

# 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.

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**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.

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**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.*

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## Relationship Advice: 3 Ways Bad Credit Can Ruin Your Love Life



 By [Dr. Amy Osmond Cook](#)

Congratulations on your new relationship! It's an exciting time to join two lives together to build a bright future. You brought the pets and furniture while your partner brought along a big screen television—and bad credit history. Is this union doomed from the start? Not always. But the road to repair can be rocky. A bad credit history can be fixed, but it takes time, patience, honesty, and a lot of self-discipline to change the habits that got you in this financial situation in the first place. If you want to avoid [relationship problems](#)

and change your spending habits, here are three ways bad credit can impact your love life. With the following [relationship advice](#) and [dating tips](#), you can prevent heart ache and an empty wallet.

## **Relationship advice that history is wrecking your love life with the following relationship advice.**

**1. Deception invades your relationship.** It's one thing to hide the department store shopping bags from your loved one or screen calls from creditors, but when your spending habits cause you to lie about how you are handling your financial responsibilities, it's time to make some changes—fast! “The best healthy financial habit you can make is to develop and maintain a good credit history,” Anthony Bell, a financial expert and blogger from [rescu.com.au](#) says. “The best way to do this is to spend less than you earn and budget your expenses so that you know what you can afford, what you need to repay, and by when.” It's solid and simple advice.

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**2. Bad credit makes it hard to move forward with goals.** It's hard to move forward with your goals when you face financial barriers. Think about the natural progression of a relationship; Those plans often include buying a home, a car, or other big-ticket conveniences. But when you bring a bad credit history into the relationship, those goals will either not be possible, or you will face high-interest rates in the purchase. Keep in mind, moving forward with goals isn't impossible, but it will take discipline and determination to achieve them.

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**3. Bad credit destroys your self-confidence.** Nobody enjoys rejection. Hearing “no” can ruin the mood of the most optimistic of people. Just imagine being denied day after day. In that case, even the most basic consumer decisions become an issue when you are denied a cell phone, a gas card, a new bank account, or even an apartment. Such negativity can take its toll on your self-worth and your relationship. “Partners should treat this as another relationship goal to solve together rather than letting it drive them apart,” Elle Kaplan, [relationship expert](#) and financial advisor says. “Both partners’ debts and credit scores are now tied together for the long run.” In other words, this requires a new attitude concerning money.

The good news is that you can repair your poor credit. Start by requesting a credit report, looking for possible errors, learning your credit score, and discussing financial strategies with an expert, such as [Lexington Law](#) or [CreditRepair.com](#). As you move from this moment on—make sure you are moving toward a life of happiness and financial health.


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

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**Dating      Advice:      5      Online  
Dating      Photos      That      Will**

# Instantly Up Your Profile Game



 By [Joshua Pompey](#)

Let's face it. Men are all about appearances. It's bred into our DNA. Sure we want to settle down with women who are well-rounded, fun, caring, intelligent, and all that other good stuff. But before we actually get to the good stuff that leads to a long-term bond, we still focus on the visuals. This is why it is so critical to perfect the photo galleries of our online dating profiles in ways that will ignite high levels of interest. The good news is that you don't have to be a supermodel, or even a model to spark high levels of attraction. But if you are one, call me ok? Where were we again? Oh yes... Creating a photo gallery that will ignite interest! The following five [dating tips](#) will put you on the path to a perfect photo gallery and hopefully increase your potential [date nights](#).

## Dating Advice That Will Help You Improve Your Online Dating Chances With Pictures Alone!

**1. Travel photos:** Travel photos don't just show that you are well-traveled. They provide an insight into the fact that you have a sense of adventure and love new experiences. These are two winning qualities that you should be showcasing whenever possible.

**2. The adventure picture:** Speaking of adventure, if you have any pictures of yourself doing something slightly more

adventurous than traveling, this will go a long way. Whether its a level 10 adventure like sky-diving, or skiing on a beginner slope, showing that you are willing to try new things will keep men thinking you are interesting, and more importantly, fun!

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**3. The check me out picture:** The check me out picture is you looking your absolute best! Dig through those Facebook archives for nights out with friends, weddings events, or simply a girls night out where everyone was literally checking you out. If you don't have one? No problem. There's always a Saturday night around the corner. Recruit your most loyal friend for one night, get dressed, and start snapping away.

**4. The 'I can hang with your friends' picture:** Think along the lines of pictures where you were at a sporting event, drinking a beer, or scratching your belly as you belch. Wait... Scratch that last one! But pictures that show you enjoy activities men typically also enjoy always go a long way. We don't actually want to date someone who acts more like our male friends, but it's nice to know you are willing to do the things we like once in a while, or even better, are actually into them.

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**5. The friends and family oriented picture:** At the end of the day, showcasing that you are a kind and caring friend or family member is something all men are attracted to. This shows that you will make a great long-term partner and are able to form strong bonds with people. Have at least one picture showcasing the most important relationships in your life.

Follow this [dating advice](#) and you'll have men reaching out to you in no time! However, the most important dating tip I want you to keep in mind is to be yourself in online photos, or you



risk the chance of future [relationship problems](#). No one likes false advertisement, so be honest and upfront about how you look before you go on that first date. More importantly, make sure your personality matches your online persona.

*Need more help with your online dating profile? To learn the top strategies our profile writers use writing an online dating profile, read this [article](#). Or visit our world famous profile writing service [here](#) and sign up for a free profile evaluation where we have been helping online daters since 2009.*

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



*Question from Ashley M.: I have been with my guy for over seventeen years, we're both flirty people, but as of lately he's crossed a line with a particular person. I've warned him and have had discussions about this person he swear is only a friend, but the same thing keeps happening. I've offered him a way out, but he insists that he wants to stay together. I'm not a super jealous person, but I don't want to be disrespected. We're trying to save what we have.*

Dating can have its trying moments. Add the internet, social media and electronic devices into the mix, and temptation can creep into your relationship. However, do not fret! Leave it

up to our relationship experts who can offer their best [dating advice](#) on using technology the right way. Technology is here to stay, after all, so take advantage of these amazing tools! 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 flirting.

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

[Suzanne K. Oshima, Matchmaker](#): When you've been with someone for a long time, sometimes the relationship may lose the spark and excitement it once had. Which may cause one person to seek out the thrill of attention from the opposite sex outside the relationship, while still maintaining the security of your relationship. Try to revive and spice up your relationship with flirtations and sexy moves in the bedroom, so he won't feel the need to seek attention elsewhere. If he continues with his behavior with his "friend," then it may be time to try working with a relationship coach who can help you work through the issues at hand. And if that fails, then it may be time to move on to a man who only wants to flirt and be with you.

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[Robert Manni, Guy's Guy](#): It's time for "the talk". Seventeen years is a long time, so there must be a strong bond. But, over time little things become big things when they're not addressed. You say he's crossed the line and you feel disrespected. He says she's only a friend and he wants to stay together. Something has to give. I say tell him to get his priorities in order. That means saying goodbye to her and

paying attention to you. If he balks or shows any sign of hesitation, it's time to respect yourself and let him go.

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 Guys Edition: When's The Right Time To Pop The Question (Marriage)?



 By [David Wygant](#)

So you're under the influence of an amazing woman. You're thinking about popping the question. All you think about is the future. You think about the love that you're sharing. You think she's the one for you. Before you run off to pop that question, it's time you start smelling the sausages. Yes, sausages. You see, women need to smell the roses, men need to smell the sausages. Let's bring you back into reality with a real stinky, smelly, greasy, Italian Sausage that you get from the street fair. Before I go on, I need to warn you that I'm about to give you some hard hitting [relationship advice](#). It's going to hopefully wake you back into reality, and give you an opportunity to make the right decision.

# Relationship Advice That Will Help You Figure Out If You're Ready For Marriage

Marriage is not something you take lightly. It's not something you rush into, as the great Elvis Presley song *Fools Rush In* has pointed out. Despite being a [relationship expert](#), in my life I've been married a few times. Every single time I got married, I was a fool – like in Elvis's song – and I always rushed in. I was rushing in based on a story I had. I had to marry her. I wanted to marry her. I'd never been so in love. Yet, I barely knew her... I don't want you to go through what I went through. Marriage is one of the biggest decisions you could possibly make, because from marriage, comes many different things: a lifetime partner (potentially), with children. And here comes the sausage part of it all – the mother of your children is the woman whose going to take half your money if it doesn't work out. Oh yeah, I had to throw that last bit in there because that is the truth. Make the wrong decision, and all of the sudden your bank account, and everything you've ever worked for in your entire life, will go to somebody else. And if that doesn't scare you, maybe this will. The woman that you're so in love with right now, that you think you want to marry, will turn on you most likely. And most likely use your children as a way to manipulate things. Now this may not happen. You may have a future where divorce is amicable. She may not ask for all your money, and she may actually support a great father/daughter, father/son relationship. But I bring these subjects up because when you're under the influence of a new woman, and your under the influence of thinking you're going to marry somebody, somebody has to slap you across the virtual face, and wake you up from the fog that you're in.

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So now that I've scared you, and have given you some sort of reality check, I want to talk about when you should pop the question. What I'm about to tell you is probably, oh good <?>, it's an all conventional [dating tip](#). But I think you need to go through eight seasons with this woman. The seasons don't consist of the NFL, the Baseball or the Basketball season. The seasons consist of two Winters. Two Springs. Two Summers. And two Falls. You need to see this person in everyday situations, over and over, and over again. You see, if you're in some type of fog from the beginning of the relationship, you're most likely hanging out with her representative. The well behaved version of herself. You need to see somebody in all situations. How they handle adversity. How they handle conflict. How they handle life stuff that comes up. How they handle work stuff. You need to spend as much time with this person, you're evaluating them. Talk about how life is going to be when you get married. Talk about the style of parenting you're looking to do. And yes, you should absolutely discuss parenting style before having kids. Here's another thing, if you're going to be with somebody, they need to match your parenting style. If you haven't thought about parenting styles, then you might just be under the fog of getting married. These are all important things you need to consider when you are thinking of popping the question. There's no rush.

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A great relationship builds. You want a best friend. A best friend you can rely on for life. You want somebody who knows you inside and out, so you, not only can feel safe around them, but they can feel safe around you. You need to have an amazing communication relationship between the two of you. These are just some of the things you need to think about before you go nuts, and marry somebody before you're ready. If you do, your partnership will be plagued with relationship problems. So I repeat, there is no rush! This is the biggest


decision of your life! This is the potential mother of your children. This is the woman you're going to share your bed with. Hopefully for the remainder of your life. So take your time. Get to know her. Make a decision based on not pure emotion, but on pure reality.

*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 Q&A: Am I His Catfish?

 *Tammy J.: The guy I've been seeing is nice, but I'm not sure if he's really "into" me. He's also distant and secretive so that makes me anxious. He hasn't gone public with our relationship online but he sends pictures of us to his mother. I want to think this is a good thing, but it kind of feels like he's using me. Could he be catfishing his mom? We haven't officially called each other boyfriend/girlfriend, but I think that's what he's been telling his mom otherwise.*

Dating has always been complicated. Add the internet, social media and electronic devices into the mix, and it can get confusing real fast. However, do not fret. Leave it up to our relationship experts who can offer their best [dating](#)

[advice](#) on using technology to navigate your relationships. Technology is here to stay, after all, so take advantage of these amazing tools! Learn valuable dating tips from Cupid's very own, matchmaker Suzanne Oshima and relationship expert Robert Manni. Here they'll answer your questions on determining whether someone is using you as their catfish.

## Technology Dating Advice That Will Help You Find A Catfish

[Suzanne K. Oshima, Matchmaker](#): It's time for you to first get clear on what you want and need in a relationship. Once you're clear, then you need to evaluate whether he's meeting your needs. If he is, then just share with him that you're confused as to what you are to him, and just let him clarify things for you. If he's not what you want or need in a relationship, then it's time for you to move on to a guy who is into you and is proud to declare you his girlfriend to everyone.

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[Robert Manni, Guy's Guy](#): Unless you know your guy and his mom well, it's not easy to have a clear picture of their relationship. So, instead of focusing on something you have no control over, have a chat with him about *your* relationship. Since you are not sure where this new "relationship" stands, this is a good time to ask him where he sees things going with you. Don't pressure him, but get to the heart of the matter. If he's into you, he'll let you know. If he wavers or his responses are vague, you might want to reconsider where you're investing your emotions. I doubt you want to be with someone who does not feel the same way about you.

*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.*

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# Relationship Advice: How Do I Know If I'm Rebounding?



 By [Joshua Pompey](#)

You're fresh out of a volatile relationship and ready to start something new. What an exciting time in your life, right? But not so fast! Before you go jumping into that next relationship, ask yourself the question: am I really ready, or am I simply on the rebound? Below are five signs you may not be quite ready to take on a new partner yet. Follow this [relationship advice](#) so you can avoid hurting yourself and others.

## Relationship Advice That Will Help You Determine Whether You're Rebounding

**1. You're rushing into the process:** These days we live in a world of unlimited options. Get out of a two year relationship and within seconds you could be online and swiping right for that next partner. But just because you can, doesn't mean you should. The heart takes time to heal, and even if you were the one who initiated the break up, or as people famously say, "It



felt like we were broken up for months,” you still need some time to breathe and be on your own first. Eventually you will be ready to swipe right until your fingers are bleeding, but in the beginning stages, take your time.

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**2. Dating nostalgia:** If you are on [date night](#) with someone new and find your mind constantly glamorizing the past with your ex, you are still on the rebound. Regardless of how many memories you have in certain locations, if you are truly ready to be with someone new those memories should fade to the back of your mind and allow yourself to be in the present. Allowing nostalgia to get the best of you means you just aren't ready.

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**3. You still have an impulse to text your ex:** If you have that impulse to text your ex every time you see an inside joke or something that reminds you of them, you are definitely still on the rebound. No matter how innocent you convince yourself that sending your ex a text is, it's not. You are just using it as an excuse to make contact with someone you miss. That isn't fair to your future partner, so sort that out before you pursue a new relationship.

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**4. Bringing baggage along for the ride:** Sometimes bad relationships can be very volatile and come with a whole lot of fighting. But once you break free of that and move on to someone new. You can't bring the old tensions, suspicions, and unhealthy behavior along for the ride. A new relationship needs to be a completely fresh slate. If you can't do that, you aren't ready and will only set yourself up for countless [relationship problems](#).

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**5. The effort isn't there:** You can't put in a 110% effort physically or emotionally if you are still even the slightest bit focused on your ex. Block him or her on Facebook. Block text messages. Do whatever it is you need to do to forget that person. Not being on the rebound allows you to put your heart and soul into making that other person happy, and just as importantly, making yourself happy in the process!

*For more information from our relationship expert Joshua Pompey, you can read free articles and advice [here](#), including why you should [avoid matchmakers if you are over 40](#).*

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## Relationship Advice: Our Connection With Sleep



 By [Dr. Amy Osmond Cook](#)

More people do this than you may think. [Taylor Swift](#) does it. [Kendall Jenner](#) does it, too. Some people have caught [Katy Perry](#) and Demi Lovato doing it, and supermodel Heidi Klum credits it as one of her best beauty secrets. What are they doing? They nap. And they make sure to get a good night's sleep. With less than 40 percent of Americans getting a satisfactory amount of sleep each night according to [gallup.com](#), it is evident we have a love/hate relationship with sleep. What happens when we sleep? And why is it so important for our well-being? "While we doze, our brains and bodies aren't slacking off, they're at work, repairing us

after the day's battles and refueling us for tomorrow's slog—in more ways than you likely realize," [prevention.com](https://www.prevention.com) writer Sarah Klein says. The brain and heart are recharging, the liver is detoxifying the day's activities, and skin cells are reproducing and repairing. With the role of sleep being such an important part of our wellness, it's time we build a healthy relationship with sleep. Here are four ways to do it.

## Want to feel less tired during the day? Then follow this relationship advice about sleep.

**1. Don't ignore sleep.** The notion that sleepless people can accumulate a "sleep debt" is true. And the long-term effects of neglecting the need for better sleep can have a negative effect on daytime functions. "The curious thing is that with sleep deprivation, you can only pay off a recent debt," Brandon Peters, M.D. says. "Fortunately, the short-term effects of sleep deprivation are quickly reversed by getting adequate rest." Although the damage from years of not sleeping may be difficult to remedy, we can start improving our sleep habits now with immediate benefits like improved motor skills, better concentration, and decision-making skills.

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**2. Pampering is required.** The best way to welcome a good night's sleep is to adhere to a routine. Experts from The Mayo Clinic suggest going to bed and waking up at the same time each day. And try adding a soothing ritual like a hot bath, relaxing music, reading a good book, or dimming the lights for quiet meditation. It will help lull you into a deep sleep that will allow you to wake up energized for the next day.

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**3. Let the process progress naturally.** Although getting seven to nine hours of sleep per night is the popular belief, some of us simply don't need that much sleep. The National Sleep Foundation conducted recent studies that place more emphasis on the way you feel rather than dictating a specific amount of time. "Pay careful attention to your mood, energy, and health after a poor night's sleep versus a good one," experts at Sleep Foundation say. "Ask yourself, 'How often do I get a good night's sleep?' Like good diet and exercise, sleep is a critical component to overall health." The National Sleep Foundation uses a series of questions to measure adequate sleep. For example, after sleeping seven hours, do you feel productive and happy? Are you overweight? Do you rely on caffeine to get you through the day? And do you feel sleepy while driving? The answers may help you better gauge how many hours your body needs to stay healthy.

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**4. Give sleep your full attention.** If you want to improve your sleep quickly, put down the electronic devices before you go to bed. "The pervasive glow of electronic devices may be an impediment to a good night's sleep," [Washington Post](#) writer Meeri Kim says. The culprit is the blue light emitted by computer and smartphone screens. The physiology behind it stems from the tiny pineal gland in the brain. It releases melatonin a couple of hours before you are ready for bed. However, the blue light of electronic devices prevents the pineal gland from releasing melatonin, which means you don't feel sleepy. And, morning arrives before you've had a chance to get a good night's sleep.


The health risks from a lack of sleep are enough to keep you awake at night. But by catching up on lost sleep, sticking to a routine, gauging how we feel each morning, and unplugging at

night, we are on our way to a healthy lifestyle that can lead you to your future sweetheart. And, that's just dreamy!

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

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## Relationship Advice: How to Handle Your Significant Other's Family

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

So there's a new someone in your life. They're the bee's knees, the cat's meow, the best thing since sliced bread. You're so head-over-heels in love with your new partner. You two have gone through almost everything as a couple- the laughs, the tears, the fights. Unfortunately, you have yet to cross off one of the leading causes of breakups: the family. You decide it's time to mention the forbidden four word phrase, "Mom, I've met someone." You set the day, time, and place for the big reveal. You eat, talk, laugh; all seems to be going well. After several attempts to reunite are turned down due to "last minute obligations," you begin to question your confidence regarding your family's approval. So what do you do? Potentially hinder the future of your relationship by molding yourself into the ideal candidate the family wants? Or risk furthering the divide between you, your significant other, and your significant other's family by remaining true to who you are, making uncomfortable family outings few and

far between? [Relationship experts](#) Lori Zaslow and Jennifer Zucher share insightful relationship advice on how to maintain a steady, healthy relationship with the family by understanding and accepting the situation and remaining yourself within your relationship. If you think your significant other's family aren't fond of you (or vice versa), take heed of the following [dating tips](#) and avoid relationship problems.

## Relationship Advice on How to Handle Your Significant Other's Family

**1. Don't force it :** Just because you're in a new relationship, don't expect your significant other to perfectly fit into the family dynamic right away. In some cases, the significant other is exactly what the family expected. However those cases have made their way onto the endangered species list. Don't get offended if your significant other doesn't want to take part in, or isn't invited to every family outing. Allowing both your family and your significant other to ease into the family relationship at their own pace is healthy for a long, successful relationship. As the significant other, don't patronize the family, or act differently in an effort to impress them. Any fake personalities will just come off as awkward and uncomfortable, and give the family more excuses not to like you.

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**2. Understand and learn to accept the outcome :** Sometimes no matter how hard you try, two people just don't click. It doesn't mean either one is right or wrong. It just simply means that these two particular people weren't meant to get

along, and it is up to you to learn to accept this. The sooner you accept the fact that your knight in shining armor may not be the hero your family was looking for, the sooner you can learn to navigate the situation. Make the best of a not-so-favorable mix through compromises, such as agreeing to attend family gatherings but keeping the house an outside family free zone. Remember, in these situations, compromises are made not for one person, but for the relationship as a whole. Therefore, if the compromise doesn't exactly go in your favor, take a step back and remember the real reason you're in this situation, because you love your significant other unconditionally want things to workout between the two of you.

**Related Link:** [Relationship Advice: How Far Will You Go for a Relationship?](#)

**3. Remain respectful:** As soon as the situation has been accepted, the people involved can begin working on a relationship that works for everyone. The most important thing to remember, however, is to remain respectful and rid of any hostility felt towards one another. Learn to respect boundaries and control your emotions when in familial situations. However, if you ever feel guilty or pressured into choosing between your family and your significant other, it may be wise to re-evaluate the relationship from other points of view, or consider if their requests are fair. Your family or your significant other should never put you in the situation to choose one over the other. Instead, all parties involved should respect one another's decisions and remain as positive about the situation as possible.

*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.*

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# Relationship Advice: How Far Will You Go for a Relationship?



 Dr. Jane Greer

Singer Ed Sheeran found true love on another continent. When he first started dating girlfriend Cherry Seaborn, she lived in New York and he lived in England. The two, who met in school, made that work for a while before Seaborn moved to England to be closer to Ed. The latest buzz is that Ed plans to propose to her soon, sealing the deal that has seen a lot of miles traveled to build their relationship before finally ending up in the same place. This is not an unusual scenario.

**Since celebrities and singers are so busy on set or on tour, they often meet and even strike up a relationship with someone who lives far away.**

You certainly don't have to be a celebrity or songwriter to travel the world to find love. Sometimes, if you're lucky, work will take you to another place where you might meet someone you feel a connection to, and then you find yourself trying to stay in touch with the hope of building a relationship. Other times you might be forced to become more



creative in your pursuit of finding a romantic partner. Whatever the case, while long distance is never easy, it is much more doable these days with all the social media that keeps us connected and has bridged that gap that might literally be between you. With Skype, Instagram, Twitter, Facebook, email, and even a good old-fashioned phone call, people can interact and feel like they are together even when there is a great distance between them. This allows couples to not only feel close, but also to actually get to know each other and begin to date when they aren't in the same town or, in some cases, the same country.

So if you are contemplating broadening your horizons, what is the best way to go about it, especially if your job is not going to take you someplace new? Consider this relationship advice. This might be particularly timely now that Valentine's Day is over and spring is right around the corner, both which might spark your desire to step outside your comfort zone to meet that someone. Here's how to proceed. Use a dating app, which is a great tool in this process. Many people flinch at the thought of doing so, because they have tried it and it didn't work out, or they had a negative experience, or they feel they should be meeting someone spontaneously instead of in this formalized way. Consequently, they have tried it and won't use it again, or are reluctant to use it in the first place. However, one bad date doesn't translate into all dating apps being useless. Proceeding that way would be like having a cut on your wrist and amputating your arm. By excluding them from your options you could wind up missing out on a terrific way to meet a great person who could be your friend or even more.

So instead of generalizing all dating sites, consider them individually. If you are ready to go abroad, [AnastasiaDate.com](http://AnastasiaDate.com), [AsianDate.com](http://AsianDate.com), and [AmoLatina.com](http://AmoLatina.com) are the apps for you because they specialize in international dating both in Europe and Asia. In using these apps you expand your

search far and wide, give yourself the chance to experience the culture of another country, and create the opportunity to build travel into your lifestyle as well, all while achieving your main goal of finding love. Best of luck to Ed Sheeran and his girlfriend. They are the perfect example that absence makes the heart grow fonder.

*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: Is it worth it to try relationship counseling in the dating phase, or is it a lost cause?**



 By [David Wygant](#)

I've been coaching for 17 years and I'm a firm believer in any type of counseling, therapy, or coaching that you can get will actually make your life far more fulfilling than just trying

to get advice from friends and Google searches. As a [relationship expert](#), I've been asked this question many times: Is worth it to try relationship counseling in the dating phase or is it a lost cause?

## **Find out if you and your loved one could benefit from some counseling with the following relationship advice.**

Here's my take on it. It all depends on what the counseling is all about. To me, when I look at couples come into my office, I always look for the foundation of their relationship. Is the relationship based on mutual values? Do they have the same language of love? Meaning are they understanding each other's desire and need to be loved? How are their communication skills when it comes down to crisis management? How are their communication skills when they have to ask each other for needs, wants, and desires? What is their sex life like? Are they able to understand and fully satisfy one another in that way? There's a lot of other things that I can list here. But when it comes down to couples, you need a foundation in order to go and actually counsel through periods of roughness.

**Related Link:** [Relationship Advice: Post-Engagement Behavior](#)

There's not one couple out there that I've not met and seen that have all the tools in the tool chest to be able to negotiate through every relationship issue. So you need to look at your relationship and ask yourself this. What seems to come up over and over again between the two of you? Because anything that comes up over and over again is a dynamic that you don't have the tools to fix or change. Take a look at your argument history. Are there arguments that you're having on a regular basis? And is it always about the same thing? A couple

once came into my office and they were having the same dynamic over and over again. He didn't feel like he was being heard. She kept cutting him off whenever he said that because she went into defense mode. So he felt frustrated and wasn't able to express his needs and desires in the relationship. And this perpetual cycle kept going on and on and on. I was able to counsel them through that. I was able to get them to understand one another. I was able to get her to listen to him more clearly. And he was able to express his needs, wants, and desires to her without feeling cut off or shamed; and this was achieved with only a few [dating tips](#). So you need to take a hard look at your relationship and find the source of your problems.

**Related Link:** [Relationship Advice: Why Isn't It Easy to Say Goodbye?](#)

Once again, if there's one or two dynamics that seem to be repeating over and over again and you can't seem to come up with a solution or find a way to make each other satisfied and happy, then couple counseling is fantastic. Especially if you really desire to be in a long-term partnership and/or relationship with this person. But if it's a list of things and you're not understanding each other on many levels, then you're in the wrong relationship in the first place and you haven't done the work on yourself to really figure out exactly what you're looking for or need. However, with an open mind and a good counselor, you can learn worthwhile [relationship advice](#). You never know when you can apply these tactics to another relationship.

**Related Link:** [Relationship Advice: Understand What You Don't Want](#)

So I'm all for couple counseling to negotiate through some of the tough journey through things that you can't negotiate through yourself. And it doesn't matter if you're in the dating phase or if you're in the romance stage or whatever


stage you're in. If you're committed to that person, counseling is telling that person I'm committed to understanding you on a much higher level and I'm committed to making this relationship work out fantastic. And I know I don't have the skills or the tools to get past some of the bumps that we have coming up in the road. So it's great to be able to talk to somebody. I'm all for it. It's healthy, it's fantastic, and I appreciate when people have the guts to stand up for the one they love in effort to avoid [relationship problems](#).

*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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## **Celebrity Breakovers: Kardashian Breakups That Have Broken Necks & Other Helpful Relationship Advice**

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

As healthier lifestyles have become a steady trend across the

nation, the next generation grows more comfortable bringing health and fitness into their relationships. The latest craze that is catching fire is the breakover. What on earth is a breakover you may ask? Well, a breakover, otherwise known as the “revenge body,” is a complete reinvention of oneself. By changing one’s image through the transformation of mind and body as they shed both the pounds and people holding them back. If there was an award ceremony for Hollywood breakovers, spots one, two, and three belong to, yep, you guessed it, Khloe, Kourtney, and Kim Kardashian. Not only did their breakovers that focus on being fit, but also on staying fabulous, and falling back in love. In other words, the Kardashian sisters turned their breakups into breakovers and started breaking necks. Here’s some [relationship advice](#) that can help you achieve your own breakover.

## **Relationship Advice That Will Encourage You To Turn Breakups into Breakovers!**

**Be Fit Like Khloe:** [Khloe Kardashian’s](#) breakover is probably the most significant of all time. Since her split from husband Lamar Odom in 2013, she has shed 35-pounds and transformed herself from “the fat, chubby, unhealthy sister of Kourtney and Kim,” to a gym enthusiast with a commitment to healthy living. Her breakover focused on finding self-love and independence after a devastating divorce, and she managed to break the bank as it inspired both her own book *Strong Looks Better Naked* and her own TV series, *Revenge Body*. Getting a “revenge body” after a breakup is one of the best ways to move on. Yes, you have the ability to show your ex what he or she is missing. More importantly, however, you gain the confidence you need to get through one of the most humiliating, insecure times in your life. Exercise has the ability to transform from the inside out. A breakover that focuses on fitness and

healthy living not only improves how others view you, but how you view yourself. Trimming the fat includes both the extra relationship weight and the negative attitudes, vibes, and opinions surrounding the breakup. Breakups can leave you with a lot of free time. Instead of wallowing in self-pity and a pint of ice cream, do yourself a favor and sweat out your negative energy, thoughts and feelings. Your future self and significant other will thank you for it.

*“Fitness is not about being better than someone else... It’s about being better than you used to be. I’m not where I want to be, and who knows if i ever will be.” – Khloe Kardashian*

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**Be Fab Like Kourtney:** Back in 2015, [Kourtney Kardashian](#) called it quits with long time love Scott Disick. After nine years and three children, Kourtney decided it was best if the couple spent some time apart. As Scott continued to spiral, Kourtney continued to squat, making her, hands-down MILF of the year. Although Kourtney flaunted her post-baby abs and cellulite-less tush, she gained most of her recognition from her Kylie-like fashion statements. The eldest of the three sisters had no shame in her game as she flaunted her revenge body in stylish crop tops, daisy dukes, and bodycons while rocking bold lips and eyes. How you dress after a breakup speaks volumes about how you’re handling the split. It is important to critique your style so that, although you’re an emotional mess on the inside, you project a classy lady who hasn’t lost her grace and dignity. Just like Kourtney, don’t be afraid to step outside your comfort zone and wear something you feel sexy in. Heels are also a breakover essential. Heels transform the way you look, from your legs up to your shoulders. You’ll be amazed at the level of confidence of few inches adds. Transform your normal makeup routine with sparks of glamour. Don’t be afraid to test a new lip color, or a sultry smokey

eye. The glam additions will only further your confidence, helping you to love the new you in your new single life. The strong, confident face you see in the mirror now is the perspective you need to move on in the future.

*Khloe – “Who calls you Queen?”*

*Kourtney – “Every single person on Twitter, Instagram, and anyone that meets me.”*

**Related Link:** [Celebrity News: Kourtney Kardashian & Justin Bieber Hang at Club After Fling](#)

**Be Fallen Over in Love Like Kim:** Although Kourtney and Khloe used physical attributes to motivate their breakovers, [Kim Kardashian's](#) breakover focused more on an emotional makeover. After her disastrous, 72-day marriage to Kris Humphries ended, Kim, just like the rest of us, was left heartbroken and humiliated. Opinions swirled regarding the two, adding to the emotional turmoil of the split. We all are aware of the drama that followed the split, and later Kanye's proposal of the century, so I'll just skip right to the most important part of Kim's breakover: Time... Time to heal, and time spent alone. Breakups, separations, and divorces are all nasty and affect all parties involved. All incur lingering heartache, while some experience a degree of guilt, issues and questions. None of which can be fixed or answered immediately. Yes, rebound hookups and dates make you feel uplifted in the moment, however those feelings are only temporary and don't resolve long term sorrow. A breakover that focuses on regaining independence, finding self-love, and taking the time to grow a friendship with your prospective partner is more important than jumping back in the saddle with the bartender at Chili's. Instead, try a slow burn relationship like Kim and Kanye to see your relationship from a different perspective. You meet, hangout, build a friendship, experience things separately, and then realize this person is actually your lifelong partner. Give yourself enough time to heal from your previous



relationships, and realize that you can stand on your own two feet. Get to know the friends you already have; you never know when one might just be “the one.” The honeymoon stage will wear off, but the passion from knowing your best friend on a deeper level never will.

*“I used to think, well, can you really have it all? The truth, the excitement, and the passion? Now I know you can.”*  
– Kim Kardashian

*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.*

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## Relationship Advice: Can You Cheat Jealousy?



 By Dr. Jane Greer

[Kristen Bell](#) recently shared how her husband, Dax Shepard, was her wingman at the Golden Globes so that she could meet her celebrity crush, Riz Ahmed. This is a perfect example of a relationship where both partners are secure and completely trust that, even though one may find another individual attractive, it won’t challenge their fidelity. It’s natural to see others as appealing, even when you’re in a committed, monogamous relationship, but it is also important to remember that everyone’s physical appearance changes. People get older, and sometimes they get sick. Beauty is not enough to sustain an ongoing romance. If you know in your heart that you’re always the most important person to your partner, then even if

they have flirtations and/or a crush, it will enable you to tolerate your partner's attention or interest in someone else without feeling threatened.

## **So, how do you get the trusting feeling that equips you to joust jealousy? Here's some [relationship advice](#).**

Make sure you take the time to tell and show one another how much they turn you on. If you are able to do this even when someone hasn't taken the time to dress up – when they first wake up in the morning and are makeup free, or are playing with the kids and despite being covered in dirt from the backyard look so manly – it can mean even more because those are the real moments of living. They can bind you in intimacy because you are seeing each other through the eyes of love. Also, be aware of your partner's likes and dislikes so that you can take them seriously. This will help them feel supported, cared about and understood by you, and help keep the air clear so tension doesn't build. You don't have to be the best looking person in the room, just the best in your partner's eyes.

**Related Link:** [Famous Couple Kristen Bell and Dax Shepard Plan Date Nights Mathematically](#)

By following this recipe, you strengthen your bond so that you can buffer your relationship from other people coming between you. When you have a solid foundation and know that you both have each other's back, it gives you the confidence to handle a passing flirtation knowing that's all that it is, something that is in the moment and will pass. Whether it is meeting one of your high school first loves, an old flame from college, a new work partner, or anyone who might be perceived as a

possible intruder, the two of you can remain impenetrable.

**Related Link:** [Expert Relationship Advice: How to Handle a Jealous Girlfriend](#)

Another ingredient in the trust recipe is that when either one of you feels insecure and voices that, it is important to respond with a heavy dose of reassurance. Rather than getting angry, minimizing your partner's feelings, telling them they are being ridiculous and continuing your behavior or ignoring them, instead let them know that it doesn't matter how many people you are talking to because they come first and you only want to go home with them.

Everyone is drawn to other people at times, but attraction and intimacy are two different things. One is instant and the other takes time to develop. If you trust this, and know your connection runs deep, you will be better able to cheat any jealousy that might come up and move forward as a team that nobody can divide. It seems that Kristen and Dax have this recipe under their belts.

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

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# Parenting Advice: You're Never Too Old to Have a Child



 By [Dr. Jane Greer](#)

You're never too old to have a child – just ask Steve Martin, Mick Jagger, Ronnie Wood, and many other [celebrity dads](#) who are choosing to become fathers later in life. While there is no ideal age that is perfect for every couple, having children at an older age has many benefits and also a few possible drawbacks. And you certainly don't have to be a [celebrity](#) or a dad to consider starting a family beyond your twenties and thirties. In fact, because of various reasons including being caught up in their professional lives, many people are realizing it doesn't have to be one or the other, and despite focusing on their career for years realize they have not missed the chance to have kids. With that in mind, along with the current fertility technology and the possibility of adoption, many are pursuing that goal in their forties and even fifties. If you are in a new relationship with an older or younger partner, or you're older and finally ready to enjoy the joy of parenthood, or you have kids with an ex-spouse, but want to share that experience with a new one, there is still time.

**Here are a few things to consider while you contemplate having kids later in life.**

On the positive side, waiting to have a baby means there is more time available to pursue your career before settling down. It gives you the chance to focus on work and achieve the

goals you set for yourself without feeling guilty that you don't have time for a child, or weighed down by the details of taking care of your family. Additionally, because you were able to fulfill your life dreams you may be more content and relaxed when you are faced with the additional responsibilities that come with parenthood. Furthermore, being older parents can also mean more financial and emotional stability for the kids, as well as a higher level of wisdom and teaching that comes from extra life experience, along with resilience and stamina which are essential qualities in a good parent. And of course, what better way to bring youth back to your home than to have a baby? Of course the family dynamics do change somewhat the longer you wait, but there's something to be said for getting the most out of the first chapter of life before starting the next one.

**Related Link:** [How Raising a Child Can Bring you Closer Together as a Couple](#)

On the flip side, though, there are a few other things to keep in mind. In truth, one's physical energy level is not the same when you're older as when you're younger. Being able to deal with the high demands and energy level of children themselves is something to be aware of. Of course, there is always the option to reach out for childcare support, no matter what age you are, when you become a mother or a father. Even more serious is the hope that one will live long enough to see their children reach different junctures in life – high school graduation, a wedding, the birth of a grandchild. The older you are, the more this might come into question. Mortality can be something that enters into the picture when the decision is made to have children at a later date.

**Related Link:** [Why It's OK to Have Kids Later In Life](#)

In the end, you have to consider the pros and cons of bringing a new person into the world at any time in your life. Why not do it when you are more established and more grounded in the

world, just like Steve Martin and the other celebrity dads did? It might be as good a time as any, especially if you missed the chance at an earlier stage.

*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.*

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## Relationship Advice: When The Person You Love Suffers From An Anxiety Disorder



By Amy Osmond Cook for [Divorce Support Center](#)

This time of year is filled with holiday magic and festive gatherings with friends and family. But for many, the holidays ignite staggering levels of anxiety that paralyzes the sufferer with fear. Celebrities such as Emma Stone, Oprah Winfrey, and Jennifer Lawrence have been candid about their struggles with anxiety disorder while balancing public life. The road hasn't been easy. "The first time I had a panic attack, I was sitting at my friend's house, I thought the house was burning down," said Stone. "I called my mom, and she

brought me home. For the next year, it just would not stop.” How can you create a feeling of normalcy with your partner when the circumstances are far from typical? “For the majority of our residents, the holiday season brings family together and cheerful memories of Christmases past. But for some, this time of year brings on higher levels of anxiety and depression,” said Mark Hymas, executive director of Copper Ridge Health Care. “We watch for changes in behavior and initiate conversations where we can talk about his or her feelings and find a solution that can best help during this stressful time of year.” If anxiety is a large part of your relationship, here are three pieces of [relationship advice](#) to understand when the person you love suffers from an anxiety disorder.

## Relationship Advice For Those Who Know Anxiety Sufferers

**1. Their anxiety disorder makes them tired.** Some people view their role as they are the one worrying about their loved one’s anxiety and trying to find solutions while their partner sleeps and doesn’t seem to think about it. In reality, nothing could be further from the truth. “I still do get terribly nervous, and that’s partly due to the fact I think too much and over-analyze things,” said Amanda Seyfried. Anxiety sufferers think about their situation – a lot. “Anxiety is naturally tiring,” said Ryan Rivera, relationship expert and founder of CalmClinic.com. “Anxiety can essentially cause both low and high levels of fatigue, and leave you feeling incredibly drained.” Rivera added that tiredness is much easier to prevent than it is to stop. “That’s why you need to take steps to start controlling your anxiety better,” he said. “The less intense your anxiety is, the less tired you should feel.” This year, limit your attendance to gatherings that are meaningful or more intimate with close friends and family.

**Related Link:** [Relationship Advice: When Your Partner Sings The Blues, It May Be Something More](#)

**2. They don't like being around their anxiety, either.** Like most people, anxiety sufferers don't want to be defined by their anxiety disorder. "If you truly want to be supportive of someone with anxiety, remind them that you appreciate the individual behind the anxiety," said contributor Jake Mcspirit. "Recognize that they are more than just their anxiety." Anxiety sufferers understand that their behavior is irrational, and they feel frustrated by seeing their irrational responses. It doesn't help to point them out. "What they need is compassion, understanding, and support," said Mcspirit. "Very rarely do they need advice on how irrational and pointless is their anxiety."

**Related Link:** [Relationship Advice: 4 Survival Tips When Bah Humbug Meets Father Christmas During The Holidays](#)

**3. Partners can be part of the solution.** Most partners are unsure of the best way they can offer support to their loved one. Although living with anxiety disorder can be overwhelming, The Anxiety and Depression Association of America encourages partners of those suffering from anxiety disorder to play an active role in treatment. "In one approach, a mental health professional enlists the partner as a co-therapist," said the ADAA experts. "With training, the partner can assist the patient with homework assigned by the therapist. This might involve accompanying the patient into anxiety-producing situations and providing encouragement to stay in the situation by using anxiety-reduction techniques." ADAA recommends setting specific goals that challenge the loved one to progress through different levels then be sure to note the progress.

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



If someone you love suffers from anxiety disorder, ensure all is truly calm and bright this time of year by recognizing the physical toll these emotions create for your loved one. Take time to understand the frustration behind their responses, and appreciate your role in the solution. With support and encouragement, your partner will share in your joy during what can be considered one of the most cheerful times of year.

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

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## Dating Advice: 3 Online Dating Trends to Watch Out For In the New Year



By [Joshua Pompey](#)

The New Year is upon us. And for some of us, this means a symbolic fresh start. Especially in the world of online dating. But before you start firing up those dating sites again, take a moment to note these three new trends that are emerging in the online dating world, and the [dating tips](#) that will help you avoid relationship problems.

### Dating Advice That You Should Try Out In 2017

**1. The emergence of the dating apps:** From my observations as a relationship expert, dating apps are quickly becoming a

dominant presence in the online dating world. With the ability to swipe left and right for the perfect match, singles all over the world are flocking to the convenience that these apps offer. But with progress always comes a price. Dating apps are also filled with members who are flaky, have short attention spans, and members who are simply looking for a hook up. Enjoy the convenience if you wish, but if you are looking for a serious relationship, this might not be the most effective road to go down.

**Related Link:** [Dating Advice: I'm Never Single. Is it Bad to Go From One Relationship to the Next?](#)

**2. Online dating exhaustion:** With the emergence of the online dating app, dating fatigue is also in full effect. Sometimes having too many options can create the paradox of choice, leading to a multitude of conversations and “matches” that never actually lead anywhere. Users constantly become distracted by the “next best profile” and this eventually leads to complete exhaustion and the urge to quit online dating. The solution? My dating advice, If you engage in online dating apps, stay focused and stop swiping until a few of the conversations you are already in lead to an actual date. If those dates don't work out, then you can resume swiping again.

**Related Link:** [Dating Advice: Do Pick Up Lines Actually Work?](#)

**3. Pick up the response rate:** Once upon a time emailing someone back once a day or every other day was more than sufficient. In fact, responding to someone's emails more than once every other day would run the risk of making you appear desperate. But not anymore. These days, attention spans are shorter than they ever have been and if you don't stay prominent in the other person's life, you run the risk of him or her flaking. Make sure you respond at least once a day, and if you can, twice a day. As a rule of thumb, try to mirror that patterns and speeds at which the other person is

engaging you. If they are quick on the trigger and you are interested, don't leave them hanging too long.

For more information, you can visit Joshua Pompey's [home page](#) for free advice and services.

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## Celebrity Couple Predictions: Ariel Winter, Bradley Cooper and David Foster



By [Shoshi](#)

In the latest celebrity news, three famous couples have caught the public's attention. One of which is new celebrity couple is stepping out in young Hollywood, while a more seasoned couple is prepping for a celebrity baby, and another is just getting things started. . But who's stepping out this time around hand in hand? Join me as I look into the crystal ball of relationships and love. Below, I share my predictions for these [celebrity couples](#).

## Celebrity Couple Predictions: Celebrity Relationships That May or May Not Last

**Ariel Winter and Levi Meaden:** Looks like there's a hot young couple alert, because Ariel Winter and Levi Meaden have stepped out on the red carpet together making their celebrity

relationship official after months of speculation. Winter is very smitten with Meadan, though it's not hard to blame her. He's cute, tall, and he's quite charming. She's a great catch as well. Both of them want to experience a fun, yet respectful relationship. Winter has no time for childish men. Being wise beyond her years makes it a bit difficult for her to find man that she connects with. That's where Meaden comes in. He has no problem with a smart woman whose fiery so they are a good match. Fun is the theme of this celebrity couple and they may even learn a thing or two about love. After Meaden, Winter will end up dating an older man.

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

**Bradley Cooper and Irina Shayk:** With a baby on the way and rumors swirling, Cooper and Shayk have everyone wondering if they are engaged. Shayk has a new mystery ring on her finger. But since she hasn't had the baby yet, it's safe to say that it's probably not a push gift. My psychic senses say that they plan to have a secret celebrity wedding to seal the deal. Cooper is all about family and he thinks it's time for him to settle down now that a baby is on the way. He wants to give married life a try since he's seen it work for other longtime Hollywood bachelors. Babies bring about happiness and emotions so it's a wonderful time for Cooper and Shayk. While I would love to say it will be all unicorns and rainbows for these two, that's not the case. They are a bit like a roller coaster. There's a lot of up and down. Right now things are up due to the excitement of the baby. There needs to be a discussion about that each one of them wants in a marriage or they will last about three years tops.

**Related Link:** [Celebrity Baby: Bradley Cooper Is Spotted on a Run Post Girlfriend's Pregnancy Reveal](#)

**David Foster and Christie Brinkley:** Looks like David Foster and Christie Brinkley are spending some quality time together.

Actually it's more like there's been one date or two. However with celebrities, one date could mean an engagement in two months. It's safe to say that Foster has a thing for models since some of his ex-wives were models or beauty queens. While Brinkley seems to like a man with some musical talent since her longest marriage was to singer Billy Joel. This isn't Foster or Brinkley's first time at the rodeo, both of them have a lot of relationships under their belt. If they get married it will be the fifth wedding between each. Maybe the fifth time's the charm? Hold up on the celebrity wedding invitations. This relationship is simply two good looking, age-appropriate people enjoying each other. Marriage does not look like it's in the cards. That is not to say that this romance won't last. It's always nice to have a "maintenance person" on speed dial when one is looking for love. I predict that we won't ever know all the details of their romance, they will keep us guessing.

**Related Link:** [Yolanda Foster Files for Celebrity Divorce from David Foster](#)

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

**What celebrity couples do you want to see predictions for next? Tell us in the comments below!**

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**Dating Advice: We Just Started Seeing Each Other, Should I Get Them A Christmas**

# Gift?



By [David Wygant](#)

*'Tis the season to spend a lot of money, fa la la la la, la la la la.*

You just started dating somebody. You're getting to know them. So the big question is, what do you get them for Christmas? As a relationship expert, the greatest thing in the world is meeting somebody between Thanksgiving and Christmas because you literally are the gift. If you think about it, what have both of you been craving the entire year? Meeting somebody who is absolutely amazing and crazy about! So isn't that enough of a gift when it comes down to exchanging something this holiday year? If you still think you should do something special for your new partner, then follow my holiday gift related [dating advice](#).

## Dating Advice On Whether Or Not To Get Your New Partner Gifts This Holiday

So follow me on this one. The gift you give them is something that the both of you can do together because you came together during the holidays. So you need to do something that is going to be fun for the two of you to experience. Ask yourself a few questions: What do they like to do? What type of music do they like? Is there a restaurant that they love? Is there a place that they wanted to go for a little overnight trip? Is there a sporting event that they've been wanting to go see?

**Related Link:** [The Best Holiday Gift for Your Man](#)

Think of something that the two of you can do together and either buy tickets, book a little hotel room, or make a reservation. That, to me, is what this time of year is all about. It's about bonding. Connecting. And it's not about the physical gift at all. So if you're dating somebody and you just started dating them, do something that the two of you can experience and enjoy together! That is the best gift that you could possibly give them. The most important part of this brand new relationship is to continue to connect and get to know one and each other.

**Related Link:** [Relationship Advice: 10 Holiday Date Ideas For Long Time Couples](#)

In Los Angeles there's an island called Catalina, where you can get tickets to take the ferry over. Just imagine what a perfect date night that could be if I was just starting to see somebody during the holiday season. I could take them to Catalina, a place where we'd walk around and have lunch or dinner. And while you're going to be doing something different from my hypothetical Catalina date; you should try to do an activity that's unique and bonds you both. And there's nothing better than buying each other a little trinket from that adventure. If their eyes light up when they see a certain t-shirt because it reminds them of when they were a kid. Or if it's a woman, and she sees a little bracelet that's really inexpensive, get it for her. It's something that will remind her of the first Christmas the two of you spent together. Taking actions such as these are cute and adorable things that will trigger the emotions of a great first holiday, and romance that will hopefully turn into something unforgettable.

Keeping it simple, and keeping it together is what this is all about. You've already delivered the best Christmas gift each of you can give: you became each person's best person you dated all year. So cap it all off by spending some time together and trying out these few dating tips.

*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 Q&A: Is It Okay to Start a Relationship via Social Media?**



*Question from Alex O.: A few weeks ago, I reconnected with a friend from college on Twitter. We've been tweeting at each other since then and have plans to meet up this weekend. I feel like our flirtation is going to turn into something more – is it okay to start a relationship via social media?*

Dating has always been complicated. Add the internet, social media and electronic devices into the mix, and it can get even trickier. However, do not fret. Leave it up to our relationship experts who can offer their best [dating advice](#) on using technology the right way. Online dating is here to stay, after all, so don't be afraid to jump in and catch up with the times! Learn valuable dating tips from Cupid's very own, matchmaker Suzanne Oshima and relationship expert Robert Manni. Here you'll have your questions answered on whether or not it's a good idea to start a relationship through social media.



# Technology Dating Advice On Whether You Should Start A Relationship Using Social Media

[Suzanne K. Oshima, Matchmaker](#): Don't even think twice about starting a relationship via social media, it's totally the norm nowadays to meet and date someone who you met over Twitter, Facebook or Instagram. In fact, I know several people who have met the right man/woman that way, and they ended up marrying! And if this relationship turns into something more and you end up getting married, you will have a great love story to tell all your friends and family about how you reconnected with each other over Twitter.

**Related Link:** [Dating Advice Q&A: Why Do Men Ask for Photos?](#)

[Robert Manni, Guy's Guy](#): It's perfectly normal to begin a relationship on social media. My wife winked at me online and with that one digital exchange, we met in person and have been together ever since. So, I highly recommend using social media for romance if you are mindful of who you are and what you want out of the relationship. In your case, you already knew the person from college, so reconnecting on Twitter was not technically beginning a relationship on social media. But, you are using your digital re-connection to move the relationship forward. And, that's great. Because, let's face it; no matter how well we text, tweet or craft our Facebook messages, a true connection can only happen when two people get together face-to-face in the "real" world.

*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: 4 Survival Tips When Bah Humbug Meets Father Christmas During The Holidays



 By Amy Osmond Cook for [Divorce Support Center](#)

With gifts to buy, parties to host, baking by the dozen, holiday travel, and finding decorations that transform our homes into something rivaling the North Pole, it seems we can never get enough money, especially during the holiday season. In the world of celebrities, where [Beyoncé](#) uses \$350,000 worth of Birkin bags as stocking stuffers and Suri Cruise is treated to her own \$24,000 playhouse, it's hard not to get carried away with the Yuletide retail spirit – until your partner disagrees with you. When everything else in your relationship seems solid, how can a holiday spender and grinchy saver find harmony during the holidays? Here's some [relationship advice](#) and dating tips to keep things merry with your partner and your wallet.

## Relationship Advice That Will Help You Survive The Holidays

**1. As the spender, consider the root of your spending.** Here's a pop quiz: Name every present you received last year. It's hard to remember. The point is, the holiday season is the premiere "live-in-the-moment" season. What we think is

important at the moment quickly loses its value as time moves on. The one thing that lingers is debt – the gift that keeps on giving. Many of us feel the need to spend as a way to compensate for feeling lonely or inadequate. Perhaps we want to protect our family from negative memories, or we feel guilt and want to make up for it by showering people with gifts. For the rest of us, there is likely nothing sinister about it – we’re just bored and love a good deal. But when you place an unhealthy emphasis on things, you miss out on other ways to connect with those you love. “After owning up to what is really going on, the next step is to understand the consequences of your behavior,” said relationship expert Neal Frankle, a Huffington Post contributor. “Don’t beat yourself up. Just tell the spendthrift part of you to beat it.”

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

**2. As the saver, realize time passes quickly.** Balance is the key to finding a happy medium during the holidays. We should never abandon our plans to build financial security, but there are times when it seems right to invest in the moment, especially when it comes to family time. “Over the past decade, an abundance of psychology research has shown that experiences bring people more happiness than do possessions,” wrote contributor James Hamblin, which is a lesson for the spender in the house, as well.

**Related Link:** [Expert Dating Advice: How to Rebound from a Solo Holiday Season](#)

**3. Move the focus to experiences rather than stuff.** The saver in the relationship may not appreciate the advantages of owning a portable hot tub, but he or she may be able to recognize the value in a holiday concert, a gathering family and friends for dinner at a favorite location, or a weekend getaway with family. “Some people choose material things over spending money on experiences because they think it will hold

greater value. In truth, the appeal of purchasing that item decreases over time and it becomes clutter. But the memories of an experience remain strong.” said Justin Hatch, financial expert and founder of Startegy. Such moments together create lasting memories that endure long after the hot tub has stopped working and sits idle. As a compromise, the spender can buy a souvenir to mark the event. “Consider designing a budget for both people,” suggested Hatch. “The spender gets a budget for the holidays that will limit spending but still satisfy the need to shop, and the saver will also get a budget that requires a certain amount of spending as a means of staying engaged in the relationship.”

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

**4. Enjoy the moments, but plan for the future.** Experts conclude the base of a happy relationship between a spender and a saver comes down to perspective. One lives in the moment while the other focuses on an uncertain future. The key for the holiday season and throughout the year is to find a balance between the influences of the past, present and future plans. “Happiness may stem from a balanced perspective involving looking fondly on the past, enjoying the present and having goals to strive for in the future,” wrote the staff at [livescience.com](#), referring to a study conducted by Ryan Howell at San Francisco State University. His research found that a “balanced time perspective” makes people feel more vital, more grateful, and more satisfied with their lives. “If you are too extreme or rely too much on any one of these perspectives, it becomes detrimental, and you can get into very destructive types of behaviors,” Howell said. “It is best to be balanced in your time perspectives.”

The truth is, a spender will always enjoy shopping and a saver won't. But by understanding the motivation behind the need to shop and adjusting behavior, recognizing the value of time, appreciating the investment in experiences rather than

possessions, and finding a balance between spending and saving, your relationship will be ready for the holiday season and a satisfying new year.

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

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# Celebrity Couple Predictions: Mariah Carey, Prince Harry and Donald Trump



By [Shoshi](#)

In the latest celebrity news, three famous couples have caught the public's attention. In a sudden twist, wedding bells are not longer ringing for Mariah Carey and billionaire James Packer; while two other high profiled relationships seem to be going well between Prince Harry and Meghan Markle, and newly elected Donald Trump and his wife Melania. But who's stepping out this time around hand in hand? Join me as I look into the crystal ball of relationships and love. Below, I share my predictions for these [celebrity couples](#).

## Celebrity Couple Predictions: Celebrity Relationships That May or

# May Not Last

**Mariah Carey and James Packer:** As much as I was rooting for Mariah Carey to find love, my crystal ball told me that James Packer was not the one. That is not to say that Carey and Parker didn't have a good time together while it lasted. As quickly as their relationship came together, it quickly crumbled. There are reports that Packer was jealous of a back up dancer while it has also been said that Packer dumped Carey, because she spends too much money. She is worth over \$500 million dollars, of course she spends a lot of money. This relationship has had a big "not gonna happen" written all over it from the start. Planning a wedding before getting divorced from other people tends to put a negative vibe on a relationship. The ink isn't even dry from Nick and Mariah's divorce while Packer is still married. Not to mention that Packer looks about as interesting as a blank wall. Carey is too much woman for him. Don't cry for Mariah, she will love again. I see her with someone a little bit younger. As for Packer, do we even care what happens to him now?

**Related Link:** [Celebrity News: Mariah Carey Turns to Her Dancer After Problems with Fiancé James Packer](#)

**Prince Harry and Meghan Markle:** The word on the British streets is that Prince Harry has a new love in his life and her name is Meghan Markle. Unless you are a fan of the show, *Suits*, there is a chance that you have no idea who she is. Everyone should just calm down a bit. Step away from all of the wedding talk. This celebrity couple is getting to know one another, taking it nice and slow. He's hot and she's gorgeous. It makes for a very good time, especially since they have similar interest. It was a smooth move by the Buckingham Palace to let the media know that it's not cool to keep pointing out that Markle is biracial due to her African American mother. Black women around the globe are rooting for

Markle to add a touch a color to the royal family tree. Time will tell where this relationship ends up. Let's try to see if we can actually get a photo of them together before we say that they are picking out china patterns.

**Related Link:** [Celebrity Couple Prince Harry & Meghan Markle: Secret Toronto Visit](#)

**Donald Trump and Melania Trump:** I have stated several times that if Donald Trump didn't become POTUS, Melania would get divorce papers rolling sooner than later. I see that this whole election process has taught her a lot about her husband. It's one thing to know him as a shrewd business man, but ever notice how he would almost trample Melania to get out on stage for a round of applause. That's not much of a turn on. Also during most of the campaign, she looked like a deer caught in the headlights. Melania signed up for the money, but the White House is a whole other level. Everything that she does will be under a microscope. Within the next four years, she will feel very alone. She's not as clueless as the media makes her out to be. Maybe she will shine in her own way. Donald and Melania will be no where near was hot to watch as Barack and Michelle. The Trumpster will be too busy talking about himself, he will throw her a few compliments from time to time. Their celebrity relationship will continue to look like Beauty and the Beast.

**Related Link:** [Celebrity News: Melania Trump Calls Donald Trump's 2005 Comments 'Unacceptable and Offensive'](#)

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

**What celebrity couples do you want to see predictions for next? Tell us in the comments below!**

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# Dating Advice: I'm Never Single. Is it Bad to Go From One Relationship to the Next?



By [Joshua Pompey](#)

There's no doubt that single life can be a bit unsettling at times. In this day and age of swiping left and right- where sexual deviants and creepy singles are running rampant, sometimes the mere thought of staying single for a few months can feel like an eternity. And I'm sure with the emails some of you women receive on a daily basis on dating websites, it's a wonder that some of you are even able to maintain faith in the prospect of a relationship. So when a nice guy comes along as a potential partner, I can't blame you for wanting to dive right in. Great men are scarce, so why not jump at the opportunity when you see one right? As a relationship expert and matchmaker, I need to caution you that there's a problem with this. Jumping from relationship to relationship without ever exploring the single world, it's nearly impossible to learn who you are and what your needs are. Therefore, you're placing the need *for* a relationship over your ultimate needs *in* a relationship. And this can become very problematic down the road. If you don't want this to happen to you, take note of the following [dating advice](#).

## Dating Advice For Those Who Are Never Single

When I think of those who are always jumping from relationship to relationship, I always think of a former friend of mine who I unfortunately lost touch with a few years back. For the



sake of this article, let's just refer to her as Jessica. Jessica was an extremely funny, extremely attractive, and an all-around quality catch. Why didn't I ever date her? Well, truth be told, I never even had the chance to try. Jessica had spent pretty much her entire adult life in a relationship. After breaking up with her boyfriend of four years slightly after college, she was single for another two weeks before entering another relationship that lasted four years, and then waited another two weeks before meeting the man she ultimately married.

**Related Link:** [Dating Advice: Do Pick Up Lines Actually Work?](#)

Happy ending right? Well, it depends on the way you look at it. Truth be told, every single man she was ever with, including her husband, were good guys. They were nice, respectful, and never really did anything bad to her. At least that was the perspective my friends and I had from the outside. But at the same time, they never really seemed to have much in common. There was never any spark. Never any magic. Nothing that made you look at her past boyfriends or her now husband and say, 'Wow, they are great together!' It was always just two nice people that happened to find each other, got along, and continued onwards in that manner. Is she happy to this day? This is a question I can't answer for certain. I guess if someone *thinks* he or she is happy that's all that matters right? But as a matchmaker I ask the more important question, which is how much *happier* could she have been if she truly dedicated herself to finding a *great* match and not just an *acceptable* match all her life?

**Related Link:** [Relationship Advice: How To Handle Single-Shaming](#)

My point is, finding someone who is nice or that you get along with isn't good enough. Nor is jumping from relationship to relationship with a person who doesn't treat you well or with the respect you deserve. Finding the right person is a process


that takes time, dedication, and the ability to understand who you are and what your needs are. And the only way to truly figure out your needs is by being single, dating around a bit, and learning about yourself. So have fun being single for a bit and take your time out there with the dating tips I've provided. You never know, you just might enjoy it!

*For more information from Joshua Pompey, visit [Next Evolution Matchmaking](#), where you can learn how he is changing the landscaping of traditional matchmaking. Learn more [here](#)!*

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## Relationship Advice: What Your Type Says About You



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

Are you constantly striving for the tall, dark, and handsome guy? Or are you the type who goes for the cute guy you met at the bar, but after one night he never responds to your texts? Also known as the “douchebag boy.” Or is your type the genuine nice guy? With the following [relationship advice](#), we will reveal what your type says about you, and provide dating tips on how you can improve your love life.

## Relationship Advice That Will Teach You About Your “Type”

**The bigger, muscular, macho boy:** If your type is the muscular, tall, handsome boy then our millionaire matchmakers suggest

you may feel less secure in your own body. If you are attracted to men who are taller and bigger than you, then you like the feeling of having a bigger guy because he makes you feel small and more secure in your own body.

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

**The douchebag, or the one night stander:** This is the type of guy you meet at a club, you really think you hit it off, maybe you switch numbers, and at the end of the night you end up going home with him. A few days roll by and you haven't heard from him in a while so you decide to text him, but he ignores you completely, and you end up alone on date night. It's easy to get attached to this cute type of guy because he makes you feel special. In the meantime, you think to yourself he's different- you guys really hit it off the first time you met. Well if this relates to you then you might have not experienced a lot of attention or love in past relationships. So the feeling of being noticed excites you even if it's only for the night. Our relationship experts recommend self-love before any guy can get to love you. You have to love yourself first. Treat yourself every once in awhile and don't fall for the first guy you meet at the bar. We go for guys who are assholes because they make us chase them. In our eyes it's a goal to catch that certain guy, because if we catch them it makes us feel better about ourselves. This isn't right at all but it can all relate back to society. Society always made females feel subjugated under men. By getting the guy you were trying to chase can make women feel empowered because they like the chase.

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

**The nice guy:** The nice guy is the one who goes unnoticed. He's lingering in the shadows and they're the ones who get friend-zoned instead of a date night. These are the guys who you

don't really give a chance romantically. If you were willing to step outside the box and try to explore your options, usually the nice guy is the one who you can feel most comfortable around. As an individual you start to feel yourself growing and maturing the more you spend time with this person. You never know what's out there but it's refreshing to try new things and meet different people. You never know when you'll find the one.

*Relationship experts Lori Zaslow and Jennifer Zucher are BRAVO TV's Love Brokers and founders of [Project Soulmate](#), a high-end New York-based matchmaking company.*

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## Dating Advice: 4 Reasons Going Outside Your Comfort Zone Is A Good Idea



 By Amy Osmond Cook for [Divorce Support Center](#)

“For great things to happen— get out of your comfort zone,” that is the mantra of famous personalities like Danica Patrick— as she cruises through industry stereotypes to actors like: Charlize Theron and Jared Leto, who made a career out of avant-garde movie roles. Testing the boundaries of convention is the secret sauce for those hungry for change in their lives. But what about breaking out of your comfort zone in relationships? “When it comes to relationships, some feel it is best to date someone who has the same morals, taste, traditions, and beliefs as them,” wrote relationship expert and contributor Elizabeth Aguirre. “But rest assured it is

quite okay to step outside of your comfort zone and explore someone from a different background as a potential partner.” If it’s been two weeks since the date with Mr. McDreamboat, and your texts have gone unanswered– again. Here are four reasons why going outside your comfort zone may be just what you need, and some [dating advice](#) to improve your chances in finding “the one.”

## Dating Advice That Will Help You Experience Something New

**1. You can reevaluate your “type.”** Moving beyond your comfort zone draws attention to the type you typically chase. If those pursuits have proven unsuccessful, this is the time to evaluate why your type isn’t making you truly happy.

**Related Link:** [Dating Advice: Why Do I Attract The Wrong Men?](#)

**2. You can learn to take chances on other people.** Now, don’t be reckless and start pursuing somebody who is clearly a bad influence, but try connecting with someone who breaks the pattern of your dating behavior. If you only date short women, try one that is tall. Have you ever dated a man with facial hair? Perhaps you should date someone with an interesting job or hobby.

**Related Link:** [Relationship Advice: True Love or Rebound?](#)

**3. You can become more self-aware.** Dating outside your comfort zone may want you to change something about yourself or add another quality to your life. “There is something about challenging yourself, and doing something a bit different that gives you confidence, an edge, and a sense of accomplishment that does wonders for your personal growth,” wrote relationship blogger Monique A. Honaman. A self-examination may not result in a lifelong partner, but it will help you discover things about yourself that add zest to your life.

**Related Link:** [Relationship Advice: 5 Questions To Ask Yourself Before Saying "I Do"](#)

**4. You can uncover hidden strengths or desires.** "I never thought I would want a man who—" you can fill in the blank. The point is, dating outside of your comfort zone forces you to use skills or behavior traits that you haven't used before, including patience. Exploring new social territory means a possible match may be slow to materialize. Unlike your usual connections where the results are quick, venturing into unknown territory takes time to maneuver, but it could be well worth the wait. The good news is, once you find yourself in a happy, healthy relationship, the skills you developed while venturing beyond your comfort zone will stay with you long after you've left the dating scene. "I have seen the difference a good attitude and living a life with purpose can make on an individual's quality of life," said Jim Morrison, executive director of Redmond Care and Rehabilitation Center. "So if there's a secret to living a good life, it's loving the life you have and making the most of it every day."

So get out there and experience a different part of life with someone new. With the dating tips provided, you might just end up loving a person you never thought of giving a chance before!

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