

Expert Dating Advice: Why Am I Attracted to The Wrong Men?



By Gillian Lee

In this week's Single In Stiletto's dating advice video, founder and love expert Suzanne Oshima talks to Dr. Diana Kirschner about why am I attracted to the wrong kind of men. Watch the video above and read the article below for some dating tips in your life!

Why Am I Finding The Wrong Men?

Dr. Kirschner is a PBS Love Expert, Psychologist, and Best Selling author to many books! She started a journey to find love after she had a rough childhood, and she was successful by finding a partner. She has now been able to help thousands of people around the world to find self-love and with a partner.

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1. **Attracted to Alpha Men:** Us women are wired biologically to be attracted to men who are "bad boys." It's an instinct that we are attracted to these type of men because of the survival of the fittest. A stronger man is going to be better for your reproductive needs, and sometimes it's irresistible that we are attracted to these type of men. He's good in bed, and you're attracted to him, but why isn't it working out? It

doesn't work out because they're often players and narcissists. These men are usually not interested, because it's all about getting laid. "Most women end up heartbroken..." Dr. Kirschner explains.

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2. Men Who Are Gorgeous: When you're attracted to men like this, it's not going to give you that "soulmate love" kind of experience. "It's really something inside that makes them a good partner...that makes someone a soulmate for you." Dr. Kirschner tells us.

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3. Negative Parental Role Models: If you grew up with bad role models, then you will most likely end up dating someone who is bad as well. When you grow up, your parents set a template up for you on love, and how portray it. This all happens in your subconscious mind, and then you'll realize who they truly are.

Dr. Kirschner has a gift for all her viewers, which is a free 40-minute session with a love mentor coach. They can help you get attracted to the right guys, and all you need to do is go to lovein90days.com and fill out the form. Make sure to Suzanne sent me, to get your free session.

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Expert Dating Advice: Men Who Want to Date Women Their Age



By Gillian Lee

In this week's Single In Stiletto's dating advice video, founder and love expert Suzanne Oshima talks to Robert Manni about men who want to date women their age. Watch the video above and read the article below for some dating tips in your life!

Dating Women Their Own Age

Robert Manni is the author of "The Guys' Guy's Guide to Love." Manni is based in New York City, and he wanted to write a novel that was based in his area from the male point of view.

1. Experience: There are a lot of cultural differences if there's a large age gap, so you have to keep up with each other. A lot of guys would much rather date people who are age appropriate. "Women who have been around a little bit have some experience and maturity, money, and power and connections, these things are all important," Manni states. It's important to be on the same wavelength as each other when you're talking about jobs.

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2. Empathy: Older women may have more empathy when it comes to “real-life scenarios.” They’re going to understand the feeling of ‘having to go find another job’ and other examples. They’re going to understand more than 22-year-old women would. Don’t worry about the guys who want to date younger women using dating apps, because they won’t be able to change!

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Expert Dating Advice: How to Get a Man to Crave Your Company!



✖ By Gillian Lee

In this week’s Singles In Stilettos, [dating advice video](#), founder and relationship expert [Suzanne Oshima](#) talks to Lisa Shield about how to get a man to crave your company. Watch the video above and read the article below to find out some good dating tips in your life.

Get Men To Love Your Company

Lisa Shield is a dating and relationship coach, for [Emotionally Naked Dating](#). Shield met her husband after going on 96 first dates and went through them very quickly. 16 years later, she's with the love of her life, and she is a successful dating and relationship coach.

1. Share your head before you share your bed: In today's dating world, men are putting a lot of pressure on women to have sex right away. "We have to be the ones that put the brakes on and say no, they can't read our minds and cannot tell if we are ready or not." If you want a man to that is interested in more than just sex, and a man who loves you for your thoughts and your heart, then you have to wait on having sex. Nobody can tell you when the right time to have sex is, you will know when the time is right for you. So, a word of advice, don't sleep with them within the first four dates!

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2. Really understand the man sitting across from you: When you tell a man you don't want sex, he's going to feel rejected. "If you are going to put a break on sex, you're going to have to learn how to reject a man without making him feel rejected," Shield tells us. Really own that you are an elegant woman, and don't let men call you a girl. If you're in your 20s, 30s, and 40s you're not a girl anymore, really own up to who you truly are. To truly get a man to crave your company, you have to treat him like a man. "When you start to treat a man like a man rather than a little boy, you start to bring out the man in him." Women in today's society tend to sit back and wait for the man to do everything, but we need to start being able to do stuff for ourselves.

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Expert Dating Advice: Why Can't I Seem to Find The One?



By Gillian Lee

In this week's *Singles In Stilettos*, [dating advice video](#), founder and relationship expert [Suzanne Oshima](#) talks to Dr. Diana Kirschner about why you can't find the one. Watch the video above, and read the article below to find out some good dating tips in your life.

Searching For The One

Dr. Diana Kirschner is a PBS Love Expert, Psychologist, and the best selling author to many books. Kirschner had a difficult time finding love for herself, and a difficult childhood that led to her finding her passions today.

1. Unconscious patterns: We as people are prone to our unconscious patterns, but sometimes they are very strong which can lead to continuously dating to not find the one. Start to become conscious of whatever pattern you've been playing out, and then overcome this pattern. Kirschner said the "I will make you love me pattern...but you can't make anyone love you." This all has to do with self-esteem and the belief that no one will love you. You can see this when you realize you are always taking care of your partner, you never really get a turn to get help. "It's like you need to produce in order to get love," Kirschner tells us.

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2. Not perfect, I'll pass: For this reason, you find little imperfections on a person, and say he's "not perfect." In this pattern, "perfectly great guys come along but they are rejected, often are in women's early years." We have to realize that there's no perfect guy, and there's going to be something that isn't on your "checklist." You have to see if he is able to grow as a man and be able to improve his imperfections.

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3. The flameout: An example, for this reason, would be attending a 5-hour date and having sex, which is too much intimacy in a short amount of time. This pattern also happens to be fueled by fear because you feel like you have to jump in quickly. Women are prone to feel if they don't move fast enough, that person might get away.

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Relationship Advice: 4 Types of Men You'll Meet Online



By [Gillian Lee](#)

In this week's Single In Stiletto's [dating advice video](#), founder and [relationship expert](#) Suzanne Oshima talk to [Robert Manni](#) about 4 types of men you'll meet online. Watch the video above and the article below for good dating tips in your life!

Different Types of Men You Meet Online

1. Newbies: The first type of people you would run into are the "newbies." These men have just recently started online dating, and aren't positive what they are looking for in a woman. Manni explains to us women, "I would recommend to all ladies as a first question when you're with a guy to ask them what they think about online dating." He explains to us to beware of the newbies because it's an idea of "window shopping" for them. Don't forget these guys completely, but instead, keep seeing guys who have experience.

Related Link: [Relationship Advice: I'm Scared to Get Back There and Date](#)

2. Jugglers: These type of men or women are people who are using various dating sites, and who are “dating up a storm.” These people are overbooking dates, and what usually happens is that they would cancel last minute, or ghost you. When you are dating this type of guy, make sure to look out for your heart because they would be balancing multiple people at once.

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3. Lonelies: These type of people are the ones who have been dumped a bunch of times, or their wife have just left them. They seek a companion through online dating, but they haven't yet managed their feelings. “These people might be a little needy, and might not know how to manage online dating...starting over can be really difficult for some people...” Manni says to us.

Related Link: [Dating Advice: 3 Things Men Wished You Knew](#)

4. Realist: These are the type of guys that you want to meet because “they have confidence in their own skin, like to meet people offline...” This man will be able to show you a good time and be the type of guy you want to date. These men will have more relationship potential for women. But, you have to be careful if somebody is that comfortable in their own skin and have their game together that they won't turn into players, because it's pretty easy. Find a guy that has a cool head, and knows who he is and is respectable to women.

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Expert Dating Advice: The #1 Thing Holding You Back From The Right Relationship



By Gillian Lee

In this weeks Single in Stilettos, [dating advice video](#), founder and relationship expert Suzanne Oshima talks to Antia Boyd about the #1 thing holding you back from the right relationship. Watch the video above and read the article below to find out some good dating tips in your life!

What's Holding You Back In A Relationship

Boyd tells us that the number one thing holding us back from the right relationship is that we're always wanting to be right! Boyd states, "I need to be right because when I'm right I can rely on that and I can't rely on anyone else." She explains this is how most women feel, and this can ultimately hold you back.

Related Link: [3 Signs He's Falling In Love With You](#)

You have to be willing to be wrong in dating. Acknowledge you

can be wrong, and that will allow you to fully open up. Us women are so used to being, “strong independent women” and we love being in control and always knowing the outcome. Oshima states, “sometimes you just have to go with the flow and that’s how things happen organically.” It’s hard sometimes for independent women to allow the man to take the lead and receive in a relationship. But doing so, will let your relationship thrive!

Related Link: [How To Build A Lasting Love](#)

Most women haven’t perfected the “transitioning” between work mode, and love mode. Women should have a transition between when they leave work to when they are back with their significant other, so it shows a man that you’re giving them your undivided attention.

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Expert Dating Advice: Can Casual Sex Turn Into Love



By Gillian Lee

In this week’s Single In Stilettos [dating advice video](#),

founder and relationship expert [Suzanne Oshima](#) talks to Lisa Shield about how casual sex can turn into love. Lisa Shield is a dating and relationship coach on emotionally naked dating. Watch the video above, and read the article below to find out some good dating tips in your life!

Expert Talks About Sex and Love

1. Don't Act on What Mother Nature Wants: As human beings we are designed to have a sex drive with the opposite sex. With this sex drive, "mother nature" wants us to propagate with the opposite sex to continue the circle of life because this is what we were designed for. But, despite what mother nature wants for us, we can't act on our drive for sex. If you decide to act on your impulses this will lead you to being "ghosted" and it won't last.

Related Link: [Relationship Advice: How To Build a Lasting Love](#)

2. Separate Sex From Dating: If you decide that you just want to have a sexual partner, then make sure you pick someone that you won't be emotionally involved with. Keep your recreational sex and dating separate, because it doesn't change as you get older. Shield states, "you have to share your head before you share your bed."

Related Link: [Dating Advice: 3 Dating Red Flags](#)

3. Wait to Have Sex Until You Are Comfortable: Shield explains if you know you've found the love of your life, why would you want to rush into things if you have forever. "The minute you introduce sex, it becomes about sex at least in the very beginning," Shield tells us. Wait till the relationship gets deeper, and more meaningful so when you actually do have sex, that's when it's more intimate.

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Expert Dating Advice: 3 Signs He's Falling in Love With You



By Gillian Lee

In this week's Singles In Stilettos, [dating advice video](#), founder and relationship expert [Suzanne Oshima](#) talks to Hunt Ethridge about three signs he's definitely falling in love with you. Watch the video above, and read the article below to find out some good dating tips in your life!

He's Falling In Love With You

1. Starts To Become Vulnerable: Men in a relationship tend to be more closed off because they don't know their certain "role" yet. They try to portray strength, and show an alpha attitude, but when you start to show that you are there for what's on the inside, he will start opening himself up. "It's the first clue of many that he is really starting to fall for you," Ethridge explains. If your significant other isn't opening up to you, recognize that you should create a safe environment, and do a technique called "mirroring." To use

this technique, you mirror the activity that you want them to do, and you will be vulnerable with them in hopes they open up as well.

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2. How Advance His Planning Is: If he starts bringing up plans regarding the future such as next month, and next year, this is a sign he is falling in love with you. “This basically let’s you know he sees you as apart of his life in the future,” Hunt tells us. This moment is amazing because it shows he’s serious about the relationship.

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3. Important Actions: A man will start to show different actions on how he is falling in love with you. For example, “does he start to leave you a little glass of water beside your bed before you go to sleep?” Ethridge says. In every relationship the actions will be different, but you will personally know what actions he will do to show he is falling in love with you.

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Dating Advice: Why Do I Attract Men I Don't Want...And

Repel Men I Desire?



By Gillian Lee

In this week's *Single in Stilettos* [dating advice video](#), founder and [relationship expert Suzanne Oshima](#) talks to Duana Welch. Watch the video above and read the article below for some good tips in your dating life!

Why Are We Repelling Men We Desire?

1. Not right for each other: Us women need to remind ourselves that just because you think you're attracting the wrong ones, doesn't mean you are doing the dating game wrong. Welch brings up the dating app, Bumble and explains that men loves this app because it shows that women show that they're sexually interested.

Related Link: [How to Be More Desirable](#)

2. Showing you are available: This one might sound strange that you're showing that you're available. But, Welch states, "When women pursue them, what they hear is that I am sexually available to you and please don't make a commitment to me because I am sexually available to everyone." People tend to send the wrong signals when trying to pursue someone, and this often leads to repelling people you desire.

Related Link: [Fearless Flirting Formula](#)

3. Send proper signals: On dating sites, make sure to have the guy reach out first. Have a presence on the site, and show

that you are single, but let him do the talking! Welch states, "Men are anywhere between 6-10x more likely to reach out for that first contact than women are."

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Dating Advice: 3 Things Men Wish You Knew



By Gillian Lee

In this week's Single In Stiletto's [dating advice video](#), founder and [relationship expert Suzanne Oshima](#) talks to Cheyenne Bostock about three things men wish you knew but will never tell you. Watch the video above and read the article below for some good tips in your dating life!

Dating Advice On What Men Wished You Knew!

Related Link: [Dating Advice: How to Attract a Strong Man Who Takes the Lead](#)

1. Men Don't Like To Date: According to relationship expert Bostock, "If there's two things that men value, it's time and their money." He believes that when it comes to dating, a man thinks it's a waste of their time and money. When dating, it's important to see that going out to dinner takes a decent amount of money, especially for several dates. Bostock explains that before the first date, find out as much as you can about the other person so that when you do get to the first date, you're already invested. When you get to know her before the first date and already feel like you want to date her, then that date won't feel like a waste of time and money. You will have that feeling that they are "always wanting you around."

Related Link: [Expert Relationship Advice: Two Things That Make a Man Fall in Love & Commit](#)

2. Food Is The Way To a Man's Heart: Bostock said some men would tell their women this tip, but most women don't truly understand the gravity of this. For example, if your date is uninterested in going to an event you want to go to, tell him there will be great food and he will change his mind. Also, if a woman wants to talk to a man about something, a good idea would be to bring up food, instead of saying, "We need to talk." He will be concentrated on the food while you are concentrated on the talk. It's a win-win!

Related Link: [Relationship Advice: How To Build a Lasting Love](#)

3. Affirming a Man: This is the most important [love advice](#) out of all of them because it defines the difference between a boyfriend and a husband. Bostock states, "There is nothing more valuable than a man feeling like he's needed, he's wanted, he's valued, he's appreciated." There are many terms that you can say on daily a basis that will make him feel wanted such as, "I love you" or "You are important." Make sure you make your man feel good, because it'll make him want to stay and love you. Bostock explains that if you aren't the one

affirming him, then there will be someone else out there who will.

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Dating Advice: Fearless Flirting Formula



By [Rachel Sparks](#)

In this week's Single in Stiletto's [dating advice video](#), founder and [relationship expert Suzanne Oshima](#) talks to sensuality coach Patty Contenta about how to master flirting! Watch the video above and read the article below for some feel-good tips to improve your dating life!

Dating Advice to Help You Flirt Fearlessly!

Related Link: [Dating Advice: How to Be More Desirable](#)

1. Chemistry through charisma: Successful flirting is all about creating chemistry between you and someone else. A lot of times, flirting is intimidating because it may encourage unwanted sexual attention. “We all want to be respected for our minds and not our bodies,” Contenta admits. Charisma, or the ability to verbally connect with someone, is a fun way to boost both your confidence and that of the person on the receiving end.

The foundation of charisma is ACES. A: appreciation, C: commonalities, E: elevation, S: self-expression. When you appreciate a specific detail about someone, you show that you both pay attention and admire a trait about them. Sharing something in common is the foundation of any relationship, friendly or romantic. To be able to elevate the mood means that people will naturally want to be around you, so break out your sense of humor or share what you love about the present moment. And always, be yourself. When you bring your true self to a conversation and express your quirks, people are more likely to find you charming.

Related Link: [Dating Advice: How to Flirt with a Little Touch](#)

2. Chemistry through sensuality: Embrace your feminine energy ladies! If you feel connected with someone on an intellectual level, take it up a notch with your body language. Sensuality is physical expression, but it doesn't have to be risqué or involve touching. How you sit or lean into a conversation can show the other person you're interested and they will subconsciously lean in as well. Touching yourself, such as your hair, arms, or neck, opens up a new playing field for your person of interest. “Women need to take responsibility,” Contenta says. She mentions the #MeToo movement and says, “Men are becoming more careful about flirting and touching. Give him permission!”

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Relationship Advice: You're Scaring Men Off!



By [Rachel Sparks](#)

The [relationship advice](#) from this week's Single in Stiletto's [dating advice video](#) will stop you from scaring off any more men! [Relationship expert](#) Suzanne Oshima interviews Bex Burton on ways that women run men off. Watch the video above to learn more!

Relationship Advice to Stop Scaring Men Off!

1. Stop future pacing: Women tend to think farther ahead than men when it comes to relationships. On the first date, you shouldn't be thinking about whether or not he's husband material; you should invest your energy in the present moment so you can get to know your date. "When we communicate from this place...we base our beliefs on our pasts," Burton says. We don't make expectations for the future based on the person in front of us, but rather on what we've experienced before. Men can see through this and they often run. Think about it; it's

intimidating to have your whole life planned out already when you don't even know your date's last name.

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2. Stop shape-shifting: “When the images, words, and ideals that we use both online and in person aren't representative of who we are in that moment, how is a man supposed to know who he is facing?” Burton asks. No one is the same person every day, but we do allow ourselves to act a certain way based on what we think the other person wants. When it comes to being a strong and independent woman, you don't want to seem sheepish to placate a man's ego, but you also don't want to be so dominating that the man doesn't feel like he will be valued. Flopping between the two personas is confusing; strive to find balance.

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3. Stop criticizing: Here's a scenario: you're in the car with your date and he asks what you want for dinner. How many of you have said you don't care, but then get annoyed when he chooses a burger joint? “Don't criticize a man for the choice you just empowered him to make,” Burton advises. If you do have preferences, state so. Phrasing your desires as a question will give your date direction and make him feel valued that he can care for you. Try saying something like, “I want healthy and fresh, what would you recommend?” Oshima adds, “Men hate women who don't have an opinion.” It's great to share your desires, but if you really don't have an opinion, appreciate what your date does choose.

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Dating Advice: Thriving After Divorce



By [Rachel Sparks](#)

The [relationship advice](#) in this week's Single in Stiletto's [dating advice video](#) will help you move on and enjoy dating after divorce. Watch the video above, featuring founder and [relationship expert Suzanne Oshima](#) and Tanya Marie Dubé, for dating advice!

Dating Advice on How to Thrive After Divorce!

1. Accept the emotional cycle: Any loss, whether it be a death or a separation, entails an expected emotional cycle. Don't be surprised if you are in denial, become angry, try to bargain, or enter depression. But hope prevails! "You wake up one day and a light bulb goes off," Dubé says. She admits that during her own separation, she would "pull up the big girl panties and go on to the next thing without thinking about it." The problem with avoiding the grief cycle is that, because you didn't allow yourself time to process, you end up repeating previous mistakes in future relationships.

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2. Re-learn yourself: After a long relationship, you're a different person. You've spent your time thinking about you and your partner and, if relevant, your kids. Now, as a single woman, you have time to yourself and you should use that to explore what it is that you enjoy. Because you've changed, you need to relearn who you are and what makes you happy. "Right after a breakup, you have a low vibe and will attract someone with a low vibe," Dubé says. Not taking the time to relearn who you are and build happiness risks landing you in a relationship similar to the one you just left. Take the time for yourself, and your next relationship will reap the rewards.

Related Link: [Dating Advice: How to Fall in Love with Dating](#)

3. Practice optimism and mindfulness: "Before I attract people, I want to attract happiness," Dubé says. If you notice that you have a negative world view, you'll never be happy, and no relationship can change that. You need to focus on the "triad of emotion," as Dubé calls it. Fix any negative self-talk, adopt powerful body, and shift your focus on to the bigger picture. Divorce is painful and takes a toll on your mental health, but paying attention to the verbal and physical language you use and where your focus is can help you practice a positive mindset, which will make you happy with your life before you start dating again!

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Relationship Advice: The Secret to Attract a Commitment-Minded Man



By [Rachel Sparks](#)

The [relationship advice](#) in this week's Single in Stiletto's [dating advice video](#) will help you attract the man who wants to stay in your life. Watch the video above, featuring founder and [relationship expert Suzanne Oshima](#) and Sandra Fidelis, for dating advice!

Relationship Advice to Help You Attract a Commitment-Minded Man

1. Discover your core beliefs: "There are certain things that you pick up throughout life that shape your reality," Fidelis says in her relationship advice. "When it comes to love, whatever you believe is possible for yourself is what you will attract." If you don't believe that you are worthy of a long-term relationship where a man is committed to you alone, then you won't attract someone of this mindset. Core beliefs don't just mean what you believe about the world; they very often relate to what you believe about yourself.

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2. Discover what you want: Once you discover your core beliefs, you have the power to change them. “What you believe is what you create,” Fidelis says. Focus on what it is that you want out of a relationship. Fidelis advises, “When searching, focus on the energy of the relationship you want to create together.” Avoid superficial traits that you may think you want. Height or aesthetic preferences lose significance to the energy of a healthy relationship. Oshima adds, “You limit yourself when you focus on superficial wants.” What is more important: how tall a man is or how he makes you feel?

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3. Open your channels: Now that you’ve identified what you want, how do you bring that into your life? You have to put yourself in situations where the person you want to attract could be. That means you need to mix up your routine! “You need to put yourself in front of the type of guys you want to attract,” Fidelis states. Open up the opportunities to meet new people. Try online dating if you haven’t before. Waiting around for someone to come into your life is ineffective and just won’t happen. Get out there and have fun!

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Dating Advice: Secrets to

Letting Go of the Outcome of a Relationship



By [Rachel Sparks](#)

In this week's Single in Stiletto's [dating advice video](#), founder and [relationship expert Suzanne Oshima](#) talks to spiritpreneur Abiola Abrams about letting go of expectations and staying present while dating. Don't miss this great [relationship advice](#); watch the video above!

The Dating Advice You Need to Stop Worrying About Outcomes and Enjoy Dating

1. Practice mindfulness: Mindfulness is a “mind, body, and spirit principle [about] being radically present,” Abrams says. Our society is structured around distractions. Our phones chime and we drop everything to answer an email or respond to a text. Because our attention span isn't a muscle we train often, our dates are effected. “We're thinking on our first date what our kids would like or what their last name sounds like,” Abram says with a laugh. To stop “faturizing,” focus on what to be grateful for in that person. This exercise in gratitude will bring you to the present moment, help you calm first-date jitters, and enjoy the other person more.

Related Link: [Dating Advice: How to Stop Self-Sabotaging in Love](#)

2. Bring a little gift: Women are used to being impressed while men are used to being the ones impressing. Abrams advises, “We always assume that masculine energy doesn’t appreciate gifts, but they eat it up.” Bring something small, like a rock or twig from an area they’ve mentioned or their favorite candy bar. “You don’t have to spend money,” Oshima says, “In this case, it really is the thought that counts.” Small gifts, especially early in a relationship, show that you pay attention. It forces you to be present in a conversation and think about what someone would want or need.

Related Link: [Single of Stilettos: Dating Advice About Mindfulness](#)

3. Be vulnerable: A large percentage of relationship advice emphasizes the importance of vulnerability. People appreciate it, yet we’re all too scared to do it. You don’t always have to reveal your secrets to be vulnerable; instead, share a personal story. Share a memory you rarely do, a tale you hadn’t thought about in awhile, an anecdote that will reveal a trait about yourself that you want the other person to know. “When you shield yourself like you’re Wonder Woman, you prevent yourself from being seen and felt.” When you open up to someone, it grounds you in the present, and the other person feels valued for connecting with you on a more intimate level.

For more dating advice videos and additional information about the Single in Stilettos show, click [here](#).

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Dating Advice: How to Be More Desirable



By [Rachel Sparks](#)

In this week's Single in Stiletto's [dating advice video](#), founder and [relationship expert Suzanne Oshima](#) talks to sensuality coach Patty Contenta about how to be more desirable! Watch the video above and read the article below for some feel-good tips to improve your dating life!

Dating Advice to Help You Feel and Look More Desirable!

1. Own your desire: "For women, there is shame attached to owning your desire," Contenta says. "Be okay with owning and showing it." When you become more aware and attached to your desires and sensuality, a creative fire ignites in you. You become more engaged with the present world around you. This helps you enjoy life more, but it also makes you much more attractive to others. The first part of being desirable is connecting with that desire in yourself.

Related Link: [Dating Advice: How to Flirt With a Little Touch](#)

2. Express sensuality: Once you own your desire, what are the different ways to express it? Contenta says there are two: the ability to elevate your senses at any moment and to manage your sexual energies. "Pleasure," Contenta says, "is in the moment that you're in and engaging the senses fully." If you

want to become more aware of each moment, engage as many senses as possible. This is true for any partner as well. It's a huge turn-on to use all five senses.

Related Link: [Single in Stilettos Show: How to Flirt with a Man](#)

3. Transition into feminine energy: There are two primary sexual energies: masculine and feminine. Masculinity often empowers forward movement, motivation, and power. Femininity, on the other hand, embodies emotions and reciprocity. "In our results-driven society," Contenta says, "We all engage in masculine energy. But to become more desirable, transition into feminine energy using non-verbal, physical cues." Think about your body and how much space it takes up. Men stand wider, and when women want to emit power they use body language that takes up more space. Feminine energy, which is softer, connects the inner thighs. When you walk, squeeze your inner thighs together to encourage more curves and a sultry stance. When you move to point to something, caress yourself instead of just pointing. Show that you love yourself and desire will follow, both from you and observers.

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Relationship Advice: How to

Attract a Strong Man Who Takes the Lead



By [Rachel Sparks](#)

The [relationship advice](#) from this week's Single in Stiletto's [dating advice video](#) will help you attract the kind of man who will take the lead. [Relationship expert](#) Suzanne Oshima interviews Bex Burton for the best dating advice to bring a strong man into your life. Watch the video above to learn more!

Relationship Advice to Help You Attract a Strong Man!

1. Be an authentic woman: Burton says if a woman is “true to herself, connected with her own heart, her intuition, and whatever her divine belief is,” then she’s authentic. It’s important to know who you are and stick with that. If your actions match your words and your behaviors match your beliefs, then you know who you are to the core. Strong men love women who are confident in themselves, and confidence starts with an intense personal knowledge. Suzanne adds, “Show up how you are in the beginning.” If you worry that your confidence intimidates men, then you might consider steering clear from men who don’t embrace that characteristic or who are not strong enough to handle this type of woman. This will keep you open for others who come into your life and

appreciate what you have to offer.

Related Link: [Relationship Advice: Why You Keep Attracting the Same Kind of Men](#)

2. Be present: Knowing what you want and what you won't settle for allows you to navigate relationships with clarity. Men appreciate a decisive woman; it avoids petty arguments. It also allows men who like to take charge to have the opportunity to do so because they know, thanks to you, what they need to do to make you happy. Burton says, "Identifying what you need is a journey and a skill to develop." Knowing what you need from the beginning helps you weed out people who won't make you happy.

Related Link: [Dating Advice: How to Stop Self-Sabotaging in Love](#)

3. Be connected: Similar to knowing what you need and knowing who you are, you need to be aware and connected with your emotions. Not only does this create an emotionally stable environment, but being aware of negative emotions before they escalate will diffuse arguments with your partner before they begin. Don't just focus on yourself, though. Women are naturally more attuned to emotions and when you focus on the ability to connect outwardly, you can intuitively recognize your partner's emotional state. Burton says, "It helps men connect with their emotions, making you valuable in their lives [because] you help him feel so much more deeply."

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Relationship Advice: Why You Keep Attracting the Same Kind of Men



By [Rachel Sparks](#)

The [relationship advice](#) in this week's Single in Stiletto's [dating advice video](#) will help you understand why you keep attracting the same type of guy and how you have the power to change that! Watch the video above, featuring founder and [relationship expert Suzanne Oshima](#) and Sandra Fidelis.

Relationship Advice to Help You Stop Attracting Mr. Wrong and Start Attracting Mr. Right

1. Discover your core beliefs: "There are certain things that you pick up throughout life that shape your reality," Fidelis says in her relationship advice. "When it comes to love, whatever you believe is possible for yourself is what you will attract." If you are continuously facing abuse in relationships, you may internalize those failures as your own and begin to believe that you do not deserve more out of love. Evaluate past relationships; it's never just one person's

fault when a relationship fails. If you find that you are in a cycle of dating the same guy in different skin, that's a sign that there is something in your beliefs that needs healing.

Related Link: [Single in Stiletto Show: He's Great, But...](#)

2. Change your story: Once you discover your core beliefs, you have the power to change them. "What you believe is what you create," Fidelis says. If you discover that you don't believe in love or that you don't deserve it, challenge those beliefs so that you can change the dating cycle you've created. Fidelis advises, "When searching, focus on the energy of the relationship you want to create together." Avoid superficial traits that you may think you want. Height or aesthetic preferences lose significance to the energy of a healthy relationship. Oshima adds, "You limit yourself when you focus on superficial wants." What is more important: how tall a man is or how he makes you feel?

Related Link: [Single in Stiletto Show: Do You Push for Commitment Too Soon?](#)

3. Break your routine: After you've discovered your core beliefs and chosen the story of your future, you need to take these discoveries out into the world. Going to the same places that you always have will only keep you around the same types of people. "You need to put yourself in front of the type of guys you want to attract," Fidelis states. Oshima offers her own advice, "Sometimes what we think is our type really isn't if every relationship keeps ending." Open your mind to other people. Ridding yourself of negative beliefs will allow you to be more attracted to different types of people. Have fun with it!

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Dating Advice: How to Stop Self-Sabotaging in Love



By [Rachel Sparks](#)

In this week's [dating advice video](#), Single in Stilettos founder and relationship expert [Suzanne Oshima](#) talks with spiritpreneur Abiola Abrams about how to stop self-sabotaging your love life. Don't miss this great [relationship advice](#); watch the video above!

The Dating Advice You Need to Stop Sabotaging Your Love Life

1. Become aware of yourself: Abrams challenges viewers with the question, "Why do you always attract a certain kind of person?" The law of attraction states that you bring into your life what you emit. If you send out signals of failure, whether you subconsciously expect it or not, you welcome failure into your love life. A lot of times, you're unaware of the ways in which you sabotage yourself, but recognizing that you do so can help break a cycle of bad dates and dead-end relationships. Oshima adds, "The common denominator in all of these failed relationships is you." It's time to look in the mirror and face reality about yourself.

Related Link: [Dating Advice: How to Be Sexy on Date Night](#)

2. Start journaling: Journaling is a great tool to becoming more self-aware. You can find and explore the ways in which you fail and how you may begin to attract the relationships you do want. In her dating advice video, Abrams encourages viewers to “journal who you think you deserve to be with, not your dream person.” When you evaluate not who you wish to have but instead who your current actions attract, you realize who you deserve. “It’s a heartbreaking exercise,” Abrams adds, “because a lot of women realize they believe they don’t deserve love.” If you feel this way, start there and ask yourself why you feel that way. Begin to challenge yourself so that you will believe you deserve kind and compassionate love.

Related Link: [Single in Stilettos Show: Dating Advice About Mindfulness](#)

3. Pay attention to patterns: Journaling can help you discover patterns. Abrams suggests journaling about the times discord arises in your relationships. What environment surrounds the argument? When your relationship is running smoothly, do you bring up old triggers? “We have a victim consciousness,” Abrams says of women. “We get together with our girlfriends and talk trash about our men, and that cultivates conflicts.” Only you know how your relationship is. If you’re constantly looking for conflict, you’ll find it. When you see those patterns, you can stop destroying something that has the potential to be truly satisfying and fulfilling. Abrams offers her final bit of advice, “Self-awareness brings you to self-acceptance.” In other words: true love starts with self-love.

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Dating Advice Video: Signs of an Unhealthy Relationship



By [Rachel Sparks](#)

In this week's [dating advice video](#), Single in Stiletto's founder and relationship expert [Suzanne Oshima](#) talks with [relationship author](#) Tinzley Bradford about three signs of an unhealthy relationship. Don't miss their expert relationship advice in the video above!

Dating Advice Video for Three Signs of an Unhealthy Relationship

1. Physical or verbal abuse: "Being condescending all of the time is an example of verbal abuse, which is a sign of an unhealthy relationship," Bradford says in this dating advice video. While abuse seems like an obvious sign of an unhealthy relationship, actually deciding to leave is hard. Don't let the fear of financial and total independence keep you in a bad relationship. Oshima adds, "You might be scared of being alone, but really, you're already alone in an abusive relationship."

Related Link: [Dating Advice Video: Signs He's Settling for You](#)

2. He's not emotionally available: If your partner ignores emotional conversations for video games, you're in a relationship with someone not emotionally present. "If he cannot hold a decent and healthy conversation about your feelings, then he cannot create a healthy relationship," Bradford advises. Your feelings and perceptions have value and in a true partnership, your partner should be happy to listen to your feelings. If they are constantly brushed aside, it's a sign he isn't invested in your total well-being.

Related Link: [Dating Advice Video: The Questions You Should Be Asking Him](#)

3. Constant arguing: Nobody wants to argue all of the time, but sometimes we find ourselves in relationships that are threaded with tension. "Arguing all of the time is not cute and it will slowly kill your spirit," Bradford says. It's not welcoming or loving to argue everyday about why someone is late, why they're wearing what they're wearing, or why something didn't get done. Whether you're throwing insulting jabs at your partner or you're the one constantly under fire, it's not a supportive and healthy environment to be in.

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Relationship Advice: How to

Overcome the Fear of Abandonment



By [Rachel Sparks](#)

On this week's Single in Stiletto's [dating advice video](#), founder and [relationship expert Suzanne Oshima](#) talks to love and dating coach Jaki Sabourin about how to overcome the fear of abandonment. Watch the video above for their best [relationship advice!](#)

Relationship Advice to Help You Overcome Fears of Abandonment!

1. Are you abandoning yourself? Sabourin believes that we all have a fear of abandonment that traces back to our childhood. It's normal, she assures viewers. "We continue to perpetuate that fear into adulthood by abandoning ourselves." Though you've heard the advice before, it's worth repeating: you have to be your own best friend. "Nurture that part of yourself that feels alone," Sabourin says, "It's self-parenting. You'll feel whole again."

Related Link: [Dating Advice Video: Stop Attracting Emotionally Unavailable Men](#)

2. Stop taking things personally: Things go wrong when dating. We often second-guess why the guy wouldn't call us back or why it's taking so long to get a response. "You're only

responsible for half of the equation,” Sabourin reminds viewers. “Don’t blame yourself.” Self-blame stems from an attachment to a desired outcome. When you expect certain results from your dates, you take responsibility for things outside of your control. The best way to end this cycle is by just enjoying dates and releasing expectations. Without expectations, you’re less likely to blame yourself for when things go wrong.

Related Link: [Dating Advice: Manifesting the Right Man?](#)

3. Take responsibility for your emotions: Ultimately, fears will be present, but how you handle them will effect outcomes. If you worry about abandonment before it’s happened, Oshima warns that you can sabotage a relationship. Sabourin advises that by taking ownership of your emotions, you can learn healthy ways of processing failures and fears and work towards your dream relationship. Sabourin warns, “Ignoring emotions creates a beach-ball affect: you can push the ball underwater, but at some point it will come back up with force.” Start by accepting what you are feeling, allow yourself to feel it, and then release those emotions. You’ll heal faster.

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Relationship Advice: How to

Overcome Dating Burnout



By [Rachel Sparks](#)

This week's [relationship advice](#) will help you overcome dating burnout! [Relationship expert](#) and Single in Stilettos founder [Suzanne Oshima](#) talks to relationship coach Cyndi Olin about how to persevere in dating when you want to give up. Watch the [dating advice video](#) above to learn how you too can make it through a dating dry spell!

Relationship advice to help you through a dating burnout!

1. Monitor your attitude: Olin says, "What we resist persists." If you approach dating with a negative attitude, dreading the next time you have to haul yourself out of the house to meet someone new, you're not in a headspace to promote new relationships. Viewing dating through a negative lens puts you in "comparison mode." Olin says, "If you're constantly looking critically [at your dates], then the evidence will mount that he's the bad guy." Looking at dating with dread will only attract negative people and can destroy opportunities with the potential to make you happy.

Related Link: [Dating Advice for Women: How to Break Your Dating Patterns](#)

2. Set aside date nights: "Dating burnout stems from doing too much," Olin says in her relationship advice. Setting aside

certain days for date nights frees up the rest of your schedule to do the things you need and want to do. When someone new asks to set up a date, you don't have to worry about shifting your schedule around. On the designated date days you don't have dates, take yourself out on a date instead. Maintaining regular date days will foster a positive mindset towards the times you do have dates.

Related Link: [Dating Advice: How to Get Him to Commit to You!](#)

3. Pamper yourself: "Having things to look forward to in life are really important," Olin says. "A woman who can overcome dating burnout has a life that is full and that she is passionate about." Begin enjoying the rest of your life again. You'll forget about your frustrations with dating and will be more likely to get back out there with a positive attitude. What's more, people are drawn to happy, positive people. As Oshima says, "Don't give up before the miracle happens."

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Relationship Advice: I'm Scared to Get Back Out There and Date!





By [Rachel Sparks](#)

The [relationship advice](#) in this week's *Single in Stilettos* [dating advice video](#) will help you overcome that paralyzing fear of dating! Whether you've just gotten out of a bad relationship or have been battling dating anxiety, [relationship expert](#) and *Single in Stilettos* founder Suzanne Oshima interviews relationship coach Iris Benrubi for the top three tips on how to overcome fear and get back into the dating game.

Relationship advice from relationship coach Iris Benrubi will help you overcome fear and help you start dating again!

1. Anxiety is normal: Benrubi says, "Anxiety is your body's way of keeping you safe, but sometimes safe also means stuck." Getting back into the dating game is frightening. After heartbreak, who wants to risk getting hurt again? Like Benrubi says in her relationship advice video, playing it safe often means doing what you already do, and that likely means staying alone. "Choose the pain," Benrubi adds, "Would you rather have the pain of being alone or have the pain of putting yourself out there?"

Related Link: [Dating Advice Video: Dating After Heartbreak](#)

2. Use dating to experiment: "Online dating is going to give you the biggest bang for your buck," Benrubi says. "Use it as a place to experiment." Oshima reminds viewers, "You are totally in control." See what works and what people respond to. If something doesn't work, don't be disappointed or hurt,

and instead try a different approach. Viewing dating, especially online dating, as an experiment removes you from the anxiety and allows you to have more fun. Dating should be fun!

Related Link: [Expert Dating Advice: What's Blocking Me From Finding Love?](#)

3. Know what you want: “Just saying you want a relationship is not enough,” Benrubi says. “Any man can give you a relationship.” Build a top ten list of traits and needs that a relationship should meet. Do you want a long or short-term relationship? Do you want kids? Do you want to live in the country or the city? Knowing these must-haves helps you avoid wasting time in the dating game and allows you to find someone who is not only a good person but also meets all your needs.

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Relationship Advice: How to Heal a Broken Heart



By [Rachel Sparks](#)

The [relationship advice](#) in this week's Single in Stilettos

[dating advice video](#) will help you mend that broken heart. [Relationship expert](#) and founder of Single in Stilettos Suzanne Oshima interviews [relationship author](#) Duana Welch for her top three tips on how you can heal after a break-up.

Relationship Author Duana Welch Offers Her Best Relationship Advice on How to Heal a Broken Heart

1. Be brave: “The things that we dream of most are the things we are most scared of,” Welch shares. Face your fear in order to pursue your dream relationship. It’s easier to sit on the couch and wallow in heartache, but that doesn’t help you move on. Dating is scary, but as the relationship author says, “Do it anyway.”

Related Link: [Relationship Advice: Dealing with a Dating Burnout](#)

2. Move on: May Weather once said, “The best way to get over someone is to get under someone else.” Welch quotes this eighteenth-century woman to prove her point: The best way to move past an old heartache is to jump into a new relationship. No matter what people say about loving yourself first, starting up another relationship can offer the adrenaline that helps you forget the past pain.

Related Link: [Expert Dating Advice: How to Move a Stagnant Relationship to Commitment](#)

3. Learn relationship science: There are boundless resources that can teach you about the human mating cycle. While that’s not a glamorous term for dating, when you begin to treat relationships like science experiments, you can learn what works and what doesn’t. If you’re already hurting from heartache, how bad can failing at dating experiments be? As

Welch advises, "Taking no steps is guaranteed failure."

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