

# Author Dan Ribacoff Talks Relationship Advice & 'Pretty Little Liars'



By [Michelle Foti](#)

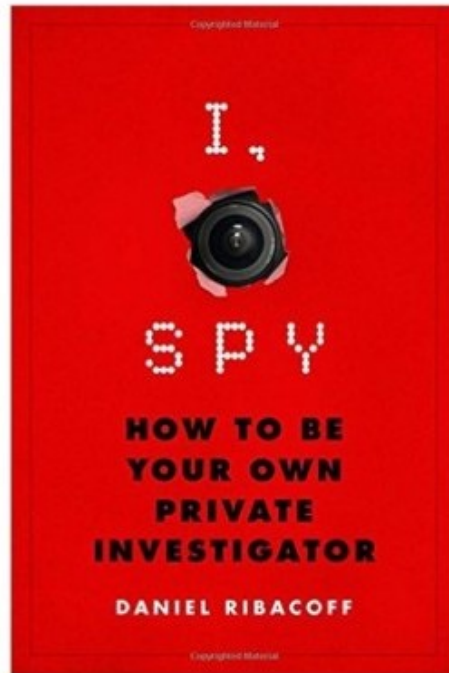
When eyebrows are raised and suspicion arises, men and women stop what they're doing and transform into investigators. If her man did something wrong, you know she is going to find it; she's unstoppable, even relentless. Yet, should this be the way she pursues the truth? Is it healthy? We talked to polygraph expert and private investigator Dan Ribacoff in our exclusive author interview where he lays out some [relationship advice](#) on seeking the truth from his book *I, Spy: How to be Your Own Private Investigator*. Ribacoff also put the *Pretty Little Liars* to the test – the lie detector test, that is.

## Author Shares Relationship Advice For Seeking Truth In Your Relationships

**To start, what was the inspiration for your book *I, Spy: How to be Your Own Private Investigator*? Why do you think knowing how to be your own "private I" is an important skill?**

I wanted to help people who are concerned and looking for simplicity. I feel bad for charging people. They don't have money and I don't want to leave people out there. It's an important skill everyday, with everyone. In everyday life you

have to think like a Private Investigator.



**Let's get into some specifics. What's the first step someone should take if they suspect that their significant other is cheating?**

The book gives people investigative skills to go through step by step:

1. Don't confront them. It will tick them off and make them think "they're on to me."
2. Look out for changes of habit such as dress, health, and intimacy.

These are signs to look for. You need probable cause and you can get that through surveillance.

**Of course, we have to ask: What are three easy ways to tell if your partner is lying?**

My dating tips include steps of detecting lies:

1. Repeating Deception. Guilty people have a hard time saying

no. If they over explain that is a significant sign of deception.

2. Visual Cues. If someone crosses their arms that's a sign of defense, protecting themselves. Shifting in their seat, touching their nose: it is a physiological response that something doesn't seem right.

3. Grooming. If your partner comes onto you, acts a little bit seductive, uses physical attributes, if they're flirtatious, that means they want you to like them and go easier on them.

**Related Link:** [Celebrity Interview: Blake Cooper Griffin Gives Relationship Advice & Says, "Don't Be Reckless With Other People's Hearts"](#)

**After a surprising break-up, what is the best strategy for people to employ to get the closure they need?**

It depends on how the breakup occurs. If it doesn't make sense, people are curious and that's when they start an investigation. If the partners are willing to take a polygraph test for fidelity, that's the way to go. Some people become obsessed, they have to know. People can't move on.

**Shifting gears, you have a long resume of appearing on popular shows and working with celebrities, most recently the cast of *Pretty Little Liars*. What would you say has been your most exciting celebrity polygraph experience?**

*Pretty Little Liars* (as seen in the video above) and *Impractical Jokers*. We embarrassed Murr on stage at his old school.

**Related Link:** [Celebrity Wedding: 'Pretty Little Liars' Star Sasha Pieterse is Engaged](#)

**As a polygraph expert, what relationship situations are you most often called into?**

When there are relationship problems and situations of cheating and infidelity. It's emotional. I'd much rather do a criminal investigation. Relationship investigations get volatile. A woman had called me and said I had ruined her relationship, but it was the results. The brain cannot lie, the mouth does.

**What are these situations like? What are you thinking/feeling as relationships crumble before you?**

It's not a great feeling. I try to broker a deal and offer relationship advice. I try to chat with the wife, encourage a marriage counselor. It's better to be the referee than to see them fail the polygraph test. If they fail, they go to therapy and periodic testing for monitoring. With no one writing speeding tickets, everyone is going to speed.

**Related Link:** [13 Most Shocking Celebrity Couple Affairs](#)

**What would you say is the key to a happy, successful relationship?**

Be best friends. Be open. Be honest. It's a two way street. If you ignore the needs and the love of your partner, they'll find someone to fill that role. Take care of one another.

**Lastly, do you have any other upcoming projects or anything else you'd like to share with our readers?**


I recently signed a contract to host my own show in the United Kingdom in Great Britain about exes and current couples delving into their relationships. It will be on channel 4 in England. So far I've committed to 10 episodes. We begin filming in May and the show is to air in September.

I, Spy: How to be Your Own Private Investigator *is available now on [Amazon](#). To learn more about Dan Ribacoff, visit his [Twitter](#).*

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# Are Ashley Benson and Ex-Boyfriend Ryan Good Dating Again?



 By April Littleton

According to [UsMagazine.com](http://UsMagazine.com), Ashley Benson and former flame Ryan Good might be dating again. The pair were seen together Friday, Dec. 20. at the Boom Boom Room in New York City. "Ryan and Ashley were kissing each other all night," an insider said.

**How do you know whether to get back with your ex or not?**

## **Cupid's Advice:**

You and your ex might have mixed feelings about each other, especially if the two of you are still in each other's lives. Should you try to rekindle the flame? Would giving love a second chance hurt the friendship the two of you managed to develop? Cupid has some tips:

**1. Still on good terms:** The breakup between you and your ex wasn't too bad. In fact, you and your former flame are still really good friends. If things ended on a good note, there is still a chance the two of you can make things work. You know where it went wrong, so you should be able to fix it.

**Related:** [New Couple? Courteney Cox Takes Snow Patrol's Johnny McDaid to Jennifer Aniston's Party](#)

**2. Can't get over it:** When you think about the love lost

between you and your ex, you're filled with regret. Sometimes, you don't realize what you have until it's gone. If your ex spends a lot of time with you, then he/she is obviously not over you either.

**Related:** [New Couple? Ryan Seacrest Steps Out with Shayna Terese Taylor on Vacation](#)

**3. You're still in love:** If you're still in love with your ex and believe you can fix the mistakes in your relationship, then give it another chance. The heart wants what it wants and you ignoring your real feelings will only make the situation worse.

**How did you know whether to get back with your ex or not? Share your experience below.**

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## Rumor: James Franco and Ashley Benson Are Dating



 By Nicole Weintraub

Rumors have been swirling around supposed ladies' man James Franco recently connecting him to Ashley Benson, according to [People](#). The two were spotted in Las Angeles at a Halloween Horror Night getting cozy with one another, though no official announcements have been made linking the two as an official couple. The two are starring in *Spring Breakers* together and have supposedly been spending a great deal of time together. Aside from Benson, Franco has also been rumored to be dating Kristen Stewart (who recently reunited with Robert Pattinson) and Selena Gomez (who is currently dating Justin Bieber).

Regarding these accusations, Franco merely laughed it off claiming he would not mess with Bieber's girls nor has he spoken to Stewart.

**How do you keep rumors from affecting your relationship?**

**Cupid's Advice:**

Rumors, unfortunately, are a part of everyday life. Regardless of how old you are, rumors will encircle you. Here are some ways to keep rumors from affecting your relationship:

**1. Rubber and glue:** As old fashioned as it sounds, remember the childhood saying regarding rubber and glue? It's completely true though – words are merely words. Whilst they may hurt at first, don't give them another thought because rumors are merely untrue myths.

**2. Don't add fuel to the fire:** The more you make a big deal out of the rumors, the more your relationship will be affected. If you do not give the rumors a second thought, your partner will follow your lead and do the same.

**3. Look the other way:** Ignore people who have negative comments about your relationship. As long as you are happy, that is all that matters. If people are spreading rumors about you, then you are better off without their negative energy in your life.

**What are some ways you keep rumors from affecting your life? Tell us in the comments below!**