

# Illusionist David Copperfield Keeps His Relationship Magical By Relaxing in The Bahamas!



By Royal Young

World renowned illusionist, David Copperfield, talks with us about keeping the magic alive, not only when he's performing a show, but in his personal relationship as well. Copperfield, performs over 500 shows a year and has won 21 Emmy Awards. He has accomplished mind-boggling illusions such as walking on the Great Wall of China and making the Statue of Liberty disappear. His newest passion is focused on educating people about the joy of relaxing in the Bahamas. Copperfield who

enjoys The Bahamas with his family owns a chain of eleven islands "Musha Cay and the Islands of Copperfield Bay" which he calls the most "magical vacation destination in the world."

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## Perez Hilton Opens Up About Fatherhood



By Lisa Estall for CelebrityBabyScoop

New dad [Perez Hilton](#) attended the launch of *Paul Frank's 2013 Summer Collection Event: Let's Have A Fun Day!* at the W Hotel

in Hollywood, Calif. last Monday (April 8). The party included an interactive photo booth, mini-manicures, braid bar, personal fragrance station, make up station, and VIP eyewear station. Custom summer beverages and appetizers were served as guests took part in the night's activities.

**Celebrity Baby Scoop** spoke exclusively to Perez – who welcomed his son **Mario Armando Lavandeira, III**, or **Perez Hilton Jr.** – on February 16.

**CBS: What is your favorite part about being at this event?**

**PH:** I am a fan of Paul Frank and I am here because I got invited. [laughs] It's fun to get out of the house and I try to get out a couple of times a week because I have a baby now. He is on a schedule, which is very helpful. He's napping right now and I'll stay here for like 45 minutes then I'm going back for nighttime feeding, bath time, and bedtime.

**Related:** [Hillary Scott Debuts Her Baby Bump at the ACM Awards](#)

**CBS: Tell us about your fatherhood experience thus far.**

**PH:** Being a father is awesome and everything I could have hoped for and more.

**Related:** [Would you Date a Single Parent?](#)

**CBS: What do you have planned for this summer?**

**PH:** I plan on just being here with my baby and not traveling much. I really have nothing planned, which is exciting.

Perez also has been sharing photos of his son on his [Facebook page](#). What a cutie!

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# 'Ready for Love' Stars Ernesto Arguello and Ben Patton Discuss Reality Dating



By Andrea Surujnauth

These reality dating shows are not as simple as they look. According to Ernesto Arguello and Ben Patton from [Ready for Love](#), it actually entails a lot more heartache than television networks let on. "It is more stressful going to that garden than anything else," Arguello tells [People](#). Both him and Patton agree that letting women go is a difficult experience. "The garden is unreal," says Patton. "You're essentially breaking up with someone. You're not just saying, 'Hey, here's a rose for you. And you guys didn't get a rose,' and walk off." They also have to deal with the challenges of the

kissing scenes. "It's like hearing your own voice on voicemail," says Patton.

**What are some non-traditional ways to find love?**

**Cupid's Advice:**

It's not easy to find love. Going out and meeting people is getting more and more difficult to do. What are some other ways that we can find love? Cupid has some suggestions for you:

**1. Online:** Some people don't have time to go out and meet people, and others may be too shy. Online dating sites are a great resource and sigles are starting to use them much more often. There are so many types of dating sites to choose from that you are bound to find someone who meets your criteria.

**2. Social Media:** While Facebook and social media sites are a great way to keep in contact with friends, some use it as a way to meet people and start new relationships. Technology has become such a big part in our everyday lives that meeting your future spouse on Facebook is as casual as meeting them in a coffee shop.

**3. Speed dating:** By attending a speed dating session, you are able to meet different people in a matter of minutes to see if they are worth going out with on a (second) date. This is helpful if you are normally too busy to be able to go out and meet people.

**What are some non-traditional ways that you found love? Comment below and let us know.**

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# Dating Advice: The Key to a Lasting Relationship



By Alan Strathman for GalTime.com

What makes a relationship last? Many people would say love keeps a relationship going. But if your love doesn't translate into compromise, it might be extremely difficult for both partners to stay committed.

On some level, we all hate compromise – when we compromise, we may not get what we want. In fact, we may not get anything close to what we want. But that's the nature of compromise, and it's necessary if you want to see your relationship go the distance.



## Creating “We-ness”

Compromise creates what psychologists call “we-ness,” the sense that both partners feel they’re “in this together.” Partners who have this sense of we-ness tend to use couple-oriented words like we, us, and ours, rather than individual-oriented words like I, me, and mine.

We-ness is self-perpetuating; as we hear the words more often, we *think* the words more often, and when we notice that our thinking has changed, we feel more engaged in “couplehood.” As we become more entrenched in this way of thinking, we are more likely to search for solutions that serve both partners and continue this positive trend.

### Obstacles to Compromise

Our willingness to compromise is deeply impacted by our perception of fairness. If we think we’re getting the short end of the stick, we become more stubborn. But it’s important to understand that the amount of compromise may balance out only in the long run. If you zero in on a single negotiation, one person may seem to come out ahead. Fortunately, what often matters more than the outcome of a discussion is that both partners have a say in the negotiating process. This can make even an unfair outcome feel fair.

In addition, comparison can throw off your perceptions of your relationship. It’s common to compare your contribution to the relationship to your partner’s contribution. It’s also typical to contrast your relationship with other relationships. This is a dangerous game. There are many aspects of other relationships that you *don’t* see, so focus on your own relationship and don’t make assumptions. We are all individuals, and our relationships are reflections of this very fact.

## **Tips for Developing We-ness**

A deep connection doesn't typically develop on its own – it's far too easy for us to take our partners for granted, or expect our partners to compromise on our behalf. There are ways, however, to consciously create a sense of we-ness.

### *Put the Relationship First*

We often get so focused on getting what we want that we sometimes lose sight of what would be best for the health of the relationship. Recognize that what is best for “us” as a couple can be different than what's best for us as individuals. In other words, don't be selfish.

### *Don't Keep Track*

Keeping track of who got more, or who won a particular negotiation, is characteristic of the type of short-term exchange relationships you have with car dealers, not the lasting, communal ones you have with people you love.

### *Have a Win-Win Mindset*

Give-and-take involves negotiating, but not the kind of negotiating you do when buying a car. Negotiating with your partner in a lasting relationship should involve finding outcomes that are mutually satisfying. Resentment shouldn't secretly build over any of the decisions you make together.

### *Consider Your Partner's Perspective*

Research has found that both parties end up with better outcomes when each is considering his or her partner's interests – and the possible reasons behind them. Be careful to avoid making decisions based on assumptions about what your partner wants. Instead, listen carefully and consider what he's telling you.

### *Focus on Feelings over Words*



Accept that, sometimes, we cannot clearly express why we want what we want. We often get focused on explanations, but behavior is often driven by feelings, which are hard to put into words.

Compromise can be hard, but if you're focused on the greater purpose of establishing a lasting relationship, you can find the strength to resist taking what you want all the time – and instead focus on giving to the one you love.

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## **Celebrity News: Scott Disick Discusses Having to 'Relive' Fights on TV**





By Andrea Surujnauth

Having your whole life broadcasted on national television can turn out to be a real struggle especially in Scott Disick and Kourtney Kardashian's case reports [UsMagazine.com](http://UsMagazine.com). Having their love quarrels filmed for the whole world to see can be trying to their relationship even months after the actual fight took place. "That, I will say, is one of the real downsides of the whole television thing," Disick tells Ryan Seacrest during an interview on *Ryan Seacrest With the Kardashians: An E! News Presentation*. "Just when I think we've worked through something, and we're finally moving forward, a rerun will be on, and I'll be upstairs, and she'll call me," he continues. "Like, 'Hey, so I kinda forgot to say I hated you for this one other thing.' And I'm like, 'What? I have to relive this again?'" These lovebirds have been together since 2006. And how is their relationship going now? I would say we're decently happy," Disick tells Seacrest. And what about the wedding bells? "I think if it's not broke, don't fix it. You know what I mean?" he said. "I feel like I used to want to get married more than she did. And then, being that she was always so not interested, I've decided not to be."

Kardashian and Disck are parents of son Mason, 3, an daughter Penelope, 9 months.

## **How do you forgive and move on after a fight?**

### **Cupid's Advice:**

After having a fight with your beau, you may still feel angry. You still love them but the words from the fight are still ringing in your ear and you can't get over it. How can you just forgive, forget, and move on? Cupid is here to help you do just that:

**1. We are humans:** Realize that fact that everyone is human and we all make mistakes. If the fight was over a minor issue that can be overlooked, then let it go by telling yourself that your sweetie is entitled to one or two mistakes. As long as your partner knows that it is wrong to do it again, no need to hold a grudge.

**2. Part problems:** Do not keep thinking of the past. If your honey made a mistake in the past that caused a fight, remember, you chose to stay with them and forgive them so you can not keep tormenting them about what they did. Just forget about what happened in the past and look towards the future. As long as your partner doesn't keep doing the crime, stop punishing them.

**3. You love them:** While in a fit of anger, remember why you love your sweetie. This will calm you down and realize that the fight does not matter to you as much as your love for them.

**How do you forgive your partner after a fight? Share your thoughts below.**

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# Celebrity News: Actor William Levy Plays Casanova in New Pepsi Next Campaign



By [Lori Bizzoco](#)

Actor William Levy has had a very busy career! Modeling, *Telemundo*, JLo's *I'm Into You* music video, VH1's *Single Ladies*, *Dancing with the Stars* and so many other credits to his name. Now Levy is here to chat with us personally and giving us the scoop on his upcoming movies "Addicted" and "Single Moms Club." He also talks to us about life as a single dad, what he looks for in a woman and his newest campaign for

Pepsi Next Campaign. William will play six different characters in the upcoming campaign, including the role of Casanova, one of his favorites.

Which William Levy Character is Your Favorite? Check them out [here](#).

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

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## Celebrity News: Matt Damon Returns to Work After Renewing Vows with Wife Luciana





By Andrea Surujnauth

Matt Damon returns to work after his Cancun vow renewal getaway. Damon and wife Luciana had an intimate celebration for their 10 year mark of knowing one another. "It was a very family-oriented and happy celebration," a source told [People](#). They source went on to spill the beans about the lovebirds, "They were smiling and looked very happy together." Now, only a week after his romantic vacation, Damon was seen at the Summer of Sony event with director Neill Blomkamp and costar Sharlto Copley to promote their new movie Elysium.

**How do you deal with your partner's busy work schedule?**

### **Cupid's Advice:**

You and your partner can't get enough of one another. So how do you handle their busy schedule? You want to be able to see them as much as possible so how do you pull that off if they are always busy? Cupid is here with some advice for you:

**1. Communicate:** If you can't physically be there with your partner, show them you are thinking of each other by sending

each other flirtatious text messaged throughout your day. This way, although apart, you will know that you are on each other's minds.

**2. Free time:** When the two of you finally do have free time to spend together, make the most of it. Do not spend your time sitting on the couch. Get up and do something together. Have fun with your sweetie and make each other feel special during this time.

**3. Eliminate distractions:** While spending time with your love, make sure you give each other all your complete attention. Put away the cell phones and refrain from answering any work related calls and emails. Enjoy being together without all of the work stuff.

**How do you handle your partner's busy schedule? Comment below and let us know.**

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## **Dating Advice: 3 Ways to Use the Psychic Edge to Find Mr. Right**







By Louise Helene

Celebrities face the same challenges in love as everyone else, only their mistakes and heartbreaks are made public. Many of them seem to be repeating the same mistakes. If they would just listen to their inner intuition, or their “psychic edge,” their love lives would be much happier. Here are a few exercises that can help them *and* you:

**Related:** [Is That You, Mr. Right?](#)

### **1. Visualize Your Dream Man**

Visualization is a powerful tool not only to draw to us what we want, but to exercise our psychic muscles. When we focus on something, we help the universe send it to us. I psychically feel Kim Kardashian longs for her soulmate. Because of her numerous failed relationships, many people wonder if it will last with Kanye West. Kim should lie down in a quiet place and get comfortable, closing her eyes and taking a few deep breaths. When she is totally relaxed, she should visualize the man of her dreams, being as detailed as

possible. Once she has a clear image, she needs to say out loud, "Darling, I will know you when I meet you," repeating this five times. Kim's main problem is not recognizing her dream man when he comes along; this exercise will help her – and you – to do just that.

**Related:** [Fishing for Mr. Right – Types of Guys to Throw Back](#)

## **2. Command Him into Your Life**

Never underestimate the power of sound, especially your own voice. Sound vibrations are very powerful in the universe and help us focus intuitively, helping us make the right decisions. Taylor Swift is one celebrity who's famous for singing about her Mr. Wrongs. She could use a psychic nudge to attract Mr. Right.

Every morning when Taylor wakes up, she should look in the mirror, close her eyes and take three deep, relaxing breaths before saying out loud, "Love of my life, come to me." She should say this three times, with confidence and belief, and repeat this mantra before she goes to bed. Done regularly, she might be planning a wedding in the coming year.

## **3. Write Down the Possibilities**

There are many potential conclusions to any romance. Writing down these possibilities gives us a powerful psychic edge. What does your gut say? Just imagine the heartbreak that could have been avoided if Katy Perry, Selena Gomez, or Demi Moore had tried this simple exercise.

Whenever you have a question about a man in your life, write several statements about him down on slips of paper and fold them in half. For example: "he is a cheater," "he loves his ex," or "he is my soulmate." Put all the slips of paper in a bowl. Close your eyes and meditate for a moment before randomly choosing one of the slips of paper. What is your immediate reaction to the statement? Many times our conscious

mind suppresses our natural insight. This is a wonderful way to feel the subtle sensations of your own intuition.

Romance is very challenging for all women, famous or not; that's one thing we all have in common. We need to start using our psychic edge to find the happiness we deserve.

*Louise Helene is a second-generation psychic, Tarot reader, and crystal ball gazer who has conducted thousands of readings during her thirty-year career as a spiritual advisor. She is the co-author of I Saw Your Future and He's Not It: A Psychic's Guide to True Love. [www.louisehelenethepsychic.com](http://www.louisehelenethepsychic.com)*

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## Dating Advice: When Do Opposites Not Attract?





By Courtney Allen

'Opposites attract'... a saying you've heard from your supporting best friend as you desperately try to put the puzzle pieces together in order to explain why you find interest in the 5'9" college freshman, instead of the tall, stacked senior track star that runs alongside you. Well, don't waste your time trying to figure it out; it happens to the best of us! The truth is: dating someone who is opposite from you is quite the learning experience if you have the right combination of differences. Sometimes opposites are not so hot, and can backfire at first sight or first discussion. If you meet someone whose opposite from you in the following three ways, your red flag will most likely go up:

**1. Religion:** Religion can be a killer when it comes to attraction. It's the one thing that many people are not willing to compromise on. If you and a potential love interest are on two completely different pages when it comes to religious beliefs, the attraction between you will suffer.

**Related:** [Five Reasons Why Opposites Attract](#)

**2. Physical attractiveness:** Physical attraction is the first and usually most important rules of attraction. It's very rare that you spot a picture-perfect model with someone who is short and seems to be out of shape. We are typically attracted to those we consider just as attractive as ourselves.

**Related:** [What Attracts Us to Bad Boys?](#)

**3. Needs:** Having different needs can ruin attraction right off the bat. People that are independent and needy, in search of a relationship and in search of a good time, the desire for kids and the desire to not have kids... all of these needs most likely need to be aligned.

**What qualities that are opposite from your own do you find unattractive? Share your ideas with us!**

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## Celebrity News: Lindsey Vonn's Ex-Husband Jokes About Tiger Woods' Masters Penalty





By Andrea Surujnauth

Thomas Vonn showed a sense of humor towards his ex-wife's relationship with pro-golfer Tiger Woods in a tweet on Saturday, April 13th. Woods got into a bit of trouble when a television viewer called in on a violation in Wood's play on Friday. He was then penalized to strokes. After the incident Woods tweeted, ""I didn't know I had taken an incorrect drop prior to signing my scorecard. Subsequently, I met with the Masters Committee Saturday morning." Thomas Vonn took to Twitter to respond to the incident as well. [UsMagazine.com](http://UsMagazine.com) reported that Vonn tweeted, "No problem Masters tournament happy to call in and help. You always have to keep an eye on those cheaters ;)" Thomas and Lindsey Vonn had been married for four years before they decided to call it quits in November 2011. The two finalized their divorce in January 2013, two months before Lindsey and Woods went public with their relationship.

**How do you deal with a jealous ex when you're in a new relationship?**

## **Cupid's Advice:**

You are in a new healthy relationship. Unfortunately, your ex seems to be waiting for a chance to attack your relationship. Obviously they are jealous but what can you do about their jealous behavior? Cupid is here with some advice to help you:

**1. Distance:** Keep your distance from your ex. Do not inform them on where you are going and who you are with. The more you let them in your life, the more ammunition they have to torment you with.

**2. Confrontation:** Confront your ex on their behavior. Tell them that you have moved on and it is about time that they do the same. Make it clear that you are happy in your new love and you do not want them around messing it up.

**3. Professionals:** If all else fails, get a restraining order to keep you ex from harassing you. It may seem extreme but if they are continuously trying to ruin your life out of spite, the best thing to do is put your foot down. You need to protect yourself as well as your new beau.

**How do you deal with a jealous ex when you're in a new relationship?**

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## **Celebrity News: 'Splash' Star Rory Bushfield Opens Up About Wife Sarah's Death**





By Andrea Surujnauth

Rory Bushfield, professional extreme skier and contestant on *Splash*, opens up about the death of his wife, Sarah Burke. She was an acclaimed freestyle skier who died in January of last year after crashing at the bottom of a superpipe during a training run in Park City, Utah, reports [People](#). The couple had been married since 2010. "My life's changed drastically," Rory said as he choked up. "I lost my wife. I had it all. I still have a lot. I'm thankful for everything I have, but I had it all." He goes on to talk about how he felt about his late wife. "Sarah was my dream girl before she knew who I was," he says. "A lot of the craziest things I ever did were just kind of to impress Sarah." He had proposed to his wife by spelling out "Marry Me Sarah" in rocks on a remote snow-covered field, he then flew her over the field to see it.

**How do you cope when tragedy strikes your partner?**

## Cupid's Advice:

You never think it will happen to you. You always believe that you and your partner will stay happy and healthy together for a long time. What do you do when tragedy strikes and your partner is gone? How do you cope with that? Cupid is here to help you get through this trying time:

**1. Compassion:** Have compassion for yourself during this time. Allow yourself to grieve and cry over your loss.

**2. Time:** Time heals all wounds. You will never stop missing your partner but as time goes by, you will come to terms with your loss and will be able to continue on with your life. Do not expect to get over your sadness quickly, and do not rush it. Everyone grieves at their own pace. Take all the time you need.

**3. Support:** Get a support system to help you recover from your loss. Being surrounded by family and friends will help you cope with your loss and it will help you not feel lonely.

**How did you cope when tragedy struck your partner? Comment below and let us know!**

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## Relationship Advice: Is He In It for the Long Haul?





By Abraham Morgentaler, M.D.

One of my goals in writing my new book was to help women understand men better. Over the last 25 years of talking with thousands of men with their pants down – literally and figuratively – I’ve learned what makes a man tick when it comes to love and romance. Although there’s no foolproof way to tell if he’s really in it for the long haul, a number of clues can help a woman tell if her man is smitten. Hopefully those clues are easier than figuring out if he’s faking orgasms during sex, like the young man in love in my book.

### **Men and commitment**

Contrary to popular “wisdom,” men have a tremendous capacity for commitment and loyalty. However, men will not happily commit to any woman unless he feels manly with her. I say “happily commit” because some men do wind up with women who don’t make them feel good about themselves. Those marriages are doomed before the wedding vows are over. Trust me, you don’t want that. No, you want a man who commits to you because he adores you.

**Related Link:** [What To Know Before You Say 'I Do'](#)

A happy romantic commitment by a man requires two key elements. First, he feels like a good provider, inside and outside the bedroom. If a man can find a woman with whom he feels gallant, big and capable, then he's more than halfway home to his own vision of romantic love. Second, he has to make his own decision to commit.

### **Promising signs**

Here are some promising signs that he thinks of you as more than just a casual girlfriend:

- He introduces you to his family and friends
- He invites you to join him for his reunion scheduled a month or more away
- He is attentive to your sexual pleasure
- He opens the car door for you or insists on buying the popcorn at a movie long after the second date

**Related Link:** [Guys Edition: How To Behave Like A Gentleman](#)

### **What if he doesn't seem ready to step up?**

Many couples stay together for a while because things seem fine and easy. However, a more serious commitment requires more serious feelings. Sometimes it's just not there for the man. And sometimes the man does want more but isn't sure whether the woman feels the same. If your guy seems really into you, but the relationship isn't progressing, take a moment to consider whether you've stepped up for him.

- Have you introduced him to your parents or other family members?
- Do you invite him to work events as your boyfriend?

If you don't seem proud to be identified with him among the important people in your life (not just your roommates or best friend), he may well believe you don't see him as "the one."

Finally, show some self-respect. If you're not already monogamous, tell him he'll now need to be or you'll be unable to see him any longer. If you don't believe you're worth it, he won't either.

*Dr. Abraham Morgentaler is the author of Why Men Fake It: The Totally Unexpected Truth About Men and Sex, and you can follow him on Twitter @DrMorgentaler.*

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## **Celebrity News: Rob Pattinson, Kristen Stewart and Liberty Ross Attend Coachella, Separately**





By Andrea Surujnauth

According to [UsMagazine.com](http://UsMagazine.com), Robert Pattinson and Kristen Stewart were spotted at the Coachella Music Festival together. The couple was seen getting close during a Jurassic 5 concert. These lovebirds were reunited last month after Pattinson shot his new movie *The Rover*. Liberty Ross also went to Coachella this year. She spent her time hanging out with Bono and her boyfriend Jimmy Lovine. It is unknown whether Ross bumped into Pattinson and Stewart. Ross and Stewart became acquainted when Ross's husband Rupert Sanders directed Stewart in the movie *Snow White and the Huntsman*. During the filming, Sanders and Stewarts had an affair which caused Pattinson to temporarily leave Stewart and Ross to file for divorce from Sanders. "They gave it a shot for the kids [Skyla, 7, and Tennyson, 5], [but] she was just so angry . . . she's the kind of person who wouldn't really ever get over it," said a close friend of Sanders and Ross.

**What are some ways to keep jealousy at bay in your relationship?**

## Cupid's Advice:

Jealousy causes arguments in so many relationships. How can you avoid becoming victim to jealousy issues? Cupid is here to help you:

**1. Turn off the flirting:** Don't do things that you know would make your partner jealous. Flirting with other people will hurt your sweetie and cause them to have jealous feelings throughout your relationship.

**2. Build him up:** When you are with your beau, build them up during conversations and never break them down. Back them up in what they say and never let your partner feel that they are not good enough.

**3. Stay close:** While out with your honey, don't leave them alone while you go off to have a good time. Always keep your partner close so they won't have a reason to feel jealousy of any kind.

**How do you keep jealousy at bay in your relationship? Comment below and let us know.**

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## Dating Advice: 5 Signs It's Time to De-Clutter Your Love Life







By Rachel Sussman

Spring is the season of renewal and fresh starts; as the days start to get longer, you may begin to see your relationship in a new light. So how do you know when it's time to do some "spring cleaning" in your love life?

Online dating sites ChristianMingle and JDate recently surveyed more than 2,700 singles for their inaugural State of Dating in America report, revealing what they really think about dating, sex, marriage and more. The stats in the report can help you see how your relationship stacks up in comparison to other U.S. singles.

To help determine if it's time to do a clean sweep of your love life, I've compiled a list of five tell-tale signs based on the report's findings:

**1. If he won't commit:** More than one-third of singles surveyed think that one to two years is the minimum amount of time to date before getting engaged, and only two percent said that more than five years is the appropriate amount of time. So if you want to take that next step and after five years of dating

he still shows no signs of proposing, it may be time to move on.

**Related:** [Falling In Love: When to Say the L-Word for the First Time](#)

**2. If he doesn't get along with your friends:** As the saying goes, chicks come first, so it's no surprise that women say their friends have the most influence on who they date. It's important to make sure your friends and your guy get along, for the happiness of all.

**3. If he's unfaithful:** This one might seem like a no-brainer, but in fact data shows that men and women have different views on cheating. Women are more likely to believe that having an emotional relationship, texting or online flirting is cheating; make sure you discuss these issues to prevent future conflict or misunderstandings.

**Related:** [You've Cheated, So Now What?](#)

**4. If he doesn't like your pet:** One quarter of singles would break up with someone if their pet didn't like that person. Fido or Fluffy is going to be in your life for a long time, so it's important that they mesh well with any humans you bring into the family.

**5. If you have different world views:** Nearly three-quarters of singles are looking for a partner who shares their religious faith. If you and your mate have vastly different views on religion or other important issues, it's not an issue that will easily go away, and could cause conflict down the road.

*Rachel Sussman is a licensed psychotherapist, relationship expert, author and lecturer. She is the founder of Sussman Counseling, a psychotherapy practice specializing in treating couples and individuals with relationship dilemmas. She is the author of THE BREAKUP BIBLE: The Smart Woman's Guide to Healing from a Breakup or Divorce.*

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# Relationship Advice: 5 Must-Knows When Dealing with an Addicted Partner



By Dixie Somers

Dealing with an addicted partner can be one of the hardest things that you may ever have to go through. Day in and day out, it's the same thing over and over again. As soon as you walk in the door, you notice that they're either drunk or high on some sort of drug. Whether they're drinking hard liquor, using drugs, or addicted to sports exercising, putting up with their antics is something that you shouldn't have to deal

with. If you've tried to reason with them in the past, but haven't gotten anywhere with possible recovery options, these five must-knows can help you in dealing with your addicted partner and putting them on the right path to sobriety:

## **Put Yourself First**

You are not able to help your partner if you can't even help yourself. If you are also struggling with addiction, it's time to break the habit and get clean. By putting yourself and your health first, your partner may notice a change and want to get clean as well. Even if you do not have an addiction, simply dealing with someone who does can put a major toll on your health and well-being. Take the wife of Guns N' Roses rocker Slash. She helped him seek help and get sober after he was diagnosed with congestive heart failure from continued drug use. Make sure you take time out of the day to spend to yourself, healing yourself emotionally and psychologically to be in the best place possible.

**Related:** [10 Reasons Women Stay in Bad Relationships](#)

## **They Are Who They Are**

Before you can help your addicted partner, you must realize that they are who they are and that you are not able to change them if they are not willing to receive the help. They must want to put in the time and effort that it takes in recovering before they will reach true sobriety. Catherine Zeta Jones was a smoker until she was caught by the media smoking while pregnant. She realized the danger she might be posing to her children, and this encouraged her to quit for good.

## **Educational Material**

To deal with these sorts of addictions, you will want to educate yourself on the types of substances that they are using and why they may be turning to drugs and alcohol as a

crutch. You must know what you're dealing with in order to effectively help them. Books and 12-step meeting programs will provide you with a little more insight into the current addictions that they are facing and how you can be there for them.

**Related:** [Is Tiger Woods Capable of Being Monogamous with Lindsey Vonn?](#)

### **Do Not Enable Their Habits**

Enabling your partners habits will never help them to recover. You must put your foot down and say enough is enough. Do not provide them with money to purchase drugs or go out to get them alcohol. According to experts at DelrayRecoveryCenter.com, Enabling will only further their disease and addiction.

### **Going to Meet With Them**

Attending meetings with your loved one will show them that you support them on their road to recovery. You can participate in these meetings by simply being there, hearing the stories of others and sharing your stories which can be a very helpful recovery method. If your like Grey's Anatomy star Eric Dane's wife, encouraging them to get help is a great way to get them started. Attending meetings can also be encouraging for lasting sobriety.

*This article was written by Dixie Somers and coauthored by Stanley Martinson. Dixie is freelance writer and blogger who loves writing about entertainment, family, and health and topics.*

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# Celebrity News: Kelly Ripa Opens Up About Marriage to Mark Consuelos



By Meghan Fitzgerald

Kelly Ripa, 42, has experienced many years of marriage ... 14 to be exact. Even then, there are still things which bug her about her partner, Mark Consuelos. [People](#) reports that she is “[0]penly hostile when Mark leaves the toilet seat up.” Ripa continues to discuss how husband, Consuelos, will never put the toilet seat down. That said, she doesn’t let it get in her way. She worships her other half, love radiating from her body when she’s around him.

**What are some ways in which fighting can help a relationship?**

## **Cupid's Advice:**

Yes, fighting is tiresome and physically draining. Of course couples fight, you don't have a healthy relationship if you never have a disagreement. Ultimately, fighting mends problems. You can discuss dilemmas going on, and you blow off some steam. Cupid has some ways in which fighting can be a good thing:

**1. Emotions:** In relationships, emotions are sometimes held back. Whether it be for their own sake, or their partner. Most people in relationships do this. With fighting, all of your emotions are unleashed. Although some of these emotions may be stronger than you wanted, they still get out there. Making your partner more aware of what you're thinking and feeling all in one strong gust.

**2. Strength:** Fighting gives you strength. Fighting in a relationship gives you and your mate strength. It allows you to work out your problems and move forwards as a couple. It makes you aware of your strengths and weaknesses. Your mate's strengths and weaknesses. You begin to morph into one when you successfully get out of a fight with a smile. Keep powering through!

**3. Excitement:** This last one may seem a bit strange. However, what's more exciting than a tense, sexually frustrating fight with your love. Sometimes relationships dig themselves a grave. Burying themselves further into boredom as each day passes on. Fighting as a couple gives you something to get thrilled over. Maybe not thrilled over why you're upset, or mad. But thrilled that your partner is willing to fight for you. The same with yourself.

**Has fighting ever helped your relationship? Explain your experience!**



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# Celebrity Couple: Jana Kramer and Fiance Brantley Gilbert Vie for Same ACM Award



By Meghan Fitzgerald

Jana Kramer, and fiance Brantley Gilbert recently competed yesterday at the Academy of Country Music Awards for the “best new artist” trophy. The couple got engaged the 28th of March at the historic Ryman Auditorium in Nashville, Tennessee. The twosome are now settled in Nashville, with Kramer focusing on her music for the tour with Blake Shelton this summer. Kramer plays around with [People](#)’s reporters saying, “We’re up against

each other and we've got our gloves on!" Although neither half of the couple won "new artist of the year," they did each win an award. Kramer won "new female vocalist of the year" and Gilbert won "new male vocalist of the year."

## **How does friendly competition keep your relationship fresh?**

### **Cupid's Advice:**

Depending on you and your mate's competitive levels, you may not want to engage in friendly competition. The results for the mass are grand. However for the few, they can vary. Throwing friendly competition into the valuable of a relationship keeps it fresh, keeps it alive. It allows you to bond with your partner, knowing them better than simply factual information. Cupid has some more advice on friendly competitions:

**1. Awe factor:** Having a competition with your beau allows either of you to gain some awe towards one another. It can be your partner to you. You can discover how competitive your mate is, but in the slightest of ways. For you of course, so he doesn't hurt you. If they win 'said' competition, you become aware of how hard they worked to get to that position. Aware of how they work in general, and as always, how much they love you.

**2. Knowledge of partner:** Knowing more of your partner is never a bad thing. Unless they secretly store extinct, decrepit Tasmanian Tigers in all of their closets. Since hopefully this is not the case for you, having a friendly competition allows you to know your mate more. How they think on command, what they do in pressured situations. How they react in certain scenarios. You pick up on their little mechanisms, eventually putting them altogether to analyze the whole machine.

**3. Something to do:** As much as you and your beau are in love, relationships can get dull. It's a fact. It's not you, or your

partner, or the both of you together. It's simply that you two may and most likely will get bored. Adding a friendly competition into your relationship keeps it fresh and going. It gives you something to do on a Friday night when neither of you want to go out. Yet you don't want to sit on the couch all night watching re-runs of Dr. Phil.

**Has friendly competition ever kept your relationship fresh? Explain below!**

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## **Dating Advice: 5 Red Flags in Online Dating Profiles**



By Kelly Rouba for Galtime.com

If you're looking for love and feel like you just aren't meeting the right type of people, online dating *can* be a great alternative to the typical dating scene.

"Dating sites do increase the number of people, at least in principle, (who are) interested in meeting you," says Dan Saper, Ph.D., a clinical psychologist who runs a private practice in Long Island, NY.

But navigating these vast online dating pools can be tricky.

"Dating sites sell the most powerful thing of all—the promise of love and/or sex. The responsibility for making it work or making it a disaster rests both with the seller and the customer. But, as we've all heard, let the buyer beware," Saper cautions.

According to Saper, if you are a woman who is looking for a mate online, you can "assume Mr. X is trying to impress you enough to get you to go out with him with as little delay as possible. Assume he is not interested in giving you a complete listing of accurate, relevant facts."

Saper says some dating profiles remind him of sales pitches used by traveling salesman back in the good old days.

"Fancy talkers would roll into towns full of hard-working miners and poor folk with little education or money and convince them that the mystery liquid in the bottle would solve their problems."

The same goes for guys looking to reel in vulnerable women, so it's best to bypass profiles that sound too good to be true.

"With dating sites, a candidate's sales pitch, based on the information he wants you to believe, mostly comes long before there is any chance the two of you will be in the same room.

So, what is he going to tell you about his status, his success, or his financial security that will get you into the same room with him?"

Stacie Ikka, a relationship expert and founder of the dating consultancy Sitting In A Tree, shared this example of an online dating profile to avoid:

*"I consider myself an honest and stand-up guy. I enjoy skiing, soccer, and cycling. Although, I don't box, I am a avid fan of boxing. I think I am a pretty darn good cook. I love trying out new recipes. I like to travel and at least take one big trip a year. Guilty Pleasure: I still watch South Park.*

When I do go out on dates, they are with very attractive females so after a few minutes you better win me over with your personality or else I move on. I am looking to date and have it turn into something long term but want to find that special girl to do it with. I am not looking for someone to hang out with, if you are emailing me to do so, it means there is something wrong with you and you don't have any friends and aren't good enough to be around me.

Please have a picture when you email, if you don't i'll just assume you are fat or very ugly or both and I don't have time for that. You might be very nice and have a great personality but there are fit girls who have that too so why would I settle for less?

I have a nice job downtown around the financial district. Please at least be able to pay for half on the date. I won't be paying for you (at least not at first) so you better be able to pay your own way. Sorry I have to admit that was out of line. What I should have said is, don't expect to be going to upscale restaurants and have me pay for everything. (I don't mind picking up the coffee tab on the first date!!) I want an equal, not a freeloader!! If you are a picky eater, than you are not the girl for me.

*Quick Question: Why is the “average” female body 20 pounds overweight? They should really refer to the BMI when choosing a body type. I think it’s a conspiracy of some sorts. I know my comments may seem rude but I am being brutally honest. Thanks for your time and best of luck!”*

Unlike the sample profile above, some may be worded in such a way that women think they’ve found a catch, though the person is actually someone to avoid. To help online daters discern fact from fiction and guard their hearts, Ikka says there are at least five red flags to look for when perusing profiles (while keeping in mind that her remarks are generalizations and that there are exceptions as well as alternate perspectives, intentions, and interpretations).

## **1. Me, me, me**

Some profiles overuse the word “I,” and the person focuses too much on himself/herself. It is about what he/she wants, needs, or is looking for with little to no mention of what the lucky suitor will get in return.

“A well-balanced person and, therefore, a well-written online dating profile that accurately depicts one’s personality, preferences, and relationship goals will ensure that the profile covers what they’re looking for in addition to what they are willing to contribute to a relationship. You should be able to glean some observations around whether the person is a giver, a taker, or both by the way the individual packages their profile,” Ikka says.

## **2. Attractive picture but few words**

“In these cases, [typically] this is a person who is accustomed to getting by on their looks and, perhaps, their looks alone,” Ikka says. She adds that this type of profile also suggests superficiality, lack of substance, and/or laziness.

### **3. Negative positioning**

These profiles often use words like “can’t, won’t, don’t, shouldn’t, or wouldn’t. ” They contain statements, such as “I won’t date someone who doesn’t have a job.” or “You shouldn’t be too opinionated or you’re not for me.”

“These profiles indicate a variety of potential difficulties with their authors, including control issues, a negative perspective on life (or at least on dating), a sense of entitlement, or a victim’s mentality—basically nothing that one should find attractive right off the bat,” she says.

A former client of Ikka’s had a profile that fit this description when she started working with him, she shares. In it, he wrote, “If you’re not fit and into exercise, don’t bother contacting me.” After reading that, Ikka quickly worked with him to change the wording in order to make him sound more approachable.

“I helped him understand that his value of wanting to lead a healthy lifestyle and wanting to find a partner who was like-minded was understandable (but that) he could communicate the exact same thing in a more positive manner. Ultimately, we changed the text to read, ‘Because I value my health and enjoy staying active...I am looking to meet someone who shares the same or similar interests and fitness goals.’”

### **4. Window shoppers**

“These are people who are active on a website but who have not paid for a membership,” Ikka explains. In some instances, “this is a huge red flag because they have no skin in the game and are one foot in, one foot out. You can identify these people only when you go to contact them and realize that you’re not able to or your message goes unanswered; this is because they are not able to access messages, flirts, or e-cards because they are not paying for those services. In that



case, do you really want to date someone who can't even commit to their own online dating profile?"

## 5. Monologues

"Although people who write long-winded profiles typically have the best of intentions, it is often an indication of what's in store when you meet them in person," Ikka says, adding, "It can be innocent and chalked up to a lack of dating experience, an attempt to be everything to everyone, an autobiography, or, in its worst form, it can be a preview to the 'it's-all-about-me' show."

Ikka believes online dating profiles should be like movie trailers.

"The purpose is to whet the audience's appetite, create interest and perhaps some intrigue and mystique, and then let those wanting more opt to buy a ticket to see the full movie. In this case, by reaching out through some form of communication."

Having to watch for red flags, like these, can make online dating seem daunting. "Some of the problem lies with the fact that the two of you are starting out backward. In the real world, there will be eye contact, body language, scent, and the ability to witness social behavior," Sapien says.

"The good and hopeful news here is that a woman who is honest with herself, is willing to separate reality from imaginary romance, and who understands that real communication (in a real room, where eyes and hands can be seen, words considered, aroma savored, body language studied, and social behavior observed) stands the best chance of finding a lover for now or for forever, who is really a match based on the realities of sexual chemistry and interpersonal harmony."

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# Stephanie Meyer's Novel Turned Into a Movie, 'The Host!'



By Meghan Fitzgerald

Aliens, called 'souls' invaded Earth and have begun to take control of people's minds! The new upcoming supernatural movie, *The Host*, is adapted from Stephanie Meyer's novel. Written and directed by Andrew Niccol, the stars on deck include Saoirse Ronan, Max Irons, Diane Kruger, and Jake Abel. Souls can only survive through inserting a host into another person's body. Melanie Stryder (Ronan) was inserted with one

of these 'souls.' Melanie begins to feel sympathetic towards humans, discovers what love is, and is trying to run away from the people trying to kill her.

**Should you see it:** Are you a huge fan of the *Twilight Saga*? Are you completely obsessed with the love story of Edward and Bella? Are you interested in the movie, *Beautiful Creatures* currently in theaters? If answered yes to any of these questions, you should absolutely see this movie. If you have read the book by Stephanie Meyer, this movie better be number one on your list.

**Who to take:** When I endured a *Twilight Saga* opening night, I was immersed in teeny-boppers. Since Stephanie Meyer is responsible for *Twilight* and *The Host*, an I think this may be a 'bring your kids' kind of movie. People who enjoy supernatural beings, and a sci-fi romance should also go. The age level may vary with this movie compared to *Twilight*, bring anyone with an open mind!

**Related:** [Supernatural Love Story, Beautiful Creatures Hits Theaters!](#)

**When do you know a friendship can loom into a relationship?**

**Cupid's Advice:**

This type of relationship is the trickiest kind to get into. Turning a friendship into a relationship is more than challenging. The main dilemma here is if the relationship fails, your friendship is gone. And if you're considering getting into a relationship with your friend, they are definitely one of the best. Although this may be a sticky situation, there are many ways where a friendship can blossom into a relationship. Cupid has some advice:

**1. Love:** Love is everywhere you go. In super markets, restaurants, movie theaters, work places, the park,

dinner table, almost everywhere you look. This being said, it is not uncommon that you fall into love with your best friend. If you have fallen into love with one of your friends, and wish for it to turn into a relationship, make sure it is real love. Don't think it's love because they are around all the time or you tell them everything. Make sure you can't spend a day without them and wish to be with them romantically.

**2. Subtle hints:** If you do want to turn a friendship into a relationship, you need to know if the other person feel the same way. If they already drop hints, such as, casual touches, strong eye contact, constant blushing; they may feel the same way. If they don't, than you need to drop these hints and see how they react to them. This reaction will determine whether or not you can turn your friendship into a full blown relationship!

**3. No change:** A great thing with turning a friendship to a relationship is how little change there will be. Obviously you both will now be involved romantically. However, you two most likely already know every little thing about each other, have a routine, nick names, favorite restaurants. You and your mate do not have to worry about meeting each others parents because you already did! The relationship would be effortless since you both are already comfortable with one another!

**Has a friendship of yours turned into a relationship? Share your experience below!**

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## Celebrity Couple Danny DeVito

# & Rhea Perlman Are Back Together



By Jessica Conigliaro

After a surprise separation last fall, Danny DeVito and Rhea Perlman are back together, [People](#) reports. The two have been working on their relationship for the past few months and seem to have worked through their problems. “They love each other,” says a friend of the couple. “Always have and always will.”

**What are some ways to work on your relationship if you're having problems?**

**Cupid's Advice:**

You and your partner have been arguing for the last few weeks.

You want the fight to end without the relationship ending as well. Cupid's here to give some advice on how to work through your problems together:

**1. Talk it through:** Your boyfriend has been having a difficult time at work and takes his frustrations out on you. You of course are fed up with his attitude and want things to go back to normal for you two. Tell your partner how upset you get whenever he yells for no reason. Let him know you understand his work problems and want to help, but yelling will get him nowhere. He will feel comforted knowing he has you to work through his problems with.

**2. Remember the good:** If you and your love seem to be fighting a lot lately, take a step back from the situation and ask yourself why you are getting so mad. If you can't think of a solid reason, it is possible you are just getting at each other's throats for no reason. Remember how happy you are with your man and the fighting should be greatly reduced as a result.

**3. Take a breather:** Sometimes, the best thing to do during a heated argument is to simply walk away. Before you say or do anything you will regret, tell your man you are going for a walk but will be back for dinner. Make sure he knows you are just stepping away shortly and will be returning. Some time away will allow you to clear your heads and gain a better perspective on the situation.

**How do you and your love work through your problems? Share in the comments below.**

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# Relationship Advice: The Most Powerful Tool to Help You Find Your Soul Mate



By Sue Frederick

Intuition can navigate you successfully toward finding true love as effortlessly as a dream in the night. It works better than dating sites, speed dating, or singles' events. Love is the gateway to your intuition. You'll never be as intuitive as when you fall in love because your energy centers are most open and receptive, and your monkey- mind quiets down. You look into a stranger's eyes and remember him from another time. You know when he'll call. You feel his embrace long before it actually happens. And you sense what he's feeling even when the two of you are apart.



We're all a little more comfortable with intuitive loving than we are with intuitive living—using intuition for our everyday life and career choices. Yet we can tap into this portal of sacred guidance whenever we open our hearts. When you fall in love, nurture this sacred gateway to the unknown. When you're not in love, love anyway. It will open the door to your divine intuition.

### **What to Do Before Going On a First Date**

Before going on a first date (especially a blind date) write down your date's name and place your hand over it. Close your eyes and do a short meditation with mantra or sacred sound to quiet your mind. Now ask to see what the person looks like and feel their energy. If the energy you feel and the person you see makes you smile and giggle, that's a "yes" from your intuition. Your higher self is telling you that this person will be a loving presence in your life.

**Related:** [Five Conversations to Avoid on the First Date](#)

If the energy feels bad in your stomach and makes you feel anxious, cancel the date. If the energy you feel revs up your sexual chakra, that's telling you what the focus of this relationship will be. If you don't feel a loving warm energy in your heart while picturing and feeling this person's energy, this probably won't be a long-lasting or fulfilling relationship.

**Related:** [6 Great First Date Questions \(and 4 to Skip\)](#)

Also, if you have the person's date of birth, decipher their birth path by adding up all the numbers in their day, month and year of birth. Write his name and birth path on a sheet of paper. Put your hand on this information and meditate to quiet your mind. Ask to feel the person's energy and understand his journey. Ask if this person is someone you should connect to for your highest good. Pay attention to the feeling you get

and note whether it's positive or negative. Write down any thoughts about this person that come to you during your meditation. Trust your gut. If it feels bad, don't pursue this person no matter how beautiful they look or how perfect they seem.

Keep practicing. Use this intuitive technique with potential hires at your workplace or to decide whether to take a new job. The more you use your intuition, the more you'll trust it. Eventually you'll realize how good you are at trusting your intuition.

You are now becoming a master of intuitive living, an approach that will put you right into the juicy flow of your life and bring you love, success, and happiness each day.

*Sue Frederick's is the author of "[I See Your Soul Mate: An Intuitive Guide to Finding & Keeping Love](#)," and her work, described as a "breath of fresh air" and "an enlightened new perspective," has been featured in the New York Times, CNN, Real Simple, Complete Woman, Yoga Journal, Natural Health, Fit Yoga, and Nexus Magazines.*

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## Celebrity Baby: Eli Manning Prepares to Welcome a Second Child





By Meghan Fitzgerald

[People](#) confirms that the New York Giants quarter backer, Eli Manning, and wife Abby are expecting their second child in June! Their second child will be a sibling to their first child Ava Frances, 2. Manning told [UsWeekly](#) that him and wife of five years are so excited for the new addition to their family!

### **How do you prepare for a second child versus the first one? Cupid's Advice:**

Having children in general will be one of the most stressful time in your life. Yes, they're cute, you created them, you love them. However, at one point or another you will wonder why you thought it was a good idea to have kids. This is not in any sense a horrible thought, it is a process of parenthood. After you have the first child, you need to prepare differently if you plan on having another one. Cupid has some advice:

**1. Sleep schedule:** With having one child, you are completely aware that your sleep schedule is not the same as it used to

be. However, it will change even more when you welcome a second child. You need to make a schedule of your work, your partner's work, events that the both of you have, and when you will be able to sleep in between all of it. Yes, you will not get as much sleep as before however if you map it out, it will be much better!

**2. Communication:** You need to communicate with your mate about your relationship, and your children. Mostly about your relationship. With two kids, you and your relationship will not be the spotlight of your lives. Your children are now your sole responsibility, and you and your mate's relationship may suffer. Your relationship will succeed if you both communicate with one another. Your feelings, emotions, opinions, anything you're thinking.

**3. Organization:** You will soon have two children and you need to organize your time. It is necessary to schedule your own time, and time with your partner. You need to make sure you and your mate have time together in your soon to be busy schedule. Organize when you have time to food shop, to pamper yourself, to take your kids to the doctors, and all other important events in your life.

**How did you prepare for your second child? Share your ideas below.**

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**Why 'Bachelor' - Inspired  
Values Matter in**

# Relationships and Marriage



By Susan Shapiro Barash, Author of *The Nine Phases of Marriage*

What could be more appealing in today's slick, fast paced society than to watch a dashing handsome bachelor who is also pristine make his commitment known to us? It is little wonder that 28-year old Sean Lowe captured the attention and curiosity of so many female viewers.

And while the heat was on to see his final choice and we waited with baited breath, it was refreshing to learn about a young, charismatic man who has a traditional attitude toward marriage and family. On March 11th when Catherine won Sean's heart, it underscored how much values mean in a relationship. Not only were we watching this couple move forward with great anticipation, but this next step also jolted us into thinking about what it takes for a marriage to be successful.

## **The Pillars of a Love Relationship**

According to the media, the lucky couple hopes to start a family right away, and this of course is a big part of the picture. When it comes to commitment in a love relationship, there are other factors as well. The foundation of a solid relationship and marriage include:

**1. Honesty and respect:** There is no better way to build the relationship and sustain it through the ups and downs of daily life.

**Related:** [Justin Bieber Proves Honesty is the Best Policy](#)

**2. Commitment and Communication.** A couple should, ideally, discuss their views in depth on the following (in no particular order) family –including in-laws, friendship, children, work ethics, finances, and religion ahead of time with full disclosure, in order to secure the relationship.

**Related:** [How to Communicate to Get What You Need](#)

**3. Flexibility and Understanding.** Both parties should know one another well enough to roll with the punches and support one another in times of need.

## **Shared Values Protect the Relationship**

Many times couples are too caught up in the excitement and the passionate phase of a new relationship and pending marriage to address the important issues stated above. The problem here is that if expectations are implicit and not fully discussed and recognized, this can lead to problems later. If a couple is not prepared as a team for the ups and downs of life (illness, loss of job, problems with children, relocation) and has not discussed the 'what if's, there can be friction ahead and this can drive a wedge into the relationship.

It is wise to remember not only that life throws us curve balls, but that it is our esteem for one another, our shared

points of view and methods of coping that will get us through.

*Susan Shapiro Barash is the author of 13 books on women's issues and is frequently sought after by national media to comment on gender and relationships issues. Most recently, she appeared on ABC's 20/20 to discuss "The Truth About Lying" in marriages. In her recent Huffington Post piece, "It's Wives Who Want More Sex and They Are Getting It," Barash reveals some surprising statistics she found about wives and their intimate relationships.*

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## **Celebrity News: Gwyneth Paltrow Speaks Out About Miscarriage**







By Jessica Conigliaro

Oscar-winning actress Gwyneth Paltrow recently opened up about the miscarriage she experienced in recent years. She says she got through the tough time with support from her loving husband and Coldplay rocker Chris Martin, [UsMagazine.com](http://UsMagazine.com) reports. "We are committed co-parents, we make all the decisions together and lean on each other for support," Paltrow says. "[Chris] is so good to the children and to know that you had kids with such a good man is a real weight off you."

**What are some ways to help your partner get through a tragedy?**

### **Cupid's Advice:**

If your partner is experiencing a tragedy, you undoubtedly want to show your support. He has always been there for you and now's the perfect time to return the gesture. Cupid offers some advice on ways to comfort your man during his rough patch:

**1. Be there for him:** Your boyfriend just heard the news of his grandfather's passing. He of course is upset and overwhelmed after finding out. Show your support by accompanying him to the wake and funeral. Your partner will take notice of your constant presence and will be reminded that he's not alone.

**2. Help them cope:** When someone you love is going through a difficult time, you may feel the need to help them through it. If your partner just found out his favorite uncle is passing away, suggest visiting him in the hospital to say his final goodbyes. Your boyfriend will feel better knowing he got to see his uncle one last time. Find ways to ease your love's mind during a tragedy. They will appreciate your compassion during their rough time.

**3. Give some space:** During sad times, it is often in our nature to want to be alone. If your partner seems a bit distant from you and is avoiding eye contact, don't take that as a bad sign. Some men are embarrassed to cry in front of others, but they still need that emotional release. Tell your boyfriend you are going to the food store and slip away for a few hours. He may just need the house to himself in order to grieve in his own way.

**How do you comfort your love during a tragedy? Share with us below.**