

Celebrity Couple News: Amy Schumer Denies She Met Her New Boyfriend on Bumble



By Dejha

Carlisle

Rumors aren't always true! In [latest celebrity news](#), Amy Schumer denies that she met her new beau, furniture designer Ben Hanisch online, even though recent reports are stating otherwise. The actress spoke out about reports on the [celebrity couple](#), stating that he'd join her on the Golden Globes red carpet. According to [People.com](#), Schumer also denied using the app through Twitter. She wrote, "Please let the record show I have never in my life been on Bumble." The celebrity couple be under fire for how they met, but Schumer definitely knows how to deny a rumor!

This celebrity couple is slamming rumors. What are some ways to keep rumors from affecting your relationship?

Cupid's Advice:

Rumors do hurt, even if they may be crazy. Here are a few tips on how to deal with them:

1. Confront the source: Confronting the person who made up the lies about you and your lover can be effective. Don't resort to cruel words, but be firm in your opinion. By approaching this person directly, this may keep them from wanting to make up things about you again.

Related Link: ['Party Down South' Couple Sparks Engagement Rumors](#)

2. Ignore it: The easiest thing to do is turn the other cheek. You and your partner know what is true; therefore, a rumor might not bother you. People will eventually get bored with talking about you, especially if you are not reacting the way they want you to.

Related Link: [Victoria Beckham Slams Celebrity Break-Up Rumors](#)

3. Stay away from people who gossip: Sometimes rumors start from within your circle. You may have that one "friend" who is jealous of your relationship, and they can't wait to dish out something crazy. Don't bother with them. A friend shouldn't stab you in the back by posting mean things about your relationship.

How did you deal with rumors? Share below!

Celebrity News: 'The Bachelor' Season 20 Premieres with Ben Higgins Fending Off a Drunk Contestant



By Myesha

Cobb

[The Bachelor season 20](#) kicked off earlier this week with all of the drama that fans have grown to love on the realityTV show. The premiere episode included leading man Ben Higgins handing out the First Impression Rose, engaging in drunk exchanges, and, of course, breaking some hearts during eliminations. According to the latest celebrity news in [UsMagazine.com](#), one of the contestants, Lace Morris, was so

drunk that she went in for a second kiss. Not only was she rejected, but she was also interrupted by another contestant, Mandi Kremer, who she threatened to punch. There's no doubt that there will be more fights and jealousy as Higgins looks for a relationship and love on *The Bachelor* season 20!

This celebrity news is not lacking in the drama department. What are some ways to keep drama out of your relationship and love?

Cupid's Advice:

Drama inevitably works its way into most relationships. As we read in this celebrity news story about *The Bachelor* season 20, Higgins is already dealing with his fair share, thanks to Morris and her fight with Kremer. Fortunately, drama *can* be avoided. Below, Cupid shares some love advice:

1. Remember that you love each other: Sometimes, your relationship gets so heated and cluttered with drama that you forget that you love each other. You let the things you dislike overpower your love, and everything goes south. Perhaps revisiting the restaurant where you had your first date or cooking a special meal together will remind you why you fell in love with each other in the first place.

Related Link: [Love Conquers Anger for Barry Williams & Elizabeth Kennedy](#)

2. Try counseling: If you don't feel like you can deal with the drama on your own, seek outside help. It's okay to call for reinforcements! Seeing a therapist shows that you both care about your relationship and love and want to save it by any means necessary.

Related Link: [Kourtney Kardashian & Beau Get Therapy](#)

3. Focus on communicating: Drama is often caused by miscommunication...or maybe no communication at all. Sit down and talk through your issues. Don't yell at or argue with each other. Be sure to listen to your partner too – their perspective is equally important to your own!

How do you handle drama in your relationship and love? Share your best dating advice in the comments below!

Celebrity Couple Predictions: Katie Holmes, Gigi Hadid and Miranda Lambert



By [Shoshi](#)

If you're looking for the latest celebrity news on Hollywood romances, you've come to the right place! Below, I consider the future of three new [celebrity couples](#).

Shoshi's Predictions For These Celebrity Couples

Katie Holmes and Jamie Foxx: If you believe the media, Foxx and Holmes are secretly in love with each other. The thought of that makes me giggle. I always think that Tom Cruise has sent Foxx in to be his spy to find out what Suri is up to. While they would be a weird couple, it could also work. Foxx has always been tight lipped about who he's dating and Holmes never reveals if she's dating anyone. Both of them seem to spend more time with their children than anyone else. Could they be the perfect pair? I don't see Holmes and Foxx in a steady relationship. However, I do see friends with benefits. They're both sexy and single. Why not participate in some extracurricular activities from time to time? Don't believe the media hype, but just know that we'll be the last to know if they are officially a couple. Neither of them are going to talk.

Related Link: [Celebrity News: Jamie Foxx Celebrates 48th Birthday with Katie Holmes](#)

Gigi Hadid and Zayn Malik: All media eyes are on model and personality Gigi Hadid and former One Direction singer, Zayn Malik. It even looks like they spent New Year's Eve together. At least, that's what their photos would lead us to believe. Isn't that what "couples" do? With all of the time they've been spending together, we should file them in the couple category. At least for now. Hadid has the attention span of a gnat when it comes to her relationships and love. She is fickle, but she's perfectly entitled to be that way. She's young, hot, and figuring it all out. If I were her, I would do

the same thing. This relationship will run its course soon enough. Hadid doesn't have time for a serious relationship since she tends to be busy modeling and hanging with the Jenner's. Right now she's having fun causing a stir on Instagram with Malik. Guess they don't have anything else better to do.

Related Link: [New Celebrity Couple Alert! Gigi Hadid & Zayn Malik Are Dating](#)

Miranda Lambert and Anderson East: We all know that Blake Shelton is currently dating Gwen Stefani. But it looks like his ex, Miranda Lambert, is now seeing Anderson East. A photo on Instagram captured the two of them cuddling with the caption, "The snuggle is real." As if we needed the clarification. Just who is this Anderson East? A rhythm and blues singer from Alabama. I had never heard of him until Lambert's selfie. By the looks of it, this new relationship is the most interesting thing about him. When I look at this new celebrity couple, I don't see much to the fling. I predict the main reason that she's seeing him is to keep up with Blake and Gwen. The celebrity exes are playing a game of who can move on quicker. The media is falling in love with *The Voice* co-stars as they go on adventures around the globe. The last thing Lambert wants is to look pitiful and brokenhearted. Blake is all over the place having fun, it's time for her to start posting her own "moving on" pictures. That's not to say that she isn't generally into East, I'm just not fooled by her calculated move. Lambert will move on when she finds someone better. If the rumors about her are true, East shouldn't get too attached to her. As soon as someone better comes along Lambert will move on.

For more information on Shoshi, click [here](#).

What celebrity couples do you want to see predictions for next? Tell us in the comments below!

Dating Advice: How To Approach A Man Without Seeming Desperate



On this week's Single in Stilettos [dating advice](#) video, matchmaker Suzanne Oshima talks to relationship expert Matt Adams about how to approach a man without seeming desperate.

Dating Advice On Making The First Move

If you're single and looking for your next relationship and love, then you know how hard it can be to approach a man

without appearing desperate. Desperation is about neediness and we all know that isn't attractive. Check out the expert dating advice tips below on how to approach a man.

1. Give value. Dating experts reveal that you need to have the mindset that you need to give the guy something. The first step to approaching a man is to bring something to the table, like being funny or having something interesting to say.

Related Link: [Dating Experts Reveal How to Attract the Right Man](#)

2. Compliments. Give out sincere compliments, because men love them and it feeds their ego. Again, you want to give the man good feelings.

Related Link: [Relationship Advice: How To Get Engaged In A Year!](#)

3. Social touching. Don't be afraid to touch him. Touching is the next phase of acceptance, so if you touch his forearm, it lets a guy know that you're accepting him into your space. Maybe even touch his triceps and compliment his strength.

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

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

What's your advice on approaching a man without seeming desperate? Tell us in the comments below!

3 Ways to Live Happily Ever After in the Face of a Love Triangle



By Abbi

Comphel

He likes you, he likes her and you both like him. So, what is there to do in a situation like this? Love triangles are always a mess and [dating advice](#) can be difficult to follow.

Cupid has some [relationship advice](#) to help you in the face of a love triangle:

1. You come first: Your happiness is what matters most. Don't let your life and heart rely on someone who doesn't want to

make you happy. If he can't realize how special you are, then it is time to walk away.

Related Link: [Dating Advice: 7 Guys You're Probably Not Going to Marry](#)

2. Make him choose: Don't put up with this triangle. Make him choose who he wants to be with, because you don't have time to be battling it out with another girl. You are special, and there are plenty of fish in the sea who would love to be with you. So, stand up and give him no way out besides making a choice. Hopefully his heart is in your hands.

Related Link: [Rachel Bilson and Scott Porter Dish on Love Triangle on 'Heart of Dixie'](#)

3. Don't be bitter: If it ends up that he doesn't want to be with you, don't be bitter toward the other girl. She was in the same boat as you. Just be grateful that you got out of there. Who knows what could have happened next!

What are some good ways to get out of or fix a love triangle? Comment below.

Dating Advice: 7 Guys You're Probably Not Going to Marry





By Dejha

Carlisle

You've dreamt about finding the *perfect* man for so long! You finally meet him, but what if he's not what you expected? Cupid has some pieces of [dating advice](#) so you can save yourself some headaches.

Cupid has relationship advice to help you see what types of guys you need to steer clear from!

1. The guy who forgets your birthday: This guy doesn't remember your age, is empty-handed on your anniversaries, and can't recall if you were born in June or July. A simple thing such as a birthday can make a huge impact on whether or not to date Mr. Forgetful. If he can't remember the day you were born, do you think he'll remember your wedding date?

Related Link: [Expert Dating Advice: Top Four Places to Meet Mr. Right](#)

2. The self-righteous guy: This man is walking "perfection". He doesn't drink, smoke, curse, or anything else that may seem

vulgar to him. You'll know you're dating him if he criticizes anything you do, even something as small as ordering dessert. He may as well be your father!

3. The jerk: He's rude, offensive, and probably dishonest to those around you, but not necessarily to you. Want to know how to point this guy out? Pay attention to what he says when your group of friends or loved ones are around.

Related Link: [Dating Advice for Women: Getting Out of Your Dating Rut & Find the Right Man](#)

4. Mr. Cheapskate: This guy is probably the worst of them all! You know you are dating a cheap guy when he accepts your offer to pay...on the first date. He'll never fail to suggest that it's better to get the cheap wine, and he whines daily about the tight budget he is on. Of course, he doesn't have to spend a fortune on you, but do you always have to be worrying about his financial shyness?

5. The guy who enjoys arguing too much: You should spend time enjoying your date, not defending yourself every few minutes. This guy, the "Arguer", stops at nothing to pick a fight with you. He doesn't value any of your opinions, and will give you a stressful experience with him.

Related Link: [Get Back in the Dating Game This New Year](#)

6. The needy guy who clings to you: This guy never keeps his feelings in check, especially the first time you meet him. He is not the suitable strong person to lean on; he'd rather lean on you all of the time. This guy will burden you with his insecurities, instead of being the firm man you need. When you're looking for a potential man, you should be seeking one who has confidence in himself.

7. He's jealous ... even of your girlfriends: This guy wants you to himself...and to himself only! He doesn't like the idea of you going out with the girls, and can often seem controlling

at times. You'll never really have your own space with this guy, because he believes he's the only friend you need.

What other type of guys-to-avoid have you came across? Comment below.

What Can We Learn From Celebrity Divorces?



By [Project Soulmate](#)'s Business Director Samantha Cohen. Contributors: *Project Soulmate Matchmakers* and *BRAVO TV's Love Brokers* Lori Zaslow and Jennifer Zucher

From [Jennifer Aniston](#) and Brad Pitt to Jennifer Garner and [Ben Affleck](#), we have seen many of our favorite Hollywood couples unexpectedly split. The reason for their [celebrity divorces](#)

may vary, but many of the underlying issues are the same. While celebrities may seem to have a perfect relationship and love to an outsider, they all deal with real-life marital issues and temptations like everyone else. The main difference is that they're constantly being dissected by the media and have pressure to maintain a certain image. Keep reading for our relationship advice on what these celebrity divorces can teach you.

Relationship Advice: What Celebrity Divorces Can Teach You

It's no secret that marriage is work. As we go through life's obstacles our relationships often turn into an emotional roller coaster, full of highs and lows. As a result, we like to turn to celebrity couples to give us hope for a perfect, flawless relationship. But the truth of the matter is that we're being deceived by the media portraying a perfect couple and celebrities are really just like us. Over the years, we have seen our favorite Hollywood couples crumble as they're forced to deal with real life marital issues such as infidelity, deceit, neglect and hardships. The main difference between celebrities and the average person is that they're forced to deal with their divorces in a very public manner where all of the details of their divorce become public knowledge. This can be detrimental for their kids, family, friends and of course, their image.

Related Link: [Dating Advice: First Date Fashion Do's And Don'ts](#)

So the question remains: What can we learn from celebrity divorces? The answer is simple. We can learn that celebrities are just like us and that there's no such thing as a perfect marriage. Instead of looking at celebrity couples as a goal for your marriage, you should focus on improving the issues in

your own love life. Because the truth is that there's no perfect relationship and every partnership has its own unique struggles. While you may admire or even envy your favorite celebrity couple like Kim and Kanye, you need to realize that a relationship isn't always as perfect as it may seem from the outside. You don't want to set unrealistic expectations of a perfect marriage based on a façade.

Just like your favorite celebrities are altered to look skinny and flawless, their lives and relationships are often attuned in the public eye to look perfect. But the truth is there's no such thing as perfection, and every person and relationship has its flaws. And while life's bumpy ride may bring couples closer together, sometimes there's no other route but divorce and moving on. It can be hard to watch your favorite Hollywood couples fall apart, but one of the benefits of celebrity divorce is that the stigma that was once attached to ending your marriage has nearly disappeared. And celebrity couples that have made the move to publicly get divorced could be the influencing factor that gives someone the strength to move on from their unhealthy marriage and get a divorce.

Related Link: [Expert Dating Advice: How to Get Over "The Little Things"](#)

Celebrities, just like you and me, aren't exempt from the struggles in life and maintaining relationships. And when they're able to move on from marital issues, despite the fact that they might be judged or criticized by the media, they become good role models. Maybe then we'll be able to find the strength to do what will make us happiest in the long run.

Relationship experts Lori Zaslow and Jennifer Zucker are BRAVO TV's Love Brokers and founders of [Project Soulmate](#), a high-end New York-based matchmaking company.

Relationship Advice: Authors of 'Marriage Boot Camp' Reveal How To Build A Rock Solid Relationship and Love



By [Rebecca](#)

[White](#)

Relationships and love are not easy to maintain, especially if you've been married for years. In the new self-help book by reality TV stars Jim and Elizabeth Carroll, the couple shares their best [relationship advice](#) on defeating the top 10 marriage killers and building a rock solid relationship. Their book, *Marriage Boot Camp: Defeat the Top 10 Marriage Killers and Build a Rock Solid Relationship*, will help you reignite

the flames in your love life. In this exclusive author interview, the duo talks about their love advice to save your marriage.

Relationship Authors Open Up On Best Relationship Advice For Married Couples

To start, we are so excited for the *Marriage Boot Camp* book to come out! How will the book be like your program and reality TV show? And how will it be different?

Jim: It's like the reality TV show in that it takes the reader through many of the exercises and the purposes behind them. People learn when they do things. This book makes the reader apply the tools. It's different in that this book is written so couples avoid conflict, while the TV show enhances the conflict because we have a controlled environment.

Elizabeth: The *Marriage Boot Camp* book takes the top 10 sources of conflict in marriage and gives you a step-by-step action plan for couples to work together. It starts with a case study of one of our couples who struggled with this particular topic. We then give you all of the background information and research needed on the topic so that you can be completely informed. Finally, we end each chapter with a do-it-yourself exercise that you can complete with or without your mate. The book is similar to the TV show in that the readers, like the celebrities, participate actively in the work. It is different from the TV show in that all of the behind-the-scenes teaching and applications are available to the reader.

Related Link: [Arielle Ford Gives Relationship Advice in New Book 'Turn Your Mate Into Your Soulmate'](#)

Can you tell us about the top three marriage killers? What's

your best tip for helping couples overcome them?

Jim and Elizabeth: Communication – Learn to “mirror.” This is an active listening technique that requires the listener to close his mouth and open his ears. You use the phrase, “What I heard you say is...” and you mirror back what the speaker just said. The hard part is that you have to put your own thoughts, opinions, and feelings on hold temporarily and be open minded to your mates point of view. **Sex** – Understand the very real differences between male and female sexuality. Have a very frank conversation with your mate about what you want from your sex life and what you’re willing to do to make that happen. It’s also important to discuss your earliest sexual experience and understand how this makes an imprint that affects you even today. **Money** – Know that money is often just the tip of the iceberg with the “real” issue lurking below. Spouses need to spend some time digging into their own psyche and understand their own financial personalities. Money can mean love, power, control, status, or freedom. Each of us leans more toward spending or saving. And you also have a unique family culture. Each of us needs to know what money means to us and then communicate this to our partners. Then get started on a budget!

During the writing process, did you have any profound moments or epiphanies about your own marriage?

Jim: We created a new drill, called “cycles,” that we used in our own marriage.

Elizabeth: Jim’s and my marriage is the lab for many of our Marriage Boot Camp drills. In chapter 9: Wrestling With Past, both of us had many “ah ha” moments where we came to a deeper understanding of the impact the past has on our present. We are currently working on a drill called “cycles” or “circular conflict” because we have seen a pattern when we get gridlocked and it took quite some time to untangle. We definitely want others to learn from our mistakes.

Related Link: [Find Your 'Clutch': Relationship Advice from Author Lisa Becker](#)

In your program, you have a lot of drills and exercises for the couples to do. Which one do you believe is the most beneficial and why?

Jim: The forgiveness drill is always the most powerful. It releases people to grow and move forward.

Elizabeth: Every exercise in our program is important but if you could only pick two areas to focus on we would suggest chapter 1 (Communication) and chapter 10 (Forgiveness). With good communication you can solve virtually any problem, but with poor communication it's almost impossible to solve even the smallest. Chapter 1 covers a concept that we call the Marriage Boot Camp ABC's and Jim and I use this almost every day. A is for Action, B is for Belief, what you believe about the action and C is for the Consequence of your beliefs. We often say, "I think we have different B's" when we're each reacting differently to a situation, which could potentially cause conflict. Chapter 10 covers the need to forgive. As hard as we try, none of us can avoid hurting the other when you live so closely together. The only solution is to make amends and forgive anytime we fall short, but this is much deeper than you would imagine.

To shift gears, I'd love to ask you for some relationship advice! What message do you have for readers who are struggling to keep the spark alive in their marriage?

Jim: My relationship advice is to go to a marriage retreat. It is so much better than sitting around getting counseling and then fighting after every appointment.

Elizabeth: Nothing kills the spark like a root of bitterness. In over 20 years of Marriage Boot Camp I have never seen a spouse who said they were no longer in love with their mate who didn't carry some deep, unresolved resentment. Once you

dig that out, we take couples back to the moment when they fell in love and rekindle the flame that started their journey. It works every time. It is relatively easy for people to fall in love again, but it takes discipline to constantly scrub the little viruses out.

Related Link: [Author Jennifer Scott Shares Timeless Lessons of Poise and Dating Advice in New Madame Chic Book](#)

What are the top dating New Year's resolutions for 2016?

Jim: Everyone always says they're going to work on their relationships and love in the next year but...why waste time making resolutions just to fail again? Better to get off your butt and get online and do something for real.

Elizabeth: Instead of trying to find Mr./Ms. Right, *become* Mr./Ms. Right. Chapter 5: Personality Differences is a great place to start. Find out who you are first, then you'll know the type of mate that would be a good match for you. Get involved in community. Find people with like interests and values. Get involved with a volunteer organization. This is a great way to meet people and more importantly it will make you a more interesting person. Take online dating seriously. This is a great way to be exposed to a sizable number of people. Be open, be kind and wonderful things can happen! That's how Jim and I met!

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

Elizabeth: We have several more seasons of *Marriage Boot Camp* ready to be filmed and the concepts and casts are unbelievably exciting! The Marriage Boot Camp seminars continue for anyone who wants to have an exciting interactive experience of growth and healing. Co-director Ilsa Norman and I are also blogging on celebrity relationships. Finally, Ilsa Norman recently launched the Marriage Boot Camp Retreat for couples who want to keep making memories and continue to grow, while bringing

fresh life into their marriages.

Marriage Boot Camp: Defeat the Top 10 Marriage Killers and Build a Rock Solid Relationship *is available now on Amazon. For more from Jim and Elizabeth Carroll, visit the Marriage Boot Camp website, www.marriagebootcamp.com/ and read Elizabeth's blog at <http://www.mbcmotherdaughterduo.com/>.*

Relationship Advice: Why Your Dating New Year's Resolutions Fail



Coleman, LCSW

By Toni

Once again it's time for that honored tradition of setting and

then breaking our New Year's resolutions. Year after year we tell ourselves that this time it will be different; then armed with a renewed feeling of determination and optimism, we prepare to say goodbye to our bad habits, unhealthy lifestyle choices, and/or dead end job or even our relationship and love. Then at the beginning of February, we find that much of our resolve has been replaced with a feeling of defeat and a resignation that our life probably won't ever be what we want it to be. As a relationship expert, I know it's hard when your dating goals aren't met. Keep reading for my [relationship advice](#) on why you're dating New Year's resolutions are failing and what to do about it.

Relationship Advice On Your New Year's Dating Resolutions

1. Avoid the number one reason for failed resolutions. Essentially we set ourselves up for failure every year. We do this by setting unrealistic goals, having too many goals, and not having a concrete and reasonable plan for how we will work toward them. This especially happens in the dating world. When we don't make any progress, our self-esteem and confidence take a hit, we feel defeated, and we abandon our plans. Our defeat contributes to a belief that this goal is just not possible for us, and if we do this year after year it becomes a self-fulfilling prophecy.

Related Link: [Relationship Advice: 10 Holiday Date Ideas For Long Time Couples](#)

2. Set a maximum of one or two achievable goals. These don't have to be major goals; they can be smaller objectives that will lead to bigger changes that can happen further down the road. By approaching change in small and manageable steps, you will help ensure your success, which will provide you with continued motivation and a boost of self-esteem along the way.

It's also important to think about your core need or desire—in other words, what is the key problem or desired change you want to address. By correctly identifying this and tackling it first, you will find that most other issues you think require a separate resolution are connected to the core need, and will be impacted by addressing it.

3. Write down how and when you will take your action steps. Unless you have a concrete plan for working on your resolutions, they will not get acted on. Your calendar contains a record of work obligations and tasks, social events, and other life priorities so you won't neglect or forget them. Can you imagine what would happen if you never wrote anything down? Many things would slip through the cracks, and you would be hopelessly off track. The same problem presents itself when you make an agreement with yourself to work on a resolution—if it isn't put into your schedule, it simply won't happen. My dating advice is to set small goals like making an online dating profile, going on three dates, etc.

Related Link: [Expert Dating Advice: How to Rebound from a Solo Holiday Season](#)

4. If a goal proves unrealistic or unattainable, tweak it until it works. This seems to be a hard one for many people as they equate stepping back with failure. However, this is no different from when you are involved with any project that presents unforeseen issues or challenges and requires you to make adjustments and changes along the way. If you are cutting a piece of wood for a home repair project and find it is too long or short, you will either have to shorten it or start with a new piece. If you are completing a work document and find omissions or errors, you go back and change, correct and/or delete until it is correct. Applying this same approach to achieving a resolution will work in much the same way, keeping you engaged until you are satisfied with the outcome.

5. Celebrate every small win—this keeps momentum going. It's hard to sustain ourselves through long, dry spells when we aren't receiving any feedback on our investment of time and energy. This is why using short-term objectives as building blocks to success is a great way to keep up the momentum. If you resolve to lose 5 pounds over 3-4 weeks as opposed to losing 40 pounds over 6-8 months, you increase your chance of success. At the end of those few weeks, you can congratulate yourself on achieving that first objective and get a boost to your self-esteem, which will help you to remain positive and more confident that you can continue achieving your ideal weight.

Related Link: [Relationship Advice: 5 Questions To Ask Yourself Before Saying "I Do"](#)

The people who are successful at realizing their New Year's resolutions do not have more self-control or discipline than you. They don't succeed because they are lucky, and many or most aren't blessed with more resources or a special talent that gives them an edge. What they do have is a clear and strong desire for change, a written and well thought out plan, and a willingness to be flexible with their process and open to making adjustments along the way. My relationship advice is to do the same thing.

[Toni Coleman](#), LCSW, CMC is an internationally known psychotherapist, relationship coach, and founder of consummate relationship coaching. As a recognized expert, Ms. Coleman is the featured relationship coach in The Business and Practice of Coaching, (Norton, September 2005.) In addition, she authored the forward for Winning Points with the Woman in your Life, One Touchdown at a Time, (Simon and Schuster, November 2005.) among many other achievements.

For more information about and articles by our Hope After Divorce relationship experts, click [here](#).

Relationship Advice Video: Dating After a Divorce or Break-Up



On this week's [Single in Stilettos relationship advice](#) video, matchmaker Suzanne Oshima talks to My Own Diva founder Marianne Jordan about looking for love after a divorce or break-up. Jordan knows about this challenge from first-hand experience: She married when she was 26-years-old and found herself divorced in her early 30s. The dating expert launched her company when she realized there was no support for younger women dealing with the end of marriage, and now, My Own Diva also caters to those going through a tough break-up or the loss of a loved one.

Post-Divorce Relationship Advice

Related Link: [Looking for Love? 5 Things That Belong on Your Must-Have List](#)

Here are some of the love advice questions Jordan answers in the video above: How long should you wait after a divorce to look for a new relationship and love? How hard is it to take that first step into the dating world? And what do you do if you get scared? Plus, she reveals her five best tips for how to open up your heart again.

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

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

What is your best love advice for someone dating after divorce? Tell us in the comments below!

Relationship Advice: 10 Holiday Date Ideas For Long Time Couples





By [David](#)

[Wygant](#)

Ho ho ho, merry Christmas...politically incorrect as that might be. To tell you the truth, I miss the days when Rudolph and Santa reigned and everybody wasn't as PC by saying "happy holidays," but it's the perfect season to put the focus back on your relationship and love. Even though the magic might be fading in your LTR, I have some great date ideas and [relationship advice](#) that will wake up the romance and bring the naughty and nice back into your sleepy, long term relationship.

Relationship Advice For The Holiday Season

1. Nothing's sexier than dressing as his sexy little elf. A little bit of lingerie and Santa's cap will go a long way. As a relationship expert, I strongly suggest surprising him with very naughty red lingerie and a red Santa's cap, letting him play Santa to your naughty little elf.

Related Link: [This Holiday Season, Stop Dating Your iPhone!](#)

2. Go for a walk together and take in the holiday spirit.

Considering that most of the country is bathed in balmy spring weather right now, it's nice to go out at night and just walk around and see the Christmas lights. They will bring back romance from yesteryear and today. It's almost like visiting the ghost of Christmas past and seeing the ghost of Christmas future. Hold hands, reminisce, get new ideas...then go home and have some fun!

3. Hot chocolate. Nothing is more fun than sitting by a fireplace with your honey and drinking some hot cocoa. Find a little cafe where you can sit, watch the fire, sip on hot cocoa, and people watch. You will quickly realize how grateful you are to still be a team. It's wonderful when you can reminisce and remember how great things are and can be.

4. Bedtime stories. Read him a Christmas bedtime story and it'll remind you just how magical the night can be. Couples need to reconnect, and when you reconnect to your youth, you reconnect to easy feelings of when things were fun and open.

Related Link: [Relationship Advice: Four Reasons To Be Thankful For Your Partner](#)

5. Take a sleigh ride. Even in Southern California, there are places that you can go sleigh riding. Once again, doing something that children love to do will awaken that spirit in you. These are the most exciting things to do when it comes to dating during the holidays. So take a sleigh ride together.

6. Go caroling. It might sound cheesy, but my relationship advice is to go caroling because of the closeness you'll feel with your partner. Singing songs in a group of people enables the inner child to come out and play. When a relationship gets stale, it's like old bread, or even old cookies, that even Santa's reindeer would reject. It's wonderful to just go and sing and be a kid all over again.

7. Watch *A Christmas Story* together. One of the best holiday movies out there. It's a movie that will remind you of when

things were fun and easy. It's also a little spooky and life affirming. Great for cuddling.

Related Link: [Expert Dating Advice: How to Rebound from a Solo Holiday Season](#)

8. Watch some holiday movies. What would Christmas be without *A Wonderful Life*? So get some good holiday movies, watch *Harry Met Sally* and *Sleepless In Seattle*. Movies that will remind you of Christmas, maybe *Home Alone*. Have a marathon and make some popcorn.

9. Get a Charlie Brown Christmas tree and bring it over to her house. Or if you're living together, bring it home one day and decorate it with Christmas songs playing in the background. Wrap a little blanket around the tree and put up those ornaments.

10. A gift a day, goes a long way. There are 12 days of Christmas. Everyday give each other a little gift. A gift that reminds you of how much you love one another. Make it something simple and fun, even if it's just a card or a candy cane.

*David Wygant is an internationally-renowned dating and relationship expert, author of the book *Naked*, and speaker. Through his boot camps, personal coaching, and his [website](#), his love advice has transformed the relationships and love of hundreds of thousands of people from every corner of the globe.*

For more expert dating advice from David, click [here](#).

Arielle Ford Gives Relationship Advice in New Book 'Turn Your Mate Into Your Soulmate'



Interview

by [Rebecca White](#). Written by [Emma Malefakis](#).

One thing that can be even harder than finding “The One,” is staying with them. In her new self-help relationship book, New York Times best selling author Arielle Ford shares 16 simple yet exciting steps to reignite the flames in your relationship and love. In her new book *Turn Your Mate Into Your Soulmate*, Ford says that you can reinvigorate your love life no matter how extinct you may think it is. In this exclusive author interview Ford opens up about her own marriage, talks about her favorite celebrity relationships, and gives her best date ideas and [relationship advice](#).

Arielle Ford Shares Best Relationship Advice and Dating Tips

How would you say you became a better partner in your own relationship?

The first thing I really had to do was learn how to communicate. I grew up in a home where everyone yelled at each other, which I didn't realize is actually a really ineffective way to get your needs met. There was so much I didn't know. I thought love was just a feeling, but love is also a behavior, decision, choice, and commitment. There will be days you are with your beloved and you don't like them very much, but that doesn't mean you don't love them. When you're not feeling the love the assumption is that something is wrong, but the better assumption to make is that this is normal. There are studies that say every couple has a minimum of 9 irreconcilable differences. So you really need to learn how to communicate. You have to realize what the issues are and be vulnerable enough to share them with each other. What I hope this book does for people is get them to see that in order to have a really healthy, happy, long lasting relationship, you need more than just chemistry.

Why do you think people put so much pressure on themselves to find a soulmate? Do you think it's really *that* important?

I think we're designed as human beings to share our lives with another person and I think it's possible for everyone. If you have a desire for something, that in itself is proof that it's meant to be yours. The thing that gets in the way for most people is their beliefs. They believe there is only one soulmate for everyone, which isn't true. There are hundreds of potential soulmates for everyone, but you have to open yourself up, become vulnerable, and understand that it's a process. I talked to one woman who did online dating for 3 years and said she went on 79 first dates, until she had 'the

one.' I asked her if it was all worth it and she said absolutely, she never thought she could be that happy. So many people give up when they just didn't get to the finish line yet. Maybe the timing wasn't right. Maybe the guy who is right for you is in the middle of a divorce, or a big move, or going through big business pressures – but he's out there, I know he's out there.

Related Link: [Most Popular Girl In New York City Shares Online Dating And Relationship Advice in New Book](#)

***Turn Your Mate Into Your Soulmate* includes 16 fun ways to reignite the passionate spark. Do you have a favorite one?**

Well when you're in love with somebody it can literally be measured by a CAT scan by which parts of your brain light up when asked about your partner. So the chemicals are always there whether or not you're feeling them. If you get to the point where you're not feeling them at all, one thing you can do is get your partner and mutually decide to do something together that you both perceive as life threatening, like skydiving, zip lining, or a scary roller coaster ride. Do something that is going to give both of you a big adrenaline rush, and that will instantly kick start your brain chemistry to make you feel more in love and more passionate again.

What are some good date ideas that can reignite the flames of a long-term relationship?

I would say anything that is new and different. I believe that you should have a regular standing date night that is non-negotiable. And I believe you should make dates for sex. Date night is about just the two of you getting out of the house, doing something new, and having the time to talk. Sex dates can be short. They don't have to be a big ordeal. I think you should have a sex date even if you don't necessarily want to, because it's kind of like riding a bike. You may not feel it or be in the mood to have sex, but one of you does, so for the

health benefits for your partner show up anyway, and once you get into it, you'll end up enjoying it. The other thing I would say is approach your mate with curiosity. Don't assume you already know everything about them. Ask them things you haven't asked them in years.

What would be your best piece of relationship advice for someone struggling to find the perfect partner?

In quantum physics there's something called the unified field. In the unified field, past, present, and future all exist at one time, and everybody and everything is already connected molecularly. There is nothing and no one to whom you're not connected. So you are already connected to your soulmate on the unseen level. You don't know their name, you don't know who they are, you don't know when you're going to meet them, but you can start the relationship right now today. That's what I did with Brian. Even though I didn't know him, I decided to start the relationship in my mind, talking to him everyday and sharing my life with him in my imagination. That's why I believe that when we met on the physical plane it was this instantaneous recognition. It's something I call love before first sight. So if you're living like it's not going to happen for you, it's not going to happen. But if you are willing to use your imagination and trust, know, and believe your soulmate is not only out there, but also looking for you too, you can pull them in much faster.

Related Link: [Relationship Author Dr. Tara Fields' Love Advice: "The Happiest Couples Don't Necessarily Have More Or Less Conflict"](#)

What is your best dating tip to help your readers establish healthy romantic relationships?

Practice kindness. Be as loving, generous, kind, and compassionate to your partner as you can possibly be. We are all doing the best we can. Kindness goes so much further. If

you're angry and upset, it's impossible for your partner to be happy, especially if he is a masculine male. Happiness is an inside job. It's about personal responsibility. Your soulmate can add happiness to your life, but they can't make you happy. Only you can make you happy. To be a great partner you have to take care of yourself first.

Can you tell us which famous couple you think demonstrates a good example of a healthy partnership and why?

Michelle and Barack Obama definitely, politics aside. They have tremendous love for each other. All you have to do is look at pictures of them together, and it is evident that they love, respect and support each other. I think they are terrific role models. In the Hollywood scene, the celebrity couple I really admire is Tom Hanks and Rita Wilson. I think they are the real deal as well. Celebrities have a hard time because you can only have one rock star per couple, so with two big egos in the same relationship there is a give and take dynamic, and only one really gets nurtured.

Are there any upcoming projects that you'd like to share with our readers?

I'm starting my book tour in a couple of weeks so I'll be in New York at the Open Center January 12th doing a workshop. I've also got a ton of free bonuses for people who buy the book. There are also some videos on the MateToSoulMate.com from other experts on the topic, so check it out!

You can purchase [Turn Your Mate Into Your Soulmate](#) on Amazon. For more about author Arielle Ford, visit her website ArielleFord.com

Dating Experts Reveal How to Attract the Right Man



On this week's [Single in Stilettos](#) expert dating advice video, matchmaker Suzanne Oshima and dating expert Nicole Moore discuss how to attract the right man and find a lasting relationship and love.

Expert Dating Advice to Meet Someone Special

If you're ready to meet The One, consider these three pieces of [dating advice](#):

1. **You have to stop hating men:** Grab a friend or a journal and

clear out all of the negative thoughts in your head. Remember that “good men really want women who love men because that makes them feel safe,” Moore says.

Related Link: [Five Ways to Get His Undivided Attention](#)

2. You must have confidence: Every single man wants confidence in a partner. “When you’re confident in yourself, he’s going to trust that he’s making a good choice in you,” she shares. “And men want to make a good decision. They hate to fail!” To channel your inner confidence, make a list of 30 reasons why you’re a great catch.

Related Link: [Celebrity Couples: What True Love Looks Like](#)

3. Believe that you can attract the right guy: “It doesn’t matter what the dating field is; it matters what *you* want,” Moore says. “Hold in your mind, ‘I’m the woman who only attracts high-quality men.’” Be firm and strong in that positioning.

As the dating expert explains, “I believe love is a skill, and if you learn it, you can really make it work well.” We couldn’t agree more!

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

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

What is your best dating advice to attract the right man? Tell us in the comments below!

Celebrity News: Jennifer Lawrence Almost Asked Seth Meyers Out When He Was Engaged



By [Jessica](#)

[DeRubbo](#)

According to [UsMagazine.com](#), [Jennifer Lawrence](#) recently revealed an interesting piece of [celebrity news](#) on *Late Night with Seth Meyers*. She admitted that when she hosted *SNL* several years ago, a crush she had reached its peak ... and that crush was on Seth Meyers himself. Though they never became a [celebrity couple](#), Lawrence reminisced about how it all went down. "I had this whole plan. I was going to ask you out," she said. "I started – thank God – I talked to the wardrobe lady about it. I was like, 'I'm going to ask Seth Meyers out. I'm going to give him my number.'" And she was

like, 'Honey, he's engaged.'"

This celebrity news tickles our funny bones! What are some ways to know if your crush is currently involved with someone else?

Cupid's Advice:

There's nothing worse than having a crush on someone who is already otherwise involved with someone else. Cupid has some tell tale signs your crush isn't up for grabs:

1. He's standoffish: Obviously being standoffish can mean more than one thing, but if you know he's a friendly guy and he shies away a little when you try to flirt with him, that's a red flag. At that point, you should probably ask around to those close to him to see if he's got a significant other or at least a love interest already.

Related Link: [Celebrity Matchmaker: Jennifer Lawrence Plays Cupid for Bradley Cooper](#)

2. He's non-committal: If you keep casually suggesting a hang out session with your crush and he keeps coming up with lame excuses, it's definitely time to consider the circumstances. He might not be able to hang out because he already has a girlfriend! It's time to do some digging.

Related Link: [Love Advice: Can Jennifer Lawrence and Bradley Cooper's Work Marriage Work?](#)

3. He's treating you like one of the guys: If your crush is asking you to play a pick-up game of basketball with a group of guys, or asking you to have lunch with a big group of friends, it's time to start thinking about why he's not asking

you to spend quality time with him alone. Chances are, he's otherwise involved.

What are some other signs your crush already has a significant other? Share your thoughts below.

Celebrity Interview: 'Flesh and Bone' star Karell Williams Talks Relationship Advice Saying, "Be True, Be Real, Be Vulnerable"



by [Rebecca White](#). Written by [Emma Malefakis](#).

Interview

If you're a fan of dancing and the arts, you may know the up and coming celebrity actor Karell Williams from the *Starz* mini-drama *Flesh and Bone*, which is a fictional series about dancers caught in the cut-throat world of professional ballet. From freelance performing, to teaching, and now acting, Williams is determined to do it all. *Flesh and Bone* premiered this November, and has already received a Golden Globe nomination. We recently chatted with the star in our exclusive [celebrity interview](#) about his experience transitioning to on-screen acting, and he also gave his best career and relationship advice.

Celebrity Interview: Karell Williams Shares Career and Relationship Advice

Williams has always been passionate about dancing but has recently shifted to acting as well. As for how he ended up on the small screen, he explains "I wanted to challenge myself artistically in another way." He moved back to New York where he was focused on becoming a triple threat: singer, dancer, and actor. Then he heard about the *Flesh and Bones* auditions. "It wasn't until then that I realized this was really something I wanted to do," the ambitious dancer shares.

Related Link: [Celebrity Interview: SYTYCD Winner Gaby Diaz Says "I'm All Dance Before Romance"](#)

Switching career paths can definitely be difficult. Williams advice for anyone wanting to branch into something new would be "you only live once, so push yourself through it." He agrees that in this day and age, professionals need to be able to do everything, not just what their job description entails. "You need to explore all facets of your abilities," he says. "Don't be scared. Take the leap of faith and your work ethic

will proceed you.” And yes, there may be challenges with the transition. “I don’t see them as difficulties, but more as experiences and challenges,” says Williams. “Performing on-stage and performing for the camera are different and each comes with its own challenges, but I like challenges.” While difficulties aren’t always something to shy away from, there’s no doubt there are certain fears and anxieties that come along with them.

However, Williams says there wasn’t much anxiety for him when signing on to this particular project. “Truth be told I didn’t really know what I was getting into,” he says. It wasn’t until he started auditioning that he realized Moira Walley-Beckett was the writer of the series, the same writer and producer of the top rated hit show *Breaking Bad*. It wasn’t until the dance portion of his audition among some of the best dancers in New York City with cameras recording the whole thing that the aspiring actor realized what a big deal and opportunity he was immersing himself in.

Related Article: [‘Married to Medicine’ Reality TV star Jill Connors on Relationships and Love](#)

This opportunity worked out in the dancer’s favor, as he landed the role of Trey, a trendy, feisty, free spirit in the ballet world. “Trey and I are completely different,” he says. “He’s mean and bitchy, and I’m not really like that.” However, he will admit that him and Trey share the same trendy style. Trey certainly brings the drama in the show, so Williams gave us some dating advice on how to deal with drama in real life, specifically when it comes to relationships and love. He says he lives by the quote “society has become so fake the truth actually bothers people.” His best relationship advice is “to be appreciative and present in your relationship and never forget to communicate. Never mute who you are to make someone else comfortable. You have to be true, be real, be vulnerable, and be authentic.”

Related Article: [Alison Sweeney Talks Relationships and Love in Celebrity Interview](#)

When it comes to making time for your partner in order to put this relationship advice to the test, the busy actor says it's as simple as prioritizing. "Yes I'm busy, but I'm not the busiest man in the world," he says. "If Obama can tuck in his kids and give Michelle a kiss goodnight, then I have no excuse!" he added with a laugh. "You have to make sure you make time for what comes first, the people who mean the most to you, or your career." In our celebrity interview, Williams says he will be prioritizing his friends and family this holiday season. He admits he rarely cooks, so potlucks with a few of his best friends will be as good as it gets.

Karell Williams Talks Date Night

Holiday dinners aren't the only things he likes to keep simple. Williams also believes less is more when it comes to winter [date ideas](#). His dating advice is to "keep it simple, Netflix and chill baby! At the end of the day it's all about who you're with, not what you do." We can definitely agree that as long as you're with someone you love and care about, you're guaranteed a great time. As Williams liked to put it, "it's not about location, it's about company."

Don't have a Netflix subscription? No worries, you can *Starz* and chill for the *Flesh and Bone* season finale. "I'd say expect the unexpected," the show's star excitedly tells us. We can also expect a big dance number at the end of the episode! The finale airs on December 27th at 8 p.m. on *Starz*.

To keep up with Karell Williams, follow him on www.facebook.com/KarWill1?fref=ts.

Dating Advice Q&A: How Harmless Is Sending Pictures Via Text?



Question from Carolynn R.: I've been texting this guy, and he's really nice, but he keeps asking me for pictures – not nude pictures, just pictures. It seems a bit weird to me, and I don't know if this means he's going to ask for more revealing ones in the future. Am I just being paranoid, or is this as weird as I think it is?

Keep reading to see what [dating advice](#) the relationship experts had for Carolynn!

Dating Advice: When Is It Okay To Send Pictures?

[Suzanne K. Oshima, Matchmaker](#): If you don't feel comfortable sending him photos via text, then just tell him to friend you on Facebook where there are a lot of great photos of you. If he still keeps pressuring you to send photos and he takes it one step further where he asks you to send him nude photos of yourself, then just remember you have choice. Don't let him pressure you into doing something that you don't want to do. No matter how nice he is, if he keeps up the pressure to send nude photos, my dating advice is to move on, because it's obvious he's only interested in one thing.

Related Link: [Dating Advice Q&A: How Do I Tell My Friend She Shares Too Much About Her Relationship And Love On Instagram?](#)

Paige Wyatt, Reality TV Star: When a guy asks you to send him photos of you, revealing or not, you should know that he's very interested in your looks and maybe only your looks. If a guy asks for one or two photos of you, it may be his harmless way of wanting to put a face to the person texting him. If he is constantly asking for photos of you, he may only be interested in your looks instead of forming a relationship and love. If you really like him, my relationship advice is to tell him to add you on Facebook and creep on photos there!

Related Link: [Love Advice Q&A: How Do I Show My Interest In Someone Online?](#)

[Robert Manni, Guy's Guy](#): Without knowing for sure the kind of photos your guy is asking for, my guess is that he is most likely seeking provocative pics of you, not the ones you share on Facebook and Instagram. If so, you need to decide if this is something you're comfortable with. In the interim, I suggest spending more actual face time with him versus FaceTime, to get a better sense of his true character

and intentions. If he is more interested in photos of you than being with you, that, of course is a problem and reason to move on. Good luck.

To find out more about our three dating and technology gurus, click [here](#).

If you have any questions you would like answered by our relationship experts, please e-mail them to cupid@cupidspulse.com.

Do you think it's appropriate to send pictures via text? Share your dating advice with us in the comments below!

Relationship Advice: 5 Questions To Ask Yourself Before Saying "I Do"





By Amy

Osmond Cook for [Divorce Support Center](#)

In light of John Legend and Chrissy Teigen's exciting pregnancy announcement, I couldn't help but take a look at when John knew he was ready to propose. In an interview with Oprah, the gushing celebrity couple gave the inside scoop on their relationship and love and John recounted exactly how he knew it was the right time to propose. Check out the [relationship advice](#) below for what questions you should ask yourself to see if you're ready for your man to put a ring on it and start a life of bliss together.

Related Link: [Celebrity Pregnancy: John Legend Says He's Always Been Attracted to Pregnant Women](#)

Dating Expert Shares Relationship Advice On What To Ask Yourself Before Saying "I Do"

1. Do you love him? First and foremost, it's important to be honest with yourself and your significant other about your feelings in the relationship. Remember that being in love doesn't mean you think he is perfect or you never fight. It

does mean you're able to talk openly with him, care about his dreams and ambitions in addition to your own, and feel a deep connection with him emotionally, mentally, physically, and intellectually.

Related Link: [Relationship Advice On Finding True Love](#)

2. Do you see yourself living with him? After the big 'I do' comes getting a new roommate! Do you know if you're compatible with your man's living habits? While a dirty sock on the floor is nothing to freak out about, it's important to notice how he treats his space. It's best to know this *before* you move in together so you can talk about living preferences and make any necessary compromises. Also remember that moving in together means you'll be seeing a lot more of each other. Are you ready to see each other everyday when you wake up and every night when you go to sleep, or does it feel too early in the relationship to take that step?

3. Do you want to spend forever with him? He may feel like the love of your life right now, but do you see him in the picture years down the road? As a dating expert, I know that growth and change are inevitable aspects of life. If you see yourself growing and changing with him, then you're headed in the right direction! It's important to talk about where you see yourselves in the future and make sure you want the same things.

Related Link: [Expert Love Advice: How To Tackle That Nagging Seven-Year Itch](#)

4. Do you want to have kids with him? Asking this question is a great way to decide whether or not you have a future together. Do you want this man to raise your sons and daughters? If you envision him by your side as you play with and teach your children, then you've got a good thing going.

5. Does it feel like the right time or do you feel pressured? In the interview with Oprah, John Legend said, "She

didn't pressure me, she didn't say, you know, it's time to put a ring on it...I felt like 'it's time for us to put a ring on it.'" It's important that the two of you are thinking about marriage because you both *want* to get married. If one of you feels unhealthy pressure, whether it's from you, him, or your parents, then you need to think long and hard about whether it's something you really want.

Related Link: [Relationship Advice: How Do You Know When Prince Charming Is Actually Prince Alarming?](#)

Choosing whom you marry is a big decision. It's important to feel confident about your choice before you say yes. My relationship advice is to ask yourself these questions inspired by John Legend will help you decide whether to say yes to the love of your life or wait until you're more sure of your feelings.

For more information about and articles by our Hope After Divorce relationship experts, click [here](#).

Celebrity News: 'Bachelor' Ben Higgins Opens Up About Insecurities & Kaitlyn Bristowe





By Katie

Gray

In latest [celebrity news](#), newest *Bachelor* Ben Higgins has spoken out about not letting his insecurities get the best of him as he makes his way on the reality show. Higgins was the runner up on *The Bachelorette* with Kaitlyn Bristowe. According to [UsMagazine.com](#), he is a devout Christian and he has a preference that whomever he chooses be into her faith. Higgins explained, "I would really like to find a woman that has a similar faith as I do – I think that would be important as we raise a family, as we move forward in life." If you were to take [relationship advice](#) from him, that would be it. Perhaps there will be a [celebrity wedding](#) and [celebrity baby](#) in the future for him! Stay tuned.

This celebrity news is exciting for fans of *The Bachelor*! What are some ways to overcome your insecurities related to a relationship?

Cupid's Advice:

Although it's completely natural to have insecurities, it is imperative that you don't let them keep you from succeeding and being happy. Finding ways to overcome those fears and insecurities are the first steps on your pursuit of happiness, whether that means talking to your loved ones or taking drastic measures. Cupid has some advice on how to get past your relationship insecurities:

1. Vent sessions: Sometimes we all just need a little reassurance to feel better. If you are feeling insecure about something in your relationship, talk with your family and friends to get their opinion about it. They are likely to tell you that it's all in your head and that everything will work out.

Related Link: [Celebrity Couple: Nicki Minaj & Meek Mill Spark Engagement Rumors Again](#)

2. Trust: At the end of the day, it all comes down to trust. You have to trust yourself and your instincts, always. You also need to trust your partner, and if you can't honestly trust them, then you need to be with someone you can. It's common to have trust issues, so first try communicating with your partner and maybe even go to couples' therapy for it. Many say this tactic works.

Related Link: [A 'Bachelor' Baby! Sean Lowe Gushes About Catherine Giudici's Celebrity Pregnancy](#)

3. Imperfections are perfection: It's important to always remember that nobody is perfect, and no relationship is perfect. Although we all have that fantasy in our heads, remember that real perfection lies in the imperfections. Cherish your relationship for its strong suits and its flaws. When you accept all of this, the insecurities are sure to fall.

What are some ways you have overcome the insecurities in regards to your relationships? Comment your stories below.

Relationship Advice: Stay “Kaptured” In Your Partners Arms With Kapture Audio



This post is sponsored by Kapture.

By Myesha Cobb

With the holiday season in full swing, it's easy to have a family meltdown or a fight with your significant other. According to Mathew Dooley, co-founder of [Kapture](#), an audio-recording wristband that allows you to save and share moments in your life, the root cause of these fights is that people aren't listening. The technology of Kapture Audio allows you to “capture” the last 60 seconds of audio around you from the

sleek wrist band design and allows you to save and send it to your smartphone. Once you hear something worth remembering – a great joke, a brilliant quote, or even a verbal contract – you can tap the watch in order to “capture” and it saves the audio from the last 60 seconds and stores it to your smartphone. You can also share, edit and publish the clips with the Kapture App. This technology can even save your relationship and love. Its inherent [relationship advice](#) is to become a better listener and a better partner this holiday season.

Relationship Advice On Kapturing The Moments That Count

With Kapture, you and your partner will enjoy how easy it is to make memories that will last a lifetime! The wrist band has an all day battery life for those of you who are always on the go. It is iOS and Android compatible, has Bluetooth connectivity, an omni-directional mic, vibration and LED notifications and more. The wrist band also has a variety of color options to choose from. You can choose a color for the wrist band as well as a separate color for the grill. Our date idea is to wear the Kapture wrist band on your next night out. It's definitely a must-have for those couples on the go.

Related Link: [Date Idea Amuse Your Date With Music and Games](#)

Creators Mike and Matt believe that this will enhance moments and the relationships and love that matter in our lives. Our relationship advice is to use this technology to bond with your partner. Kapture says “I’m listening.” Whether you’re both in a coffee shop, walking down the street together, on vacation, or even hear a song that you both take interest to. This wrist band is more than just technology. It is something that you and your partner can create memories with as well as a hot playlist!

Related Link: [Date Idea: Make The Perfect Playlist](#)

Since the holidays are here, our love advice is to give this gift to your partner. This is something else to add to the list of things to do to keep your relationship interesting. It is going to add to the memories and fun outings between you and your honey!

For more information check out [Kapture](#).

Relationship Advice From ‘The Best Party of Our Lives’ Author Sarah Galvin: “Love is the Same for Everybody”





Interview
by [Rebecca White](#). Written by [Emma Malefakis](#).

Same-sex marriage was legalized in June, marking 2015 as a big year for the LGBT community. *The Three Einstein's* author and writer for *The Stranger* newspaper, Sarah Galvin, just finished her latest book *The Best Part of Our Lives: Stories of Gay Weddings and True Love to Inspire Us All* which was released on Dec. 15. The book is a collection of true stories about gay weddings and relationships and love, which demonstrates how LGBT couples have overcome cultural, societal, and personal obstacles. Each chapter follows a different couple's journey from engagements, to tying the knot, to honeymoons, and more. The book offers a different perspective of marriage, offering insight on different wedding traditions the gay community has made on their own, and reminds readers about the significance of such public celebrations of love. In our exclusive interview with the author, Galvin doesn't only share her [relationship advice](#), but also talks about her experience of figuring out her own sexuality and gender identity.

Author Shares Relationship Advice

and Experience with Love

What inspired you to write *The Best Party of Our Lives*, and what messages do you hope readers take from it?

I had been writing this wedding column for *The Stranger* newspaper and it gave me a different look at weddings that I've never had before. I really got inspired from that. I hope what really resonates with readers is the celebration of same-sex marriage becoming legal and what a huge moment that was in history. Also, it doesn't matter who you are, love is the same for everybody.

Related Link: [Lena Dunham Puts Off Celebrity Wedding in Support of Marriage Equality](#)

Which love story really stood out to you or was your favorite to explore and why?

There was a couple Jim and Sterling who had been together for 50 years before they got married. They were both middle school teachers and taught at the same school for about 20 years. They had a lot of crazy stories. At one point they decided to breed Arabian horses together, but nobody would buy them, so they just lived on a farm with horses and a bunch of chickens. In my eyes they have the ideal relationship. They have been through so much together. They had been together in the 60's, but during that time they had to hide so much. The story of their wedding, having all these people to come together to finally celebrate something they had to hide for so long, I just thought was very moving.

What was your biggest struggle in figuring out your own sexuality/gender identity/coming out?

I guess just the fact that I turned out to be very complicated. It wasn't just that I was gay, I'm also gender-queer as well. At first I was just like a lot of other kids

and thought “oh I’m just gay.” But then I found out my gender was much more complicated. Honestly being gay is one of the least interesting aspects of sexuality. It turns out to not be very vanilla, so that’s a whole other thing to figure out.

What relationship advice would you give someone confused about his or her sexuality or gender?

Well everyone is, so try not to feel too stressed about it. Gender is not a binary. I think that’s something that people really tend to get stressed out over because they realize they don’t fit into one of those two categories and the truth is most people don’t fit into them. Trying to figure out who you are is something that takes your whole life. As far as sexuality is concerned, I think that is cumulatively evolving for most people. I would say don’t think you have to figure out everything at once. Just live your life and try to focus on what makes you comfortable and what makes you happy.

Related Link: [Matt Bomer Reveals He Married Partner Simon Halls 3 Years Ago](#)

Your unique style and confidence is your staple. How have you become so comfortable in your own skin and what advice would you give someone struggling with that?

I have my parents to thank for that to some degree. They have been very accepting and cultivated confidence in me. They’re very non-judgmental people. You also need to have a certain degree of confidence to be a good artist. You have to have conviction to invest a certain amount of energy in what you’re doing. Like stage presence for example, no one wants to see a performer stumbling around on stage afraid of who they are and afraid of the audience. If you’re performing and you screw up, just keep dancing. You look better failing spectacularly than making it obvious that you’re afraid of what you’re doing.

Being confident in yourself is an important part of any relationship. What else would you say is an important aspect

in a romantic relationship?

Confidence helps for a variety of reasons, but I'd say the most important dating advice is that you make sure you treat yourself conditionally. You could pretty much tell by a person's behavior towards other people the way they treat themselves. My love advice is that you have to learn how to be a good partner to yourself before you could be one to other people.

Do you have any upcoming projects that you'd like to share with our readers?

I am working on a new poetry book. I started writing it over the summer. It's going to be a mixture of different types of poems. That's one of the reasons I like poetry so much, when I sit down to start to write, I never know what I'm going to write about, it's a series of surprises.

You can learn more about purchasing Sarah Galvin's new book The Best Party Of Our Lives from Amazon. If you're looking for more on Sarah Galvin, check out her articles for The Stranger.

Expert Dating Advice: How Do I Know If a Guy is Into Me?





By [Jared](#)

[Sais](#)

"I found out that a guy liked me, and I liked him too. I tried to talk to him more and set up a casual date, but he stopped responding. What gives?"

As a relationship expert, I hear about this story happening a lot. It's like the person just vanishes. You thought they liked you back. You were talking a lot, and then suddenly, you never hear back from them. This phenomenon is called "ghosting," and the idea behind it is simple: It's easier to ignore the situation instead of facing it head on.

Related Link: [Expert Love Advice: 10 Signs He's Just Not That Into You](#)

Relationship Expert Shares His Thoughts on "Ghosting"

People ghost as a way to say they're not interested in you. It sucks, I know. It hurts, and you're left with a bad taste in your mouth. Things may even feel unresolved. I hope you take comfort in the fact you're not alone. People everywhere are wondering the same question. What the heck is going on?

Ghosting is the new way of saying, “It’s not you; it’s me.” Technology has been integrated into the dating world and the process of forming new relationships and love. Ghosting is how people are using (or not using) it to end their partnerships.

As part of my expert [dating advice](#), I’ve said before that people don’t have the same social skills they used to. They text instead of talking face-to-face. I remember when texting was considered the “cheap way” to break-up with someone. Back then, someone would be so offended if you called it quits via text! Now it’s standard, and ghosting is becoming less and less taboo.

So if the person just vanishes into the night with no response, chances are he’s ghosting you and isn’t interested in continuing what you already started. But why, right? You want answers!

Related Link: [Relationship Expert Talks About What’s Wrong with Men in the Dating World](#)

The first thing that comes to mind is that they might have been dating other people at the same time and felt they had more in common with the other person. A second possibility is that, while they aren’t seeing someone else, they didn’t feel that chemistry with you, causing them to ghost you. A third option – one that’s very cliché but could be true – is that they’re a workaholic and simply don’t have time for a relationship. Regardless of why, they’re ignoring you instead of being an adult about things and just talking to you.

Here’s what you need to remember: If someone is truly interested in you, they’ll want to see you, talk to you, and spend time with you. That’s how you should be treated: with kindness and respect. How someone starts or ends a relationship shows a lot about their character. If someone is ghosting you, they probably aren’t ready for anything serious.

It's time to move on!

[Jared Sais](#) is the co-author of the website [The Non-Verbal Game](#), where you can find free downloadable content. He is a relationship expert in non-verbal communication, who specializes in dating advice about body language, micro-expressions, and lie deception.

New Celebrity Couple? Selena Gomez & Niall Horan Stoke Romance Rumors with Another Night Out



By Abbi

Comphe1

There may be a new celebrity couple on the loose! According to UsMagazine.com, [Selena Gomez](#) and One Direction bandmate Niall Horan were seen out and about at the Santa Monica Pier. In the latest [celebrity news](#), a day after the two were confirmed kissing at a party, they were at the pier with a group of friends. Funny enough, the Santa Monica Pier was the first place Gomez went with her celebrity ex [Justin Bieber](#).

This potential new celebrity couple has been seen out and about together. Where are three great places to go on a first date?

Cupid's Advice:

Sometimes, simple is the best when it comes to a first date. Getting to know one another is most important. So Cupid has some dating advice for great places to go on a first date:

1. Dinner: Take your date to a nice restaurant that has a well-rounded menu. They may be a vegetarian or meat lover, so make sure the spot you pick has multiple options. This is a good chance for you to get to know each other over a delicious meal – and a cocktail to calm your nerves!

Related Link: [New Celebrity Couple Alert! Gigi Hadid & Zayn Malik Are Dating](#)

2. Movies: If you are nervous and don't know what to say, then take your date the movies. You can have a little chat before the film starts, and if you enjoyed each other's company, then you can go out to dinner and spend more time together afterwards.

Related Link: [Christina Aguilera Approves of New Celebrity Couple Blake and Gwen](#)

3. Dancing: It's time to bust out your best moves! Dancing is very intimate, and you and your date can become close in a short amount of time. If you don't know how to dance, then just get out there and be silly. Showing off your fun personality is always a good idea.

What are some other first date ideas? Comment below!

Dating Advice for Women: Get Out of Your Dating Rut & Find the Right Man



On this week's [Single in Stilettos](#) show, founder and matchmaker Suzanne Oshima talks to relationship expert Marni

Battista about how to get out of your dating rut and meet someone special.

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

Follow This Dating Advice to Find the Right Man

The relationship experts believe that, if the same thing keeps happening in your search for a relationship and love, you need to look inward and make some changes. They discuss their best [dating advice](#) to help you do a dating cleanse and stop repeating the same negative patterns. Plus, they share how staying in your comfort zone can keep you single, why you need to go on at least three dates with someone before making a decision about them, and what the biggest turn-off is for men on a first date.

Related Link: [Get Back in the Dating Game This New Year](#)

Watch the video above for more great dating advice!

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

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

What is your best love advice to get out of a dating rut? Tell us in the comments below!

Celebrity News: Charlie Sheen

Fires Back After Brett Rossi's Shocking Lawsuit



By Katie

Gray

In the latest [celebrity news](#), Charlie Sheen has fired back after his celebrity ex Brett Rossi filed a heated lawsuit. The actor has a celebrity dating history that includes Denise Richards, and he was engaged to Brett Rossi recently as well. According to [UsMagazine.com](#), Rossi is suing Sheen for assault and battery, emotional distress, false imprisonment and negligence. It seems all isn't fair when it comes to this former [celebrity couple](#)'s relationship.

This celebrity news just keeps getting more drama-filled by the

minute. What are some ways to stay out of drama with your ex-partner?

Cupid's Advice:

When it comes to love, it isn't always simple, especially post-split. However; there are ways to keep drama at bay and maintain a positive life with no negative vibes. Cupid has some tips on how to refrain from getting involved in drama with your ex-partner:

1. Don't entertain it: Although situations are complicated and it may be difficult to bite your tongue, don't bother engaging your ex-partner when it comes to drama. That is what they likely want, so take the high road!

Related Link: [Celebrity Divorce: Miranda Lambert Says There 'Ain't a Side' to Pick](#)

2. Remove yourself: You don't need that kind of negativity in your life! It's best to remove yourself from the situation and environment, if it involves drama. Nobody has time for drama in their lives, including you, as it will only bring your mood and energy down. Instead, seek out things that are uplifting!

Related Link: [Celebrity Divorce: Yolanda Foster & David Foster Announce Split](#)

3. Focus on yourself solely: Just do you! Sometimes it's hard not to stress about certain situations, but when you turn your attention to something else, it will help distract you. Take this opportunity to focus on bettering yourself, your life, your career and your future!

How have you stayed out of drama with your ex-partner? Comment below.