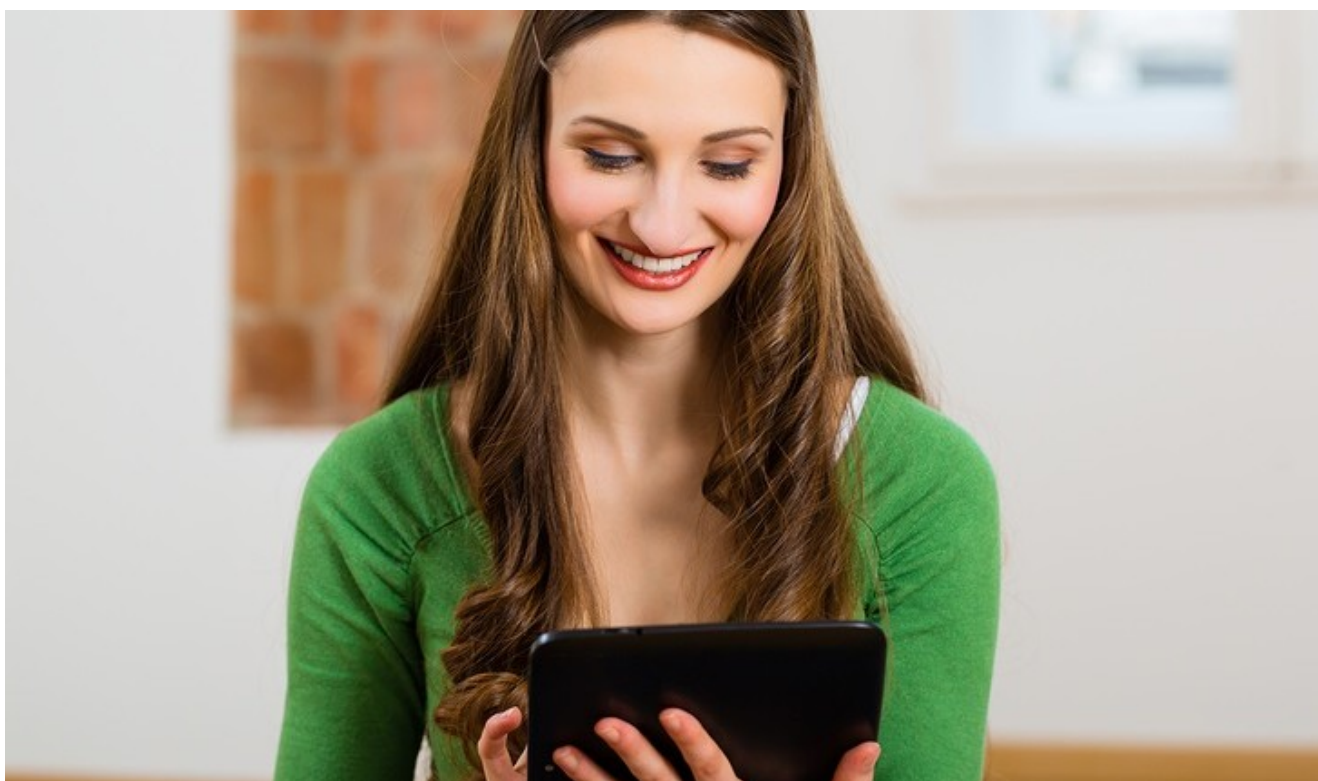


# 6 Ways to Tell if a Dating Site is Right for You



When you're choosing a dating site, ask yourself: what would make this one the right choice? Look beyond the free membership and unlimited messaging, and think about how all the different features of a dating site add up to give members a certain result. Of course, that's not to say that everyone on the same dating platform will get the same result – but they're often in the same general area. For instance, people don't go to eharmony when they're searching for a guy who can masquerade as their boyfriend at a big family function. By the same token, a lot of the users on Tinder didn't sign up for the purpose of finding lasting romance. Most users go to [CamSurf](#) because they are specifically looking for instant video chat.

Back to the main point – what features would a dating site need in order to give you the result you’re hoping for? Fortunately, the answer isn’t as complicated as you might think. Behind all the branding, proprietary algorithms, and psychology-based questionnaires are the basic features that every dating site should offer.

**Once you know what you’re searching for, finding the right one won’t be hard at all.**

### **1. What criteria does the algorithm use to find matches?**

Dating apps like Tinder usually pair people based on their distance from each other. This type of algorithm doesn’t read into your preferences or personality, or even from your activity on the dating site. It’s just pure and simple – “here’s someone I found, they live 17 miles away”.

Then there are the algorithms that dig deep into what makes you who you are. Of course, in order for these to work, you’ll have to answer plenty of questions so it has something to work with. Once that’s done though, you’ll be amazed at how accurate the matches can get.

Another great feature is when a dating site can learn from the kinds of choices you’re making on the platform. You may have filled out some information as you were getting started, but what about the way you detail your preferences with likes, matches, and messaging? A really awesome algorithm will take this into account as well.

### **2. Are you able to use search tools?**

Algorithms are one thing, and search tools are another. If you're tired of stopping to smell the roses, a well-developed search tool is the feature that can take your search for a date to the next level.

Keep in mind that not all search tools are created equal. There are the very basic ones – age, gender, distance, and maybe a couple of other things. Then there are the more advanced ones – ethnicity, eye and hair color, height, income, religion, occupation, etc. If that isn't enough, there are even search tools that are so keyword-friendly, you'll feel like you're googling your next date. You could search for a musician, a breed of dog, or a favorite food, and anyone with those words in their profile would come up as a match.

### **3. Can you report and block sketchy accounts?**

Dating sites like to focus on the features that set them apart from their competitors, but this is one of those things that should always be there, even if it tends to get ignored. Romance scams, spam messages, and people who are just too demanding shouldn't be a part of your dating experience. Since the dating platforms themselves usually can't prevent this before it happens, it's pretty much up to the members to block and then report the accounts that are causing issues. It's not a very glamorous feature, but it sure does come in handy.

### **4. What are the limits on messaging?**

Yes, there are places that allow people to send messages to their hearts' content at no cost, but this might not be what you want. Some people see "unlimited" and decide that they're going to take advantage of it, like they're at an all-you-can-eat buffet. This results in lots of messages that really didn't need to be sent. After all, how many times per day do you want to read "hey what's good"?

A better approach is to set limits on who the members can message. For example, if two people have to like each other's

profiles before chatting, that considerably reduces the number of unwanted messages they'll get in a day.

Some dating platforms apply limits to the number of messages or the word count. This won't be an issue for everyone, but it could end up cramping your style.

## **5. Are there filters that automatically weed out certain kinds of accounts?**

Even if you already know what you want, sometimes it's nice to know what you don't want too. Everyone has a pet peeve (or several) that they aren't going to let slide on a dating platform. Do you hate it when people write out messages like a teenager composing a text in 2008? There's a filter for that. Is a drinking habit a dealbreaker? There's a filter for that too.

Different dating platforms have different kinds of filters, so do your research on how they work before deciding that it's a done deal. One platform might let you filter out certain kinds of accounts from appearing in your matches; another will let you personalize your inbox to prevent specific accounts from being able to message you.

## **6. Can you link a social media account?**

You probably see them all the time – the little buttons that let you log in using social media. Believe it or not, there's actually more than one reason to do it if you're setting up an online dating account. You can save time by auto-filling information from your social media, and you can show other members that you're a real person.

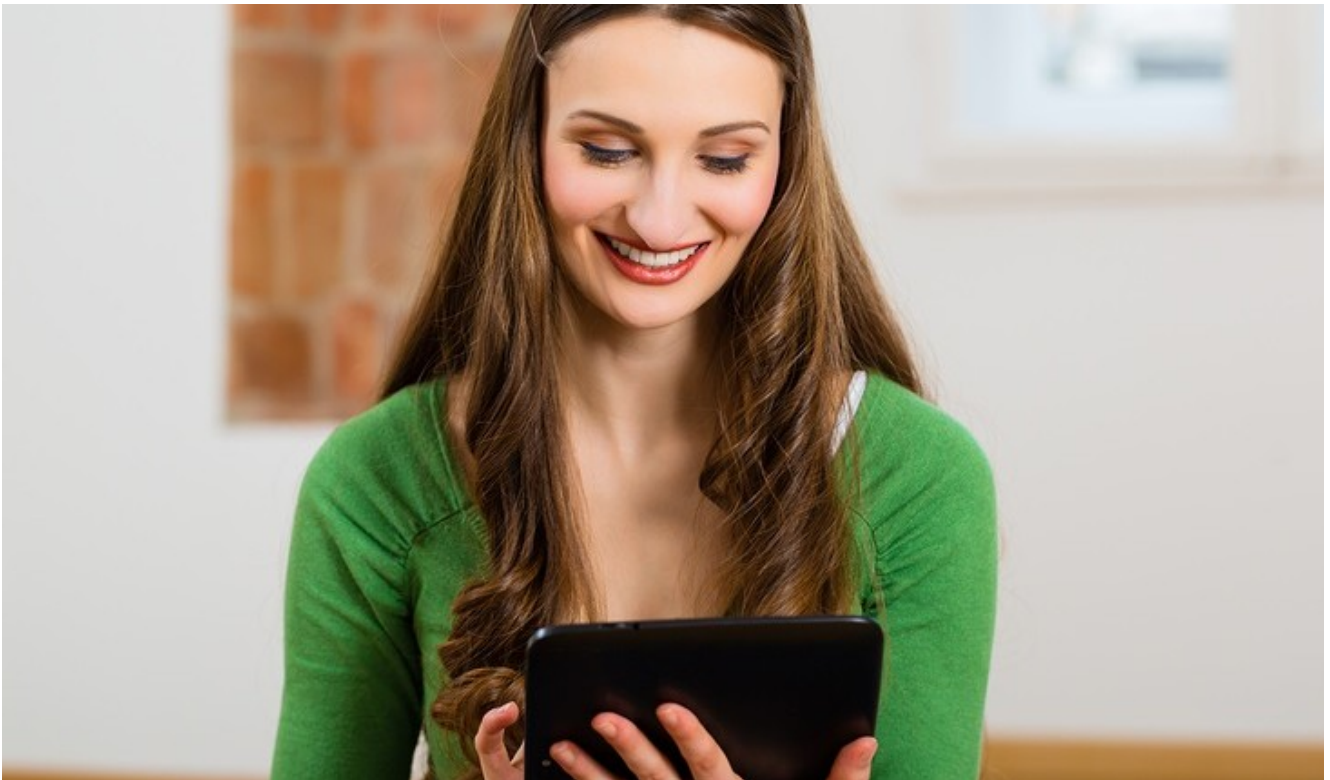
## **Now that you're in the know, what's next?**

All you have to do is start applying these questions to dating platforms. It shouldn't take that long to find one, with all the choices that are available. Once you've found the perfect

one, the real fun can begin!

---

# Dating Advice: How to Keep Humor In Your Relationship



By Dr. Jane Greer

During these difficult times, because of the pandemic and everything that has come with it, it is important for people to make room for laughter. There is no question that it is challenging to find the funny among all the hardship. It can be a struggle to balance the bad with the good. But it is a long-held belief that humor is an important elixir that helps

to soothe the pain and even heal. Professor of Surgery Henri de Mondeville famously said in the 1300s that laughter, compiled with the treatments he recommended, would help toward recovery. That eventually translated into the saying we all know today: laughter is the best medicine. Norman Cousins is known for having cured himself of a terrible disease by chuckling through all the Marx Brothers' movies. Recently even Blake Shelton and Gwen Stefani poked fun at the way they found each other during a Super Bowl commercial for T-Mobile.

**So how can you find a way to incorporate humor into your relationship and your daily life to take the sting out of all the stressors you are experiencing?**

Believe it or not, the first thing to do is to give yourself permission to laugh despite what is going on in the country and the world. Some people think they have to be serious because of all the suffering taking place, and may even feel guilty for being lighthearted. But the shows we find the funniest and the comedians we embrace are the ones in which they illustrate how to laugh at ourselves and each other. They have learned through their own hardships and demonstrate to the rest of us the value of humor, even if it is self-deprecating, to cope with the negatives – our own and those in our relationships. We look to them for comic relief, and can actually model our behavior after them to use poking at ourselves and our loved ones as a way to ease tension and release anger. And while you wouldn't expect doctors and nurses in a hospital setting to be making jokes, it is something that goes on regularly to manage the intensity of working with ill and dying patients. In fact, someone I know who was going through his own illness with a brain tumor wrote

a book called, "You Have To Keep Your Sense Of Humor," which helped him survive for many years. Nurturing your sense of humor can actually become your emotional health insurance.

The next thing to do is take inventory of all the things that are irritating you in your life and prioritize them so you can gain some perspective. If you look at each one specifically, it gives you the opportunity to focus on what is aggravating you the most and needs to be addressed first. This way, instead of being equally upset about all of them, you can determine what is going on that demands your immediate attention in order to manage it more effectively. Once you have honed in on what it is, look for any way to make it amusing or silly so that when it continues to happen it loses some of its steam.

If you are in a relationship, however, your private jokes can give you mileage if you use them as morse code to short circuit an impending argument. Rather than blaming or criticizing your partner, if you can find a gentler way to tease them about the problem at hand it can increase your chances of their being willing to compromise. Laughter is also a great release for anxiety, and a place it can be really helpful is in the bedroom. That is where people can feel pressure to please their partner, and also themselves. Embracing humor is a great way to relax and dissipate some of that expectation so you are able to enjoy yourselves.

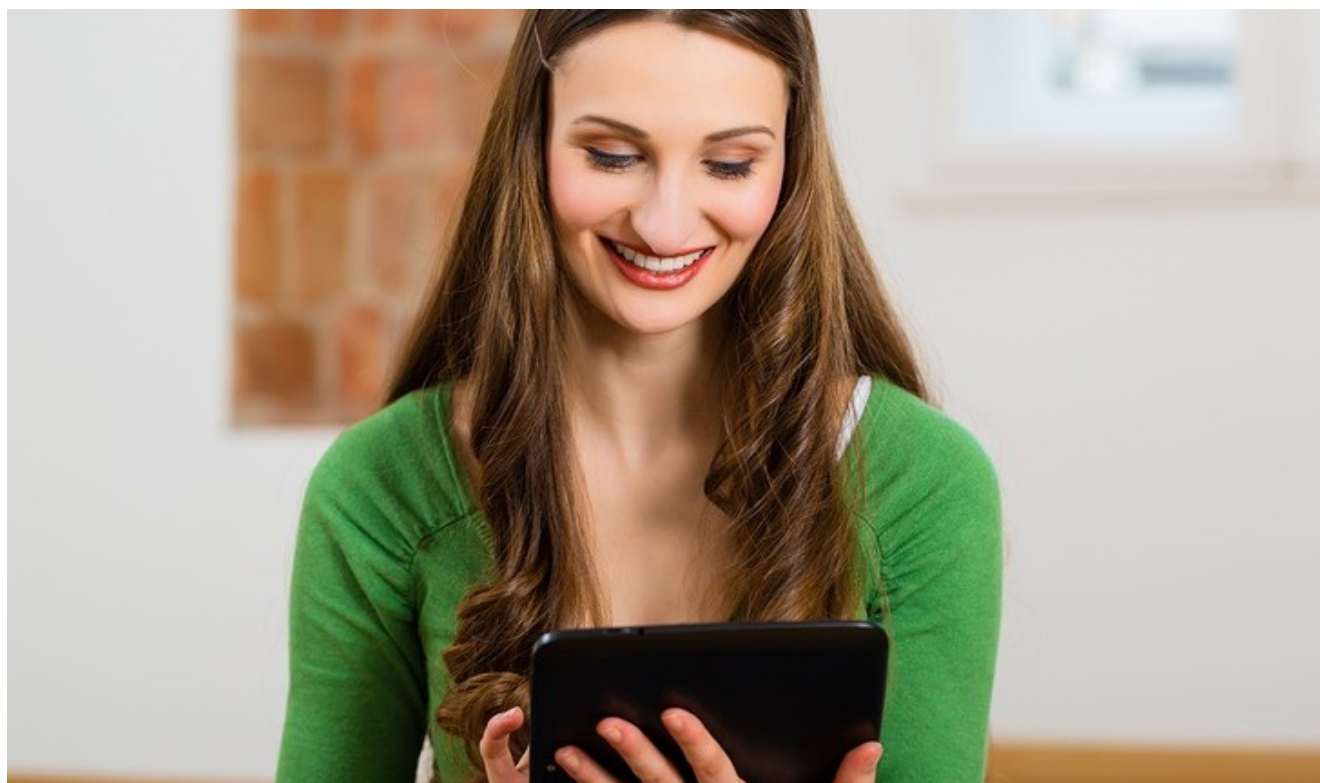
It is clear that Blake and Gwen have a lot of playfulness between them. That is one of the things that is so appealing about watching them interact, and it appears to have contributed to their strong foundation. You can do the same and increase your personal happiness by learning to laugh off what you can, and by following the adage angels fly because they take themselves lightly.

*Please tune in to the Doctor on Call radio hour on [HealthyLife.net](http://HealthyLife.net) the first Wednesday of each month, at 11 AM*

EST, 8 AM PST; including Shrink Wrap on Call, Pop Psych with Dr. Greer, and Let's Talk Sex! Connect with Dr. Jane Greer on [Facebook](#), and be sure to follow [@DrJaneGreer](#) on Twitter for her latest insights on love, relationships, sex, and intimacy. Listen to Dr. Greer's Shrink Wrap News at 7 segments on [HealthyLife](#).

---

## Dating Advice: Safety Tips for American Dating Sites



The dating scene is like everything else – automated. In the age of digitized everything, people are now attempting to find their soulmate via the web. In the not so distant past, these



sites were less “fine-tuned” compared to today, with most people mocking them as being only for “unattractive people.”

But these are evolving steadily to the point most singles of every demographic have a profile on at least one [best dating site in U.S.A.](#) The days of talking to a stranger in public and coyly asking for a phone number are over. Now, people find comfort and confidence in messaging potential dates online behind a mobile screen until there is a certain level of comfort, enabling them to venture to a phone call. Meeting in person, though, takes an extreme amount of courage and requires exceptional safety measures.

## **How To Date Online In America Safely**

Now that virtually everyone opts to join popular dating sites in America as a way to “shop” for the ideal mate, it’s essential to employ adequate safety measures when the time comes to take the step to actually meet in person.

In reality, meeting someone from online is genuinely not that much different from seeing someone across a crowded room whom you don’t know and exchanging numbers.

The fact is, at least with the online person, you’ve at least messaged and hopefully spoken on the phone before you meet (and maybe performed a background check.) Seriously, in the modern world, there are definitely safety precautions that everyone, regardless of gender, should take in an effort to – stay alive. Some safety tips to follow include:

### **Vigilante Research Is Key:**

You don’t want to become any kind of stalker because that would be a definite reason to cancel a date. But you should attempt to do some preliminary research on google just in an

effort to get a brief understanding of whom you're meeting before the event.

It's wise to look for pictures to see if they match the profile and learn additional information to see how much coincides with what you've heard. You want to go beyond their social site platforms because people beef these up to look good. You want something more substantial. A background check is not necessarily a bad thing.

### **Choose To Get "Google Voice":**

No one can be certain how a date will turn out or exactly what kind of person you'll have exposure to or of what that person might be capable. When communicating, it's a good safety measure to use a "Google Voice" app, which is free so you can check messages, calls, and voicemails with no need to use your actual number.

You also have the capacity to block someone who isn't favorable. You should only use your private number with people who are like family to you.

### **Phone Call:**

Everyone sends a message for everything today. Phone calls are basically an obsolete concept. But you can misconstrue the written word, and personalities don't come through in a text.

It's ok for the first little while to communicate in this way while you're gaining a sense of comfort and developing confidence, but then it's essential to move on and take it to the telephone.

If you have any kind of sensory perception, you'll be able to get a certain feel for the person's character by hearing their voice and vice versa. Don't drag the messages out. Make a phone call as soon as possible.

### **Use Video To Chat Prior To Date:**

There is a wide range of “video chat” capabilities allowing you to get a sense of the other person before you actually meet up in real-time.

There is nothing comparable to talking with someone face-to-face to let you in on their true personality and behaviors. You can feel the energy instantly and, if it’s not there, you’ll know a meetup shouldn’t take place.

It saves a lot of time, effort, and an awkward situation. It’s much easier to let someone down on one of these platforms than having to do it in public.

And you don’t know how someone might react to rejection, so dating apps are also a much safer way to handle it.

### **Drive Or Employ Public Transport:**

Don’t accept the invitation to be picked up or meet and ride together. You want to avoid giving out your address to someone you know nothing about, and it will put you in a potentially dangerous situation because this person will determine where you go.

Riding together or interacting in your home is something that shouldn’t take place for a long while, at least until there is a deep understanding of the other person.

You should always make sure that you meet the other person in a public place, and it might be a wise move to have a few friends scattered throughout the establishment while you’re there. You don’t want them with you on the date but in the vicinity.

Maybe go to a café or a restaurant where acquaintances won’t be out of place or noticed. In the case that you feel at all uncomfortable, help will be there to get you out of the situation. If it’s not possible to have someone there on your behalf, alert a waitress or a bartender if things are

suspicious with some type of code. Most places recognize the signals and are quick to phone for the police.

You should also always make sure to let a friend or family member know the entire night's details, exactly who the person is, and when you should be home. Let them know you will call as soon as you arrive home. Safety is first and foremost when you're meeting up with a virtual stranger.

---

## **Dating Advice: What to Do When Your Significant Other Fights with Your Roommate**





If your roomie and your partner are constantly at each other's throats, rest assured that this is a relatively common problem. That doesn't make it better, but you should know that you aren't the first to deal with this issue. And, the silver lining is that we can look to others for advice.

**In this dating advice post, we're going to cover what to do when your significant other fights with your roommate.**

### **Have a group chat**

If there's tension in the air, there's usually a reason. And if you're willing to be open and honest with each other, a group chat may just solve your problem. Once you can get to the bottom of the issue, it's often easy to find a solution.

For example, if your partner is mad because your roommate leaves things around and makes a mess, talk about what he or

she can do to avoid this. No home should be a war zone, so we all need to do our part to keep the peace. During your discussion, be a mediator of sorts to try to keep everyone calm and focused on finding a resolution.

### **Talk to each separately**

If your girlfriend and your roommate can't seem to get along no matter what you do, try talking to them separately. At this point, we aren't hoping for them to become besties. We're just hoping to sidestep the many daily landmines you'll encounter. Talk to each of them about avoiding the things they do that cause conflict. And if things are really bad, suggest that they avoid each other at all costs.

### **Try a setup**

If you can't get to the bottom of why your roommate doesn't seem to like your girlfriend, there's a chance it may be jealousy. Your roomie might be jealous that you're spending more time with your girl and less with him.

If this is the case, consider planning some double dates. And, if your roommate doesn't have a girlfriend, you may want to subtly drop some [men's dating tips](#) to help the process along.

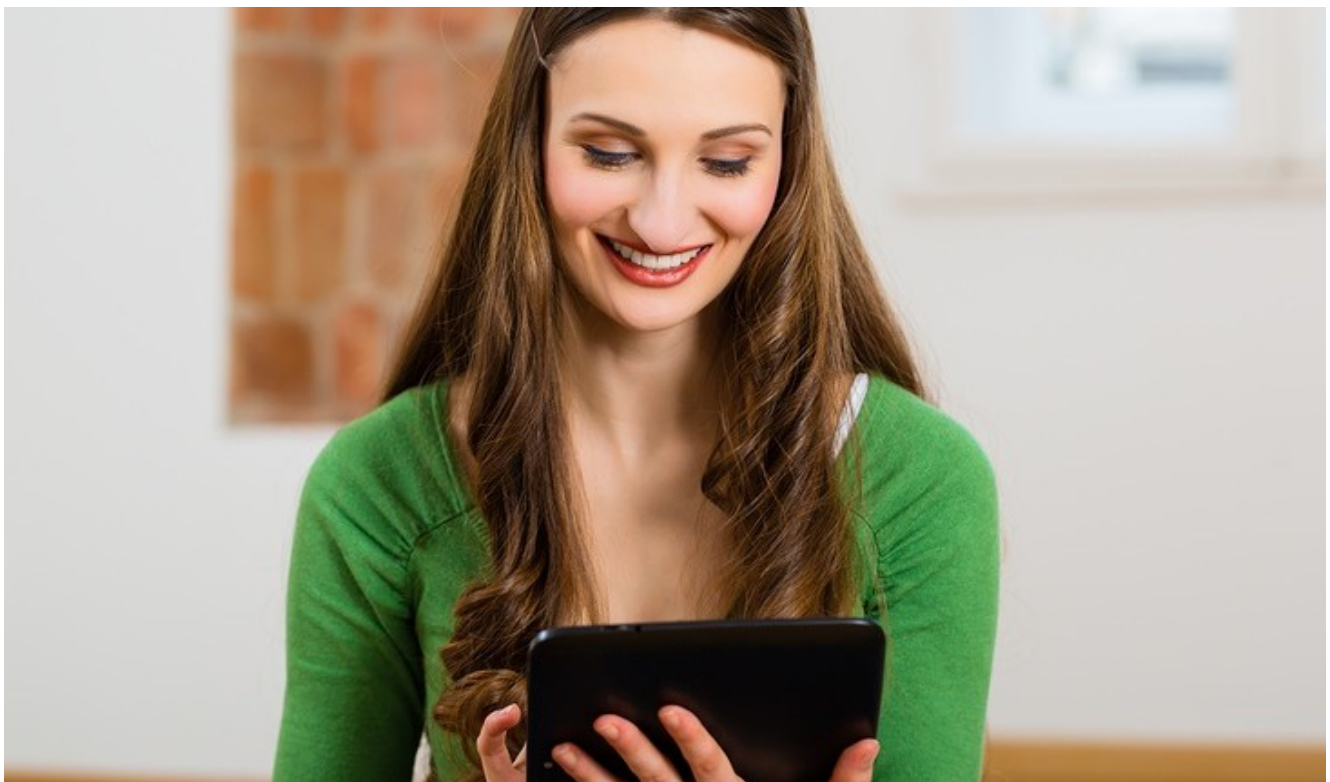
### **Plan a fun outing**

It's much easier for tensions to mount when two people are competing for attention in one space. But, if you plan a fun outing with them both, they'll have an opportunity to get out of their comfort zones and have a little fun together.

Ultimately, your goal is going to be peace in the home. If they end up best friends, even better. With a little effort, you can help your partner and roommate coexist without a problem.

---

# Relationship Advice: Dating Expert Lee Wilson Advises How Your Relationship Can Survive Lockdown



By Diana Iscenko

In the last few months, we've seen countless [celebrity couples](#) break up in the midst of the COVID-19 pandemic. Being stuck at home with your significant other has put a strain on many relationships, not just famous couples. With several states reporting a rise in new COVID-19 cases, we may be spending

much more time at home again. If you're worried about how more time in lockdown may impact your relationship, Cupid has some [dating advice](#) for you.

We recently interviewed relationship expert and dating coach Lee Wilson to get his perspective on how to keep your relationship healthy during the stress of lockdown. Wilson has 20 years of relationship-recovery experience, focusing on reuniting couples after separation. He also gave a TED Talk and has lectured at several colleges, including Pepperdine University.

**In our interview with dating expert Lee Wilson, he revealed his relationship advice for getting through lockdown with your relationship intact.**

Many couples are struggling with spending all of their time together in lockdown. Wilson believes this is so difficult for many couples because it's such a drastic change from the amount of time spent together before the last few months. "Being locked in a house together is difficult to do, even for couples who are in good situations," Wilson said. "You're not used to spending that much time with this person. For a lot of couples, it's going to be a shock and they're going to get on each other's nerves."

This sudden increase in time spent together will hit couples who had existing issues even harder. While these disagreements may feel like they came out of nowhere, Wilson reminds those struggling that these issues likely are taking the forefront since you are spending more time with your partner. "If couples are having some trouble, that means their relationship



dynamics are already off from where they should be. Now they just have more time to experience the bad relationship dynamics,” Wilson said.

Couples may also disagree about health-related issues during the pandemic. If partners disagree on how to approach staying safe (i.e. going out in public again), this can also cause a strain on any relationship. Wilson highlights that both parties can be hurt by this disagreement. “If one of them isn’t ready to go out in public yet, that can be taken as rejection,” Wilson said. “The other person will feel like they’re having to continue in this lockdown that they don’t want to continue because the other person is refusing to go out.”

Not only may the one person feel resentment toward the more cautious partner, but the cautious partner may feel unsafe if the other is going in public too often. “You get into a more complex situation where you just went out and now I’m around you. You want us to be intimate, but I feel like you’re putting my health in danger,” Wilson said.

**Related Link:** [Relationship Advice: Susan Trombetti Talks Love & Dating Amid COVID-19](#)

So, what can you do to fix these issues and have a happier, healthier relationship? Wilson has some unconventional advice: communicate less. “What I mean by that is not that they avoid talking at all, but that just because something is on their chest doesn’t mean they have to say it at that moment,” Wilson said.

“A lot of times couples are baffled I would tell them that because they’ve been told that if you have an issue, you better bring it up and get it out,” Wilson said. “A lot of times couples need the opposite to heal.”

Wilson recommends that couples who are fighting a lot should try to have only positive interactions with each other for a

certain amount of time. For example, if you and your partner agree to leave the negativity behind for a week, you can revisit the negative feelings when the week is up. “A lot of times, that week will pass, and they’ve had such a good week together that they don’t feel like they want to duke it out anymore. They do better,” Wilson said. While you shouldn’t ignore issues that come up in a relationship, fighting over every small problem can cause more harm than good.

**Related Link:** [Relationship Advice: Heidi Klum & Tom Kaulitz Survival Strategies For The Home Front](#)

Wilson also suggests planning activities while stuck in lockdown. “One of the most wonderful parts of a relationship is the anticipation of doing things together. It’s not just doing them, it’s also being able to look forward to them,” Wilson said.

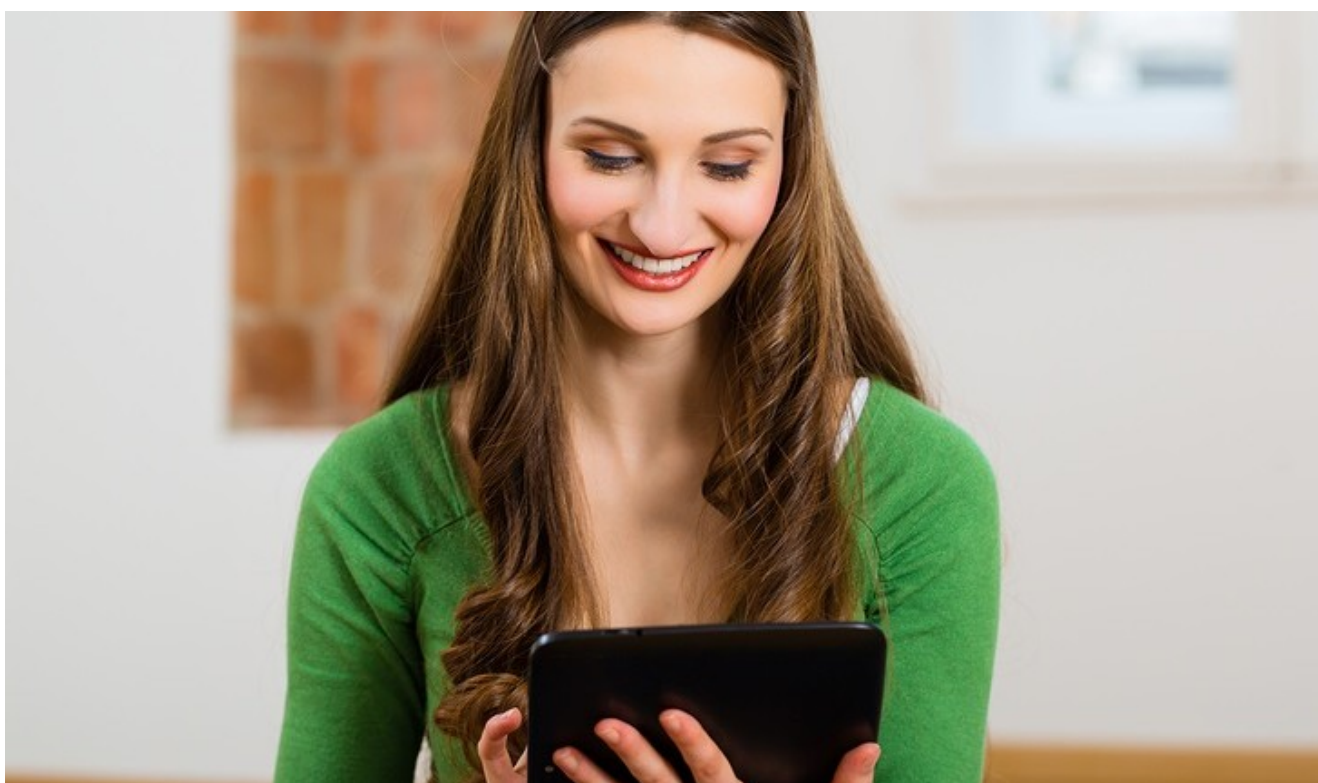
“What’s happened during the lockdown is that couples have lost that,” Wilson said, “What you’re doing today is probably the same thing you did yesterday.” A way to prevent this stagnancy is to plan date nights and other ways to spend time together. It doesn’t matter if it’s something simple like a movie night; you and your partner will have a reason to look forward.

Wilson emphasizes the importance of leaning on your partner during such a stressful time: “When the world seems like it’s going to hell in a handbag, having peace with someone, having the opposite of what you’re seeing in the world, is a welcomed thing.”

**Want to keep up with Lee Wilson? You can head to his website, [MyExBackCoach.com](#).**

---

# Relationship Advice: Signs You & Your Partner are Living Beyond Your Means



Living with your partner is a big step in your relationship that brings new issues to tackle together. Finances may not be the first thing on your mind when moving in together, but it can cause some serious rifts in your relationship. Both of you are responsible for contributing to your new household, but it can be hard to talk about finances with your partner for the first time. It's even harder if you're struggling with money, especially if one of you is being reckless with your spending.

# **If you're unsure how to tell if you and your partner are living beyond your means, Cupid has some relationship advice for you:**

**1. Missing one paycheck would be devastating:** Many Americans live paycheck to paycheck, but that doesn't give you an excuse to be irresponsible with your money. If you and your partner missing one paycheck would be devastating to your finances, you might be spending more than you should to live comfortably.

**2. You can't pay off your credit card each month:** Carrying a credit card balance from month to month is giving money away. You probably have a balance because you bought something you couldn't afford to pay outright. Doing this continually can put you in debt (with accruing interest!) you'll have a hard time escaping.

**3. Your credit score is below 670:** Credit scoring is based on a few factors, including the timeliness of your payments and the amount of your available credit in use. Late payments and using too much of your available credit (more than 30%) lowers your credit score. Most people rank between 670 and 850. If you're at a 669 or lower, you'll likely only qualify for [poor credit loans](#) with exorbitant interest rates if you need to borrow to cover an unexpected expense.

**4. Saving 5% of your income is impossible:** In an ideal world, we'd all be saving 20% of our paychecks. It's more realistic to save at least 5% of your income each month. If you're unable to save this much each month, it may be a sign you're overspending. You and your partner should have a savings account to cover you in the event of a severe disruption to your income stream.

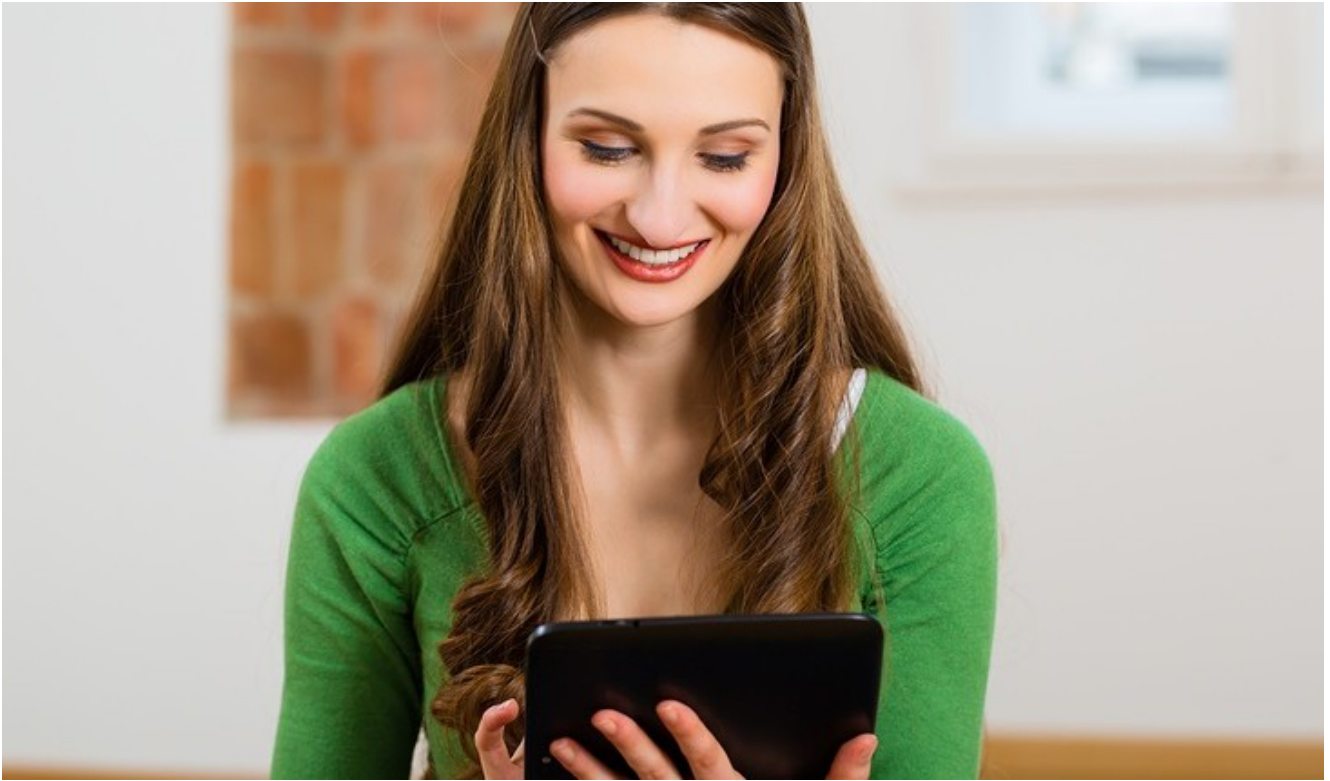
**5. You're paying overdraft fees:** The only way one encounters an overdraft fee is to attempt to spend money you don't have. Sometimes it's an accident and you could've sworn you had more money in your account. If you make a habit out of this, it may mean you're living beyond your means.

What are some ways you and your partner make sure you live within your budget? Start a conversation in the comments below!

---

## **Celebrity News: Anna Kendrick Does Not Believe in Romantic Soulmates**





By Diana Iscenko

In the latest [celebrity news](#), Anna Kendrick reveals she doesn't believe in romantic soulmates, while discussing her new HBO Max series, *Love Life*. According to *EOnline.com*, the [single celebrity](#)'s character is shown throughout a ten-year period, highlighting her different relationships and how they let her grow. Even though Kendrick doesn't believe in traditional soulmates, she told *Emmy Magazine* that people have "many 'the ones,' and if we're lucky we spend a long time with someone."

**In celebrity news, Anna Kendrick shed some light on why she doesn't believe in romantic soulmates. How do you know you've met someone you could settle down with?**

**Cupid's Advice:**

Whether you believe in soulmates or not, it's always hard to decide when to take the next step with your partner. Do you have trouble knowing if you found someone who's worth committing to? Cupid has some advice for you:

**1. You can handle conflict:** You're able to communicate with your partner and work through disagreements. You're not worried every fight will be the end of your relationship, and you're not tiptoeing around subjects to keep the peace.

**Related Link:** [Celebrity Couple News: Ben Affleck Is 'Very Supportive' of Girlfriend Ana De Armas](#)

**2. You have each other's backs:** Your partner is someone you can lean on, and you do the same for them. You're both able to support the other, no matter how big or small the stress the other is going through.

**Related Link:** [Relationship Advice: Susan Trombetti Talks Love & Dating Amid COVID-19](#)

**3. You talk about the future:** You aren't afraid to talk about where you see the relationship going. You're vulnerable enough to tell your partner that you're planning for a future with them in it.

**How do you know when it's time to settle down? Start a conversation in the comments below!**

---

## **Dating Advice: How to Protect Yourself and Your Privacy**

# Online



Online dating is, without a doubt, a standard feature of modern lifestyle. Traditional dating went digital through dating sites, and the phenomenon leaped into dating apps to become more accessible as the smartphone became ubiquitous in society.

The ease of access to online dating, with all the personal data that goes along with an individual's online dating profile, has given rise to a number of concerns regarding privacy. In the United States of America, alone, [approximately 33.9 million users accessed online dating sites in 2018](#). This speaks to massive amounts of data collected from users, like their relationship preferences, dating habits, and biometric data, to name just a few.



**It goes without saying, then, that users of dating apps should be aware of safeguarding their privacy while engaging in online dating and using dating apps. We offer a few tips on how to do just that:**

### **Do Your Research**

Conducting your own research into which dating app is right for you is a necessary first step in ensuring your online safety while using dating platforms to find a relationship or suitable partner.

The first thing to look out for should be whether the app offers safety guidelines. If the dating app is seen to promote safety guidelines, this is a great sign for its users who will feel more comfortable to seek relationships on the platform. [With 18 to 24-year-olds making up 27% of users on online dating sites](#) – according to a study from the Pew Research Center in 2016 – it's hopeful that users, like these, growing up with higher digital literacy rates than previous generations would be attracted to platforms who prioritize safety.

### **Look Out for Safety Guidelines**

For a dating app to offer safety guidelines is a good screener for the platform that you plan to engage with, but you should also check whether the app of your choice offers controlled visibility of your profile on the app. It's advantageous if the app or platform allows you to select who you want your profile, and your personal information that goes with it, to be visible to. Allowing you to block certain users from

viewing your information, at your discretion, is a plus when it comes to online safety.

### **Keep Up With What They Know**

Keep up with the change in algorithms that occur on the dating apps you engage with. For example, [Tinder announced a change to their ranking algorithm in March of 2019](#). This altered the way that the attractiveness of its users to match them with others was determined, meaning that the visibility of your behavior on the platform is analyzed and is used to drive the functioning of the app.

This betrays the fact that on many apps, [your activity is monitored](#). The platforms' AI functions to understand you, the user, to understand more than just who you are and how you behave, but also what you want in a relationship and what you're looking for in a partner.

With [personal and somewhat intimate data being collected about you](#), some high-profile dating apps also have access to gathering information from your device – location, Wi-Fi connections, and even audio collected from the app accessing your microphone. In the worst-case scenario, Datingroo admitted that your saved billing information could be vulnerable to hackers in the event of a data breach.

In the event of a data breach, any information about you that's stored on the dating app becomes compromised – mostly not of your own negligence, especially if you've done your research and opted for a reputedly safe platform. However, romance scams that prey on your own vulnerability can turn you into a victim of fraud. [Such romance scams accounted for a financial loss of \\$143 million in 2018](#), with a median loss of \$2,600. Sadly, that figure rose to \$10,000 for people over 70.

### **Stay Ahead of Fraudsters**

Real people with bad intentions luring you in from the other

side of a dating app can result in financial, emotional, and psychological damage. Unfortunately, this also occurs with chatbots (or just “bots”) which work as [automated scammers](#) on the dating platform’s message service. They are designed to send and interpret messages based on certain keywords – some more sophisticated in their replies, while others can come across as clumsy or nonsensical when replying to your messages. They’re also not limited to dating apps alone.

Test the waters by typing gibberish to elicit a response from the other end. Chances are, you’ll be able to tell if the one you’re chatting to is an actual person or not. On the other hand, if you need to confirm that the person on the other end really is the person with whom you want to move your relationship to the next level, [Nuumber](#) can access all publicly-available information on the individual. This also helps if you want to find out more about a suspected dating app fraudster before they’ve managed to cover all tracks.

## **Report Suspicious Behavior**

Suspicious behavior should be reported, whether you suspect it’s a chatbot or a real human being. What are some examples of suspicious behavior on dating apps?

According to Tinder, the following constitutes behavior that violates their terms of use:

- Fake profiles (otherwise known as catfishing)
- Users requesting money on the platform
- Users requesting money on the platform
- Harassment
- Spam, e.g. advertising
- Underage users

Tinder wants users to report users who partake in actions, like the above, that violate the rules of the platform. Those users are investigated, often resulting in the termination of the offending user’s account. If Tinder doesn’t take necessary

action or deems their actions permissible, while you're made to feel uncomfortable, it would be best for you to block the user or find an alternate dating app.

### **Compartmentalize – Separate Socials**

Harassment that may lead to stalking can be prevented, to a degree, on dating apps. Make a point of keeping your other social media accounts completely separate from your dating app profile and account. If you ever have problems on the dating app and the relationship hasn't made it to the physical, real life yet, chances are that your harasser would try to get a hold of you on other social media platforms, like Facebook.

Keeping these dating and purely-social platforms apart has become a pressing concern – On the Coffee Meets Bagel app, there has been an [increase of 378% in requests for non-Facebook logins](#) after the Cambridge Analytica data-harvesting scandal.

Common sense should guide you when on the online dating scene, but it's only beneficial to take heed of any sound tips when you're allowing yourself to be vulnerable online.

---

## **Dating Advice: 12 Date Night Ideas That Will Save You Money**





As a couple, it's important to establish healthy financial boundaries, especially when thinking of combining your finances and starting a family together. Often times, couples enter a relationship with their own debts and bills and support each other to pay them down together.

If you are in a relationship and have made a commitment to pay down auto loans, student loans, [online loans](#), and credit card debt as a team, then one area you can certainly save on is date night. Just because you're being smart financially, doesn't mean date night is off the table!

## **Here are 12 date night ideas that will save you money while you still have a great time.**

### **1. Movie Night at Home**

You can easily invite your date to watch a movie with you at your house or theirs. This gives you the chance to find out what your date likes to watch and to get to know each other.

You can talk before or after the movie (or even pause it in the middle), unlike in a movie theater.

## **2. Happy Hour**

Many places will provide deals during happy hour. Happy hour usually occurs between lunch and dinner, so if you're both available, you should go. It's a great way to enjoy a quick bite to eat in an easy going environment. Also, it's cheaper than usual, which is a plus.

## **3. Inexpensive Arcades**

There are many arcades with cheaper prices that you can visit with a date. It's a great place to interact, have some fun and win prizes. You can also see what types of games your date likes so you can keep that in mind for future dates.

## **4. Ice-cream Sculpting**

This may seem strange, but it's fun. You buy saran wrap and a tub of ice-cream. Completely wrap your table with the saran wrap and also put a covering, or towels, on the ground around the table. Work with your date to create an ice-cream sculpture. It's a great way to get close and to have a unique date.

## **5. Go Window Shopping**

Many people enjoy window shopping. If you invite someone to go window shopping, it gives you a chance to walk around and talk with each other. You can also see what kind of gifts your date likes, which you can make a note of for a future gift idea.

## **6. Cheap Comedy Show**

Many cities have cheap comedy shows that you and a date can attend. Just pay a small fee and enjoy a laugh with your date. It can be a great chance to see what type of humor your date enjoys so you can continue to make your date laugh and smile.

## **7. Have a Drink and Chat**

It's nice to sit down and chat. When you buy a beverage that you both enjoy, you can have an easy going environment. This makes it easy to talk and to see what types of drinks your date likes. It's a simple yet effective date.

## **8. Cook a Romantic Meal**

You can either cook the meal yourself or cook it with your date. Either way works, because you can impress your date and show that you care by cooking. However, if you decide to cook together, you can enjoy some time together.

## **9. Go to a Museum**

It can be fun to look at different exhibits and pieces of art. Luckily, many museums will have a day where it's free to visit, so you can go and enjoy the art. Learn more about art and enjoy walking around with your date.

## **10. DIY Project**

It can be fun to get creative, so find a simple do it yourself (DIY) project you can do with your date. Make sure the DIY project is fun and something that isn't too hard to do. This will help your date to feel accomplished, avoid frustration and let you work together.

## **11. Make Some Art**

Creating art can be a lot of fun as well. Buy some cheap art supplies and enjoy creating your own personal masterpieces. You can admire each other's creations and continue to make other art pieces.

## **12. Go Hiking**

Hikes provide an easy way to talk with someone. Not only can you talk as you walk, but you can discuss different things you

see on the trail. This will help you to avoid any awkward spaces in your conversation.

### **Try Them Out**

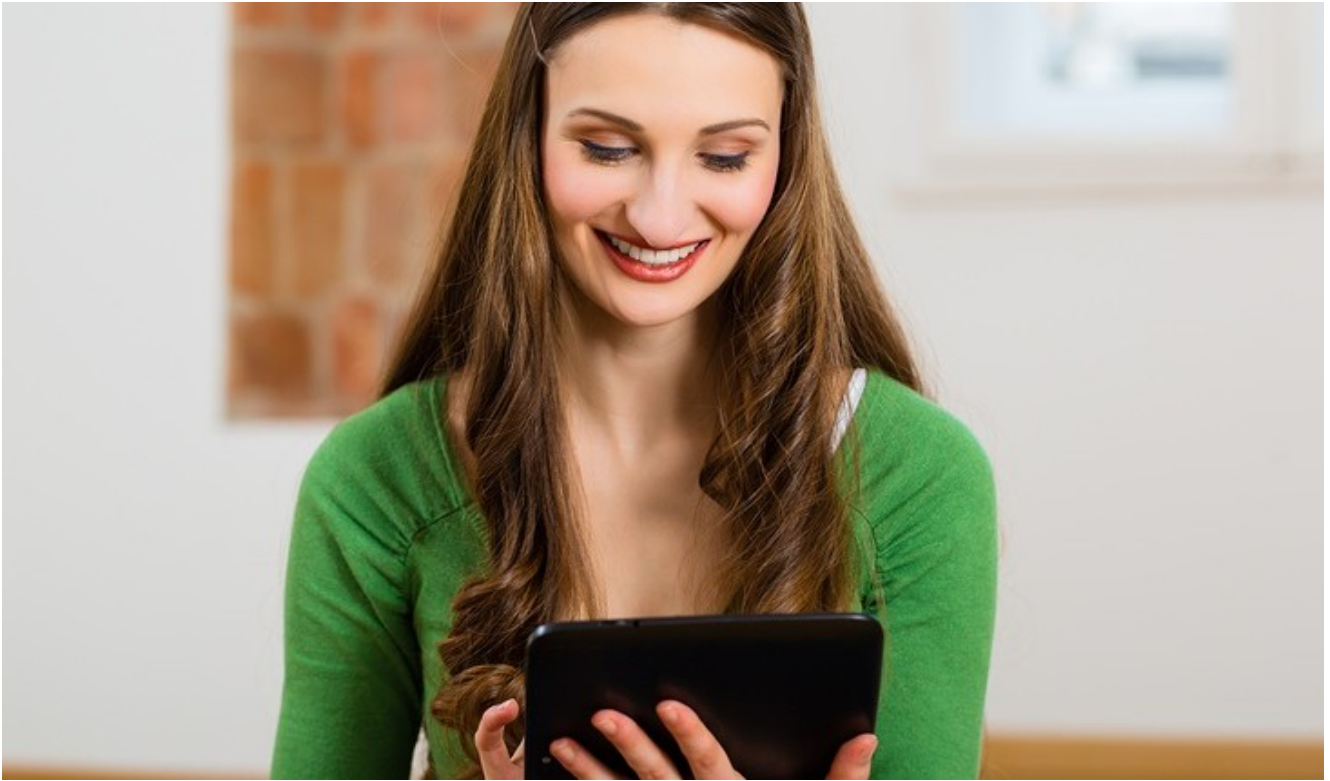
Each of these date ideas keep things simple and cheap, making them ideal for people on a budget. Give them a try and see what your date enjoys, you'll both be happy together in the moment, and your budget will thank you.

---

# **Celebrity Interview: 'Temptation Island' Host Mark Walberg Shares His Thoughts on Season 2 and Physical Infidelity vs. Emotional Connection**







Interview by [Lori Bizocco](#). Written by [Hope Ankney](#).

Mark Walberg (not to be confused with film actor Mark Wahlberg) is an American actor, on-air television personality, and talk show host known primarily for *Antiques Roadshow*, *The Moment of Truth*, and both the original (Fox Network: 2001) and the modern reboot (USA Network: 2019), *Temptation Island*. Walberg's time on *Temptation Island* is split between acting as the host and being a relationship confidant who couples go to for guidance through all kinds of relationship struggles they experience on the show. In our exclusive [celebrity interview](#), Walberg offers our visitors his thoughts on the second season of the show, and some [dating advice](#) for any couple going through hardships.

**In our celebrity interview with *Temptation Island*'s Mark Walberg, get season 2 sneak-peeks,**

# dating advice, and tips on emotional connections.

*Temptation Island* is a reality show that follows four couples who are struggling in their relationships and can't decide whether to call it quits or not. When they arrive on the island, they are separated and put onto different parts of a beautiful island for four weeks, where they are tempted by other relationship options. The show has seen booming success since the first season of its reboot aired at the beginning of 2019. With season two premiering just a few weeks ago, the drama-filled show has only turned up the heat with its steamy antics.

**Related Link:** [Celebrity Interview: 'Temptation Island' Host Mark Walberg Shares His Secret to a Happy Relationship](#)

A season that Walberg claims is “really on steroids” as far as content goes, he explains that what ends up happening with these couples isn't scripted. The producers aren't in charge of turning the heat up, despite the drama escalating quickly this season. According to Walberg, it all depends on the couple and their personal journey. For example, Ashley G. slept with someone in the first episode, and that's something that just didn't happen in the first season of the show.

Walberg likes the idea of producers not being in control, because it allows him to be more open and vulnerable with the couples. In the second episode, Walberg has a conversation with Rick about Ashley's infidelity, saying that he's sincerely hurting alongside Rick. He takes his role with the couples very seriously, admitting, “I want the best for them. I'm very well aware that it's probably not going to go the way that they hoped or thought they could control, but the bigger question, to me, is always about yourself. What brought you here? It's not about the other person.” He expands on this

statement, explaining how he handled his discussion with Ashley G., hinting that she has great remorse about hurting Rick in later episodes.

When asked if a couple can come back from something like what Rick and Ashley G. are going through, he provides some great advice about the differences in every couple and how they handle hardship. According to Walberg, every couple is unique and thinks differently about their relationship. If you're talking about two people who have built a foundation from an on-again off-again dynamic, it's obvious that the couple has been able to forgive one another and get back together after past conflict. Walberg is serious when he asks couples, "Do you think you can come back from this?" He says, "When you sit and break it down, there's a lot of grey area between the black and white. I know that people watching at home are like, 'If anybody did that then it's over,' but relationships with these people are years long and unique to them."

Watching season 2 of *Temptation Island*, we observe events like David's threesome, Ashley's infidelity, and then cases like Casey's where he claims that his relationship with Ashley H. is weak, stating, "I could break-up with her and be fine." Does that raise questions about what really hurts more, physical infidelity or emotional connection? Walberg seems to think that a lacking emotional connection is much scarier than a physical infidelity. Physical intimacy doesn't always cause a bond to form, and he agrees with viewers who believe that emotional connections are the ones that are lasting.



Mark L. Walberg. Photo Credit: Pr Photos/prphotos.com

Despite our curiosity, Walberg remains tight-lipped about who he thinks will survive as a couple and who he's rooting for, but he does touch on the growth he's seen from both Rick and Ashley H. He thinks that Rick's backstory of being a playboy is interesting when you see how he grows throughout the season. He even singles out Ashley H. and applauds her for her development from being extremely sensitive to radiating a sense of strength by the season's end.

In fact, Walberg explains that the island is a vehicle for couples to seek answers in different facets of their lives. "For some guys that require self-love, and sometimes [they] just do things I can't figure out. But, my hope is that everybody leaves the island feeling like the experience helped them grow in some way or another." If the couples are committed to going to the island, there is a sense of self-reflection that they have to go through and work on. It's a natural process that happens on its own for every couple.

With shows like *Temptation Island*, it can be an addicting experience for the audience. So, it isn't surprising that fans become attached to the show, because they see parts of themselves or their relationship in some of the couples on screen. People can relate to wondering whether or not they're settling in their relationship. It's easy to empathize with the struggles when it comes to finding your "person."

**Related Link:** [Celebrity Interview: Leanne Ford Talks Interior Design Advice and Upcoming Projects](#)

Relationship struggles are a reality for all couples, and Walberg stresses the importance of communication to overcome those low points. Not all folks can hop a plane and become part of a reality show to fix their problems, he says, but, "If you can talk about it, you've got a shot. Talk it out, and if you need to find professional help to talk it out, that might be the best way."

And, speaking of communication, Walberg is still in touch with the entire cast from season 1 through Instagram! He says he's still friendly with all of them, pointing out, for instance, that Evan reached out to him personally when he and Morgan announced their engagement.

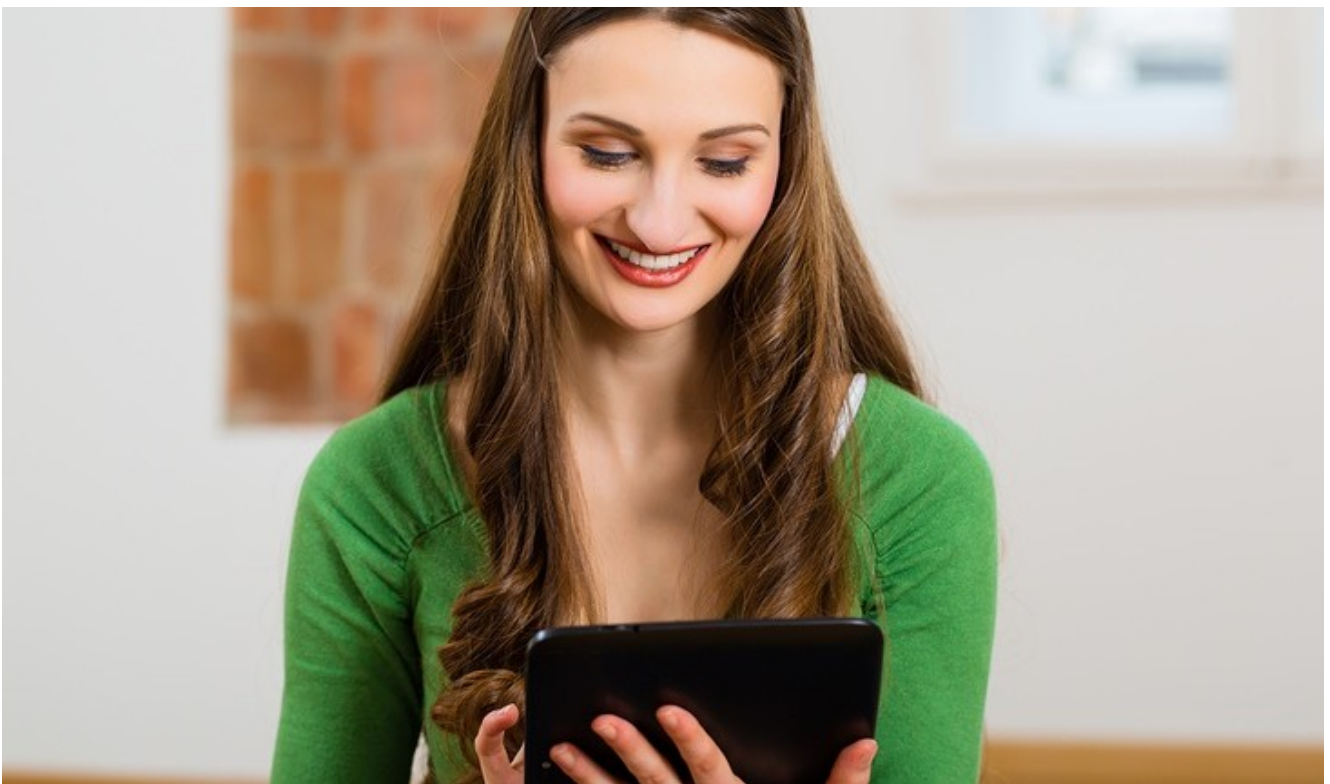
So, what can we expect from upcoming episodes? Walberg wasn't very forthcoming on this, but he told us to keep a watch on the dynamic between couples shifting from potential love interests to supportive friends, as well as seeing romantic connections grow. And, get ready for some entertainment! According to Walberg, the final bonfire is "pretty riveting."

Stay tuned! If Walberg's insight is anything to go on, *Temptation Island* is about to get insanely entertaining.

You can keep up with Mark L. Walberg by following him on [Twitter](#) and [Instagram](#). Make sure to check out "Temptation Island" Tuesdays at 10/9c on USA Network.

---

# Dating Advice: 3 Best Places for Women to Meet Women



Dating isn't easy in general, but dating within a small group of people like the LGBT community can be even more challenging. There's no denying that it takes time and patience to find your same-sex soulmate and to get to know them and build a relationship, just like it would with any relationship. For a [single lesbian dating](#), finding someone mostly comes down to location. You need to know the right places to check out and pay a visit to in search of that special someone.

# **Check out this dating advice about the best places women can find other women to date.**

## **Go Online**

For a lot of smaller communities, it is a lot easier to connect online. There are some specialized lesbian dating sites that allow you to easily browse through profiles and find someone you would like to get to know better. After you have spent some time getting to know a few people, you can schedule a date with someone you find interesting. Because you've already chatted online, it takes some of the edge off of the first encounter. There won't be as many awkward silences. The only thing left is to determine whether you have chemistry with one another.

## **Attend LGBT Community Events**

If you prefer to meet potential partners in person instead of online, you can always attend a community event. Check out what's happening online at your local LGBT community center, or see if there are any "pride" events in your area. If you haven't come out to your family and friends yet, consider attending the events in a neighboring town to avoid encountering anyone you know. It's all about feeling comfortable enough to be open and flirt, so if you need a change of scenery, that is what you should do.

## **Visit Your Local Lesbian Bar**

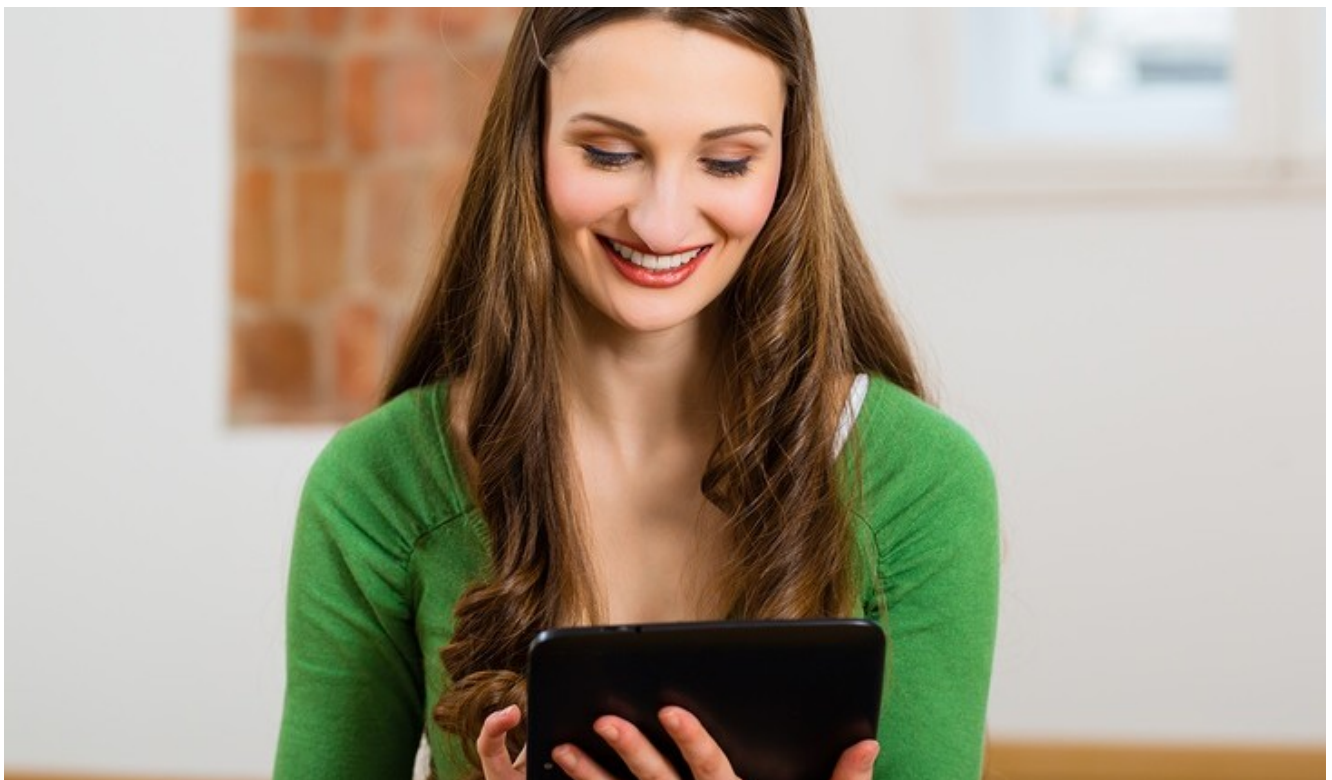
If you are out and proud, there is nothing preventing you from frequenting the local lesbian bars. People gather openly and without fear and judgment at these types of establishments. Everyone there knows who they are and what they want, so all that is left is to find someone you are attracted to and start

up a conversation. And remember, if you only want to party and hook up, the weekend scene is what you need. On the other hand, if you are looking for something more meaningful and permanent, you should definitely go out on a weekday evening. That way the atmosphere is more relaxed and you can have a quiet and friendly conversation.

These are just some of the ways you can meet other interesting women with the hopes to develop a relationship. So, choose which one works best for you and go for it! You never know where you will find love.

---

## Date Idea: Bet On It





By [Hope Ankney](#) and Kristin Mattern

Take a gamble on love this weekend and hit the strip with your man! Head out to a local casino and set the stakes high as you roll your way into your sweetie's heart. You'll be up all night with this weekend [date idea](#).

## **Check out this date idea if you want a fun and competitive date that lasts all night!**

Get glammed up for your cutie, jump in the car (or get extra fancy and rent a limo) and drive over to the nearest gambling spot. As you walk arm and arm onto the casino floor together, share the surge of excitement and anticipation for the night ahead. Sit at the same table and play against one another to encourage some friendly competition, or root your honey on as he plays a card game alone. See if lady luck is with you as you sit side-by-side and have a go at the slots.

Make this date a romantic weekend getaway and catch a flight to Vegas. You never know, you might just make it into some high roller suites! After some boozy kisses and some wins at blackjack, head out onto the strip to take in the sights. Catch one of the many shows, like Cirque du Soleil or David Copperfield, and then hit up the clubs. Dance the night away as you celebrate your winnings. Check out [Vegas.com](#) to discover places to stay, shows to see, where to eat and more – everything you need to make this casino getaway truly unforgettable.

**Related Link:** [Date Idea: Enjoy a Secret Sunset](#)

If you're on the East Coast, make Atlantic City your destination. Play roulette and poker, then head out for a stroll along the iconic boardwalk. Snuggle up on the beach

with your babe if you want to wind down, or hit up one of the many nightclubs to keep the electric feel going. Not in a dancing mood? Atlantic City has tons of shopping – the perfect way to spend your winnings. Check out [AtlanticCityNJ.com](http://AtlanticCityNJ.com) for more information.

**Related Link:** [Date Idea: Finders Keepers](#)

If you're not looking to spend big bucks, set up a casino date at home! Have a fun and flirty night in as the two of you play rummy for pennies, blackjack for that last piece of pizza and maybe even a game of strip poker. Get creative and wager what you'd both like to bet for: kisses, hugs or the next movie you watch. Make sure to have some munchies on hand to nosh on while you play. Drink your favorite microbrew with your dearest, or share some sparkling wine. When you're done gambling, throw on a casino-themed movie like Ocean's Eleven and just relax.

No one loses on this date – you can bet on it!

**Ever take your loved one out to a casino for date night? Tell us all about it in the comments below!**

---

## **Date Idea: Play Romantic Dating Games**





By [Hope Ankney](#) and Gabriela Robles

This weekend, spend the night indoors with your love by showing off your competitive side by organizing a few romantic dating games. This is a great [date idea](#) to share your best couple of friends too. So hurry over to an arcade and have a fun game night with your sweetheart!

**Check out this date idea if you're up for a fun and competitive night with your partner!**

Find a luxury bowling alley that's specifically set up for romantic dating games. Usually, these types of bowling alleys are done up in a glow-in-the-dark fashion and have a party-like environment that's extremely exciting. Most likely, there will be fun music, cocktails and tons of entertainment. Some luxury bowling alleys even have restaurants or grills attached to them as well as lounges, game rooms, cigar bars, and dance areas. This atmosphere will insure an amusing night that both

you and your date will enjoy.

**Related Link:** [Date Idea: Light Up Each Other's World](#)

If an arcade is more your style, you can still enjoy a romantic dating game spot such as Dave and Busters. This popular spot has a restaurant that serves delicious appetizers, salads, entrees, and desserts – plenty of options. After you've eaten, you can head over to the games and get busy with your man. Show off your gaming skills behind the wheel by playing Daytona USA or impress your date with Super Shot. If you're in the mood to compete, play some QuadAir Hockey or try Dance Dance Revolution. The best part is that they have great deals. In fact, their Eat, Play, Win Combo is a surefire way to have a great evening that your wallet will love! Dave and Busters even have new games, so if you're addicted to Temple Run or Cut The Rope on your phone, try the arcade versions!

**Related Link:** [Weekend Date Idea: Get Crafty](#)

Romantic dating games are about doing something fun and new with your significant other, so go in with an open mind and excited attitude. Who knows? You two might have such a good time that you'll head out to your local bowling alley or arcade each month. It's a great way to beat the chill and heat up your relationship.

**What're some things that you do for your game nights? Share with us in the comments below.**

---

# Date Idea: Rent a Cabin in the Snow



By [Hope Ankney](#) and Gabriela Robles

Rent a cabin in the mountains with your partner and settle in for a comfy, romantic weekend together. Whether you're actually snowed in or just pretending to be, this [date idea](#) is a surefire way to light the flame together.

**Check out this date idea if you're looking for something fun and romantic!**

If you're on the East Coast, check out the Poconos Mountains

for some snowboarding, skiing, horseback riding and snow tubing. Or try the Woodloch Resort for an all-inclusive package deal. If you're on the West Coast, take a trip to Breckenridge Ski Resort, where you can enjoy tons of activities such as rafting, sleigh rides, balloon tours, and many delicious restaurants.

**Related Link:** [Date Idea: Get Your Relationship Off the Ground](#)

Before you go, think about what you may need. Besides the cozy sweaters and warm slippers, remember to bring something fun for entertainment. A board game will bring out the playful side in you, so pack Cranium, Monopoly or Scrabble. As you and your honey get into the games, talk about which one is your favorite. Reminisce over old games you used to play or still do. Once you're done with your board games, uncork a bottle of wine and grab a deck of cards. Maybe your partner wants to learn how to play gin rummy, or perhaps you're both skilled poker players. If all goes well, you may have a new weekly tradition on your hands: game night!

**Related Link:** [Date Idea: Run Outta Moonlight](#)

Outdoor activities are also a great way to romanticize a trip. Before jumping in the car, research the town you're staying in and find exciting things to do during your time there. Exploring a new place together will make for great memories that you'll think about for years to come. Go hiking, wine tasting and – if the snow allows – sledding to bring you two closer. When you've had enough of the cold air, head inside, cuddle up together and talk about your experiences that day. Talk about what activities you want to conquer on your next mountain trip.

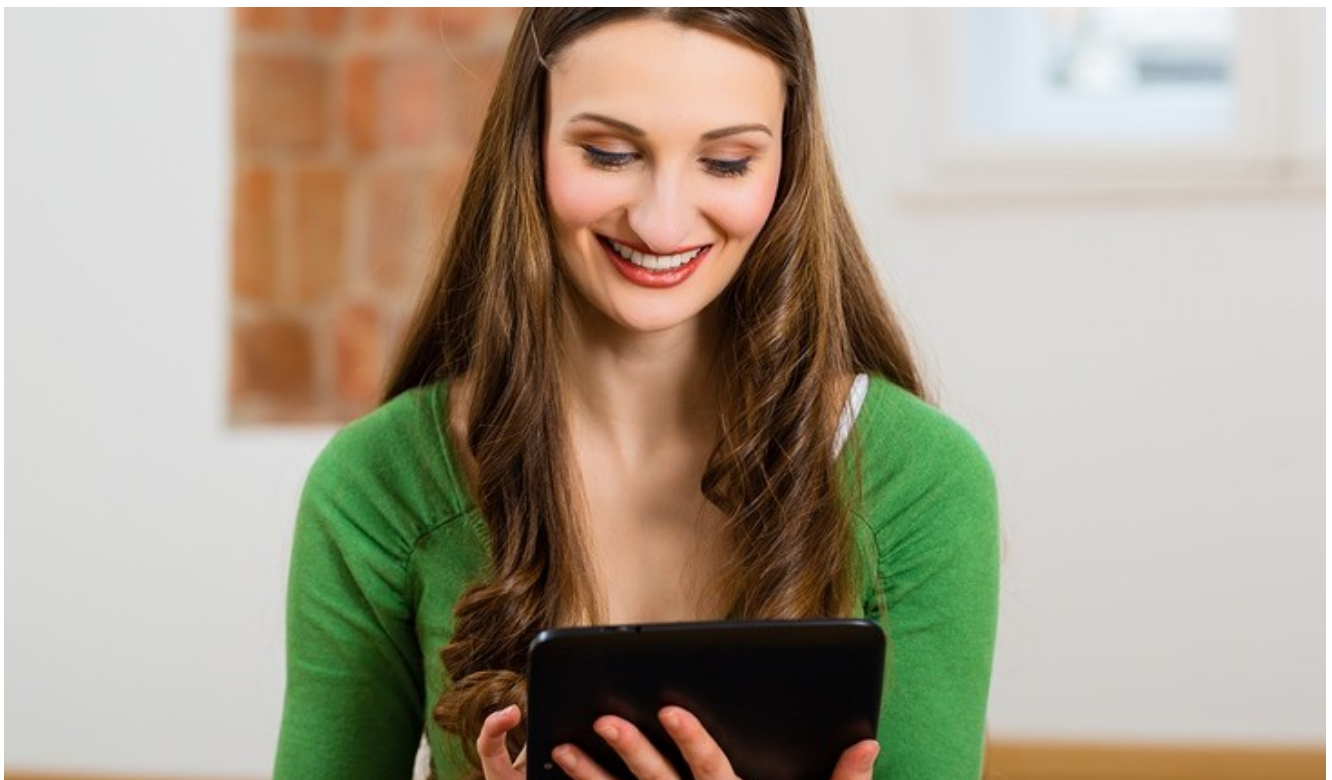
This weekend is about sharing new experiences together. Whether it's your first time in this quaint mountain town or just the first time you've gone snowshoeing, focus on stepping out of your comfort zone and testing your capabilities. After

a delightful few days, you and your sweetheart will be glad you had a weekend away.

Have any suggestions for places to vacation? Share with us in the comments below.

---

## Date Idea: Go to an Eat-In Bakery



By [Hope Ankney](#) and Gabriela Robles

If it's too cold to enjoy the great outdoors and you and your sweetheart are going a little stir crazy at home, make a trip to a local eat-in bakery. It'll be a much-needed break from

your usual routine of dining out at your favorite cafe or sports bar. Plus, you'll be able to keep warm and indulge in some delicious treats at the same time.

**Date Idea: When it's too cold outside, eat-in bakeries are the perfect spot for you and your significant other to enjoy each other's company outside the house.**

Eat-in bakeries will usually seat you, and then a waitress comes to take your order. They typically offer various supplies of coffees, teas and hot chocolates, so you'll be able to have something to drink as you enjoy your sweet of choice. Think of tonight as a dessert date. Instead of a restaurant that smells like beer and fried food, you're in a place that holds the tempting aroma of pies and cookies. What could be a better way to spend a snowy winter night?

**Related Link:** [Date Idea: Explore the Big Apple](#)

When you first arrive, take a careful look at the drink and dessert menus; seek out new treats that you think sound tempting and ultimately decide together what you'd like to order. Step outside of your comfort zone and order something that you've never had before. If you're really in the mood for some sweets, order a second small dessert that you already know you love. Relax with a cup of your favorite dessert-esque drink as you and your man chat about your weeks and take in the scent of the sugary bakery.

**Related Link: Date Idea:** [Don't Let Fall Cool Your Dates Down](#)

Consider trying a slice of Mississippi Mud pie with a macchiato or indulge in a piece of apple strudel with a nice,



warm hot chocolate. If you're a chocolate lover, order some brownie or hazelnut cake pops along with a choco-banana frappe or a chocolate cream pie paired with a dirty chai.

After the desserts arrive, share the treats with each other. Or if you want to indulge in a more private setting, take them to go. Experience a great night filled with delicious pastries, scrumptious drinks, and your loving sweetheart!

**What's your favorite dessert treat to share with your date? Tell us in the comments below.**

---

## **Dating Advice: Why 'Ghosting' is the New Normal in the Dating Scene**





By [Hope Ankney](#)

Most of us have been the victim of abandoned text messages, empty voicemail boxes, and the complete disappearance of someone we thought we had a great connection with over drinks. This leaves us with a haunted mind that tries to understand what we did wrong to cause someone to vanish from our lives. An experience that is more common in our [dating](#) lives than most of us think, the term “ghosting” (the act of withdrawing or ending a relationship suddenly and without explanation) has become the new normal.

**In this dating advice, find out why “ghosting” is so trendy right now in the dating scene.**

Is ghosting a new trend because of the rise of technology and social media? The absence of communicating with others face-to-face? The desensitization of considering others’ feelings due to impersonal interaction? Those are questions that have

circulated around the term “ghosting” for a while now, in an effort to understand the epidemic that has created open wounds and confusion. It seems that the main culprit to “ghosting” in our dating lives is the lack of vulnerable communication we have, now. Many people don’t know how to cope with having an honest conversation, so they’d rather disappear instead of confronting the other person directly about their feelings. Dr. Fran Walfish, a leading child, couple and family Psychotherapist in private practice in Beverly Hills, California, provides her opinion on why “ghosting” has become so popular in modern dating:

**1. Technology:** As Dr. Walfish explains, “We are currently living in an age where people judge dates based on what technology they have. They slide this under the guise of ‘ease’.” With how technology-dependent our society is, nowadays, it’s much easier to contact people on whatever social media app or texting device we have available to us. She goes on to say that people have normalized texting to be a front-runner in how we communicate in relationships, which ends up causing much more misunderstanding, uncertainty, and distance between people. This results in “ghosting” being a common practice that hurts and confuses the message receiver.

**Related Link:** [Expert Dating Advice: How To Have Tough Talks With Your Partner](#)

**2. “Cookie Jarring”:** This, as Dr. Walfish has coined, “is a dating term where you keep someone as a backup with no real intention of dating them. You use them as a possible escort for parties or group events so you don’t have to go alone, but you put them back in the cookie jar when you’re done.” This somewhat of a brutal way to put it, right? But, “cookie jarring” is actually a phenomenon that only further perpetuates “ghosting.” With millennials and Gen Z-ers being raised in an environment of selfish and narcissistic media, these daters lack the realization that their behavior could significantly impact another. So, when they’re using someone

or treating them coldly, they often don't see it as being rude or disrespectful.

**Related Link:** [Dating Advice: 3 Ways to Know If Your Relationship Is Worth Saving](#)

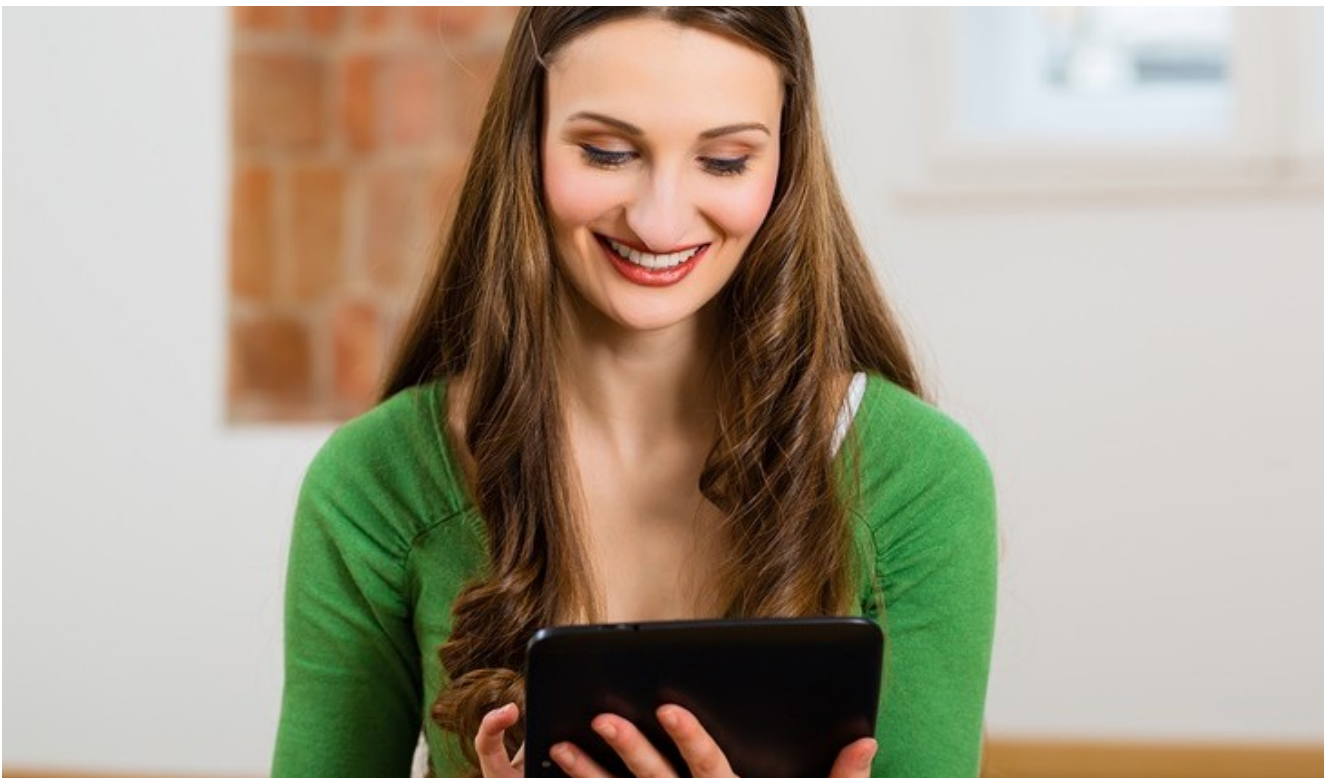
**3. Peer Pressure:** Young people seem to constantly worry about how their peers perceive them, especially on social media. Dr. Walfish details that “young adults seem more consumed with how they are viewed by their peers if they show up dateless, rather than building internal character by doing the right thing and treating others the way they want to be treated.” Not only that but sometimes friends persuade them to drop those they're dating or seeing. We love to fit in, and it isn't abnormal for us to do that by 'ghosting' someone that the peers we value are telling us to. Peer pressure is the culprit for many people disappearing on others, and the constant focus on social media can tell a person that they don't need to be dating one person when there are so many potential partners out there.

**4. Bottom Line:** 'Ghosting has become a phenomenon that, sadly, is here to stay. The dating scene has veered away from finding someone to build a relationship with, instead, focusing more on how easy and simple hooking-up is. This replacement has caused a stunt in how we utilize our communication skills and function in healthy relationships. The [relationship advice](#) that Dr. Walfish gives on how to combat the ever-increasing, impersonal characteristics of modern dating is to stick to traditional dating roles. “Open, honest communication between two loving and solemnly committed partners is required to make all the types of role divisions in relationships work.” And, if you aren't feeling the same connection that your date is, the best thing to say is what Dr. Walfish suggests: “You are a lovely person, but I feel like we are not the right match (or fit).” By doing this, you're at least not leaving someone in the dark, feeling abandoned and rejected without knowing exactly why.

*[Dr. Fran Walfish](#) is a leading couples relationship and family psychologist in Beverly Hills, CA, as well as the author of the book [The Self-Aware Parent: Resolving Conflict and Building a Better Bond with Your Child](#). She also writes a weekly relationship and parenting Q&A that is published in the 'Beverly Hills Courier' newspaper and is a former co-star on WE TV's 'Sex Box.' You can find her on [Facebook](#), [Twitter](#), [LinkedIn](#), and [YouTube](#).*

---

## Dating Advice: 7 Effective Ways Out of a Breakup



By Bijan Kholghi

You'll agree with me that getting over a breakup is not easy. This situation can be very tough, and there's no way we can sugar-coat it. That said, the period after a breakup still presents ample opportunity for personal rebranding. A few months ago, I was neck-deep in this highly frustrating condition. But I found a way that helped me grow.

## **Here are some of the compelling techniques and psychological methods that can help you rebrand and recover after a breakup or divorce.**

### **Step #1 – Redefine & Reclaim Yourself**

The first step to healing starts with redefining yourself and giving a meaning to your life. Relationships need total commitment to flourish, no doubt. However, the extent to which you gave up yourself in the relationship will determine how painful the transition phase will be for you. Perhaps you've always had this feeling of insufficiency or unworthiness about yourself prior to the relationship. Maybe you've failed at having your own life while the relationship lasted. Start by changing that narrative and start being the person you're happy to be.

### **Step #2 – Redefine Your Borders & Set Healthy Boundaries**

Breakups give you a new chance to redefine your boundaries as a person. What does an ideal relationship look like to you? Take a moment to reflect on what your expectations are and better still, write these down. Having a clear idea of simple things like how much time you'd like to spend alone, with your partner, family members, family and friends with your partner, family and friends without your partner, etc can help. Other vital things can include whether or not you want to have kids,

marry, as well as other things that may pertain to your career, personal, or social life.

### **Step #3 – Fix Your Broken Heart**

Don't fall into the temptation of thinking about the good old days. This is like an addiction, and the earlier you get rid of it, the better. First, accept that that phase is over. Make a list of those things you didn't like about the ex. This will help you avoid being fixated on their positive sides, which will only hurt you the more. Finally, take practical steps to fill the voids in your social life and identity with things like fun and other fun activities you've missed.

### **Step #4 – Truthfully Analyze Your Role**

This part demands complete truth and honesty. Ask yourself how and what your contributions were to the failure of the relationship. Question why you didn't change and what you should try to do better in your next relationship. This is important to help you grow and do better the next time.

### **Step #5 – Analyze Your Personal Trigger Points**

One part of [getting over a breakup](#) requires analyzing your fights to see what the common triggers were. Perhaps the strong emotions involved appear to have stemmed from old patterns that have been there from childhood. Sometimes, it's not really what the other person does that hurts. Often, it may be an old pattern getting triggered unconsciously. Understanding these will help you avoid the triggers and may help you set the foundation for a stronger relationship when the chance comes.

### **Step #6 – Don't Please Too Much, No More!**

Being committed to a relationship should not mean going against yourself to please the other person. This is more like a disease, and most times, it may reduce how much a person is attracted to you. Don't lose yourself to trying to be a perfect partner. It's necessary to stop this before you go into your next relationship.

## **Step #7 – Analyze Your Sex Life for Issues**

Many people like to ignore it, but it's no lie that good sex life is crucial for healthy relationships. Cracks in your relationship can cause a sexual disconnection for one or both partners, and so your sex life can be a good indicator that something may be wrong. Your sex life should be balanced between being connected to your pleasure and the pleasure of the other person. This is also about putting too much emphasis on pleasing the other person.

### **Bottom Line**

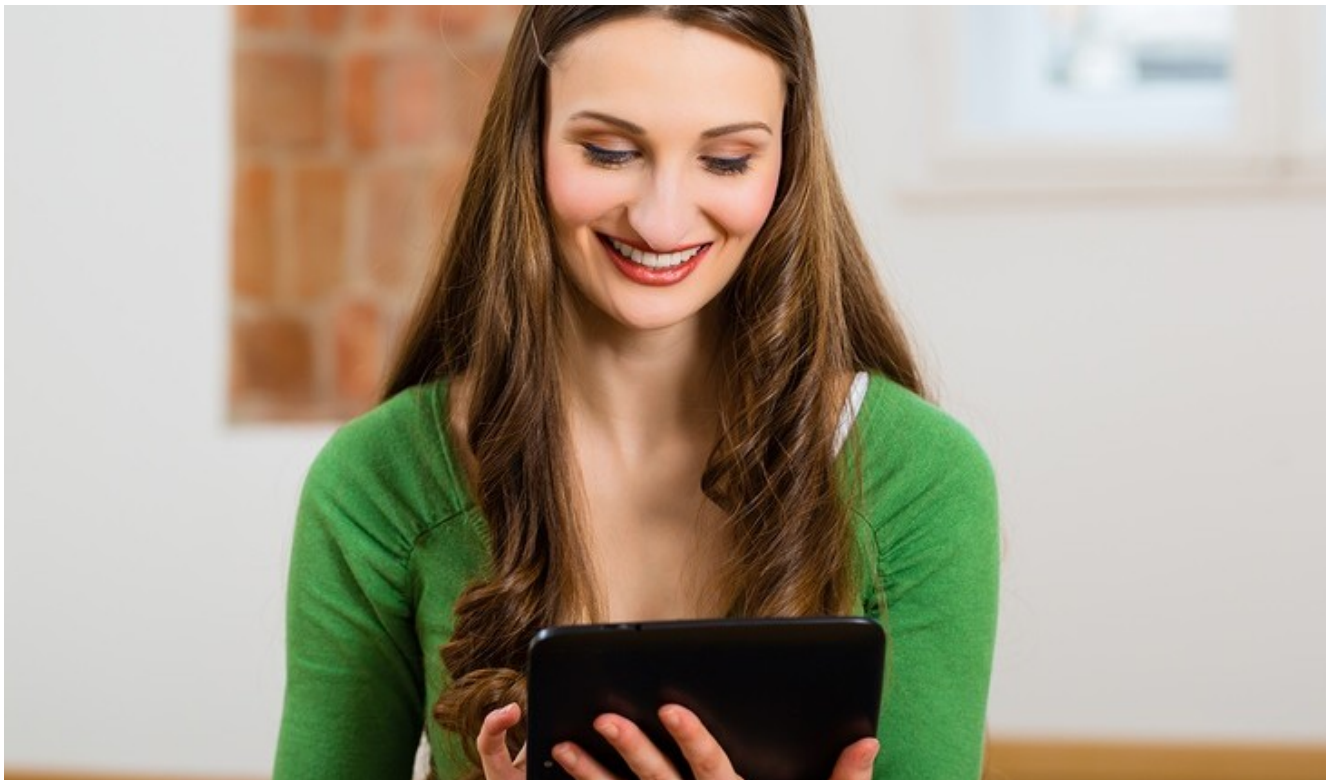
Analyzing the relationship for errors will help you get a better understanding of where things went wrong. More importantly, you'll be able to find the self-confidence and self-control you need to get over the phase. At the end of the day, get over an ex is still not easy. However, these techniques helped me through my difficult moments after a breakup. If you can try them, I'm hopeful they'll help the light shine through the cracks of your broken heart, again.

*Bijan Kholghi is the founder of [www.coaching-online.org](http://www.coaching-online.org) and a life coach with a special psychological education in hypno-systemic coaching. His teacher Dr. Gunther Schmidt is the founder of Milton Erickson Institute in Heidelberg (Germany), a direct student of Milton H. Erickson, and a leading figure in psychotherapy education in Europe. His highly effective coaching and therapy method helps people getting aware of their unconscious pattern and gaining control over them. This leads to a more fulfilled and happier life.*

---



# Celebrity News: Tyler Cameron Had Offer to Become 'The Bachelor' Amid Dating Gigi Hadid



By [Meghan Khameraj](#)

In [celebrity news](#), Tyler Cameron revealed that he was offered the titular role on *The Bachelor*, but declined. Cameron has been linked to model Gigi Hadid and the [celebrity couple](#) has sparked non-stop dating rumors. Though Cameron didn't mention Hadid by name as the reason for turning down the role, he definitely implied that he had other things going on in his love life. *UsMagazine.com* reports that Cameron told *Entertainment Tonight*, "Where I was at in my life ... I just

didn't think it was where I wanted to be. My heart wasn't in it." Cameron has also been dealing with some family problems as his father's health has been on a decline.

**In celebrity news, Tyler Cameron turned down being *The Bachelor* while he was dating Gigi Hadid. How do you know if your relationship is strong enough to pass up a big opportunity?**

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

Tyler Cameron turned down a major career and life opportunity by declining to star on *The Bachelor*. Though he stated that there were many reasons for him not to take the role, it seems as though his [celebrity relationship](#) with Gigi Hadid has had a big impact on his decision. Cupid has some [dating advice](#) to help you know if your relationship is ready to take priority over the other aspects of your life:

**1. You both give things up:** A successful relationship should be a give and take. If you and your partner are only giving or only taking, then you should take a step back and reevaluate the balance of your relationship. This will help further down the road if there is a potential disagreement about an opportunity.

**Related Link:** [Celebrity News: Gwen Stefani Had No Idea Who Blake Shelton Was Before 'The Voice'](#)

**2. You try to compromise:** Nothing ever goes as perfectly as planned, especially when you're sharing a life with someone. Keep in mind your partner's feelings and wants, and try to

find a middle ground where you both can be happy. Compromises can be difficult and take time to work out, but they are worth it to ensure that your significant other is as happy as you are.

**Related Link:** [Celebrity News: Peter Weber Is Named As Season 24 'Bachelor'](#)

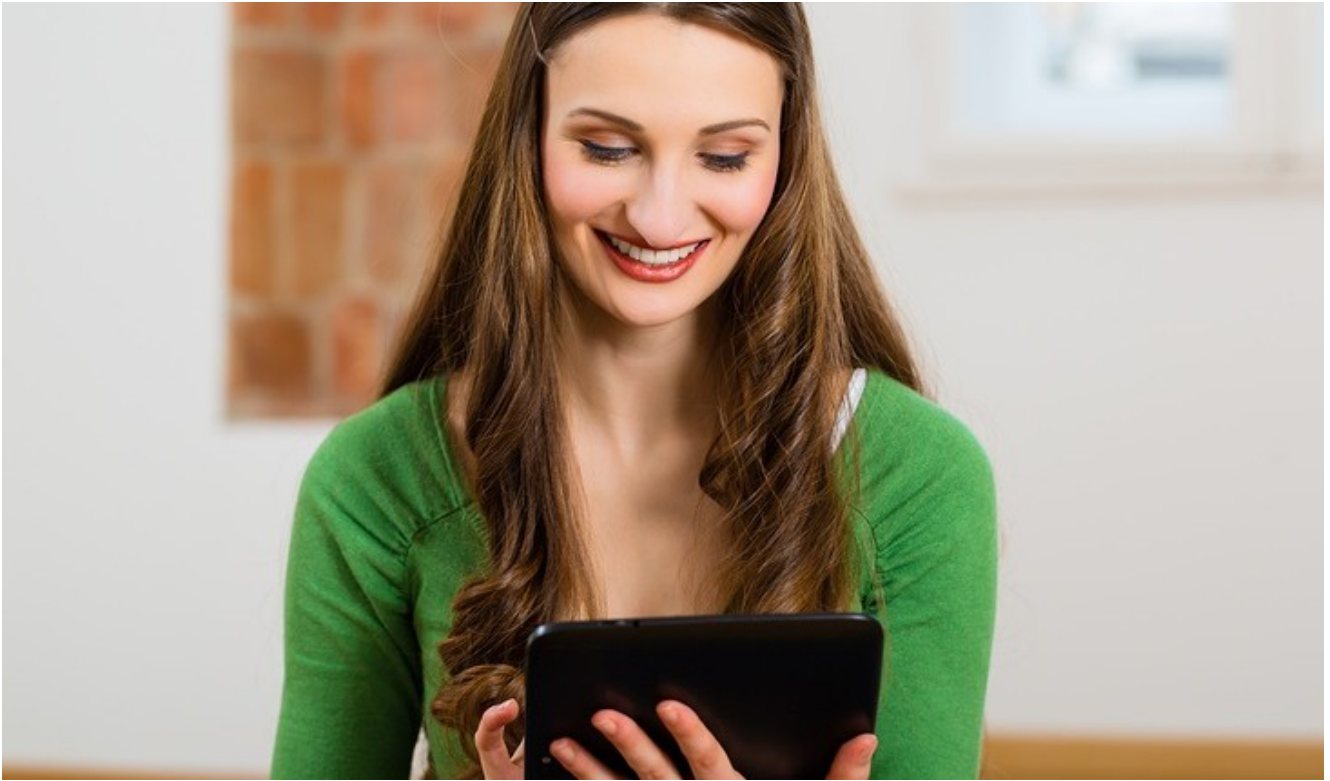
**3. You're open with each other:** If you're finding the situation exceptionally difficult to navigate the best thing to do is be open with your significant other. Let them know how you feel and what you really want from the situation. Be sure to also listen to them and take into account how they are feeling. An open and honest relationship will help you avoid an ill-feelings toward each other.

**What are you willing to give up for your partner? Let us know in the comments below!**

---

## **Celebrity News: Gwen Stefani Had No Idea Who Blake Shelton Was Before 'The Voice'**





By Ahjané Forbes

In [celebrity news](#), “Hollaback Girl” singer, Gwen Stefani, did not know her country superstar boyfriend Blake Shelton existed prior to *The Voice*. The [celebrity couple](#) met when they had just divorced their celebrity exes. The two have a love dovey relationship on the show and plan to keep it that way for this season. According to *UsMagazine.com*, the songwriter said, “I mean, he’s just so magical. Blake is literally a unicorn. Like, anywhere he goes, people are just attracted to him.”

**In celebrity news, Blake Shelton’s name isn’t famous to everyone’s ears, apparently. What are some ways to approach your crush?**

**Cupid’s Advice:**

It’s not all that bad to not know who your crush was until you met them. That said, approaching your crush can be the hardest

thing to do. Cupid has some advice on how to approach your crush:

**1. Watch how they interact with others:** What is their personality like? Are they reserved or outspoken? Do you see any key indicators on them like a football team logo or a name tag from a job? Use what you can find to strike up a conversation to break the ice.

**Related Link:** [Celebrity News: Ben Simmons Leaves Flirty Comment on Kendall Jenner's Instagram Pic](#)

**2. Show them you're interested:** Walking passed your crush well-dressed and making eye contact is not just for the movies. It actually works. Eye contact and being groomed is a very attractive tactic that can draw your crush to you. Reel them in with a playful stare as you walk passed, keep looking at them, and then turn away. This will get there attention and who knows they might just make a move on you!

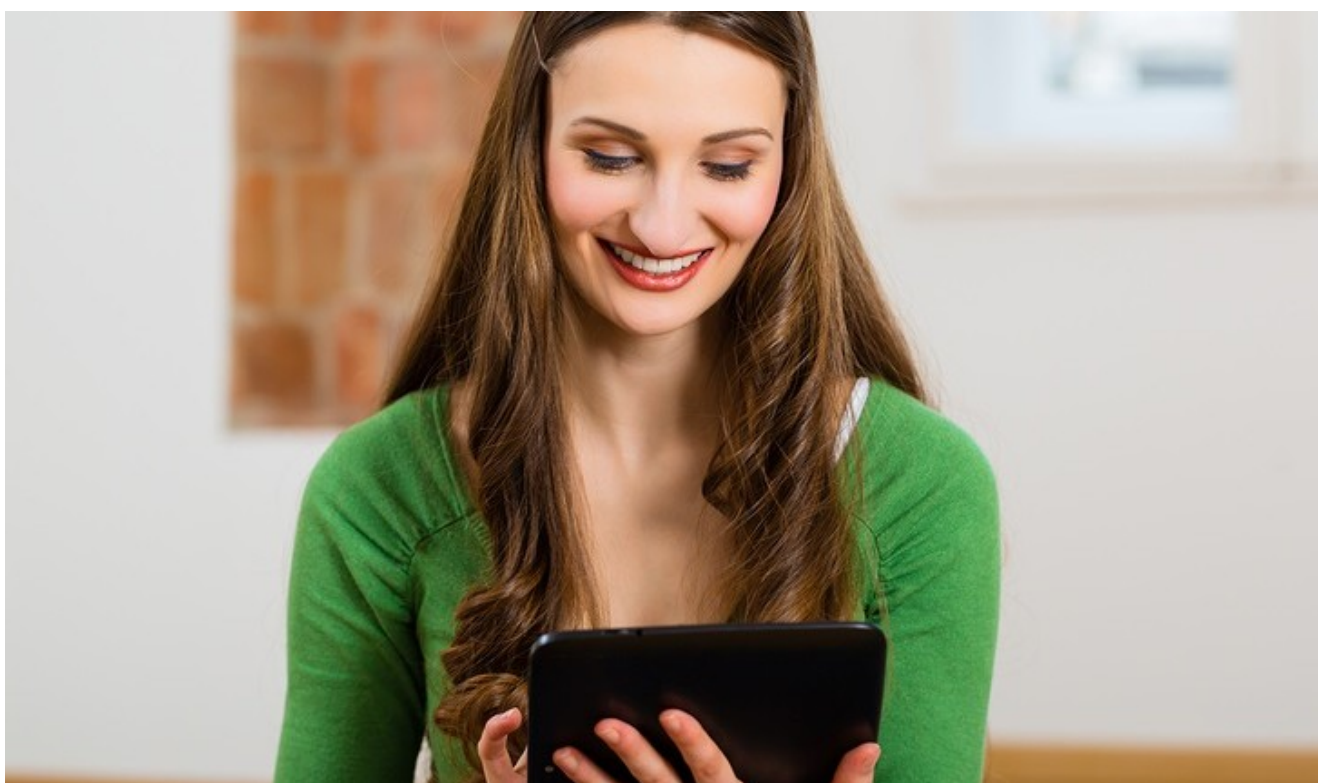
**Related Link:** [Celebrity Couple News: Ben Higgins Reveals He Kissed New Girlfriend The First Time He Saw Her](#)

**3. Talk to them:** It's okay to just have a normal conversation with them to see what they are all about. Try not to bring up that you like them at first. See if they mention that they are with someone, and then take that approach. Their personality will tell you a lot about if you want to pursue them further. Take baby steps before rushing for the goal!

**When you had a crush how did you get their attention? Share your experiences in the the comments below!**

---

# Expert Dating Advice: How To Have Tough Talks With Your Partner



By Tori Autumn

At some point, many people have to say, “We need to talk,” to their partner, a phrase that could affect the relationship moving forward. Some examples of sensitive topics include [moving in](#), talking about [marriage](#), having children, being committed, financial responsibilities, arguments with family members, unresolved conflict, or the decision to separate.

# How to make that tough talk with your partner easier!

Ultimately, the reason why you shouldn't be afraid to have tough talks with your partner is that having uncomfortable conversations test the strength of a long-term relationship.

**Related Link:** [Expert Dating Advice: Three Reasons Why My Worst Relationship Brought Me to My Best Relationship](#)

Here are some tips for nailing those difficult talks:

## 1. Make the Setting a Place You Feel Most Comfortable

The setting of the conversation sets the tone and could make a difference for how you both begin and end the talk. You can find a spot with little to no distractions, get there a little earlier so that you can feel relaxed, and have a general outline (mentally or written down) of the main points you want to talk about.

## 2. Practice Detaching From the Outcome

You are responsible for what you say, but you can't control how someone will react to what you've said. One of the biggest reasons why we delay tough talks is because we allow the fear of thinking our partner will get upset or change the way they feel about us to hold us back.

However, deciding to not have the needed conversation that you want keeps your true feelings on the back-burner. Instead of focusing on what goes wrong, the goals to be understood and to understand your partner should take priority.

In an [interview actor Will Smith](#)'s wife, Jada Pinkett-Smith talks about how she felt drained after hitting a wall in her marriage while trying to juggle her family's multiple careers. After admitting this, she said, "I just knew with the kind of

love that Will and I share – which is beyond romantic love – that we could transform our union and figure out how to re-create what we had.” She went on to say that she believed she and Will had the tools to keep a healthy relationship and family together.

If you know your partner pretty well, the outcome of the conversation was probably going to happen eventually, but speaking up about what’s on your heart now gives you both the accountability to move forward accordingly.

**Related Link:** [3 Ways to Know If Your Relationship Is Worth Saving](#)

### **3. Give Your Partner the Opportunity to Express His/Her Feelings**

After you’re done speaking, let your partner get his/her time to react and say how they feel. This time is as equally important as when you led the conversation, so be fully present and listen, rather than speak defensively.

Tough talks do not necessarily get easier over time, but the way to have them is to start with lighter conversations and gradually move up into more honest conversations. Deciding to push past the awkwardness will give you the opportunity to express yourself and see how your partner really feels.

Ladies, want to know the 3 secrets to getting a man to take you seriously? Download your free guide [HERE!](#)

Tori Autumn is a certified relationship coach, blogger, and author. Her coaching business is named Tori Autumn Coaching and her website is [tautumncoaching.com](http://tautumncoaching.com).

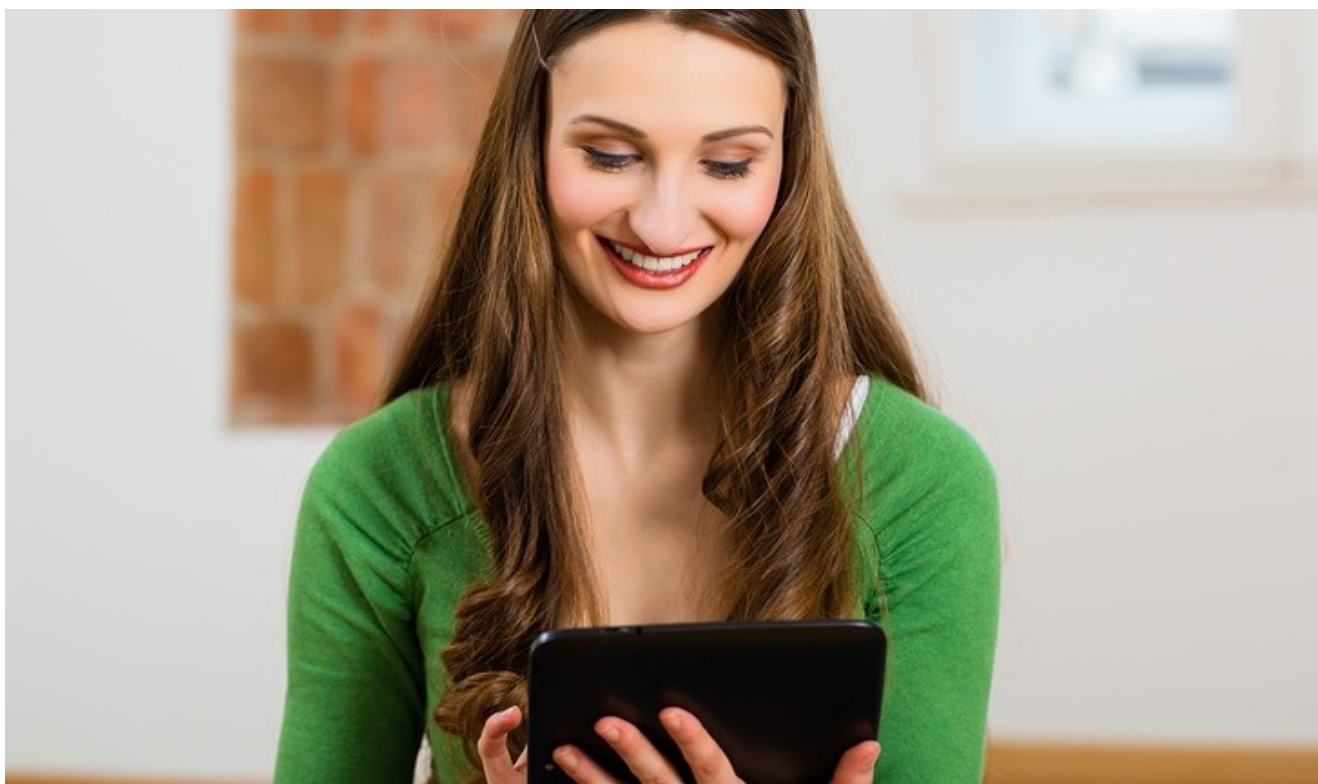
Read more at [Cupid’s](#).



---

# New Celebrity Couple Pete Davidson & Margaret Qualley Travel to Venice Ahead of Red Carpet Debut

Cupid's Pulse  
\* Celebrities. Love. Opinions. \*



By Meghan Khameraj

In the latest [celebrity news](#), Pete Davidson and Margaret Qualley went to Italy together! According to an insider for *UsMagazine.com*, the newly announced [celebrity couple](#) have “been seeing each other for a couple of months.” Though the couple has been together for a few months, they are set to

make their first public appearance as a [famous couple](#) at the 76th Venice Film Festival.

**In celebrity news, this new celebrity couple is ready to step out as an official couple together. How do you know when to take your relationship public?**

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

Pete Davidson and Margaret Qualley are taking their relationship to the next level with their first official appearance as a celebrity couple. While this is a big and sometimes scary step, Cupid has some relationship advice that will help you figure out if you're ready:

**1. You both want to go public:** This may seem obvious, but if you and your partner aren't on the same page, then going public will only add fuel to the fire. Talking about your relationship with your partner in the early stages will allow your relationship to be more honest.

**Related Link:** [Celebrity News: Kendall Jenner & A\\$AP Rocky Attend Sunday Service After He's Released from Prison](#)

**2. You picture a long-term relationship:** You wouldn't want to announce your new relationship to all your friends and family just to break up a few weeks later. If you can't picture yourself with your partner in the future, then it's time to rethink going public.

**Related Link:** [Celebrity News: Jennifer Garner Has Found a 'True Partner' in John Miller](#)

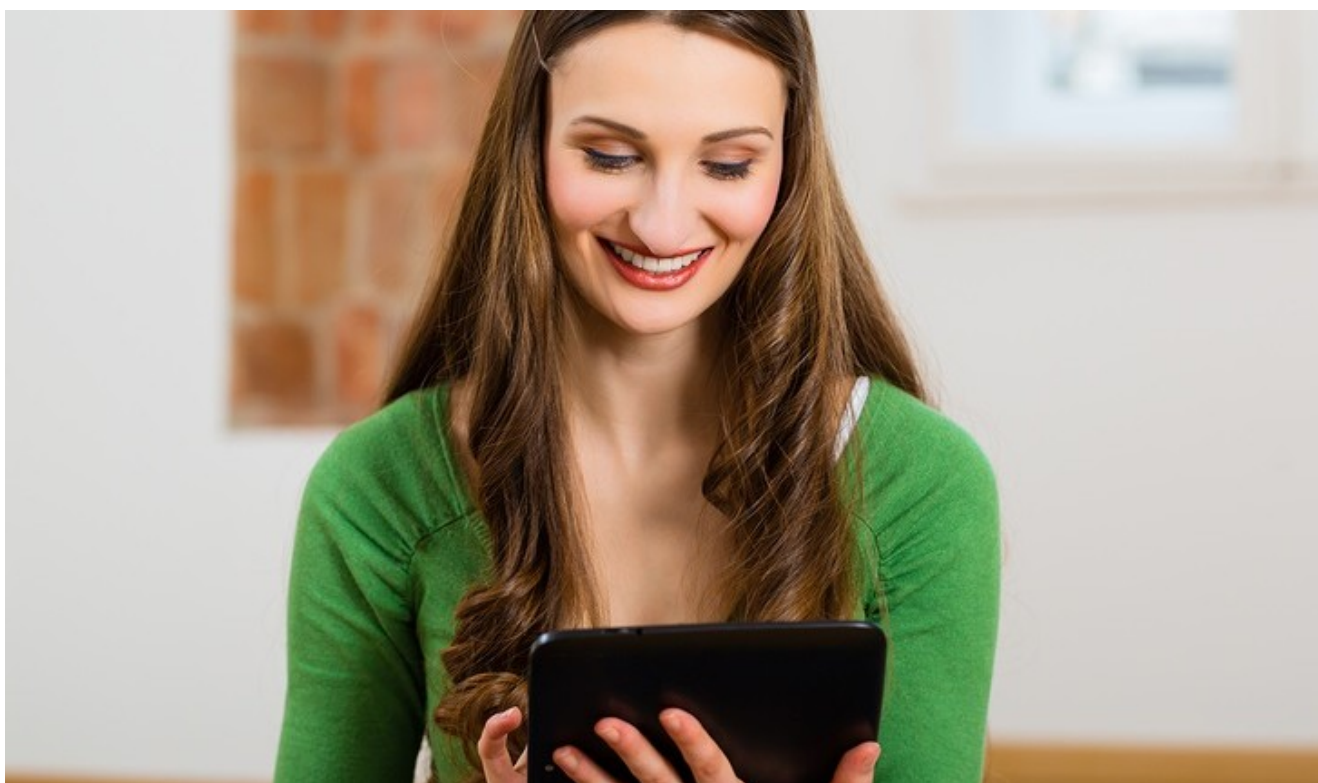
**3. You're ready for opinions:** With a public relationship comes

public opinion. You and your significant other should be ready to deal with any negativity that might surround your relationship. Focus on the positive that comes with having a public relationship, such as honesty and trust.

**What are some tell-tale signs that a relationship isn't ready to go public? Let us know in the comments below!**

---

## Dating Advice: Cookie Jarring



“Love is an untamed force. When we try to control it, it destroys us. When we try to imprison it, it enslaves us. When we try to understand it, it leaves us feeling lost and confused.” – a confused lover

When it comes to narrating a tale regarding the history and contemporary details of love and relationships, none claim to be an expert. Almost everyone seems to be somewhat baffled when it comes to the concepts of love and attachment. You can never be definite about the path your current relationship, and therefore you should be taking precautions. All the while, however, you tend to indulge in a relationship no matter what happens or had happened to you in the past. You just can't keep yourself apart from this sweet poison that you're taking so deliberately – love. That doesn't mean you're not skeptical at the end of the day, which can lead to questions and uncertainty in your relationship. To get rid of that insecurity, you need to trust in your partner completely, and trust nowadays is hard to come by.

**Social media and various dating apps offer you a world of possibilities. It's like a cookie jar you just have to reach in to to find your preferences. As a result, the term "cookie-jarring" came into existence in the dating advice world.**

Let's suppose you're in a casual relationship with your neighborhood friend or your one of colleagues, and at the same time, you get involved with a potential candidate from [www.DoULike.com](http://www.DoULike.com). Now, you're in jeopardy. At first, you were not so sure about your local friend or colleague and to maximize the confusion, you find your 'DoULike' mate even more dynamic and influential. Now, you're just keeping your friend and colleague as back-up plans. The whole idea of dating

someone as a back-up plan is referred to as “cookie-jarring.”

“Cookie-jarring” happens as a consequence of insecurity. If you’re ever feeling unstable in your relationship, you may drag yourself towards a backup option intentionally or unintentionally to find stability. It’s the new trend emerging worldwide. The modern dating landscape is ever-changing. Because this process has a fail-safe option, you always have a fallback option where you have no need to be lonely or to panic about the possibility of rejection.

This is a tool of modern age dating, yet there is nothing charming about it. There is always a person who ends up getting hurt and has a hard time recovering from it mentally and psychologically. “It keeps you feeling dependent on having someone, anyone in your life – which is not the healthiest way to start a relationship,” Theresa Herring, a licensed marriage and family therapist from Chicago, explained. She also stressed on the point, saying, “Plus, it could blow up in your face if the person you’re actually interested in finds out and it prevents the person you’ve cookie jarred from meeting somebody who actually fond of enough to date them.”

To sum up, a sincere byproduct of insecurity and lack of respect leads you to “cookie jar” your not-so-compatible partner who you kept as a bystander all along. The fact is, sometimes people simply don’t know what they want, which can lead to “cookie-jarring” and a lifetime of regret.

“We often confuse what we wish for with what is.” -Anonymous

Beware of the red flags, and embrace the decisions you make while in a relationship, be it a cookie-jar or not.

---

# Dating Advice: The Best App for Trans Women & Men



Dating apps have come a long way. According to some, they have an even longer way to go. At any rate, there are now some decent apps for transgender dating. Trans women and men are welcome on platforms like OK Cupid, Match, and more, but the [best app for them right now is Grindr](#). It was started 10 years ago and has become the biggest social networking app for trans, gay, bi, and queer people. According to the app's website, it has millions of daily users from all over the world.

**In this dating advice, find out**

## more about Grindr.

Grindr is a modern dating app showcasing a vibrant LGBTQ lifestyle. Now, the app is extending into new platforms. It is, in fact, more than a dating app and features original content that touches on thorny social issues and blazing innovative paths throughout the dating community.

Grindr has managed to create a safe space for trans people to discover and navigate a vast dating pool. In the past, it had a reputation for flings, but all kinds of options are available now. There are a lot of gay men, trans women, and straight men interested in [transgender dating](#) on the app. There are quite a few FTM too. Recently, the app introduced options for members to identify themselves as “she/her,” “he/him,” or “they/their” as well as various gender identification options, including “queer”, “non-binary,” “non-conforming”, and “trans woman.” The app has banned nudity in public photos and gives the option to list what type of relationship you’re looking for.

Users can identify as bottoms, tops, or versatile. Safety and health are crucial to the founders of the app and users can disclose the date, on which they last got tested for STIs (if they wish). Members can send each other private messages and see images of matches based on distance. Grindr Xtra comes ad-free, with unlimited blocks and likes, the chance to view hundreds of possible matches, and additional filters.

### **More to It Than Meets the Eye**

The site is very well designed and has sections on topics such as “What is gender identity?”, what it means to be transgender, cisgender, and non-binary, and the difference between being trans and being intersex. There is information about transphobia and what to do if you are trans and need help. There is a list of resources on the site put together by

the National Center for Transgender Equality for people in the US.

Another option the app points to is the Trans Lifeline, an organization by and for transgender persons. There is a number to call in Canada and in the US. Trans Lifeline is staffed by kind, helpful volunteers who are always ready to respond to community members' needs.

## **Runners-Up**

While Grindr is the best app for trans people in our humble opinion, there are others which deserve to be mentioned and have some potential for those interested in transgender dating. These include Luckyapp.co, Zoosk, and OkCupid.

### **Lucky**

This is a great app for hookups, very straightforward: you get "lucky" when you find a match. It's welcoming, anonymous, and great for trans men and women. The app supports all types of sexual orientations, so you can find a match no matter what your preferences are and what your gender identity is. It helps people explore their sexuality in a safe space.

### **Zoosk**

This app is 100% free to use and offers live video and vocal "speed sessions" via computer and webcam. It has many transgender users, whom you can meet very fast.

Zoosk is a "site with a heart" whose scope goes beyond helping people meet and have a good time. The platform is very active in volunteer work, with staff regularly helping out at animal shelters, local arts groups, and Glide Memorial. Zoosk is always searching for new ways to make a difference to community life.

### **OkCupid**

OkCupid makes it easy to sign up – all you need to do is link

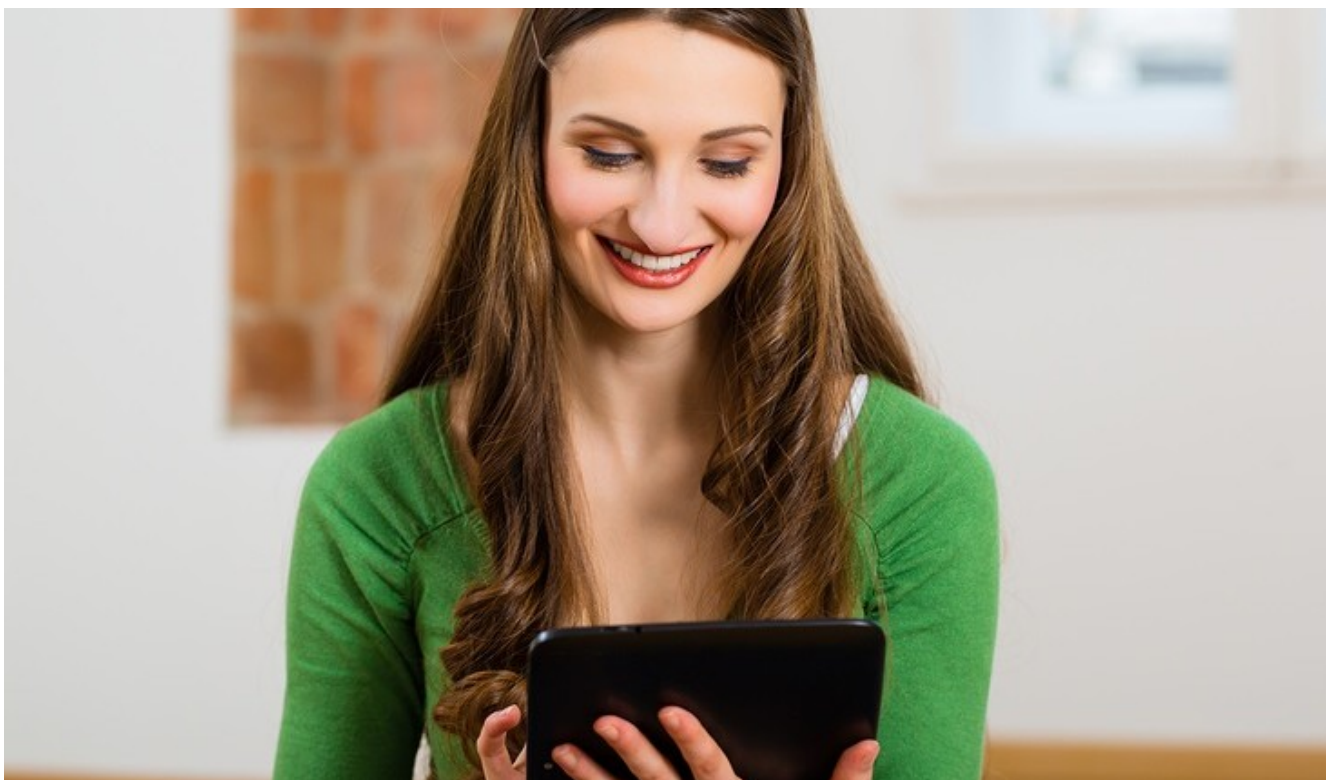


your profile to your Instagram account. On the downside, the app requires a long profile. To see transgender men and women specifically, you can use a “filter” option. According to Quora users, though, you will only see those who self-identify as transgender.

If you meet a trans person on a dating app, don't ask them what gender they are (they have indicated this upon signing up) and don't ask them what genitals they have. This will put them off.

---

## Ask the Guys' Guy: Dirty Talk for Beginners



By [Robert Manni](#)

Question from Megan S: I'm not opposed to dirty talk, but I think I am terrible at it. Help!

## **Expert Dating Advice: How to Get Verbal in Bed**

Hi Megan: Thank you for this provocative question. It gets me hot just thinking about it. Just kidding, but that ties into my response. Men and women get turned on by different things and every individual has his or her own set of turn-ons. Although there are generalities (men tend to be more visual and women are usually attracted to confidence and emotional intelligence) love and sex is often a crap shoot when it comes to what gets a particular partner hot.

**Related Link:** [Ask the Guys' Guy: How To Pick Up the Man You Like](#)

I was at a movie and my date swooned over the length of Daniel Day-Lewis's fingers. Go figure. When it comes to dirty talk, what might feel dirty and sexy to you might be bland or too tame for a guy or another woman. You just never know what is going to light up the scoreboard. But you have to be in the game to win, so take a deep breath and get ready to cut loose.

**Related Link:** [Ask the Guys' Guy: How to Win a First Date After Meeting Online](#)

Most guys like the direct approach and I would not be concerned about being too graphic. When it comes to dirty talk, the golden rule is to let your freak flag fly, hope for the best reaction, and, while you're at it, make sure you're rocking his world like no one else. Attitude goes a long way, so if you want to talk the dirty talk, make sure to walk the walk. You don't need to confine your sexy talk to the bedroom.

Nothing turns a guy on more than when he is out on a date and his partner whispers in his ear what's in store for him when they get home. He'll probably immediately shoot up his hand and call out, "Check, please!".

The bottom line is to be confident and cool about your sexuality and not be concerned about the exact words you say. Get his attention, then relax and make things happen. If he does not respond to your dirty talk, don't take it personally. You can give it a shot another time. If he does not take the bait again, laugh it off and consider looking for a guy who craves everything about you, especially your sexy talk.

Good luck, and play safe.

Robert Manni

If you would like relationship expert Robert Manni to answer your online dating/relationship questions, please email [lori@cupidspulse.com](mailto:lori@cupidspulse.com).

### **More about the Guy's Guy:**

image:

<http://cupidspulse.com/wp-content/uploads/2018/11/Robert-Manni-300x200.jpg>



Robert is the host of Guy's Guy Radio, featured on Blog Talk Radio and available on iTunes, Stitcher, and TuneIn. The weekly podcast features interviews with relationship coaches,

entertainers, authors, wellness experts, spiritual teachers, sports personalities, and a weekly “Guys’ Guy’s Guide” exploring current guy-focused topics.

His novel, THE GUYS’ GUY’S GUIDE TO LOVE, praised as the “Men’s successor to Sex and the City,” has been developed into two feature-length adapted screenplays, a scripted television series (pilot and treatment), and a series of non-scripted Guy’s Guy show concepts.

Robert has appeared on broadcast television (NBC’s Morning Blend, WPIX11 Morning News) and is a frequent guest across a spectrum of satellite, terrestrial, and web-based radio programs and podcasts, as well as a contributor to Huffington Post, Thought Catalog, Cupid’s Pulse, GalTime, is a featured expert on GoodMenProject and YourTango. He was also named a Top Dating Blogger by [DatingAdvice.com](http://DatingAdvice.com).

Robert developed the Guy’s Guy Platform to help men and women better understand each other and bridge the growing communication gap between the sexes. He continually creates a fresh, robust palette of timely Guy’s Guy [content focused on life, love and the pursuit of happiness](#). Whether it’s navigating the challenges of dating, relationships, friendship, career or wellness, Robert explores ways to help both men and women be at their best so that everybody wins.

Read more from the Guy’s Guy on [Cupid’s](#).