Relationship Advice: How Do You Know When It's Right To Move In With Someone?





By Joshua Pompey

So you think you're ready to move in with your significant other? After all, he's fun, treats you well, and let's face it, he really only gets on your nerves about 20 percent of the time. What more could you ask for in a man? But before you go unpacking in his place, you better make sure you're prepared for what comes with the move ahead. Moving in with the wrong person can be a nightmarish experience. Especially when you find yourself packing up your bags and single again. As a relationship expert, here is my relationship advice and thoughts on whether you should make the big move.

Relationship Advice: 4 Questions To Ask Yourself Before Moving In With Someone

Are you compatible living partners? What does his place look like when you visit or sleep over? Are there socks always laying around his apartment floor? Does he ever make his bed? Does it look like some of his dishes have taken a permanent residence in his sink? If you too have a fondness for living off paper plates and doing dishes once a month, this may be a match made in heaven. But for all you women out there who prefer to keep clean, the best dating advice I can offer you is that you may want to reconsider moving in with someone who will unintentionally turn you into his own personal maid. This will eventually build resentment and lead to big problems down the road.

Related Link: How to Make A Man Initiate The First Move

Will you be a guest or a resident? How big is his place? Is there room for your 25 pairs of designer shoes? Is he willing to let you convert his man cave into a floral masterpiece of feminine energy oozing out of every wall? At the end of the day, you need to be able to feel like you're at home with the person you're moving in with. Maybe you don't have to tear down his man cave on an extreme level. But at the minimum, make sure he is open to letting you provide a little personal touch to your place so that you feel like you are a resident, not a visitor.

Related Link: Dating Advice: 5 Steps To Securing A Second Date

How often do you fight? Fighting is one thing when you live apart. You can get mad, hug it out, then have some space for a day or more. When you live together, that person who is driving you crazy will be there when you wake up, eat, and go

to sleep. There is no escape. Everyone will fight once in a while, but if you are fighting on a weekly, or even monthly basis, moving in is an absolutely horrendous idea.

Related Link: Dating Advice: Does A Man Really Have to Call?

Are you trying to heal the relationship? Some couples that are struggling in their relationships figure that moving in will make them closer. Maybe if you live together you will stop fighting as much and form a stronger bond right? Wrong. This will only end the relationship at a rapid-fire pace. My relationship advice: Work out whatever issues you have or strengthen the love between you and your man before you jump to that next level of sharing a residence.

Want more advice from Joshua Pompey? Click <u>here</u> to learn his best online dating profile tips for women of the past 7 years.

Dating Advice: How to Create an Irresistible Online Dating Profile





On this week's episode of <u>Single in Stilettos</u>, founder and matchmaker Suzanne Oshima talks to relationship expert Michelle Marchant Johnson to offer their <u>dating advice</u> for those who wish to revamp their online dating profiles. Follow these dating tips if you're interested in finding the love of your life through the world wide web.

Dating Advice On How You Should Set Up Your Online Profile

1. Write for your audience. In the written sections of your relationship profile, remember who you're writing it for. You want to represent yourself the best way you can, but you also want to present yourself in a way that is attractive to others.

Related Link: Dating Advice: 3 Types of Women Men Avoid

2. Mind your presentation. The same way you want to look your best at an interview, you should also want to with online dating. Especially if you're trying to find a lasting

relationship. Therefore your online profile should have a clear head shot and appropriate title/screen name.

Related Link: Dating Advice for Women Over 40: Why He Didn't Call?

3. Don't be too serious. Online dating should be fun. This dating advice says not to take it too seriously. Profiles that present themselves as too picky or intolerable have less success. No one wants to go out with someone who might be troublesome on a night out.

For more relationship advice videos and additional information Single in Stilettos show, click <u>here</u>.

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Relationship Advice Q&A: Is Liking Other People's Photos Suspicious Behavior?





Question from Valerie M.: I have been with my guy for a few years. I love him and he loves me, but we view social media differently and it causes us to bump heads. He "likes" photos of other girls constantly, especially if they're half naked. I've told him repeatedly why it bothers me when he does this and ask how he would feel if I did the same thing, but he continues to do so. Am I being too sensitive? I know you can find others attractive while in a relationship, but letting the world know you like all these suggestive photos seems a little unnecessary and juvenile.

Dating during these technologically savvy times is a bit more complicated than it used to be. Social media has completely changed how people view relationships, love and faithfulness. Gone are the days when men used to open up a magazine and silently admire the opposite sex. However, do not fret, leave it up to our relationship experts who can offer relationship advice and dating tips that may provide comfort about your partner's social media activity.

Relationship Advice On Social Media Etiquette

Suzanne K. Oshima, Matchmaker: Your boyfriend "liking" other women's provocative photos is not only a bit inappropriate, but it's also completely disrespectful to you. Especially after you explained to him how it makes you feel. He's being insensitive to you and your feelings. Sometimes the only way to make him see your point is to give him a taste of his own medicine by doing the same thing with other men's photos. If that doesn't work, then I suggest you have another heart to heart talk with him and if he still doesn't get the point, then I would re-evaluate whether you want to be with a man who doesn't respect you or your feelings.

Related Link: Q&A: Should I Be Concerned About My Man's Social Network Activity with Other Women?

Robert Manni, Guy's Guy: Although I am not a big fan of poking around my partner's online content, you've already opened Pandora's Box. And now you have to do something about what you've discovered. Men are visual creatures, but when a guy is in a committed relationship, "liking" scores of scantily clad women online is not a great idea. Since you've been together for a few years, you can most likely chalk this behavior up to "checking out the menu without ordering." But can you be sure? You've asked him to stop, yet he continues "liking" these women. My relationship advice is to ask him to curtail his behavior one more time. If he is deliberating doing something that bothers you, his priorities are out of order. At this point, if he won't stop... maybe he has to go. Your call!

To find out more about our three dating and technology gurus, click <u>here.</u>

If you have any questions you would like answered by our relationship experts, please e-mail them to

cupid@cupidspulse.com.

How do you and your significant other go about liking other people's photos? Share you experience or suggestions below.

Dating Advice: 3 Types of Women Men Avoid





On this week's episode of <u>Single in Stilettos</u>, founder and matchmaker Suzanne Oshima talks to relationship expert Nick Karson to offer their <u>dating advice</u> for those who aren't having the best luck in the dating world. Learn whether or not you fall into one of the three types of women that men tend to

avoid. Follow these dating tips to get your love life back on track.

Dating Advice On Who Men Try To Avoid

1. Being bossy. Very few men find bossy or rude traits attractive. Men do like strong women, but not if she is self-centered and generally mean. There can't be a relationship if you're entitled and trying to rule everything. Mutual respect is always best.

Related Link: Dating Advice: How To Be Sexy On Date Night

2. Being needy. Insecurity and constant calling is usually a red flag. If you can't allow a man to have space, then he will most likely avoid a real relationship with you, especially if you're suspicious without reason. Being overly needing is overbearing. Take time to relax.

Related Link: Dating Advice for Women Over 40: Why He Didn't Call?

3. Being flirty. Men don't like women who are always seeking compliments from others. Men are territorial, so be careful how you receive and react to attention. The experts dating advice: It's disrespectful to be flirty or be perceived as flirty with other people in front of your man. Don't do what you wouldn't like done to you if the roles were reversed!

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Relationship Advice: Keeping The Fireworks In Your Relationship





By Amy Osmond Cook for <u>Divorce Support Center</u>

"I wanna know what love is. I want you to show me." The rock band Foreigner made that desperate request thirty-two years ago, and we are still wondering about the answer today. With summer romance in full swing, many are looking for relationship advice on how they can keep the fireworks flying in a relationship that is worth protecting. A common truth behind some of today's most enduring relationships is that it

takes work to keep that spark alive, and these four dating tips will help ensure your love is a total blast.

Relationship Advice On How To Keep The Spark Alive

1. Keep dating. Typically, a secure, committed relationship means we don't have to pay close attention to it, right? Wrong! Relationship experts stress that just the opposite is true. Marriage counselor Michele Weiner-Davis says that many times her clients can't recall the last time they spent any time alone together. "They are just not recognizing that romantic time with one another is what a relationship should be about—it should not just be the icing on the cake," she says.

Related Link: <u>Have a Front Row Date Night to the Fireworks on a Circle-Line Cruise</u>

2. Stay connected. A healthy relationship needs to be nurtured. That means your significant other needs to be reminded regularly that you are his or her number one fan. By using today's technology, you can drop a message to your main squeeze in any form. Be careful who is on the receiving end, however. *UsMagazine.com* reported on Kelly Ripa's experience sending a photo of her toned behind to her husband, Mark Consuelos. Unfortunately, the photo made its way to her inlaws' iPad instead. "My mother and father-in-law respond from their email and they're like, 'Dear Kelly, we are so proud of all your hard work,' she said. 'Your exercise classes are really paying off.'"

Related Link: Balance Work and Love Like a Celebrity Couple

3. Stay interested. When the relationship began, we wanted to know everything about our new love interest. As your relationship continues to progress and evolve, staying curious

about what makes your partner tick keeps you both engaged in the relationship. "Romantic profundity embodies frequent acute occurrences of intense love over long periods of time, along with romantic experiences that meaningfully resonate in all dimensions, helping the individuals flourish and thrive in all dimensions of love," wrote relationship expert Aaron Ben-Zeev, Ph.D. In other words, the best relationship advice to follow is recognizing and celebrating the new, positive discoveries with your partner which will keep things hot in the relationship.

Related Link: Famous Couple Robert Pattinson and FKA Twigs Exchange Promise Rings

4. Do whatever it takes. When you have made up your mind that you are committed to this relationship, you will find the little things that often chip away at a marriage won't be a factor in yours. For example, actor Hugh Jackman and his wife, Deborra-Lee Furness, have made a promise to each other not to be apart for more than two weeks at a time. They have been together since 1996. The decision to stay committed early on will be the foundation when difficult times challenge the relationship. Since actor Dax Shepard opened up publicly about his personal struggles with addiction as a result of childhood abuse, his wife, Kristen Bell, has remained supportive of her husband and offers public support to others who live with mental illness and addiction. "Seeing the world through his eyes has really opened mine to knowing that it is a disease, and nobody is choosing to drink more than others. They are doing it because of a variety of reasons, and they deserve the attention of a mental health professional, and not the county jail or however else we're choosing to pretend we're fixing the problem," says Bell.

The secret dating advice behind a healthy relationship is that there is no secret. But it does require an understanding of what you want in a loving partner and an awareness of what you are willing to share. Then, by investing time in keeping private time a priority, being generous with loving gestures, staying curious about your partner, and being fully committed to the success of the relationship, you are destined for a lasting love that lights up the room.

For more information about and articles by our Hope After Divorce relationship experts, click here.

Dating Advice: How To Be Sexy On Date Night





On this week's episode of <u>Single in Stilettos</u>, founder and matchmaker Suzanne Oshima talks to relationship expert Abiola Abrams to offer her <u>dating advice</u> on how to be sexy on your

Dating Advice On How To Be Sexy During Date Night

In order to be sexy on your next date, follow the experts dating advice and always bring a positive attitude. Instead of focusing on everything you don't want in a partner, focus on the positive things that have happened in your life. It's also important to smile, wear a form-fitting dress (but not too tight!), and walk with confidence. If you're confident in who you are and what you have to offer, then your date will find you sexy.

Related Link: Dating Advice for Women Over 40: Why He Didn't Call?

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Relationship Expert Talks Taylor Swift, Tom Hiddleston Falling in Love Too Fast





By E!'s Famously Single Dating Coach, Laurel House

In this week's <u>relationship advice</u> video, relationship expert and E!'s *Famously Single* dating coach, Laurel House gives relationship advice for how to fall in love. Check out the video above for more details!

Relationship Expert from E!'s Famously Single On Why People Fall In Love Fast

Have you ever had a time when you felt that you had fallen in love too fast? Did you find yourself having a Taylor Swift and Tom Hiddleston moment? Don't worry, most people have had a moment like this and relationship expert Laurel House discusses why people fall in love quickly. Falling in love requires chemistry and has no time limit. The dating expert featured on *E!'s Famously Single* reveals the three core needs for falling in love.

Related Link: Don't Just Drop Hints When You Want Commitment

Safe. Sexy. Seen. These are the key ingredients for falling in love. Healthy adult relationships make you feel secure and attractive. If your new partner provides these needs, and both your hearts are open, the speed of the relationship doesn't matter. House's relationship advice for heading into the right direction, is knowing what you need in a relationship. Knowing what to look for makes your dating journey so much simpler, and can consequently make the relationship progress quicker. Watch the video above to find out how to fall in love fast and correctly!

For more relationship advice videos from House, click here.

For more videos from CupidsPulse.com, check out our <u>YouTube</u> channel.

Do you think it's possible to fall in love too fast? Tell us in the comments below!

Celebrity Couple Predictions: Taylor Swift, Chris Evans and Ariel Winter





By Shoshi

In the latest celebrity news, three famous couples have caught the public's attention. Two of which are celebrity relationships that are just getting started, such as with Tom Hiddleston and Taylor Swift, and Chris Evans and Jenny Slate, while Ariel Winter, on the other hand, has decided to kiss her boyfriend goodbye. Who's stepping out in Hollywood 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

Tom Hiddleston and Taylor Swift: Looks like Taylor Swift has bounced back quickly from her breakup with DJ Calvin Harris. The new man on her arm is Hollywood hottie, Tom Hiddleston. This coupling took many of us off guard and they are going

hard into this relationship. Parents have been met on both sides and there are tons of public displays of affection. I would love to applaud this new celebrity couple, however I'm suspicious of the quick romance. There have been grumblings that it's a publicity stunt. Would Swift go so far as to have a fake romance? It's a known fact that Hiddleston gets around when it comes to the ladies. I wouldn't go so far as to call him a ladies man, but he trades in his lady friends very often. Swift is known for having a new boyfriend often as well, though that isn't necessarily her fault. She tends to get dumped by her boyfriends, so what's a girl to do? She gets back out there. While Hiddleston and Swift are all smiles, I'm not convinced that this relationship is the real thing. Time will tell if all of these photo ops equal a real celebrity relationship. At least they look like they are having fun which is what that matters the most.

Related Link: <u>Celebrity News: Taylor Swift Caught Kissing Tom</u>
<u>Hiddleston Two Weeks After Split</u>

Chris Evans and Jenny Slate: Chris Evans has been rumored to be dating any woman in Hollywood that he says "hello" to, but it's safe to say that he has a new boo and her name is Jenny Slate. Evans must be into funny women because Slate is a comedic actress. The two of them just stepped out together on the red carpet for *The Secret Life of Pets*. In Hollywood terms, this means that the pair is officially dating. Slate is gushing over being with Evans. It's nice to see Evans finally in a stable celebrity relationship after speculation of who he's snuggling up with. He seems like a nice guy and would be a keeper for the right woman. Evans and Slate will probably last about 6-8 months, with Evans being the one to break-up. Slate will want to nest and settle down with Evans. What girl wouldn't? However, he doesn't look ready to settle down and do the wife and kid thing just yet. Slate is getting him ready for the next lady.

Related Link: Chris Evans Shares What He Wants In a Woman

Ariel Winter and Laurent Claude Gaudette: Ariel Winter, the actress from Modern Family has broken up with boyfriend Laurent Claude Gaudette, yet again. These two have been on again and off for the past two years. Most recently, the pair has unfollowed each other on Instagram. When millennials do that, they mean business! On a serious note, Winter is finally done with this celebrity relationship. This whole romance has been exhausting. Gaudette will call Winter, but she won't answer. I see that she will be moving forward. Winter will be single for a few more months then she will find a new love with a man who is a little bit older than her. She needs someone who is more her equal than Gaudette. Had anyone heard of him before he was with Winter? She'll bounce back just fine from this break-up.

Related Link: Celebrity News: Did Ariel Winter Split with Longtime Beau Laurent Claude Gaudette?

For more information on Shoshi click <u>here</u>.

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

Dating Advice for Women Over 40: Why He Didn't Call?





On this week's episode of <u>Single in Stilettos</u>, founder and matchmaker Suzanne Oshima talks to relationship expert Wendy Newman to offer her <u>dating advice</u> for those who may be upset that their date hasn't called. Follow these dating tips to get over rejection fast and focus your energy on finding the one who is right for you.

Dating Advice On How To Handle Men Who Don't Call Back

1. Don't overthink it. Chances that you'll figure out why he didn't call is very slim. There could be a number of different reasons why he didn't call, but don't over-analyze and be critical of yourself to find out why it didn't work out.

Related Link: Dating Advice: Are You Repelling the Right Man Away?

2. Accept it. The fact that he hasn't called you back should serve as a sign that he isn't right for you. Don't try to force anything. If he was meant to be the right man for you,

he would have called. Know your worth and accept that you have to move on.

Related Link: <u>Dating Expert Says Look For What You Need, Not</u> Want!

3. Be the best you. Once again, don't try to do detective work to find out why he didn't call you back. Looking for answers is a way of looking for how you can change yourself. Don't try to change. Expert dating advice says that being yourself on dates is the best way to find someone you're most compatible with.

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Relationship Advice: The Pressure To Choose Friends Over Your Significant Other





By Lori Zaslow and Jennifer Zucher for <u>Project Soulmate</u> with contributing writer Christina Madera

You know your best friend has been dying to go but your boyfriend is an American history junkie who would really appreciate the production. Who do you choose? You love your best friend and you love your boyfriend, and they both love being around you. So really, why would you even want to choose? We determined the three main reasons women think they have to choose between their BFF and their boy-toy. Follow our relationship advice and dating advice to avoid any relationship problems.

Relationship Advice On How To Balance Time Between Your Best Friend And Boyfriend

1. Are you the absent-minded friend? Being in love is not just beautiful, it's exhilarating. You want to dedicate every

second of your time with your lover because they make you feel content. But don't sacrifice your friendships for your significant other. Remember that your friends came before your boyfriend or girlfriend, and will probably be there after. You can't just run to them when your relationship has fallen into the abyss if you ignored them during the honeymoon period. Denying yourself of "me time" or girls night outs may lead to loss of lifelong friends, which may make your romantic relationship turn sour. Make a day in the week that's dedicated to your friends and only your friends. Get mani/pedis with your girls and talk about something other than your relationship. Let your friends know that there is still a 'you' even though you're apart of a 'we'. Enjoying time with your friends will help you avoid date night guilt that comes when spending a lot of time with your sweetheart.

Related Link: Relationship Advice: How To Handle Single-Shaming

2. Are you the mediator friend? If your friends don't like your significant other, there has to be a reason. And if your significant other doesn't fancy your friends, there's reasoning behind this as well. Sometimes we're blinded by love or friendship, that we cannot see when we're in a poisonous relationship. If this is the case, seek out other perspectives on the situation and improve your relationships with their relationship advice. In other cases, the feelings of distaste between friend and significant other surfaced after one has been dishonest. You've forgiven your friend or lover for something that the other won't overlook. If trust was broken, their relationship may need a healing period. But if time has the relationship between your friends and passed and significant other is still weak, try strengthening their relationship by reliving great memories you've all shared. Make time for your best friend and your boyfriend together! It doesn't have to be just the three of you from the start. Invite them to a barbecue or a game night so that they can

interact with each other naturally without feeling pressured into it. If this is the person you'll potentially marry then your best friend will eventually warm up to him and vice versa.

Related Link: Relationship Advice: Are Your BF and Best Friend
Too Close for Comfort?

3. Are you the ultimatum friend? If you've ever had anyone in your life utter these words, do yourself a favor and remove this person from your circle. Forcing someone to pick a side is selfish and inconsiderate. What they're asking is not for you to choose between them and another important person in your life. They're actually asking for you to decide between happiness and heartbreak. This request is extremely possessive and if you were to grant it, there would be an opening for manipulation. If your significant other doesn't like you hanging around a hazardous friend it's fair for them to let you know how they're feeling, but how they express it is most important. The decision to continue a friendship or not should ultimately be yours.

Your relationship with your friends and your boyfriend need equal maintenance. You don't want to be labeled as the girl who forgets their friends while in a relationship, the same way you wouldn't want your significant other to complain that they are neglected. But you don't want to be controlled be either. You need to water both of your relationships in order for them to grow while also pulling out the weeds that attempt to overpower you.

Relationship experts Lori Zaslow and Jennifer Zucher are BRAVO TV's Love Brokers and founders of <u>Project Soulmate</u>, a high-end New York-based matchmaking company.

Relationship Advice: Have You Been a Victim of Cyber Bullying?





By Debbie Ceresa for <u>Divorce Support Center</u>

Typically, I don't spend much time on the computer. However, the past several months have been different. I started experiencing insomnia, fatigue and headaches because I was consumed by the internet when I no longer felt safe. I was outsmarted by a woman that I've known for years. I'll call her Lena. Lena insisted I participate in a group discussion about personal matters, but I declined her meeting. I felt it was not appropriate for me to be involved. Nevertheless, Lena continued to pursue my involvement, claiming I was unsupportive. One day I dialed Lena's number and left a voice

mail, explaining why I wouldn't attend the group. Lena asked for me to follow up with a text message, claiming she couldn't hear the recording. Lena forwarded my text message to members of the very group I declined to attend. The message was used to embarrass, humiliate, and alienate me from her supporters. Rude comments appeared on my Facebook, Twitter, and other social media accounts. Many of these messages were from people I didn't even know. I became a victim of cyberbullying. And sadly, I received only a taste of what cyberbullying is like in the online dating world. Long-term relationship problems can arise as a result of cyberbullying if not properly dealt with. As a relationship expert who has gone through it, I offer my relationship advice on how to get over cyber bullying.

Relationship Advice On Dealing With Cyber Bullies

What is Cyber Bullying? Cyber bullying is not beyond the realm of adult intellect and responsibility, nor is it limited to young people. The cyberbully uses technology to intentionally mistreat others. Computers, cellphones, and other electronic devices become weapons to cause fear, distress, or harm. But the bully is not driven by revenge alone. According to Violence Prevention Works, "Cyberbullying, like traditional bullying, involves an imbalance of power, aggression, and a negative action that is often repeated." In other words, a cyber bully needs an audience to be fully satisfied and therefore takes the bullying to social media, where humiliation is up for public viewing and twice as shaming.

Related Link: Relationship Advice: 4 Reasons To Leave The Past
In The Past

Cyber Bullying Can Take Several Forms. According to Violence Prevention, cyber bullying is achieved through these means:

- Offensive, rude, and insulting messages.
- Posted derogatory information, and/or digitally altered photos.
- Arguing online, often with the use of vulgar language.
- Hacking another's email or social media to post embarrassing material.
- Sharing of secrets to cause embarrassment.
- Repeated threats or online activity that makes a person afraid for his/her safety.

My husband and I were both profoundly affected by this woman's actions. We joined the ranks of other victims and suffered the many emotional and physical symptoms that are common after such an attack.

Related Link: Relationship Advice: Master Your Mean Girl With This Self-Love Advice from Author Melissa Ambrosini

How Cyber Bullying Can Affect You. As celebrity news often shows, many of today's stars, such as LeAnn Rimes, Ciara, and Adele can attest the emotional toll of cyberbullying on one's health. A few of the psychological health conditions that are brought on by bullying include stress, low self-esteem, depression, mood swings, fatigue, embarrassment and feelings of shame. Your physical health can also suffer with reduced immunity to infection, stress headaches, elevated blood pressure and post-traumatic stress disorder. Lena's assault forced my husband and I to escape to our private little island to cope with the pain and grief caused by the loss of trust and expectations from this woman. Like so many grievers, we were embarrassed, ashamed, and depressed. The unrealistic expectations of this woman awakened my skills as relationship expert and helped me uncover necessary tools to address my unresolved grief and negative feelings.

Related Link: LeAnn Rimes and Brandi Glanville End Feud Over Eddie Cibrian

Have You Been A Victim of a Cyber Bully? Here is some relationship advice to help you cope: Your first step is to acknowledge that you need to take care of yourself. If you are experiencing many of the same symptoms—don't ignore them. Your pain and the side effects of the attack are not going to go away by themselves. Don't fall into the trap of developing a lifelong relationship with your pain. You were a victim, but don't hang around waiting for the cyber bully to apologize like I did. It's not going to happen. I never received an apology. Understand that you need to forgive, not condone. To forgive means to cease feeling resentment against an offender. To condone is to treat as if trivial, harmless, or of no importance. Forgiveness is not condoning the situation. How do you forgive the cyber bully? NOT directly! Here's what I finally told myself: "I acknowledge that the things you did or did not do, hurt me, and I'm not going to let my memory of those incidents hurt ME anymore."

Don't be embarrassed, ashamed, or depressed about your grief. It's more exhausting to stay on the pain island than it is to admit you are filled with grief. In the long run, I must thank the cyber bully for showing me the path to helping others. I'm now confident I can be a lifeline to many by offering relationship advice.

Debbie is a Certified Grief Recovery Specialist® and the author to the #1 bestselling memoir A Beautiful View, available on amazon.com. A Beautiful View documents her journey through her husband's battle with cancer, which ultimately ended with his death. She has experienced grief firsthand and is well equipped to aid others in the recovery process, whether with death or divorce. For more information about Debbie and how to recover from your loss, please visit debbieceresa.com.

For more information about and articles by our Divorce Support Center relationship experts, click here.

Dating Advice: Are You Repelling the Right Man Away?





On this week's episode of <u>Single in Stilettos</u>, founder and matchmaker Suzanne Oshima talks to relationship expert Nicole Moore to offer her <u>dating advice</u> for those who might be repelling the right man away. Follow these dating tips to attract a good man and keep him in your life.

Dating Advice On How To Avoid

Repelling Men

1. Get honest. If you're not meeting good men, the problem might just be you. Experts agree the best dating advice for a woman attracting problem men is for her to acknowledge that she is the common denominator and also has the power to fix it.

Related Link: Dating Advice: Do I Need to Be Happy Before I Can Be With a Man?

2. Don't be afraid. Showing fear contributes to your poor luck in finding men. If you're approaching relationships afraid and guarded, you'll attract men who aren't good for you. Your fear is a magnet for men who are also afraid. Shift your thoughts to something positive.

Related Link: Dating Advice: How to Deal with Heartbreak

3. Change your outlook. Find positive qualities in the men that you encounter, even in situations that appear negative. For example, a man who is upfront about his intentions should be appreciated as honest. Also, keep in mind that it's unrealistic to find a perfect man.

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Dating Advice: How to Know When You've Found the One





By <u>David Wygant</u>

We are all about finding "the one." What do you think we are all dating for? We're dating to find the one of course! But the thing is, there's really no such thing as the one. Life is just a series of ones. Throughout our entire existence, dating and relationships, everybody you've ever fallen in love with, you've thought was the one. You thought the one from high school might have been the one, the one from college might have been the one, the one that you found in your 20s might have been the one. It doesn't really matter what age you're at. As a relationship expert, I can tell you with certainty that whoever you're looking at is the one for right now, and

hopefully this is the one that will take you through the end of time. So with that in mind I want you to realize that every other person you thought was the one, was not. So now with the following dating advice let's do things differently.

Relationship Expert Gives Dating Advice On Finding The One

Let's go through how to really find the one. The one is really important after all. What you need to do is take your time! First off, you need to know exactly who you are, what you want, and how you want to show up for love. That is probably the most important journey to knowing you've found the one. You see, we all fall under the spell of love, or under the influence of a new person. But in reality, what you need to do is you need to start looking carefully at who you're with. Every time we rush into a relationship it tends to never work. So you need to take a moment to reflect about who you are, what you desire in a relationship and how you're willing to make it work.

Related Link: Dating Advice: How A Masculine Guy Can Get In Touch With His Soft Side

The best dating advice I can offer is to ask yourself what you need from the other person. How you want to be held, how you want sex. When you start dating somebody, you need to start realizing how they feel. Are they considerate? Do they show up? Are they good at communicating? You get the idea. The one takes time. Real love takes time. Rushing into something never works. But how do you know if you've found the one? Well, here's what you need to do. You need to take it slow. You need to spend time with them. You need to spend at least a year with somebody to know whether or not they're the one. You need to see them in all aspects of their life in order to avoid relationship problems. How they handle conflict, how they act

when they're around family. You want someone who is consistent. Someone who consistently loves you more every single day. You want to know what it's like when you have your first fight, your first conflict with them. You see, life is not about rushing into things. So my relationship advice to you is to take your time. Because when you take your time, you'll start to realize if somebody is the one or just another one that you need to push aside.

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.

Dating Advice: How to Make A Man Initiate The First Move?





By Joshua Pompey

There he is, standing at the other end of the bar. He's tall. He's handsome. He's the first man in a month that has made you remember you actually have an interest in the male dating pool. He's looked over at you twice since you first arrived. The question is, how are you going to get him to make the first move? As a relationship expert, I have some dating advice. Let's take a look at a few ways to make this happen with the use of the following dating tips.

Dating Advice: Get Him To Make The First Move

1. Smile as much as possible. Most men want do want to walk over and say hello. But just about every man alive has had that brutal experience of being instantly dismissed the second he walks over to introduce himself. This is a fear that we all face. So make it clear that you are a friendly face and that he has nothing to worry about. My dating advice is that smiling will go a long way towards making him comfortable.

2. Go out in groups of three. When you are with just one other person, a respectful man may feel awkward attempting to interrupt the pair, or will feel too much pressure knowing he has to entertain the both of you. On the other hand, more than three people can be very intimidating. Groups of three are a perfect balance. It's not too intimidating, and when a man hits on you, your other two friends are still there to entertain each other without anybody having to feel left out.

Related Link: Dating Advice: Does A Man Really Have to Call?

- 3. Hold that gaze. "I think she was looking at me, should I go for it?" I've heard this phrase uttered hundreds of times in my life among male friends. Don't just look at a guy you are interested in and quickly turn away. He may not be sure, or may think the only reason you looked over is because he looked first. Hold the gaze for a solid second or two, look into his eyes, and smile. Then look away. This will make it clear that you want him to come over.
- 4. Wear something that is easy to comment on. It could be a necklace, a sports jersey on football night, or a funny t-shirt. Whatever the case may be, the easier you make it for a man to think of something to say without having to think of a lame pick up line, the more likely he will actually say something.

Related Link: Dating Advice: The Secrets to Attraction

5. Don't half ass it. Happy hour is one of the best times of the week to meet someone who is successful and interesting. Happy hour running straight from work looking like a hot mess is not. You never know when you will have the opportunity to meet the man of your dreams. It could be at happy hour, a social group, or just walking the streets. If you want a man to make the first move, always look your best self and your chances will improve dramatically.

Want more information from Joshua Pompey? Joshua Pompey is an

online dating and relationship expert. For some free online dating advice, visit this <u>page</u> and learn how to write a world class profile. Check back for more dating 101 tips from the relationship expert!

Dating Advice: Do I Need to Be Happy Before I Can Be With a Man?





On this week's episode of <u>Single in Stilettos</u>, founder and matchmaker Suzanne Oshima talks to relationship expert Tinzley

Bradford to offer her <u>dating advice</u> for those questioning whether they should be happy with themselves before meeting a man. Follow these dating tips to help find a happiness that isn't dependent on a man.

Dating Advice On Being Happy Before Settling Down

1. Take time for yourself. You need to find someone that complements you rather than completes you. Focusing on what makes you happy will make you feel fulfilled and help attract someone who admires your happiness.

Related Link: Dating Advice: 3 Tips to Turn Around Your Dating

2. No settling. Don't settle for less than you deserve. If you're complacent with a mate that isn't right for you, there is no way you can be happy later on. Also, if you aren't happy with yourself, you will end up resenting the man you're with because you aren't satisfied with where you're at in life.

Related Link: Relationship Advice: How to Find Real Love

3. Find balance. You must be present in your relationship. Men seek out attention the same way women do. So if you're pursuing your dreams or career, make sure to follow this dating advice and take time away from work to be with your significant other.

For more relationship advice videos and additional information Single in Stilettos show, click <u>here</u>.

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Dating Advice Q&A: How Can You Know If Someone is Being Honest Online?





Question from Chelsea R.: I met a guy online who seems really great, but because I've been burned in the past (one too many times!), I'm hesitant to totally trust him. How can I know if he's being honest online? I don't want to move our relationship to the real world until I'm sure that he's trustworthy.

Online dating isn't always easy, especially with "catfishing" becoming extremely common. Leave it up to the relationship

experts who have <u>dating advice</u> that may provide some comfort while you date online.

Dating Advice: How To Tell If They're Being Honest Online?

Suzanne K. Oshima, Matchmaker: I completely understand your concerns about trusting a man you met online. As women, we always need to be somewhat on guard with new men, so we don't get taken advantage of physically or emotionally. However, that being said, you can also put up too many walls, where it blocks any man (including a good man), from getting to know you! My dating advice is to have a few email exchanges, then move it to the phone. If he seems genuine on the phone, then move it to meeting him in person in a public place. If he seems great and you would like to see him again, then just take it slow in getting to know him. If he's genuine, then his words will match his actions. And if his actions don't match his words, then move on.

Related Link: Q&A: Can You Tell by Someone's Social Network If They're the Relationship Type?

Robert Manni, Guy's Guy: Although trust is a critical aspect of romantic success, it's not easy to prove that someone is completely trustworthy online. You can Google a new guy and check his LinkedIn profile to compare what he's told you to what turns up, and if he passes muster on those sites, it's a good sign. But even that is no guarantee of his trustworthiness. Whenever we decide to get to know someone new, there is always risk involved. My dating tip? After checking Google, LinkedIn and any other site, if you still have doubts, trust your instincts before deciding to meet him in person. After all, the most important person to trust is yourself. Good luck.

To find out more about our three dating and technology gurus, click here.

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

What's your best piece of dating advice when it comes to online dating? Share in the comments below!

Dating Advice: 3 Tips to Turn Around Your Dating Life





On this week's episode of <u>Single in Stilettos</u>, founder and matchmaker Suzanne Oshima talks to relationship expert Iris Benrubi to offer her <u>dating advice</u> to those that want to turn their dating life around.

Dating Advice To Improve Your Future Dates

1. Look for patterns. If you want to get different results, you need to determine what your type is and date people who are outside of that type. The qualities you think you like might just be the reason why things haven't worked the way you wanted them to. The experts dating tip: Your type might not be the best type for you.

Related Link: Dating Advice: The Secrets to Attraction

2. Know your needs. Don't compromise on your important wants and needs. Being clear on what you want in the very beginning will weed out the ones who aren't right for you and save you from wasting time with those you aren't compatible with.

Related Link: Expert Dating Advice: What is Love & How Do I Find It?

3. Get feminine. Expert dating advice says to show that you're open and need someone. For men especially, it's important to show that there is a place for him in your life. Asking a man to contribute is one way to show that he is needed and will keep him interested since he'll know for sure there is a role for him in your life.

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Relationship Advice: The Power of Touch





By Amy Osmond Cook for <u>Divorce Support Center</u>

A dim room, calming oils, quiet music, two masseuses, you, your significant other, and a few hours away from the world: A couples massage sounds hard to beat. While couples massages are known for being a relaxing and romantic date idea, have you ever considered the real health advantages of them? It turns out the power of touch plays a very important role in massage therapy and health. Follow my relationship advice and learn how a couples massage can provide you and your love with real health benefits that can ultimately

Relationship Advice: Strengthen Your Relationship Through A Couple's Massage

1. Physical touch. Physical touch is a vital part of any relationship. "Touch is important for sustaining a healthy relationship, but it's also necessary for our feelings of connection, safety and overall well-being," says Dr. Justin R. Garcia, Associate Director for Research and Education at The Kinsey Institute. Receiving a couples massage with your partner will not only satisfy a need for physical touch but also remind you both of the need for physical touch in your relationship. As a relationship expert, I always hear about couples who have been together for a long time, perhaps growing out of the stage of passionate love to companion love who tend to touch less. A couples massage presents an opportunity for you both to feel a renewed sense of satisfaction and peace. You can pick up on a few massage techniques to use on each other at home. Relationship advice: Take time to make touch a priority so you can become closer as a couple and give you both a greater sense of love and security.

Related Link: Relationship Advice: 10 Tips for Couples from 'The Energies of Love'

2. An anxiety reliever. Every relationship goes through tough times, whether caused by a difficult life event or lack of communication. A couples massage can help alleviate some of this stress and anxiety. Regular massages can decrease cortisol while increasing frontal delta brainwaves, causing you to feel more relaxed. After a couples massage, you and your partner will not only feel less stressed but will also

handle challenges better. Releasing anxious feelings together can bring you closer and set the tone for a better week.

Related Link: Weekend Date Idea: Spa Day at Home

3. Improved overall health. A healthy couple is a happy couple. Massage provides a variety of overall physical health benefits, including heart health. "Studies show massage therapy can immediately lower blood pressure, decrease heart disease risk, and improve circulation," said Dr. Candice Hall, D.C., an expert in Functional Medicine with Next Advanced Medicine. "We often use massage therapy to help our patients control anxiety and common digestive disorders." If you and your partner are looking for ways to become healthier together, this is the perfect solution. Another added health benefit of a couples massage is how well it accompanies chiropractic care. Whether you or your partner have chronic back pain or are just in need of some TLC, massages can be a great way to get the most out of your chiropractic appointments. While a chiropractor can adjust your joints, massage therapy can help relieve stiffness and discomfort. If your loved one is suffering from back or joint pain, offering a couples massage is a great way to show you care. When you both feel good, you're less likely to be irritable and more able to enjoy spending time together.

A dating tip for this weekend? Surprise your significant other with a couples massage and you'll not only enjoy spending quality time together but could leave feeling healthier and more relaxed than ever.

For more information about and articles by our Hope After Divorce relationship experts, click here.

Dating Advice: Use The Law of Attraction to Attract the Right Man





On this week's episode of <u>Single in Stilettos</u>, founder and matchmaker Suzanne Oshima talks to relationship expert David Steele to give his <u>dating advice</u> for attracting the right man using the laws of attraction.

Dating Advice On How To Attract The Right Man

1. Be ready. When approaching a relationship, in order to avoid relationship problems, make sure you're ready to

transition from single to dating. To find the love of your life you need to be available in order to meet him.

Related Link: Dating Advice: The Secrets to Attraction

2. Don't settle. Accepting less means you'll get less. Settling for someone you know isn't right for you is setting yourself up for failure much like a self-fulfilling prophecy.

Related Link: Expert Dating Advice: What is Love & How Do I Find It?

3. Take risks. You have to put yourself out there and take a chance. The experts dating advice is that getting out of your comfort zone will expose you to much more. Strictly sticking to what you're used to can be limiting.

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Celebrity Couple Predictions: Drake, Eva Longoria and Lea Michele





By **Shoshi**

In the latest <u>celebrity news</u>, three famous couples have caught the public's attention, whether it be Drake and Rihanna's rumored celebrity relationship, Eva Longoria's third celebrity wedding, or Lea Michelle's next shot at love. Who's stepping out in Hollywood 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 <u>celebrity couples</u>.

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

Drake and Rihanna: It seems like nobody believes that Drake and Rihanna are just friends. Who doesn't twerk their booty on a friend any chance they get? It's time to let this rumor go! They aren't a secret couple, contrary to the anonymous sources that keep popping up in the press. Recently Drake was asked point blank if he was dating RiRi and his answer was that they

are just friends. That is not to say that they do not practice being friends with benefits from time to time. Why shouldn't they? They are both attractive adults, so why not help each other maintain pleasure when necessary? It would be nice to see these two in a relationship with each other, or with whoever makes their heart skip a beat. It looks like Drake and Rihanna aren't making time for romance, though. They are both working, traveling, and involved in their careers. However, look for Rihanna to be in the relationship by the end of the summer.

Related Link: New Celebrity Couple? Rihanna & Drake Spotted Getting Cozy at Concert Afterparty

Eva Longoria and Jose Baston: Looks like the third time's the charm for Eva Longoria. She walked down the aisle with Jose Baston, President of Televisa, Latin America's largest media company. This is Longoria's third marriage and it looks like her last. The celebrity couple was married in Mexico in front of A-list quests. It would seem Longoria has hit the jackpot with Baston. He sees her as his equal and loves that she is a strong and passionate woman. After two failed marriages, Longoria knew exactly what she was looking for in a partner. She has definitely found the right one this time around. Before the wedding, they had already been calling each other husband and wife. I see a new dog in their future and a discussion about children. Right now a baby is a possibility, but if Longoria is not pregnant by next year, more than likely the couple will not have children together. Either way, they will continue to be just as happy as ever.

Related Link: Eva Longoria Marries Jose Baston in Romantic Celebrity Wedding in Mexico

Lea Michele and Robert Buckley: Lea Michele has not been so lucky in love. That is not to say that she isn't trying. She dated that so-called model/actor and ex-gigolo Matthew Paetz, who allegedly broke her heart. Then there was her boyfriend

and *Glee* co-star, Cory Monteith, who died of a drug overdose. Most women would have locked up their heart and thrown away the key. Despite these negative experiences, Michele is currently dating actor Robert Buckley, and says that she is very happy. That's definitely good news. It's nice to see her find love again. Where is it all going? That remains to be seen. Michele wants to be married with kids but not necessarily right now. It looks like it's on her mind. Buckley may not be the guy she walks down the aisle with, but he is getting her ready for when the time is right.

Related Link: New Celebrity Couple: Lea Michele Is Dating 'One Tree Hill' Star Robert Buckley

For more information on Shoshi click <u>here</u>.

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

Relationship Advice: How To Handle Single-Shaming





By Lori Zaslow and Jennifer Zucher for <u>Project Soulmate</u> with contributing writer Samantha Cohen

For one reason or another, there is an undeniable stigma that is attached to being single. As relationship experts, we know that sometimes your friends and family constantly ask why you're still single and nagging you to meet someone. During times like those, dating can become more of a chore. Here are 3 dating tips to handling single-shaming. Our relationship advice will help you focus on yourself, surround yourself with single friends, and dress to impress.

Relationship Advice On How To Handle Single-Shaming

1. Focus on Yourself. Use this time that you're single to be a little selfish and focus on yourself. Whether it is finding a new hobby, getting in shape or even searching for a new job — use this time to find your happiness. In order to find love, you have to be happy and secure with yourself. Once you're feeling your best, your new-found confidence will help you go

out there and meet the right person. Our relationship advice is to love yourself before you can find love.

Related Link: Relationship Advice: When to Share Your Passwords

2. Change Crews. If all of your friends are in relationships or married, it might be time to get out there and meet some new friends. When you're single, it's important to have a few single friends who can go out for a night on the town with you. The reality is that prince charming is not going to show up at your doorstep, so going out and being social with a few girlfriends is a great way to meet people. Even if you are going out with the intention to just have a girls date night, going out and having fun is a must when you are single. Plus you never know where you will meet your soulmate!

Related Link: Relationship Advice: Keep Your Relationship Strong When You Share Home and a Workplace

3. Dress to Impress. Being single is a great excuse to revamp your look. Sometimes change is a good thing, use this time of being single to experiment a little…with a new hair color, lipstick or even just nail polish. And no matter where you're headed put a little effort into your look. Even if you're not looking to meet someone at the moment, everyone wants to feel pretty- it will boost your confidence.

Embrace being single and use this as your time to focus on yourself and have fun with your girls. Dating should be fun, not something that you're forced into from your family or friends. And when you love yourself and feel the most confident, the right person will come along.

Relationship experts Lori Zaslow and Jennifer Zucher are BRAVO TV's Love Brokers and founders of <u>Project Soulmate</u>, a high-end New York-based matchmaking company.

Relationship Advice: Managing Your Adult Child's Return To The Nest





By Toni Coleman, LCSW, CMC for <u>Divorce Support Center</u>

It's that time of the year when young adults are graduating from college, returning home for the summer break, or have decided they want to step back from their lives and return to their parent's home to rethink their options and future direction. During their absence parents often have a nice rhythm going and fear their life and relationship may be upended and they will end up back in parenting mode now that

their adult kids will be under their roof again. If you are facing this challenge right now, the following <u>relationship</u> <u>advice</u> and parenting advice could help you transition to this new adult-to-adult relationship and avoid falling back into old ruts, conflicts, or dysfunctional dynamics.

Relationship Advice On Managing Your Child's Return Home

1. Start with an open and frank discussion. As the custody battle between Madonna and ex-husband Guy Ritchie concerning their teenaged son, Rocco, rages on, their circumstance illustrates this relationship advice that you need to be upfront that this is your house, and you will have the final say on what is acceptable and appropriate. Your child is being given permission to live with you, and they will need to adapt to your way of doing things and not the other way around. This does not necessarily mean they will have no input or say or that there will be no room for negotiation around differences. It just means that after talking everything through together, and hearing them out—you will make the final determination on any issue in dispute. In order to avoid relationship problems, you need to be clear that their acceptance of this is a contingency of their living with you.

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2. List your expectations upfront. This is how we handle relationships with peers, isn't it? Therefore, when you speak directly and candidly with your adult child, you are saying that you see them as a peer now and will treat him with the same expectations as you would any other adult. Expectations regarding the handling of household chores, finances, shopping, cooking, and the usage of common space should be aired with the goal of reaching a firm agreement on each.

Anything that is shared by or impacts all members of the household would apply here.

3. Discuss boundaries and any rules you want in place. As a relationship expert, I know that boundaries are necessary and important to healthy relationships. Within all households, there are subset relationships—such as parents, children, children and significant others, and any extended family that may be members of the household. Each subset needs to have a boundary around it that distinguishes it from the others. When your young adult comes home, they will need to respect your couple time and privacy, and you will need to acknowledge and respect theirs. If they have a significant other who visits, establishing rules for where and when they will interact in your home will be important to your privacy and theirs, and if not addressed, disharmony and resentment can flourish. If you are concerned about late night noise and arrivals home, it may be necessary to establish a curfew if these disruptions can't be handled in another way.

Related Link: Dating Advice: Gifts For the Heart

4. Don't forget they are adults and need to be treated as such. Don't treat your young adult like you would a minor child or younger teenager. This includes how you speak to them, avoiding attempts to control or dictate their behavior, or making threats about what you will do if they don't comply with your expectations/rules. Instead, present your expectations and any rules in a direct and non-confronting manner. Remind them that it is their choice to live under your roof and that your expectations are a part of that decision and that they are free to change their mind at any time.

Remember that the adjustment to returning home will be as much of a challenge for your adult child as it is for you. Therefore, it is important to remain focused on their feelings and needs along with your own. After all, you put a lot of effort and care into raising them and want them to be well-

adjusted and competent adults, right? Helping them to handle this important step towards adulthood may be the last hurdle and one that if handled successfully could pay great dividends for all of you down the road.

Toni Coleman, LCSW, CMC is an internationally known psychotherapist, relationship coach, and founder of consummate relationship coaching. As a recognized expert, Ms. Coleman is the featured relationship coach in The Business and Practice of Coaching, (Norton, September 2005.) In addition, she authored the forward for Winning Points with the Woman in your Life, One Touchdown at a Time, (Simon and Schuster, November 2005.) among many other achievements.

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Dating Advice On Why Men Pull Away





On this week's episode of <u>Single in Stilettos</u>, founder and matchmaker Suzanne Oshima talks to relationship expert Cyndi Olin to give their <u>dating advice</u> on what to do when men pull away.

Dating Advice On What To Do When Men Disappear

1. They need to reevaluate. In every relationship, a man will pull away after the honeymoon phase in order to reevaluate and make sure they want to go to the next level with you. Expert dating tip: Give them their space and time to evaluate, then when they come back be happy and receptive.

Related Link: <u>Dating Advice: Online Dating Tips To Find Your</u> Soulmate

2. There's something going on in their life. They're evaluating a crisis at work, or something is going on with their friends or family. Maybe they're scared or not able to take the relationship where they want to go. Be happy and

accepting if this happens.

Related Link: Dating Advice: The Secrets to Attraction

3. They're done. For some reason or another, they've decided they aren't interested anymore. The experts dating advice is to not pursue him because you aren't desperate.

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Dating Advice: Online Dating Tips To Find Your Soulmate





On this week's episode of <u>Single in Stilettos</u>, founder and matchmaker Suzanne Oshima talks to relationship expert Dr. Diana Kirschner to give their <u>dating advice</u> on the secrets of attraction.

Relationship Experts Talk Online Dating Advice

Trying to find your soulmate is rough, especially after experiencing bad break-ups or relationship problems. But have no fear, because the experts say that everyone has a soulmate. Your soulmate has to be willing to grow and meet the basics. Try online dating if you want to find someone who has the same value system, wants the future you want, and feels like it's coming home.

Related Link: Dating Advice: The Secrets to Attraction

In order to find love online, there is simple dating advice that you could try to find great guys. First, your online profile should feature a great photo. Men are visual, so pictures count. Wear red, smile, make eye contact with the camera and wear moderate makeup. Also, be proactive about messaging men online, especially if you're not getting the responses that you want.

Related Link: Dating Advice For Women: What Are Men Attracted To?

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