

Dating Advice: Secrets to Letting Go of the Outcome of a Relationship



By [Rachel Sparks](#)

In this week's Single in Stilettos [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 “futurizing,” 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 Stop Self-Sabotaging in Love



By [Rachel Sparks](#)

In this week's [dating advice video](#), Single in Stiletto's 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 Stiletto 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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Single in Stiletto Show: Dating Advice About Mindfulness



On this week's [Single in Stiletto](#) show, relationship expert Suzanne Oshima and author and passionate living coach Abiola Abrams share their best dating advice about mindfulness.

Dating Advice: How to Be Mindful When Dating

“Self-being is really just mindfulness. When you don’t have access to self-love, go for self-being,” Abrams explains. “It’s about learning how to be comfortable with yourself and where you are. So when I say dating and mindfulness, it’s about learning how to be present, not only on a date but in a relationship.” Watch the video above for her tips on how to improve your relationship and love life!

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Tell us: What’s your best dating advice for how to be mindful when looking for a relationship and love?

Single in Stilettos Show: How to Move On After a Breakup



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima chats with dating coach and author Abiola Abrams about post traumatic love disorder, which refers to being stuck in the past and unable to heal after a tough breakup. First, you have to identify the signs of this disorder: bed hopping from man to man; spending late hours at the office to avoid dating; jumping into another bad relationship; and being afraid to be alone. If you recognize any of these symptoms in your behavior, it's time to find a cure, which includes five simple steps. Start by doing a self-assessment; then, list out past relationships and the lessons you've learned from them; next, learn how to love yourself unconditionally; additionally, learn more about yourself through the dating process; and finally, take baby steps towards meeting the right man.

Related Link: [Abiola Abrams on How to Attract Love in Your Life](#)

Remember that dating is never easy. Despite your heartbreak, don't get discouraged and just stay focused on finding a healthy relationship with someone special!

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Cupid wants to know: How do you pick yourself up and move on after a breakup?

Single in Stilettos Show: Are You an Unavailable Woman?



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to passionate living coach and author Abiola Abrams about ways you're being unavailable and how to attract love in your life. Here are some things you may be doing to block love from entering your life: You're not really trying to meet the right man; you complain to your friends and family that there are no good men out there; you think all men are cheaters; you think it's impossible to meet a man because there are more women than men in your city; you keep making excuses as to why you can't meet someone; you're stuck in a past relationship; you're using your looks or work to hold you back; you think men your age just want to date younger women; you think of yourself as a victim; or you're afraid of the love you deserve, being vulnerable, and/or intimacy.

Related Link: [Abiola Abrams on Insecurity and Dating](#)

Sure, it's hard to meet the right guy, but it's not impossible. If you're feeling hopeless, it's time to look inward and consider the advice in the video above!

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How do you make yourself available to potential partners? Tell

us in the comments below!

Single in Stilettos Weekly Show: Flirting Tips



On this week's [Single in Stilettos](#) video, founder Suzanne Oshima talks to passionate living coach and author Abiola Abrams about how to flirt with men. She shares more than just external flirting tips and describes bombshell flirting as exuding positive, feminine energy. Here are her tips for working on your inner flirt game: be tuned into your inner receptivity; flirt with everyone; imagine yourself as a magnet; and expect a male miracle. When you change your energy, true love will come your way!

Related Link: [Abiola Abrams on Insecurity and Dating](#)

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What are your best flirting tips? Tell us in the comments below.

Single in Stiletto Show: Insecurity and Dating



On this week's [Singles in Stiletto](#) show, founder Suzanne Oshima talks to Abiola Abrams, author of *The Sacred Bombshell Handbook of Self Love*, about insecurities and dating. We all have insecurities, but it's important to fill those holes of self-doubt so you can be your best self. Remember that he can't love you if you don't love yourself. In the video above, Abrams shares her best tips for overcoming insecurities when it comes to dating, including: journaling; writing a list of what makes you beautiful; accepting who you are; being grateful; looking within; and surrounding yourself with positive people.

Related Link: [Robert Manni on 5 Ways Women Sabotage Themselves with Men](#)

For more information about Single in Stiletto shows, click [here](#).

For more videos from [CupidsPulse.com](#), check out our [YouTube channel](#).

How do you overcome insecurities when it comes to dating? Tell us in the comments below.