriate, I'm going to guess that this isn't something that he was doing before you became a couple. So, as long as it's not harming you or anyone else, don't try to change him. Just let it go and focus on more important things in the relationship.

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

[Robert Manni, Guy's Guy](#): As long as he is only fishing for likes and not other fish, I wouldn't be overly concerned about this fairly common social media behavior. Maybe he feels like he needs validation, and for whatever reason maybe he feels he's not getting the validation he needs at home. A heart to heart conversation usually clarifies underlying relationship issues. Have "the talk" and make sure he shows up with an open mind. Good luck.

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

*If you have any questions you would like answered by our relationship experts, please e-mail them to [cupid@cupidspulse.com](mailto:cupid@cupidspulse.com).*

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# Relationship Advice: 5 Things To Do Before You Get Petty



By [Dr. Amy Osmond Cook](#)

[Katy Perry](#) has a new look, and her new attitude is the cherry on top. Between her sassy new song dissing Taylor Swift and her poorly reviewed album that just came out, Katy Perry has taken some heat in the past few weeks. Say what you will about Katy Perry, [Taylor Swift](#), and any of the other celebrities caught up in the drama relationship problems, *\*cough Nicki Minaj cough\** but there are a few notes we can take to apply in our lives about being petty. Think about these four key pieces of [relationship advice](#) before you take any rash actions against your significant others, especially when it comes to breakups.

# Relationship advice that will help you be the bigger person.

**1. Put your phone away:** Your first instinct may be to tweet or text your way through frustration, but this can blow any situation out of proportion. Whether it's your boyfriend or your best friend, putting your problems out on social media in the heat of the moment can lead you to say things you'll regret. Just think of all the celebrity Twitter drama that could have been avoided had these celebs given things some time to blow over. Try to keep things between the people involved until you feel like you have a handle on the situation.

**2. Take some time:** Similar to the phone tip, take a few hours or days to think about things before making any decisions. You might be contemplating a breakup or deciding on whether it's time to meet the family; give yourself time with your thoughts. "Respect is earned simply by giving it," relationship expert Toni Coleman says, "And, if you are disrespectful, this is what will come back to you." Even if someone betrays your trust or says something rude, taking the time to evaluate the situation will help you decide what the best way to handle it.

**Related Link:** [Relationship Advice: Things A Nurse Will Tell You But Your Friends Won't](#)

**3. Consider their perspective:** Have you ever heard the phrase, "Broken hearts break hearts?" Well, sometimes it's true. Maybe your heart was recently broken. Maybe your boyfriend said the wrong thing at the wrong time. Maybe your crush bailed on plans. Emotions are natural, but when thinking about their situation, feelings, and intention, you can gain a little perspective of your own. "When you act without regard to how your behavior will impact your partner and relationship, you

are sending a very clear signal that their feelings and needs are not a priority,” Coleman says. If they need some time to sort through personal hardships or just don’t feel the connection like they once did, hearing them out and giving them the benefit of the doubt can be very healing. However, this isn’t an excuse to justify actions that are disrespectful, manipulative, or unkind.

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**4. Talk to a friend:** If you’ve taken the time cool off, now might be the perfect time to talk to a friend. He or she can give you a different outlook on the situation, be a safe person to vent to, and help you avoid making any rash decisions. Your friends might know you better than you know yourself, and they can be a source of honesty when you’re looking for advice. Confide in someone you trust. Ask them what they see in the relationship.

**5. Change your look:** If all else fails and you feel the need for a little control in your life, follow Katy Perry’s lead and freshen up your look. I’m not saying chop all your hair off, but trying a new style out or adding some color to your wardrobe can give you an extra boost of confidence.

Being petty hardly ever pays off. Try these tips to deal with the rough patches in the varied relationships of your life, so you’re more likely to keep your dignity, have fewer regrets, and avoid burning bridges.

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

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# Relationship Advice: Getting Over a Grudge



By Dr. Jane Greer

In [celebrity news](#), social media is going crazy after pop star [Taylor Swift](#) decided to release her entire back catalog of music on all streaming services on the same day that [Katy Perry](#) released her new album, *Witness*. It was especially big news because Taylor had previously pulled her songs from Spotify in 2014. Some fans took it to be an intentional act, possibly to take the attention away from Katy on that important day. At the very least, the timing was interesting since Katy has publicly discussed her feud with Taylor multiple times in the last few weeks while promoting her new record. This is the perfect example of two people holding onto a grudge and resentment for a long time.

**For Taylor and Katy, the grudge seems to be born out of creative competition that went on between them, but grudges can be kept over almost anything. Check out this [relationship advice](#):**

Usually at a grudge's core is both people believing that they were wronged by the other person, and feeling justified in their anger, entitled to an apology, and basically hurt by the other person putting their own interest and needs ahead of the friendship. Very often, the pain that the betrayal causes can run so deep that people easily become consumed in their desire for retaliation and/or revenge. When this happens, the goal is to make the other person suffer and pay for the pain they put you through.

**Related Link:** [Celebrity Break-Ups: Taylor Swift's Ex Calvin Harris is Collaborating with Her Nemesis Katy Perry](#)

In my book *How Could You Do This To Me?: Learning To Trust After Betrayal*, my chapter "I'll Make You Pay" speaks to the nature of revenge and the toll it takes. When you lock into getting back at the other person, it keeps you connected to that person in a negative way. It is one thing to feel resentful over something a friend has done and decide to end the friendship and not have anything more to do with that person. It is another thing entirely to get mad and end the relationship, but stay connected by way of your anger. It also can be difficult for the people around you who may be drawn into the controversy as they are asked to choose sides, or worry about offending you by wanting to still be involved with the person you are feuding against. Too often there is



collateral damage.

**Related Link:** [Celebrity News: Diplo Fires Back After Katy Perry Knocks His Bedroom Skills](#)

The question becomes, how do you end a grudge when you feel you have been betrayed? It isn't easy to let go when you believe you have been wronged, but here are a few things to keep in mind as you attempt to do just that. The first step is realizing that if you are in this situation it is like giving bad energy free rent in your mind which could be used for more productive things. If you keep the flame of anger burning you will have less available fuel for engaging in activities and doing things that could actually make you feel good. Recognizing this can help you choose to let go of all these vindictive thoughts so you can begin to shift your focus to what you can do for yourself, something you can control, and away from focusing on what you hope might happen to the other person, which you can't control.

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Another option is to deal directly with the person you have a grudge against. If you do go this route, it is important to give up the notion that you are in the right and the other is in the wrong, and that you deserve an apology. Instead, recognize that both of you are dealing with a misunderstanding, and tackle it like a team. Consider saying to the other person that obviously you both have hurt feelings, and that you are sorry for what happened and you hope that is mutual. If you try to get into your view versus theirs, it is likely that tempers might flare and you might end up being accusatory and have a difficult time problem solving. If that should occur, the only choice might be to agree to disagree, and accept that you may never get to the bottom of it, but concur that the relationship matters more and you are willing to put the disagreement behind you. At

that point, you can talk about how to put guidelines in place so you can check things out with each other and be more considerate, so hopefully you can avoid altercations in the future.

Perhaps Katy and Taylor are on the brink of letting go of their grudge, and time will tell.

*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>.***

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## Relationship Advice: What To Do When You're No Longer In Love?





By [David Wygant](#)

This could be the easiest question that I could ever answer for anyone. What do you do when you're no longer in love? Here's what the typical person does. They stay in the relationship. That's right. 80 percent of the people that are no longer in love stay in the relationship for an endless amount of time because they feel guilty that they actually no longer love their partner. So they'll sign up for a life of misery in order to protect their partner's feelings. When in reality it's ridiculous because if you're miserable and you don't even love your partner anymore, your partner is definitely feeling that on so many different core levels. The two of you can just sit around the house, make each other miserable. Sleep in the same bed or separate rooms. Never touch one another, never have sex, but yet stay together for the sake of the children. Or stay together for the sake of not wanting to hurt someone instead of confronting relationship problems head on.

# Dating Advice That Will Help You Deal With The Partner You No Longer Love

Although I'm now a [relationship expert](#) and matchmaker, I also reacted the same. I remember a long time ago I was no longer in love with somebody that I was with. I hovered in that relationship for at least a year before I finally had the guts to end that relationship. What did I do? I basically took a year of someone's life away from them. That's right, you're a life stealer when you don't have the guts to go and literally talk to somebody about the way you're feeling. And being a life stealer is one of the worst possible stealers you can possibly be. Because in life, when we die, all we ever wish for is more time. Basically you're taking somebody's time away from them.

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

So here's my [relationship advice](#). If you're no longer in love with somebody you need to really – well first off, maybe get coaching or maybe some therapy to figure out what it is you fell out of love with. But it's important to take responsibility for your feelings, own your feelings. Own who you are as a person so you're no longer hiding behind the fear. Then, you need to let that person go. Sting said ever so wisely in a song, "when you love somebody, set them free." You once loved this person. You no longer do. So set them free so they're able to literally go on and have the life they're looking for. The longer you keep them in this relationship because the feelings of guilt and fear of being honest or breaking up, the longer you're going to – well literally, increase the anger that's going to come out of them. Have some guts. Tell somebody what you really think when you're no

longer in love. It really is that clear.

*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](#).*

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## Relationship Advice: Can You Move Too Fast Moving In?





By Dr. Jane Greer

Actress Ariel Winter revealed that she's moved in with her boyfriend, Levi Meaden, after just several months of being together. While this is an exciting next step in the relationship, it raises the question of if it is ever too soon to move in with your significant other.

**Is it how long you've been together, or the quality of the time you have shared that determines when the time to move in with your partner is right? Check out my [relationship advice](#).**

In today's age of Skype, Facetime, and Google Hangouts people can almost be with each other all the time, texting or even Skyping in the middle of the night. When you are in love and spending all your time with your partner, it feels logical to want to take that next step and live with them. If your lives have become entwined, you may feel your relationship is resilient enough to deal with the ins and outs of joint living. Others, though, find that marking the passage of time as a couple helps give them security that the relationship is solid before feeling ready to consider moving in with their significant other. You are already sharing your heart, but are you ready to share your home?

**Related Link:** [New Celebrity Couple Ariel Winter & Boyfriend Levi Meaden Make Red Carpet Debut](#)

The most important thing is to be aware of the responsibilities that come with making a home together, and knowing if you have a deep enough foundation to work through

it all as a team. It becomes about more than just the love you share and begins to include housework, the bills, child and or pet care, the actual square footage, who gets more closet space, food shopping, cooking, and whatever else goes along with cohabitating. Much of that requires clear communication about what you both need for yourselves and expect from each other, and most important, the compromise it takes to accomplish it. If you are ready to share the space and everything that comes with it, that is the first step in knowing you might be ready. Another thing to consider is how involved you have become in each other's lives. Do you spend most of your time together, including each other when making plans with family and friends? Are you basically doing everything as a pair anyway? If so, that is another indication that you might be in a good position to take that next step. Another clue that you might be heading down this road is if you are already pretty much living together at one location, with a lot of your stuff still at your own place and really being inconvenienced because you don't have what you need a lot of the time. In that case, making the decision to consolidate and be in one house or apartment becomes the practical and considerate thing to do.

**Related Link:** [Celebrity Couple News: Ariel Winter Reveals She's Living with Boyfriend Levi Meaden](#)

On the other hand, if it seems like a sacrifice or an effort to make room for your partner, if you feel they are encroaching on your personal space, and or if you feel that your partner is reluctant and unwilling to accommodate your needs, then it might be worth taking some extra time to see where your relationship stands. Similarly, if you worry about losing personal time with your family and friends, about potentially now having to be accountable to your partner for your whereabouts, this is another red flag that you might not be quite ready. Finally, if your relationship has not been stable and you've had a breakup along the way, there is no

need to rush into anything. You might stand a better chance of going the long haul if you make sure you have the important tools in place to tackle the daily challenges of living together.

Ultimately it is up to you to sort out where you stand with all of these issues, and determine when making that big decision suits both of you. There is no right or wrong time, it just depends on your own personal situation. It seems Ariel and Levi are ready, so here's to luck and happiness ahead for them.

*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>.*

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## Dating Advice: Should I Drop All The Other People I'm Interested In?





By [David Wygant](#)

This is always a controversial subject, especially in today's modern "swipe dating." 93 percent of the people that go out on a date meet on Bumble, Tinder, Hinge or Match will go home that night and literally get back online to see whether or not there's somebody else that's better. Somebody that might be cuter. Somebody that might have a better body. These online dating services are a brilliant marketing ploy to get people to think that there's a huge paradox of choice. It's literally like going on Amazon, but instead you get to look at all the men and women out on the market. You see, by getting on all these devices constantly, there's no reason to ever settle for somebody that's awesome. So we continually get on this treadmill hoping that there's something better. I personally have been a victim of this as well. I've been single for four years, and even that's with all my knowledge in the dating field as a [relationship expert](#). I have definitely had my share of going out with somebody and then going home and swiping to see if she is out there. Whatever the version of she or he is, you know that they might be out there, because every day the inventory is changing. Just like your favorite

supermarket. Why buy a mushy avocado when you can go buy a brand new one the very next day?

## Dating Advice That Will Help You Figure Out If You Should Drop Potential Partners

So how do you know when to stop the treadmill dating? When you find somebody you actually connect with. Somebody that makes it easy to hang out. Somebody that's authentic and real. Somebody that communicates their needs, wants, and desires and does not play games with you. Somebody that you're really attracted to, and realize that there's no perfect person out there, but yet this person is somebody that you've never met before. There's not much to say about this, except grow up. There's a reason why people are swiping and dating is that they have no idea what they're doing. People are not giving each other chances anymore to really connect on a deeper level. There are major issues that go on with the swiping and dating, and they contribute to major [relationship problems](#) in the future.

**Related Link:** [Relationship Advice Guys Edition: When's The Right Time To Pop The Question \(Marriage\)?](#)

You can either get off the treadmill and give somebody amazing a chance for at least a month or two, and if it doesn't work out, then go back to the hamster wheel of dating. By all means, run back to the roulette wheel and spin and see if you get lucky again; but know that the only way to get to truly know somebody is to actually give them an opportunity to get to know you. Give them a chance, have a mini-relationship. Plus, sincere relationships are far better than minute relationships that last three hours on a first date. Even if you only hang with somebody for 30 days or 60 days, you're



going to learn something amazing about yourself. So my [dating advice](#), I suggest all you swipers, go out there and give somebody a real opportunity. Give them 60 days. See what happens. See if you can form a relationship. Get to know who they are. And make sure to remember that anybody can put on their best game face for 90 minutes on a first [date night](#); but what you truly need is to get to a level of intimacy that you can trust somebody, feel something for them, and have sex that blows you away. If have any questions on this, let me know.

*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](#).*

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## Relationship Advice: What To Do If Your Partner's Family Doesn't Like You





By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#) with contributing writers Elizabeth Hamilton and Alexandra Ciuffo

We've all been there: you're dating the man or woman of your dreams and then all of a sudden they suggest meeting their parents. \*gasp\* This can either go really well or be something of a disaster. When a loved one's parents don't like you dating their son or daughter, well, it can bring a lot of stressful elements into your relationship. Here is some [relationship advice](#) from VIP Matchmakers from Project Soulmate on getting through tough times with your "in-laws" – and how you can come out from it even stronger than before!

## Relationship Advice That Will Help You Deal With Difficult Parents

**1. Take A Second To Think:** Before even talking to your significant other's parents, take a second to decide how you feel. If you've met their parents, chances are things are pretty serious. However, if you've been having doubts about your relationship, this might be a sign of a deeper problem.

If you decide that you are happy with your partner, then keep that in mind for the next few steps. Finding love in NYC can be hard enough, so if you've found it, hold onto it! Your love for them is what will make all the hardships of your relationship, including difficulties with their parents, worthwhile.

**2. Talk To Your Partner:** Once you've thought about your feelings, bring them up to your partner. Getting this awful feeling off your chest will ease your relationship and will open up true honesty between the both of you. By talking to your partner, it will give both of you the opportunity to express your true feelings and see what the next steps should be. Tell them how you feel and ask them to do the same. Chances are they may have noticed their parents behavior too! They might even have insight to help you improve your relationship with their parents. Keep in mind that they may need some time to think about what's going on, especially if they weren't aware of [relationship problems](#) in the first place.

**Related Link:** [Relationship Advice: How to Handle Your Significant Other's Family](#)

**3. Talk To Their Parents:** Once you've talked to your partner, the two of you should take the discussion to their parents. A laid-back and open talk gives you and your significant other and their parents an opportunity to express and understand each other's feelings with compassion. Here's helpful relationship advice that will help you move forward during this talk:

- Start off by telling your S/O's parents what you've noticed tension and how it makes you feel. Focus on yourself. Remember those "I" statements you had to learn in middle school? Bring those back. Tap into your own emotions and avoid blaming them.
- Come together as a united front. Make sure the parents

know that you and your S/O have talked about this and are on the same page. Have each other's backs, and support each other during the discussion.

- Listen to what their parents have to say. Maybe this whole thing has been a misunderstanding. Or maybe something you said when you first met your S/O's parents left a bad taste in their mouth and they didn't know how to approach you about it. Maybe they genuinely just don't like you. You won't know until you ask and listen to what they have to say.
- [Relationship experts](#) and NYC Matchmakers Jenn and Lori say that the most important step is to express your feelings towards their son or daughter. Tell them that you care about your S/O and want to have a better relationship. Also tell them that their actions will not influence your relationship with your loved one. You should be friendly when you talk with them, but don't let them push you and your S/O around.

**4. Move Forward, But Don't Obsess:** If the talk goes well, great! If the talk doesn't go well, don't worry! All is not lost! Remember what has grounded you throughout this experience: your love for your significant other. If you don't think that your relationship with your boyfriend's or girlfriend's parents will improve, there's nothing more you can do at this point to help the situation. Ultimately, you and your partner decide what's best for the two of you. Dating in NYC can be tough, but just keep calm and focus on being happy with your cutie!

*For more advice on love and relationships from relationship experts, check out our [website](#).*

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# Relationship Advice: Things A Nurse Will Tell You But Your Friends Won't



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

What do actresses Bonnie Hunt, Julie Walters, and recording artists Paul Brandt and Tina Turner have in common? They were all trained as nurses! In honor of the “Year of the Healthy Nurse,” now is a great time to recognize the role nurses play in our lives. The demands placed on nurses every day are huge. Our nurses are committed to providing the best care possible, and they try their hardest to meet that challenge every day. And sometimes that commitment means being brutally honest about a patient’s symptoms or habits. Your friends may not tell you that your moodiness has hung around for weeks, or



your jeans are fitting a bit tight – but a nurse will tell you. In the spirit of good health and valuable [relationship advice](#), here are five things your nurse is willing to discuss that your friends aren't.

## Relationship Advice That Come Straight From Nurses

**1. Weight gain.** Despite your friends insisting they can't see a difference in your waistline, your nurse on the other hand will likely confirm your biggest fears – yep, you have gained weight. If you have been diligent about exercise and diet, your nurse will discuss the possible reasons behind the weight gain. Things to consider may be your medications or your thyroid. A nurse may also discuss your sleep patterns or your ability to cope with stress. Putting a stop to unhealthy weight gain in the early stages will make you feel better sooner. Not to mention, your nurse probably has an arsenal of [fitness secrets](#) that can help you get in shape and ready for the dating scene.

**2. Skin symptoms.** Your friends may discount your less-than-glowing skin, but a nurse will explore the reasons why your skin is less than luxurious. Who couldn't use helpful [beauty tips](#) from someone who actually studied medicine? "A helpful acronym to remember the specific questions to ask patients when taking a skin history is 'OLD CARTS,' which gives a systematic approach to questioning in a skin assessment," health writer [Julie Van Onselen](#) says. This includes onset, location, duration, character, aggravating factors, relieving factors, timing, and severity.

**Related Link:** [Relationship Advice: 3 Ways Bad Credit Can Ruin Your Love Life](#)

**3. Mood swings.** You may not realize it, but a nurse assesses

mental status during your physical. “The mental status assessment is an essential part of the examination,” experts at the [Nurses Learning Network](#) say. In general terms, mental status could be described as an individual’s state of awareness and responsiveness to the environment. It also includes the more complex areas of a person’s mental functioning, such as intelligence, orientation, thought process and judgment. Your friends may steer clear of the neighborhood grouchy pants, but a nurse will face your behavior head-on to determine the root of your negative feelings and [relationship problems](#).

**4. Lack of exercise and poor diet.** We may try to lie about our daily habits, but our vitals will always paint another picture. Unlike a friend who may look the other way, a nurse will know the truth about how many times we hit the treadmill versus how many sets of pants are draped over it at the moment. “It is so important for patients to be truthful about their daily habits. When patients try to hide their smoking or drug and alcohol use, for example, it prevents us from providing the best care to fit their needs,” Julie Aiken, CEO of Ameritech College of Healthcare, said. “Another thing patients don’t think about is the importance of mentioning any dietary supplements or over-the-counter medications that they’re taking along with prescribed medications. Doctors need a comprehensive view of a patient’s health history to design the ideal treatment plan.

**Related Link:** [Relationship Advice: Our Connection With Sleep](#)

**5. Address your stress.** Stress kills. And as much as you may try to hide it, the effects of prolonged stress can affect your physical well-being. Nurses know a thing or two about controlling stress; it’s a large part of the job. So when the topic of stress comes out in the open, a nurse may prescribe a variety of helpful remedies. Things like taking a walk, reading, soaking in a hot bath, talking with friends, or crocheting, are popular ways for nurses to deal with stress.

Many nurses have also found a healthy connection with yoga, meditation, and other relaxation exercises. “We bring in a massage therapist for staff every few weeks where they can receive a 15-minute neck and upper back massage,” said Julie Aiken, CEO of [Ameritech College of Healthcare](#). She added that faculty and staff could participate in weekly yoga sessions, daily group walks, and both students and staff are encouraged to use essential oils to help with stress relief.

We love our trusted friends, and we count on them to support us when we need it most. But when it comes to our health, and sometimes even relationship advice, the dedication of our nurses is something we can truly count on to keep us healthy every day.

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

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## Dating Advice: 4 Reasons Younger Women In The City Struggle To Forge Meaningful Relationships





By [Joshua Pompey](#)

As someone who lives in New York City, I can say with full enthusiasm that it is one of the greatest cities in the world. The food! The culture! The diversity! And of course, the incredible women are right up there with any other city. Unfortunately, one aspect of city life often let's women down though, and it affects their ability to forge meaningful relationships. And while it's easy to claim that men in the city just don't want to settle down, I've personally found that this is far from the case for most men I've worked with or encountered. Sometimes it's just a matter of avoiding certain mistakes and making the right adjustments to find love. In this article I will be discussing four big reasons many women often struggle to find relationships in big cities, and [dating advice](#) to help you avoid these issues.

## Dating advice that will benefit young women living in a city.

**1. Not prioritizing:** There is always a lot going on in a

city. If you don't get your priorities straight about what's truly the most important thing to you, you will never find love. When I was single there were so many times I would attempt to arrange a date with a city girl, only to find out that she wasn't free for another two weeks. Yoga class, the gym, and happy hours with friends took priority over their first [date nights](#) with me. This is a big mistake. There will always be another happy hour. There will always be another yoga class. Friends will always be around. But a great guy with the potential to form a meaningful connection? That doesn't come around every day. Dating needs to be the priority if you are really serious about it.

**2. Your career will not be emotionally there for you when you get old:** A big part of the city mentality is often, "I'll get into a relationship at age X, get married at age X, then have children at age X. In the meantime, I'll just focus on my career." This fictitious notion that you can time when you find love, get married, and have kids is completely misguided. Not to mention forcing these aspects of life can cause [relationship problems](#). Having drive is a positive thing. But before you sacrifice your entire youth by prioritizing your career over your relationships, ask yourself, will your career be there for you one day as much as a loving partner?

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

**3. The paradox of choice:** The city life creates this illusion that there are millions of potential partners out there for you. Just sit on one city block and you'll probably see hundreds of men walk by in one hour. Sometimes this creates a serial dating mentality. With so many men around, good isn't good enough. Why settle for good when you could find perfect? Unfortunately, that perfect guy may have already been on a date with you, but you passed up on him because he didn't blow your mind during the first date. Sometimes it takes time to build chemistry and realize how strong a potential



suitor is. So my dating advice as a [relationship expert](#) is to be careful when dismissing men who don't seem to be "perfect" matches just because you believe there might be someone better around the corner.

**4. Not breaking out of your social circle:** Even though there is always so much going on in big cities, sometimes we tend to fall into repetitive patterns of seeing the same people every day and going to the same places. Take advantage of the diversity and opportunities that cities provide by joining new clubs, going to new social groups, and meeting new people. The more people you meet from different walks of life, the more likely you'll meet someone that you connect with.

*For more online dating advice from Joshua Pompey, visit his [website](#), or you can find free advice for women by visiting [this page](#).*

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## Dating & Technology Q&A: How Do You Handle Dating Someone With An Internet Persona?





*Question from Shan G.: My boyfriend is very popular online. He has a Youtube channel, many subscribers and followers, and a very active social media presence. Our relationship is still new, but I'm not sure how to handle this all. It almost feels like I'm dating a celebrity, and that I'm not on his level. I'm not sure what I should do.*

Dating in the era of social media can put a strain on relationships, especially when one party happens to be a popular figure online. But don't let internet fame damage what you have! Leave it up to our relationship experts who can offer their best [dating advice](#) on using technology the right way. Learn valuable dating tips from Cupid's very own, matchmaker Suzanne Oshima and relationship expert Robert Manni. Here they'll answer your questions on how to handle a partner's online persona.

## **Technology Dating Advice That Will Help You Deal With Your Partner's**

# Online Popularity

[Suzanne K. Oshima, Matchmaker](#): What should you do? Absolutely nothing! Don't treat him any differently or put him on a pedestal. He's just your boyfriend, who happens to be an internet celebrity. Trust me, he doesn't want a girlfriend who is also an internet celebrity, he wants you. Have confidence in yourself and just keep being the best version of yourself... the one that attracted him to you in the first place.

**Related Link:** [Dating & Relationship Q&A: At My Wits End, He Won't Stop Flirting Online. Should I End It?](#)

[Robert Manni, Guy's Guy](#): As a published author, syndicated blogger, and podcaster with a growing audience on social media, I assure you that developing a social media platform is hard work and initially, not necessarily profitable. Building a personal "brand" requires passion, talent, and lots of time. So unless your guy has an inflated ego I doubt he feels superior. In fact, he may even harbor his own insecurities about his career and bank account relative to your own if you work in a traditional job. If you believe in him, support his dream, enjoy the ride, but never doubt your self worth. I assure you that if he has a good head on his shoulders, he needs you and values your support.

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

*If you have any questions you would like answered by our relationship experts, please e-mail them to [cupid@cupidspulse.com](mailto:cupid@cupidspulse.com).*

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# Relationship Advice: Can Humor Go Too Far?



By Dr. Jane Greer

Caustic comedian Don Rickles has recently [passed away](#). His true talent was in his ability to insult his audience and have them join in and laugh with him, rather than feeling laughed at by him. He had no qualms about going for people's vulnerabilities, whether they were short, bald, late, whatever it might be. His shows centered around those derisive comments about people's looks, their spouses, their jobs, their ethnicity – anything he could find to insult. He went right for the Achilles heel when targeting someone. Nothing was sacred, nothing was off limits. While so many fans were able to enjoy this unique brand of humor, others saw him as mean spirited and potentially hurtful. There is no question that he

had his own style and people either loved him or hated him.

**This raises the question of what crosses the line in trying to be funny. How far is too far? Here's some relationship advice.**

Many people act like Rickles and will use humor to say something "in jest" that they think is funny or maybe even as a way to express a true issue that is bothering them. How many times are you angry with your partner or spouse and say something mean spirited or devaluing? Often the disparaging thing is said in a joking manner, and is shared only when one or the other feels annoyed. When they are called out on it, they might say, "I was just kidding! Can't you take a joke?" While it might have been meant to be light, comments like that can often feel stunning and cause the other partner pain.

**Related Link:** [Date Idea: Laugh Out Loud Fun](#)

Rickles worked long and hard to develop his style and craft to be able to push the boundaries and get away with truth under the banner of humor. In a relationship, however, whether it be a spouse, girlfriend or boyfriend, sister or a friend, if you think you are being funny and they aren't laughing then you might have gone too far. It's crucial to be aware of when your partner is actually upset or offended by a "joke" you made. If that happens, apologize. Always be open to communicating that you weren't looking to be hurtful, and if it still isn't coming across as funny, consider re-evaluating your choice of "humorous" comments. At the same time, think about what motivated your comment, are you actually upset about something that needs to be discussed directly with your partner? Along those lines, if you are the recipient of the "joke" it is worth considering if there is some underlying annoyance or



negative feeling your partner has toward you that is moving him or her to say these things. Either way, it would be good to have a conversation to check out if there is something under the surface that is going on that needs to be dealt with. When one of those comments is lobbed around your house, if it is unwelcome and unappreciated, seize the opportunity to work through whatever might be fueling it.

**Related Link:** [Celebrity News: Ryan Reynolds Had Ridiculous Birthday Message for Wife Blake Lively](#)

Rickles was good at giving you the punch and the pain killer at the same time. If you went to his show you were basically giving your permission to be verbally attacked, if he saw fit. When you are in a relationship, people think they have permission to take a shot, but that is not always the case. Be aware of your partner's reactions, or speak up if you are feeling unfairly made fun of or ridiculed.

And remember, there really was only one Don Rickles.

*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>.*

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# Relationship Advice: From Cheater to Keeper – How to Make Amends



By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#) with contributing writer Hana Gilbert

Cheater – someone who is in a committed relationship and breaks the trust of his or her partner by physically or emotionally involving themselves with another person. We've all been there, either in the form of the cheater, or as the cheated. The cheater is generally remorseful, claiming they "made a mistake" and "are willing to go the extra mile to mend what's broken." The cheated generally experiences emotional chaos as they decide between swallowing the heartbreak and moving forward, or letting the heartbreak crumble the

relationship. Studies have shown that over 50 percent of men and women alike admit to being unfaithful at least once. With this statistic being so high, cheating has become a commonality, or an expectation, for most relationships. Some couples have the maturity to overcome infidelity scandals through in-house methods. However, most of us are guilty of spilling our heartbreak to any and all individuals with ears and time. Here's where the majority of the problem lie; everyone has their own opinion regarding how to handle a cheater. Most [relationship advice](#) includes conducting a dramatic breakup, followed by an overt exit, and finalized by the removal all social media posts hinting at the existence of any form of a relationship. Realizing that at time colleagues, friends, family members, and even complete strangers are quick to give their relationship advice and [dating tips](#) before taking into account your thoughts and feelings. Professional [matchmakers](#) and [relationship experts](#) Lori Zaslow and Jennifer Zucher, founders of Bravo TV's *Love Brokers* and Project Soulmate, are here to provide an outside perspective on the situation, giving you three scenarios that will hopefully allow you to decipher between a cheater and a keeper.

## Relationship Advice On Handling Cheating Scandals

**Friend advice #1 – “Don’t fall for a dog who has eyes for every bitch. If he really loved you, he wouldn’t be tempted to stray.”** The art of checking out another person. Men think they’ve mastered it; women don’t think they’re actually doing it. Either way, your partner always seems to catch you mid check. At this point, no physical cheating has occurred, however, everyone can admit even a glance at another person stirs the insecurity pot. Feeling insecure, an immediate text is sent to the first group chat in your phone. Your friends, siding with you obviously, return advice strikingly similar to

the quote above. Yes, there is some truth to their advice, however, they may be premature in their responses. You must keep in mind that your partner is human, and it is a natural human instinct to look at things we find beautiful or attractive. The act of simply looking at another person does not mean your partner is not happy with you, wants you to look like them, or wants to be with them. Your partner will most likely look at them, recognize some form of harmless attraction, and then move on with their day, completely forgetting the interaction. In this particular situation, your partner is guilty of human behavior, not infidelity, labeling him or her as a keeper.

### **Relationship Advice:** [Relationship Advice: How to Handle Your Significant Other's Family](#)

**Friend Advice #2 – “Once a cheater, always a cheater.”** So you're in a new relationship. You ask your friends what they know, what they've heard, or how they feel about your new partner. They inevitably reply with the cliché, “A cheating scandal ended the last relationship. Once a cheater, always a cheater.” This is the most common cop-out for anyone trying to not get hurt in a relationship, and provides an excuse to not trust their partner. Unfortunately, this is too easy, and cheating is never that easy. Ultimately the most important thing to understand is why your partner cheated previously, or why people assume they cheated. Trust after affairs in previous relationships or in your current relationship lies in your own hands. It is your choice whether you want to trust your partner again. If your partner has yet to cheat on you personally, but you've heard he or she has cheated in the past, you must make the decision to trust them or not. You must also keep in mind that there are two sides to every story. Although they may have cheated in the past, they may not have been as stable as they are now, or they may have felt insecure with the person they were with. The fact of the matter is that you do not know. In this situation especially,

you must ask yourself the right questions, find out the full story, and decide if you have a keeper.

**Relationship Advice:** [Relationship Advice on What Not to Do: Bad Dating Advice from Romantic Comedies](#)

**Friend Advice #3 – “Stop holding on to what hurts, and start making room for what feels good.”**

You’ve been cheated on. It doesn’t matter what form, how it went down, or who caught who. Someone in the relationship is now labeled as a cheater. Every affair has two sides to every story, and overcoming an affair takes time to dissect both sides. Both sides will give an insight to what state the relationship was in, as well as the story behind the unfaithful partner. Unfortunately, cheating has a purpose. It doesn’t happen “just because” or “by mistake.” All behavior is purposeful. What’s important, however, is finding the purpose behind the act. If you chose you want to overcome the affair, you must become your own relationship detective- collecting data and evidence to solve the infidelity crime. You must ask both yourself and your partner the right questions in order to fully understand and comprehend the situation. This won’t be easy. This will hurt. This will take time. But, time heals. And with that time you have the ability to both work on your relationship and yourself. Finding the ability to forgive and trust your partner again is the most important part of overcoming an affair, and will help you turn a cheater into a keeper.

*Relationship experts Lori Zaslow and Jennifer Zucher are BRAVO TV’s Love Broker and founders of Project Soulmate, a high-end New York-based matchmaking company.*