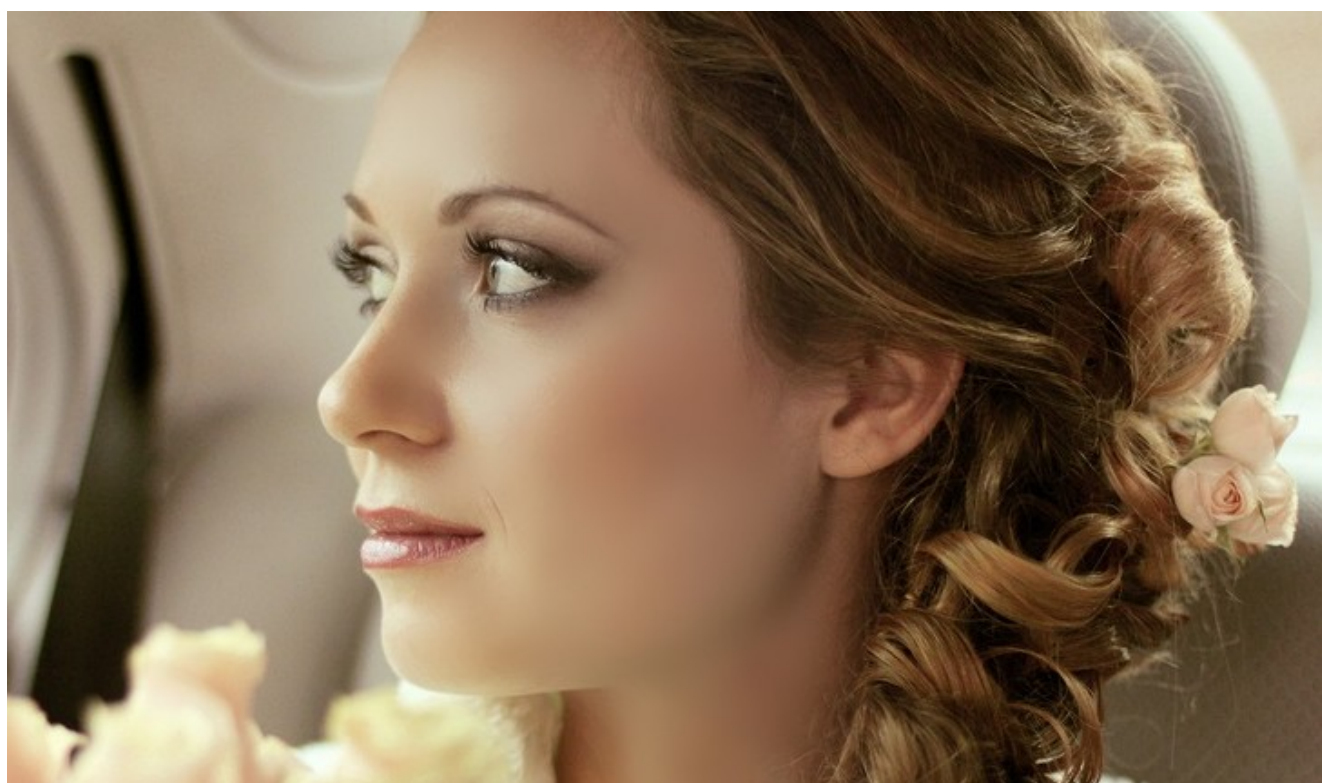


# Expert Dating Advice: How to Rebound from a Solo Holiday Season



By Debbie Ceresa for [Divorce Support Center](#)

Does Christmas have you singing the blues? The holidays are supposed to be about good times with family, friends, and traditions. Yet, many of us dredge up old feelings from divorce, job loss, money, or even the death of a beloved pet. December has more stimuli than other times of the year, sparking memories that are both happy and sad. The many holiday sounds, traditions, and smells take us down memory lane, but often that road runs two ways, lined with both cherished and painful memories of what once was part of our lives.

# Dating Advice for Rebounding From a Solo Holiday Season

While the sparkling lights, decorations, and songs may leave you with an emptiness that magnifies your new single status, here are three pieces of expert [dating advice](#) to help you avoid an unhealthy rebound relationship and love and bring the ring back into the holidays and throughout the coming New Year.

**Related Link:** [Moving On After a Divorce](#)

**1. Follow your heart:** We all need a connection with someone. However, before beginning a new relationship, make sure your heart is telling you it's right. If you can't fully commit emotionally to moving forward, you may still be grieving over a previous loss. Resolving feelings following a failed partnership or divorce takes time.

Instead of getting involved with someone, step back and evaluate your unresolved grief. Many of us don't give ourselves credit when it comes to our instincts. The pain of loss is sharp and lingering, but awareness of your feelings can help you avoid a rebound relationship that will surely complicate your ability to move forward and hurt the other person involved.

**2. Take your life on a vacation:** That's right. Take a vacation. Instead of thinking and rethinking your new marital status, start planning a life vacation. Think about how motivated you are while planning a trip! Most of us have so many tasks to get done before leaving, so try looking at your life this way.

Social psychologist Erica B. Slotter, Ph.D. calls it looking for the silver lining. "Focus on the good things that may come out of the end of your relationship and love. Perhaps now you feel you can cook foods your partner never liked or finally

take that pottery class,” she writes in the article, “3 Ways to Take Care of Yourself After a Breakup.” “Maybe you can simply feel grateful that a painful relationship is over, and in the future, look for a better one.”

Focus on a to-do list of how you can improve your situation, however small or large, and write it down. Look at your list daily, and promise to check off one item each day. Channel thoughts from past trips that improved your well-being and feel confident about taking this emotional vacation.

**Related Link:** [Dating Advice: Create the Person You Want to Be](#)

**3. Love yourself:** You are a wonderful human being! Take a few minutes every day to remind yourself of the many good things you’ve done in your life. “When relationships end, people tend to be very hard on themselves,” writes Slotter. “Stop it. Self-compassion involves viewing yourself with kindness and acceptance, not being overly focused or identified with negative emotions, and acknowledging that many others in the world have likely been where you are now at some point in their lives.”

If you want to listen to my expert dating advice, you should add meditation to your to-do list. It works wonders for your well-being. Along with meditation, a great daily exercise is to tell yourself you’re a good person and deserve to be happy. Think about the many things that would make you feel whole again and concentrate on the positive.

By following your heart, using personal accomplishment and growth to help heal, and remembering to love ourselves, we can all have beautiful views in our lives, one needs only to step back and look.

*Debbie is a Certified Grief Recovery Specialist® and the author to the #1 bestselling memoir A Beautiful View, available on amazon.com. A Beautiful View documents her journey through her husband’s battle with cancer, which*

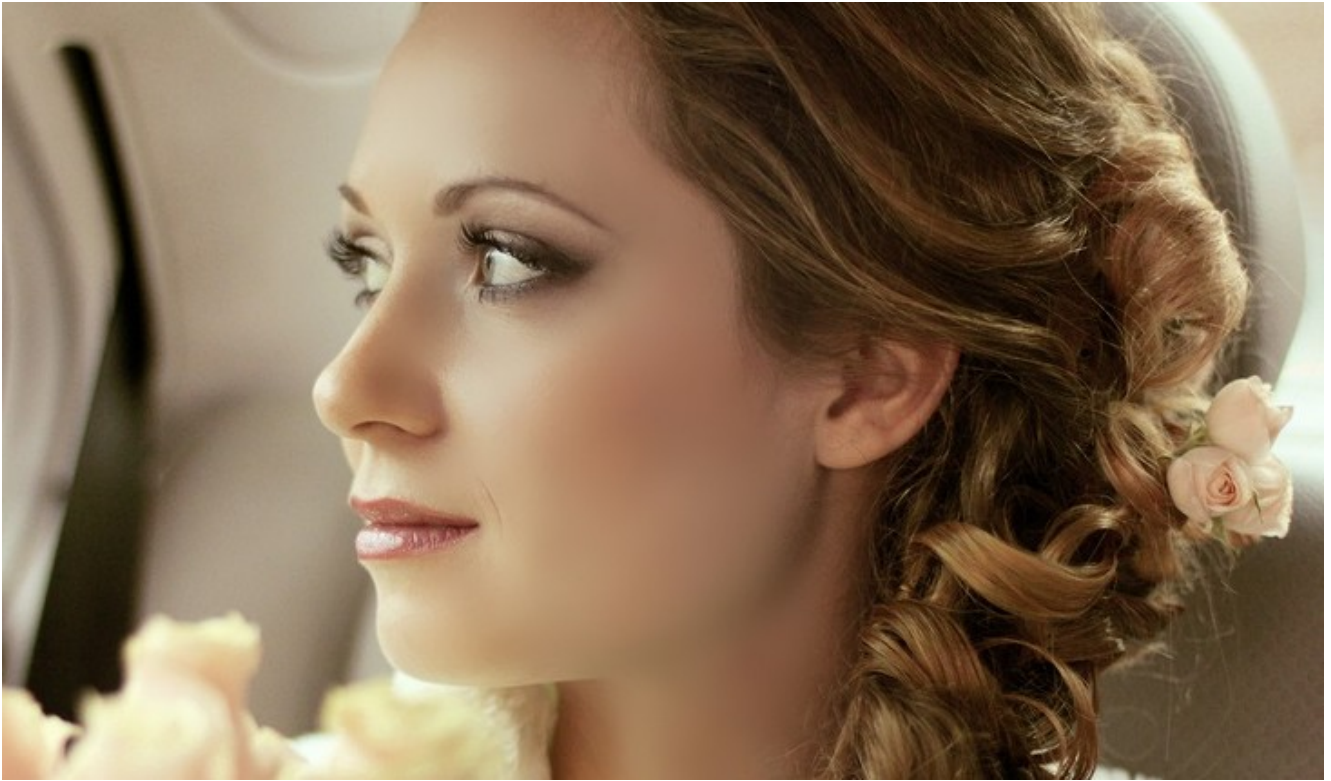
*ultimately ended with his death. She has experienced grief firsthand and is well equipped to aid others in the recovery process, whether with death or divorce. For more information about Debbie and how to recover from your loss, please visit [debbieceresa.com](http://debbieceresa.com).*

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

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## **Find Your 'Clutch': Relationship Advice from Author Lisa Becker**





By Samantha Vlahos

Being a single gal gets difficult from time to time. There are only so many failed date ideas one can endure before wanting to give up on the idea of finding the one. Lisa Becker's hit new romance chick lit, titled *clutch: a novel*, follows protagonist Caroline Johnson as she endures many dating misadventures. The single purse designer compares her unsuccessful relationships and love to different styles of handbags, and with her best friend by her side, she wears her heart on her sleeve and continues to search for her "clutch," that special someone that she wants to hang onto.

In our exclusive author interview, the dating expert gives us a glimpse behind the evolution of *clutch* and reveals her best [relationship advice](#) about online dating and having the courage to find true love. And the best part? If you're still searching for the perfect gift this holiday season, the Takashi bag by Harper Avenue is a must-have holiday item. Use the discount code below for 20 percent off!





The Takashi bag by Harper Avenue.

## Relationship Advice to Help You Find Your Clutch

We're so excited to read your fourth book *clutch: a novel*! What inspired you to write about Caroline and her dating misadventures?

I'm a sucker for a good love story and enjoy creating fun and engaging tales that are filled with lots of heart and humor.

**Why did you decide to compare men to handbags?**

When I was writing the *Click* trilogy, (*Click: An Online Love Story*, *Double Click*, and *Right Click*), I was obsessed with *NCIS* re-runs and would have the show on in the background as I wrote. There was an episode when one of the characters mentioned that men were like purses: something useless to hang on a woman's arm. I started thinking about that, and the idea grew from there. I believe that everyone deserves a happily ever after and would like to think there's a "clutch," or someone worth holding onto, out there for everyone.

**Related Link:** [Clicking to Find Love](#)

**What surprising revelations about love does Caroline learn throughout the novel?**

Throughout her handbag-themed journey to find her “clutch,” Caroline learns a few important lessons. Most notably, she realizes that being able to talk honestly with your partner is the cornerstone of a solid relationship. Also, there’s never anything wrong with being with someone that makes you happy.

**What is the main message that you hope readers take away from your book?**

Sometimes, the love you want, deserve, and need is right there in front of you all along. You just need to be open to it.

**You’ve been married for over 10 years. How does that influence or help shape your writing?**

I never thought I would get married, so some days, I still pinch myself that I’ve got a loving, hilarious, and intelligent husband. Writing these books reminds me of how lucky I am to have met him.

**What suggestions do you have for women who repeatedly find themselves on unsuccessful dates or are searching for the courage to find love?**

In the modern classic film, *The Shawshank Redemption*, Tim Robbins’ character, Andy Dufresne, says, “Get busy living or get busy dying.” That quote comes to mind when I think about searching for the “clutch.” If you feel like it’s not going to happen, then my relationship advice is to just give up. You heard me. GIVE UP! Surrender to that notion that you’ll end up alone. If that’s truly the case, do you want to spend the next 30, 40, or even 50-plus years wallowing in misery? Sitting around and lamenting your singleness? Or are you going to get busy living? Buy your own home. Travel to all of the places

you want to visit. Adopt a child. Write that novel. Engage in hobbies and activities that bring you joy.

Chances are, when you start focusing on *what* will make you happy – not *who* will make you happy – you *WILL* be happy. Happiness is evident and infectious. Happiness makes you more interesting and more attractive to someone else. And when that happens, you're more likely to meet the right person who's going to complement the amazing life you've created for yourself.

**Related Link:** [Four Dates and a Wedding](#)

**You met your husband through an online dating site. What is your best tip for our readers who are struggling to get past the creeps and find a genuine guy?**

Connecting with the right person online starts with you. When writing your online profile, be honest. Don't say you're an exercise junkie if you're really a couch potato. Don't post a photo from 10 years earlier. Don't downplay your intelligence or success because you think men will be intimidated by the real you. While you might garner a lot of interest early on, the truth will eventually come out. Nothing stunts a budding relationship and love more than deception and lies.

Also, my love advice is to let your personality shine through and be specific about the things that make you special, including hobbies and interests. It's your chance to make a positive first impression while being in complete control of the messages you are delivering.

The main character in my novel, *Click: An Online Love Story*, writes in her profile: "I cry at Hallmark commercials, sing (sometimes off key) with the radio while driving, own more pairs of black shoes than should be legal, and my fear of flying is rivaled only by my love for chocolate." My relationship advice is to tell someone who you *really* are, including your sense of humor, interests and confidence level.



Be creative!

**You balance working and writing with being a full-time mom – not an easy task! Any advice for other working moms?**

Organization is key! I have a master to-do list that I update weekly to keep track of school projects, sports practices and games, and after-school activities as well as all of my personal deadlines and appointments. I also use a spreadsheet to map out meals for the week along with groceries needed so that I never have to worry about what to make for dinner or spend time making multiple trips per week to the store. Shopping online is also a big time saver. If I'm writing and enduring a bit of writer's block, I can quickly click over to Amazon and order things I need.

**What would we find if we looked in your handbag right now?**

Aside from the standard wallet, keys, sunglasses, and hand sanitizer, you'll always find snacks for the kids. Never (ever!) leave home without snacks for the kids.

**Related Link:** [Looking for Love is Like a Job Search](#)

**If you were given an offer to turn *clutch* into a movie, who would you want to see playing the roles of Caroline and Mike?**

I think Eloise Mumford, who played Kate in *Fifty Shades of Grey*, would make an outstanding Caroline. She has the right mixture of warmth, gumption, vulnerability, and beauty to bring this character to life. I still can't decide on who would play Mike, although I know I'd love to sit in on those casting sessions.

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

*clutch* actually started out as a screenplay that was under option at a major studio, but it fell out of development. I turned it into a short novel so I could share this charming

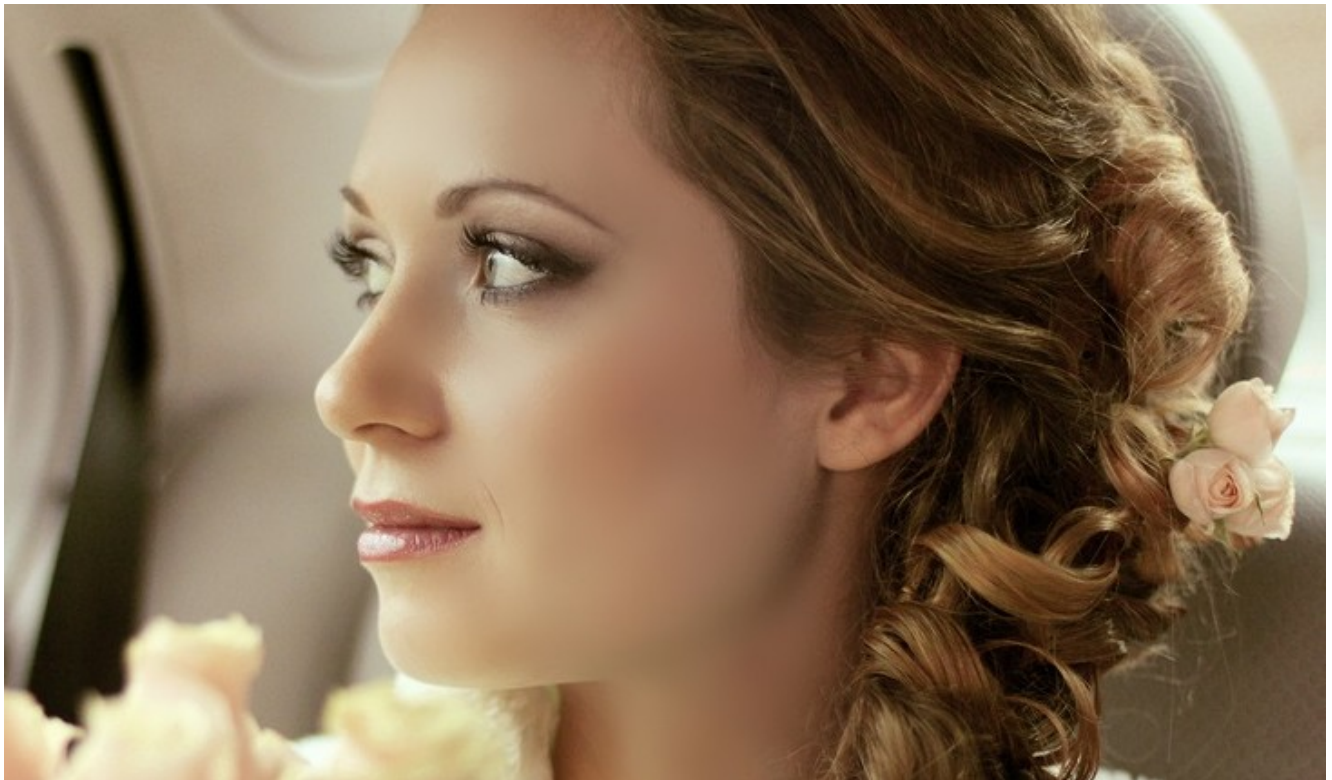
and hilarious tale. I'm eager to see if there's interest from someone else on bringing this fun and quirky story to the big screen. So if you happen to be a well-to-do movie producer looking to make a new romantic comedy, please get in touch!

*Purchase clutch: a novel on Amazon. You can use the discount code **cupidandclutch** for 20% off of your total purchase at Harper Avenue and free shipping through December 24th. For more on Lisa Becker, visit her site and check her out on [Twitter](#) @lisawbecker, [www.facebook.com/ClickAnOnlineLoveStory/?ref=hl](http://www.facebook.com/ClickAnOnlineLoveStory/?ref=hl) and [www.pinterest.com/lisawbecker/](http://www.pinterest.com/lisawbecker/).*

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## Expert Dating Advice: Top Four Places to Meet Mr. Right





In this week's [dating advice](#) video from [Single in Stilettos](#), founder Suzanne Oshima and relationship author Duana Welch discuss the top four places to meet Mr. Right.

## Consider This Expert Dating Advice If You Want to Meet Mr. Right

To follow this expert dating advice, the best places to meet Mr. Right are listed below:

**1. Look for your future in your past:** Welch says that 10 percent of women have a “lost love.” If you broke up because of outside circumstances, like moving away or a background difference, it’s worth reconnecting. These couples “often know within one hour that this person is The One for them,” explains the relationship author. “And their divorce rate is *two percent.*”

**Related Link:** [Duana Welch Says Living Together Doesn't Prepare You for More](#)

**2. Ask your friends and family to set you up:** Statistically,

most people meet their significant other this way. It's so successful because it capitalizes on familiarity and safety. "It's an informal matchmaking process that works really well," says Welch.

**3. Get online:** Between 2002 and 2008, according to the Harris Survey, one in three new marriages were between people who met through online dating – and those couples were slightly happier than pairs who met another way. "That's my story," the relationship author of *Love Factually* shares. "I met my husband online."

**Related Link:** [How to Ditch Your "Better Than Nothing" Relationship and Love](#)

**4. Use the Law of Proximity:** You're most likely to marry someone you've met in person (duh!), and therefore, the single biggest predictor of a life partner is geographic nearness. "You need to put yourself next to this person," Welch says. "Let's say that you're taking a couple of college classes, and there's a really attractive guy in that class...You need to sit next to him."

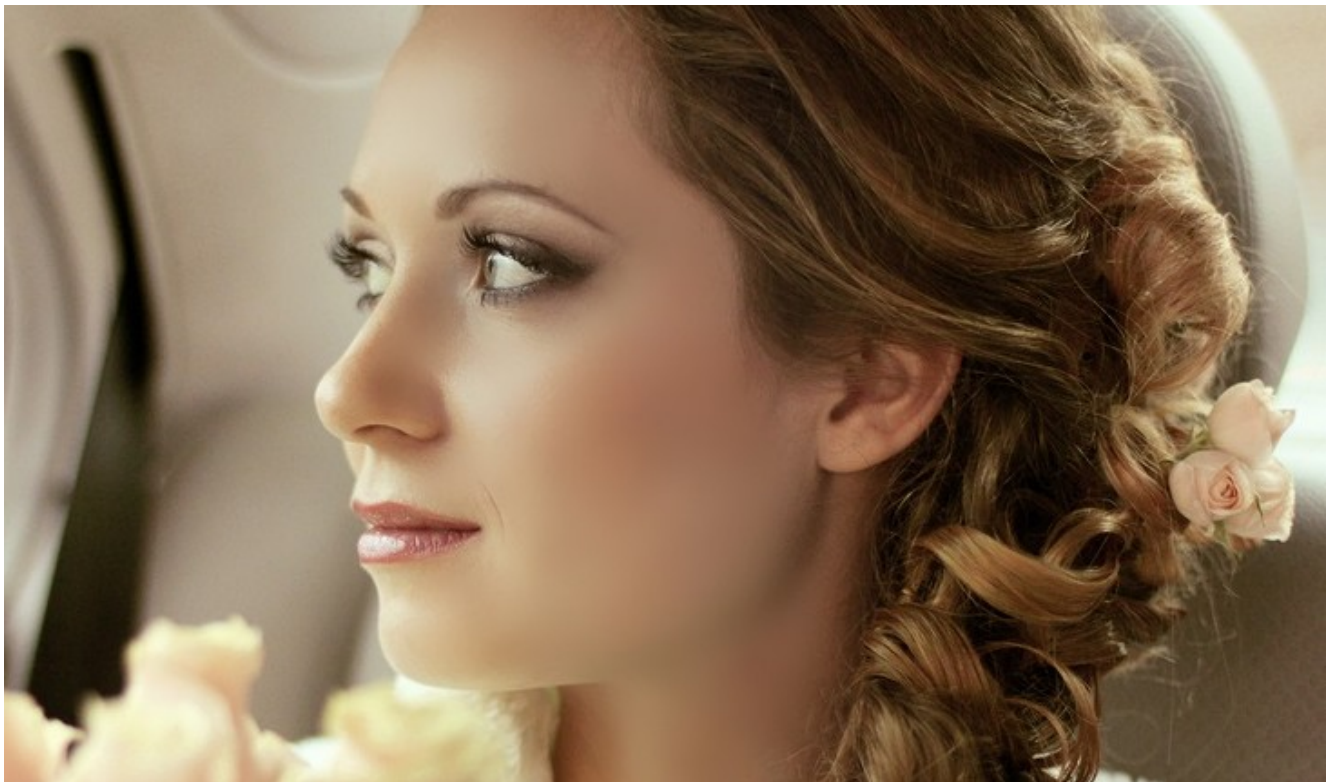
*For more relationship advice videos and additional information about Single in Stilettos shows, click [here](#).*

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

**Where is the best place to find true love? Tell us in the comments below!**

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# Celebrity Couple Fun: Chrissy Teigen Shares Hilarious Post-Thanksgiving Pics with John Legend



By Katie Gray

In latest [celebrity couple](#) news, supermodel and mother-to-be, Chrissy Teigen, and husband, singer John Legend enjoyed their Thanksgiving holiday. After eating what was no doubt a lot, they created funny photos with a fat booth app. This famous couple obviously has a good sense of humor! They keep their celebrity romance alive with laughter. According to [UsMagazine.com](#), the duo also love to cook! Teigen shared a video of herself and Legend cooking a feast in their kitchen

together.

# The celebrity couple that has fun together, stays together! What are some ways to make your partner laugh?

## Cupid's Advice:

If you can make someone laugh, they will love you forever! There's nothing more attractive than a person with a good sense of humor. It's important to have a partner who can make you laugh, even on your saddest days. They say the way to the heart is through a person's stomach, but it's also by making them laugh! Cupid has some dating advice:

**1. Inside jokes:** Nothing is better than feeling like you and your partner are in on something that nobody else is aware of. It's you two against the world! Share your inside jokes with each other to keep your bond strong.

**Related Link:** [Shawn Johnson Reveals Wedding Date and Dress Details](#)

**2. Personality based:** In order to make your partner laugh, you have to cater to their personality. When you know their interests, feelings and passions, you know what to joke about with them.

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

**3. Adventures:** Go on an adventure with your partner, and the laughs are sure to follow! Whether you are traveling, trying a new restaurant, or partaking in an activity, funny situations will arise. Enjoy what the world has to offer together with

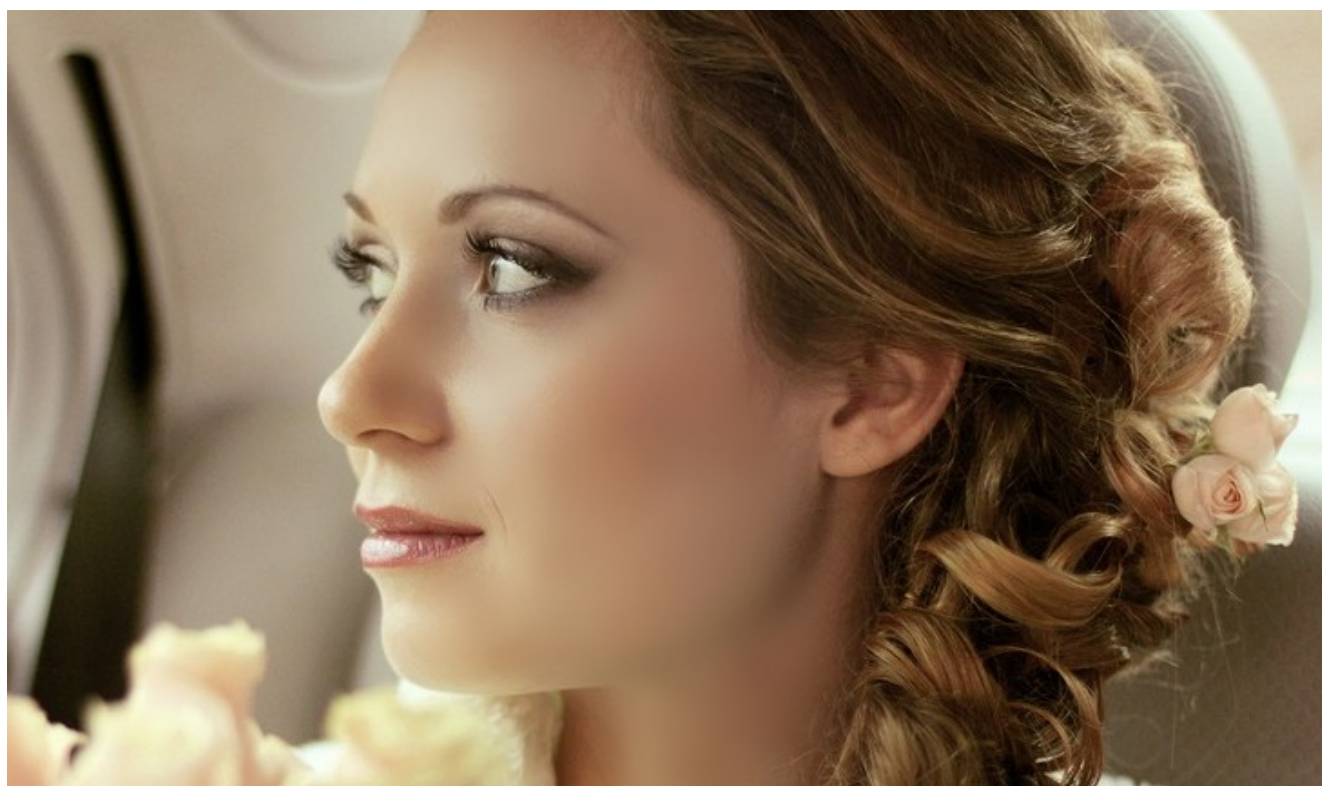


your partner!

What are some ways that you make your partner laugh? Comment your stories with us below.

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## Relationship Advice: Four Reasons To Be Thankful For Your Partner



By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#) with contributing writer Nicole Hartley

Leaves are falling and frost is here, which can only mean one

thing: the holiday season is here! Thanksgiving is a time to be thankful for the things in your life that you may not stop to appreciate on a daily basis. But most importantly, Thanksgiving is a time to be thankful for the *people* in your life. As relationship experts, we know that it can be difficult to take the time to appreciate your significant other as often as you probably should. Aside from birthdays and anniversaries, Thanksgiving is the perfect time to show the person you love why you care about them. But before you do, our [relationship advice](#) is to realize why you're thankful for them.

## Relationship Advice: Be Thankful For Your Partner This Holiday Season

Here's 4 reasons you should be thankful and appreciative of your partner this Thanksgiving:

**1. It's the holidays.** Who doesn't love holidays? Holidays bring food, friends, family, and most importantly love. The Thanksgiving spirit in and of itself should give you a reason to celebrate your relationship and love a little extra this week. Spend some time cooking together or watching a game of football. Listen to our love advice and whatever the tradition is, share it together.

**Related Link:** [Taking Your Partner on a Family Vacation](#)

**2. They put up with you.** Okay, this is a big one. If nothing else, you should appreciate your significant other because they have to put up with you on a regular basis. Sure, we all think we're great and have no flaws, but the fact of the matter is that we do. Thanksgiving is meant to ignite a sense of gratefulness for the people you care about, so be grateful that he/she puts up with you during your best and worst

moments.

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

**3. It's the season of giving.** Relationships live and thrive through compromise. The ever-changing cycle of give and take is what makes a relationship tick and function properly. Only you and your significant other know your system of give and take, but consider giving a little extra this holiday because it's good-natured and it even feels good too. If you know he/she likes their potatoes made a certain kind of way, consider making their favorite dish this Thanksgiving to put a smile on their face and satisfaction in their stomach. The little things go a long way, so consider what they love and try to give them what you can this Thanksgiving.

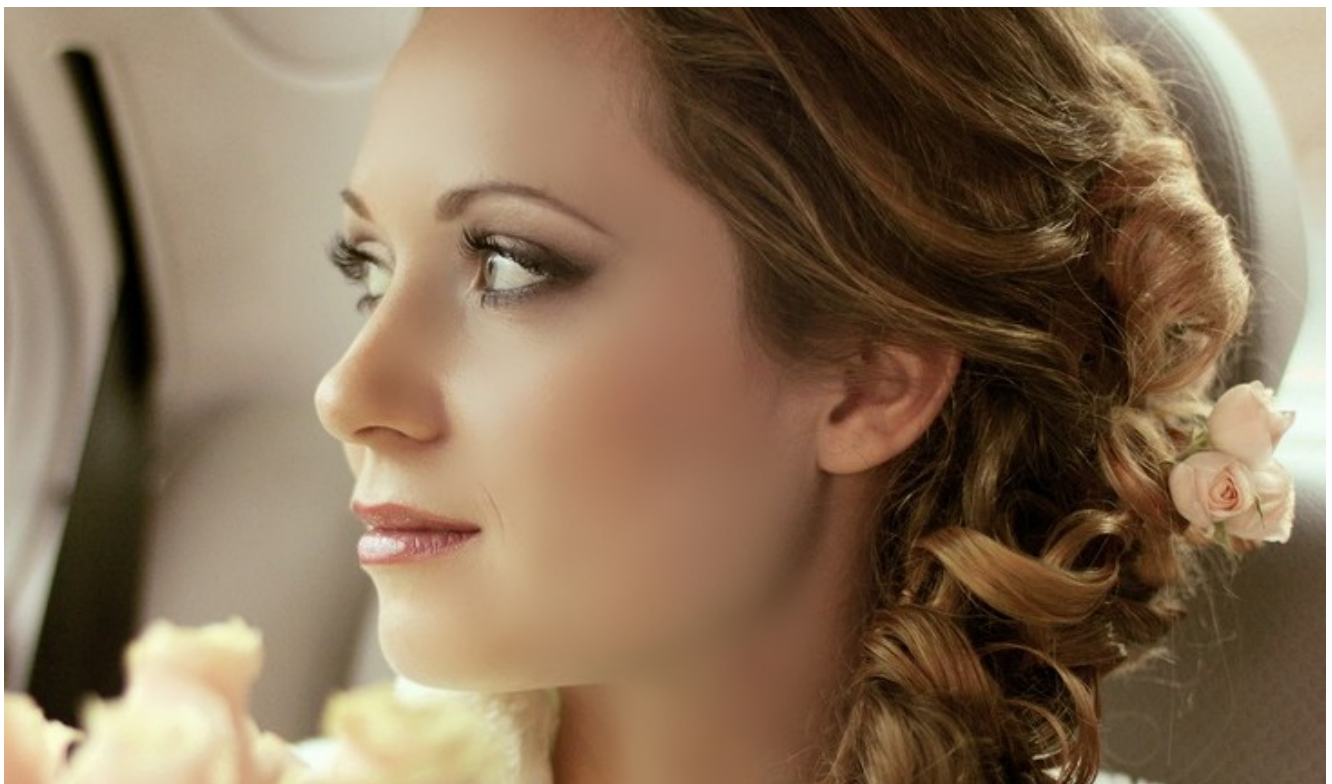
**Related Link:** [Love Advice: What To Do If Your Friends Don't Love Your Partner Like You Do](#)

**4. For all the times you didn't say thank you.** We're all guilty of taking things for granted, but it's important to stop and appreciate who you have every once in a while. There probably has been countless times that your partner has done something for you that you didn't notice, like hanging your keys up in the same spot so you don't forget them. Again, it's the little things that count. It's okay to forget a thank you here and there. Thanksgiving is an opportunity to tell the person you love how you truly appreciate every time they do those little things, even when you may not say it every time. It's the perfect time to say thank you for all the things that typically go unnoticed. Our relationship advice is to spread thanks as generously as you spread your gravy and your holiday is bound to be a success along with your relationship.

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

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# Relationship Advice On Finding True Love



On this week's Single in Stiletto's [relationship advice](#) video, matchmaker Suzanne Oshima and dating expert Tinzley Bradford reveal how to find relationships and love that will last a lifetime!

## Dating Experts Give Relationship Advice On Finding True Love

Check out the video above for the best relationship advice on how to find true love.

**1. Be with someone who wants to be with you.** The person you're dating should be able to tell you, without hesitating, that they're looking for the same things you are. The relationship experts revealed their dating advice that you need to watch out for the man who will pursue you one week and disappear the next.

**Related Link:** [Relationship Advice: How To Get A Ring On The Finger!](#)

**2. Be a lovable person.** Even though you may have had bad experiences in the past, don't be critical or downgrading of the man you're dating currently. That negatively isn't good for either of you!

**Related Link:** [Dating Advice: Balancing Your Career & Relationships and Love](#)

**3. Be patient.** Don't let the fact that you're single consume you. Hang out with friends and family and do things to keep you occupied. Just enjoy life as you are, have fun, do something different, and flirt. The worst thing you can do is stress over being single.

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

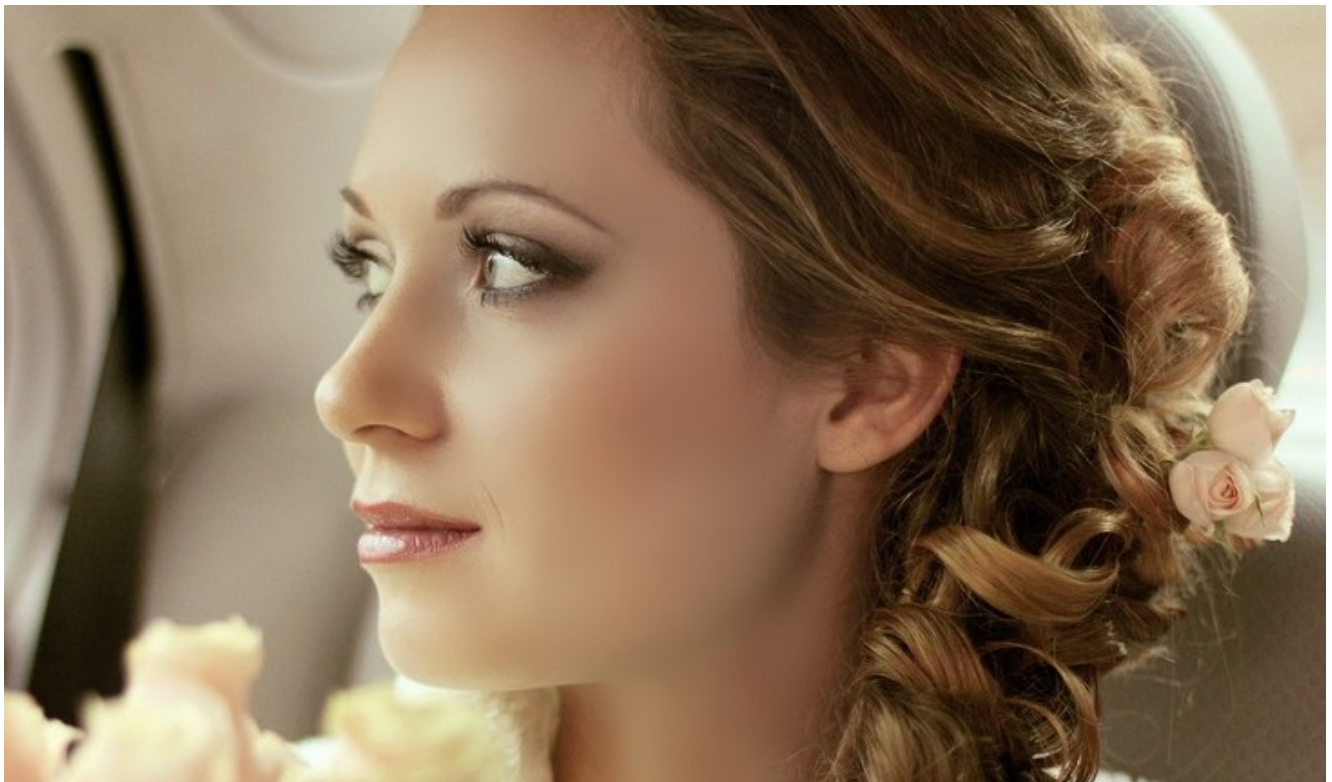
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**What are your tips for finding true love? Tell us in the comments below!**

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# Dating Advice: Don't Be Afraid to Sparkle During the Holidays—Even If You are Single



By Cathy Maxwell

No one special in your life? The holidays can be tough for single celebrities and non-celebrities alike. Many activities around this time can intensify whatever doubts we are feeling about ourselves or our relationship status, if we let them. The main piece of [dating advice](#) is to enjoy all the fun of gatherings without the angst of being the odd man out. Or worse, wallowing in pity for being alone.



**So, how do we do that? First, I believe in grabbing hold of life with both hands. I not only survive the holidays, but thrive by putting into practice three sparkling principles:**

**Love is a word of action.**

I love. Feel the power? The statement breathes. It speaks of me: I love ideas. I love community. I love men with glasses. I love being at the gym. I love to read. The list of my passions goes on and on. When I focus on what makes me feel alive, I get out of my own head and begin to enjoy what is happening around me. Who cares if there is an odd number at the table and I'm the one responsible? Let's talk about books, movies, tidbits from the news. Better yet, let me love my friends for who they are. Let me demonstrate my care for them by being interested in their lives, instead of mooning over what mine lacks.

**Related Link:** [Top 10 Sexy, Successful and Single Celebrity Women Over 40](#)

**Always be ready to participate.**

Yes, this goes for introverts as well. Just because I don't have a date doesn't mean I shouldn't spend some money on myself for fun holiday polish and bling. Indulging is what this happy time of the year is about. Winter is coming; shine now! And life should never be lived waiting for some mythical someone to come along. Or feel I must shoehorn myself into a relationship to fit in with social groups. Yes, I understand shyness. Without a partner, it would be easier to stay home . . . but the cost is high. We were meant to live fully and completely. Decorate where you live. Act as if the holidays

have meaning. Take part in the traditions. When you are invited out by friends and family, don't say no automatically. Remember, you are special exactly the way you are, and don't be afraid to flaunt it. There's power in being able to come and go as you please. Use it.

**Related Link:** [Single Celebrity Susan Sarandon 'Trying to Figure Out' the Single Life](#)

### **Create the party.**

I adore dinner parties. When I found myself single, I refused to be cut out. I invited the most interesting people I know to my place and I sit at the head of the table. If I want to go to the movies, I put out the word. If I want to carol or go dancing or hiking, I'm happy to organize. Plus there are groups I can join and form new friendships around these activities. When I found myself single, I let people know I wanted to be included by reaching out first. There is more to me than the man in my life. Yes, it is a couple-ly universe, but true friends value my presence.

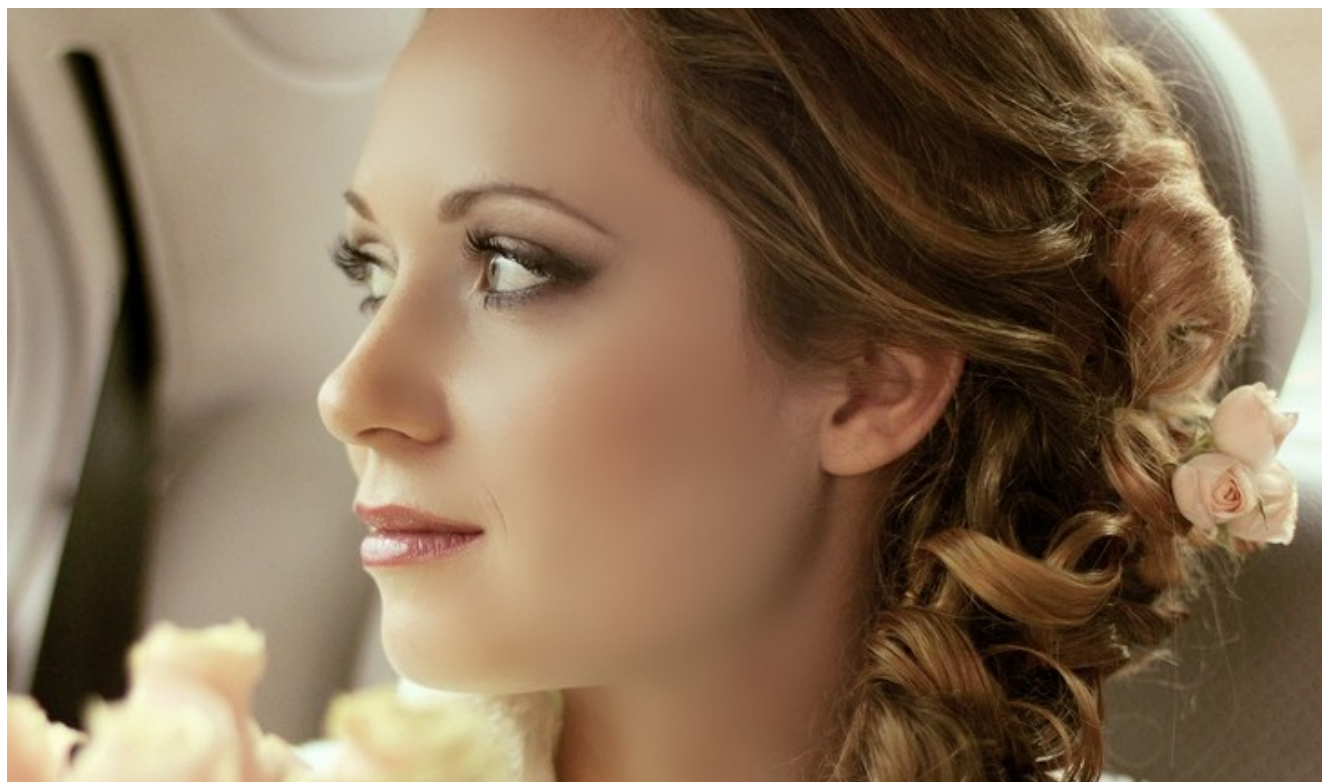
After all, life is meant to be celebrated and I don't want to miss a second of it.

*Cathy Maxwell believes Love is so important, she devotes her writing to it. She is the USA Today and New York Times best-selling author of over thirty historical romances. Click here to order her latest novel, The Match of the Century. Fans can contact Cathy at [www.cathymaxwell.com](http://www.cathymaxwell.com).*

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## **Expert Relationship Advice:**

# Travel 101 for the Guys



By [David Wygant](#)

What should a man know before going on vacation with his significant other for the very first time? Well, there are a couple of things to keep in mind. You're going to see your significant other in a whole different way when you go away with her. If you follow my expert [relationship advice](#), I strongly suggest you engage her to see how she handles certain situations.

## Follow This Expert Relationship Advice on Your First Vacation as a

# Couple

The first thing you are going to learn is her level of flexibility. When you take a person out of their everyday surroundings, they need to become a little more, let's just say, flexible. Whether you spend three or four days with her walking around a city or vacationing in paradise, you are going to see how flexible she is outside of her day-to-day routine. How does she roll with the punches when the person in the next hotel room is loud at night? Or when she doesn't have any cell service and can't check her e-mails? What about when you guys get into a little tiff? Because those things are bound to happen when you go on vacation with somebody.

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

Another thing you're going to learn about is her habits. When you're dating somebody, they tend to be on their best behavior. For instance, they won't check their phone as often as they usually do. But when you take them out of their environment, you'll get an idea of her *real* social media and texting habits. How often does she look at her phone? How often is she checking her e-mail or Instagram? Is she answering texts and phone calls from friends when she is away with you? You're going to quickly figure out how her attention is spent. Is she present in the moment? Or is she constantly thinking about work?

You get an idea of who somebody is because, when you take them away, you'll start to learn about how well they can relax. One time, when I took somebody away for the first time, I realized after that three-day trip that it would be our last vacation ever. She couldn't get out of work mode. She was constantly checking her phone, constantly worried about things back at home. She wasn't present at all, and it taught me a lot about her and about the type of relationship and love I was going to have with her. You see, when we were together on a Saturday

night, it was easy for her to hide all of those things...but when we were together for five days straight, she couldn't hide those neurotic behaviors.

Another great thing you can learn about somebody is their sleeping habits. Most of the time, when you take someone away for the first time, you spend a night or two together. Imagine spending a week with them and taking a look at their *real* sleeping habits. For instance, how long does she spend in the bathroom before bed? I was dating an awesome girl once, but after our first trip, I realized that she spent 90 minutes in the bathroom every night doing who knows what. I couldn't believe that was how her days always ended!

**Related Link:** [Expert Love Advice: Why Getting to Know Her Friends Is Like a Football Game](#)

Traveling with your partner is really an amazing experience. It allows you to see somebody for exactly who they are. Here's my best expert relationship advice: Go away together for a week. That length of time will allow you to get an idea of their habits and of their flexibility when they're out of their comfort zone. It's easy for a woman to pack a bag and come to your house for a night, but it's a challenge for her to come and hang out with you for a full week. You will learn so much about who she is.

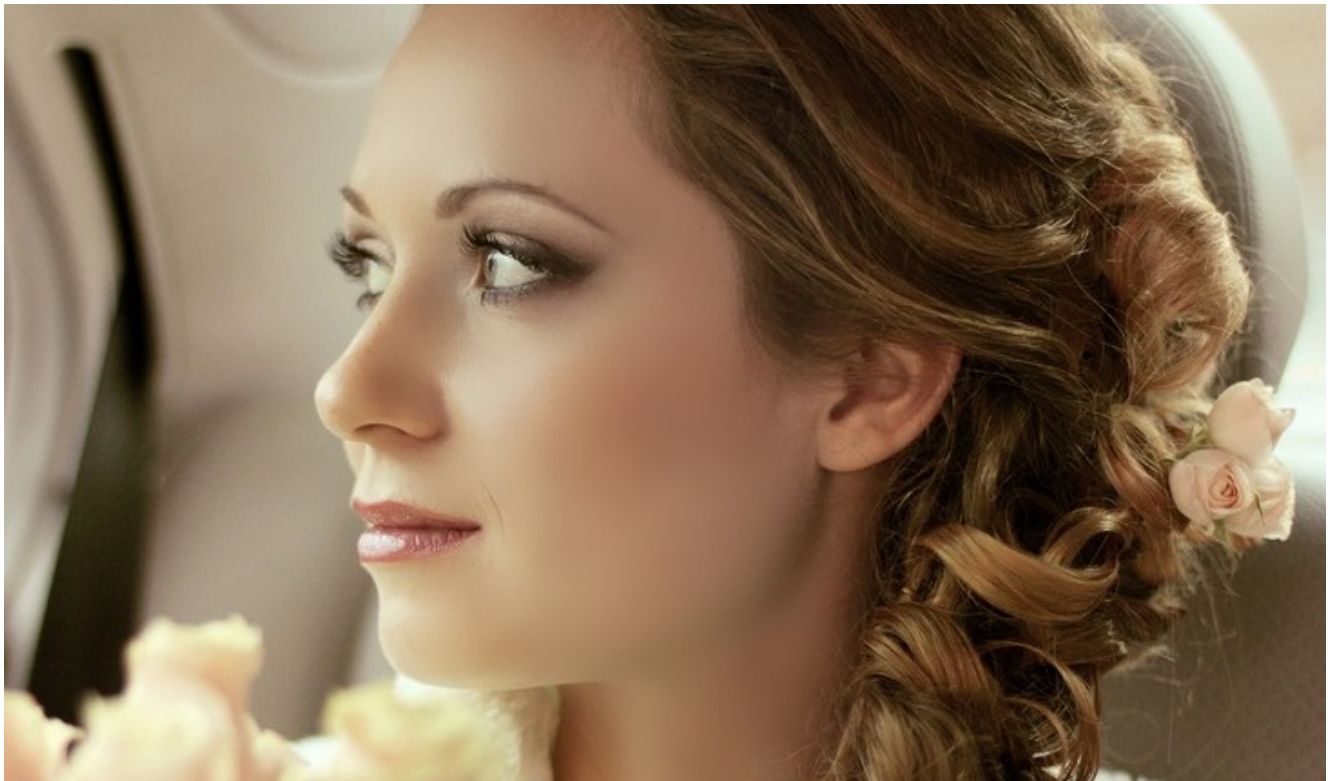
*David Wygant is an internationally-renowned dating and relationship expert, author of the book Naked, and speaker. Through his boot camps, personal coaching, and his [website](#), his love advice has transformed the relationships and love of hundreds of thousands of people from every corner of the globe.*

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



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# Celebrity News: Scott Disick Shares Adorable Instagram with Son Mason



By Kyanah Murphy

Super cute! In latest [celebrity news](#), [Scott Disick](#) shared an adorable Instagram photo of himself and his son Mason going away together on a boys' trip. Disick recently completed a month-long stay in rehab, according to [UsMagazine.com](#). Disick seems to be doing fine since rehab and the end of his [celebrity relationship](#) with [Kourtney Kardashian](#) this summer.



# **This celebrity news shows Scott Disick is still a loving dad. What are some ways to know your partner will be a good parent?**

## **Cupid's Advice:**

This is great celebrity news, and we're glad to see Disick doing well and spending time with his children. Do you wonder if your partner would be a good parent no matter what? Cupid has some tips for you to look out for in your partner:

**1. They're mature:** Your partner is mature, and they take things seriously. Going out and partying is not at the top of their list anymore and they aren't childish (not to be confused with a kid at heart).

**Related Link:** [Celebrity News: Kris Jenner Brings Scott Disick's Kids to Visit Him at Rehab](#)

**2. They're financially responsible:** They're money conscious. They're good at saving, they know how to budget and use their money wisely. They don't have to have everything they want, especially on impulse.

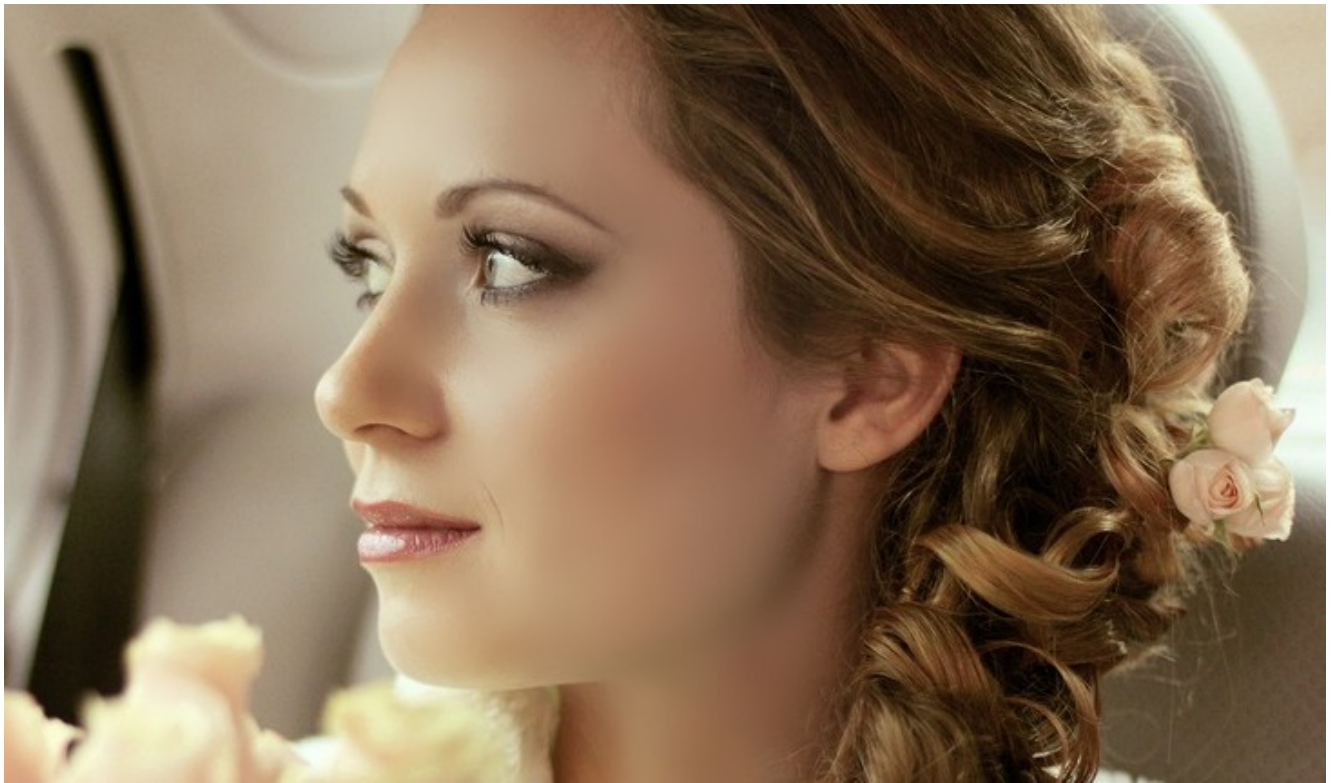
**Related Link:** [Justin Timberlake Shares Photos of Celebrity Baby Son Silas](#)

**3. They're good with kids:** Any friends or family that have children who your partner interacts with, they're good with. Kids love them, and they love the kids. They like spending time with them and having fun with them.

**Do you have any kids? How did you know your partner would be good with kids? Comment below.**

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# Relationship Advice: Is Friendship After Divorce Possible?



By Amy Osmond Cook for [Divorce Support Center](#)

Headlines are filled with photos of happy celebrities vacationing in remote places with their children in tow. It's a picture perfect story—almost. For some celebrity exes such as Miranda Kerr and Orlando Bloom and Mariah Carey and Nick Cannon, the marriage ended long ago, but the family unit remains. It's not uncommon to hear stories of former couples vacationing together, living by each other and spending family

time together. With such a high-profile breakup, how can co-parenting be such an easy transition for them? My [relationship advice](#) for you is to emulate these famous relationships because the success largely depends on the parents' ability to move forward.

## Relationship Advice Navigating Friendship Post-Divorce

Though the success of co-parenting is largely dependent on the circumstances of the split, these celebrity couples are proof that children can still grow up with the positive influence of both parents, even after the marriage or longtime relationship and love has ended. Here is my relationship advice for how to successfully transition from a married household to shared parenting between two households.

**1. Focus on long term.** A swift dose of reality should remind you that carrying anger or other negative feelings won't change the outcome. Your marriage died. Mourn the loss of that part of your life then move forward to create a new future for yourself and children. "I am always impressed when I see couples who manage to stay friends, as it takes strength in character and an understanding of the bigger picture to rise above the hurt," wrote Seth Myers, Psy.D., in the article, Stay Friends After Divorce: Why, Coping, and Moving On. "While we can't do much to change the state of affairs in other couples, you can reflect on your own relationship." Recognize that your former partner must make the same effort. This often means a new relationship—and you need to be okay with that.

**Related Link:** [Expert Dating Advice: Moving On After a Divorce](#)

**2. You are not defined by your divorce, so don't allow it to dictate your actions.** Your role as a spouse may be over, but your parenting role continues. Don't allow the end of your

marriage to overshadow the positive, future memorable moments you owe your children. By making the choice to fill your life with positive and hopeful plans for the future, you'll have a solid base on which to build new relationships. But, you do need a plan. A personal strategy will lessen the potentially negative effects if you witness your partner moving forward. It will also remind you to stay focused on the plans you have prepared for your progress. This transition requires a great deal of discipline and compromise since you're putting your feelings aside for the sake of contributing to a positive parenting environment for your children. A large part of this growth is recognizing that was then, and this is now. Your actions will be a lasting example for your children. What message do you hope they remember? Whether positive or negative—it'll make an impact.

**Related Link:** [Relationship Expert Talks About Being Friends With Your Ex](#)

**3. Relationships are life's classroom.** Seth Myers described it best when he wrote, "Too often, men and women end relationships and feel that they made a mistake in choosing the partner they committed to in the past because the relationship didn't work. But such a perspective betrays the bigger picture that relationships are one of life's greatest classrooms and it's within this context that we figure out what we need and learn how to move closer to true fulfillment." Instead of focusing your energy on changing the result of your ended marriage by making him pay for what he did, recognize your role in the demise of that relationship and make it a goal to learn from that experience. Feelings of resentment and revenge do nothing to change the outcome. All it does is affect those you still fully love—your children. "Barring cases of abuse," added Myers, "learning to forge a friendship with your ex after divorce can be a truly healing experience and allows for an important integration of your past with the present."

By staying committed to long-term goals, maintaining a positive and hopeful attitude on your future, and viewing your relationship as a learning experience, you're set to develop a surprisingly supportive relationship with the one person who used to know you best and that's a winning strategy for you and your children.

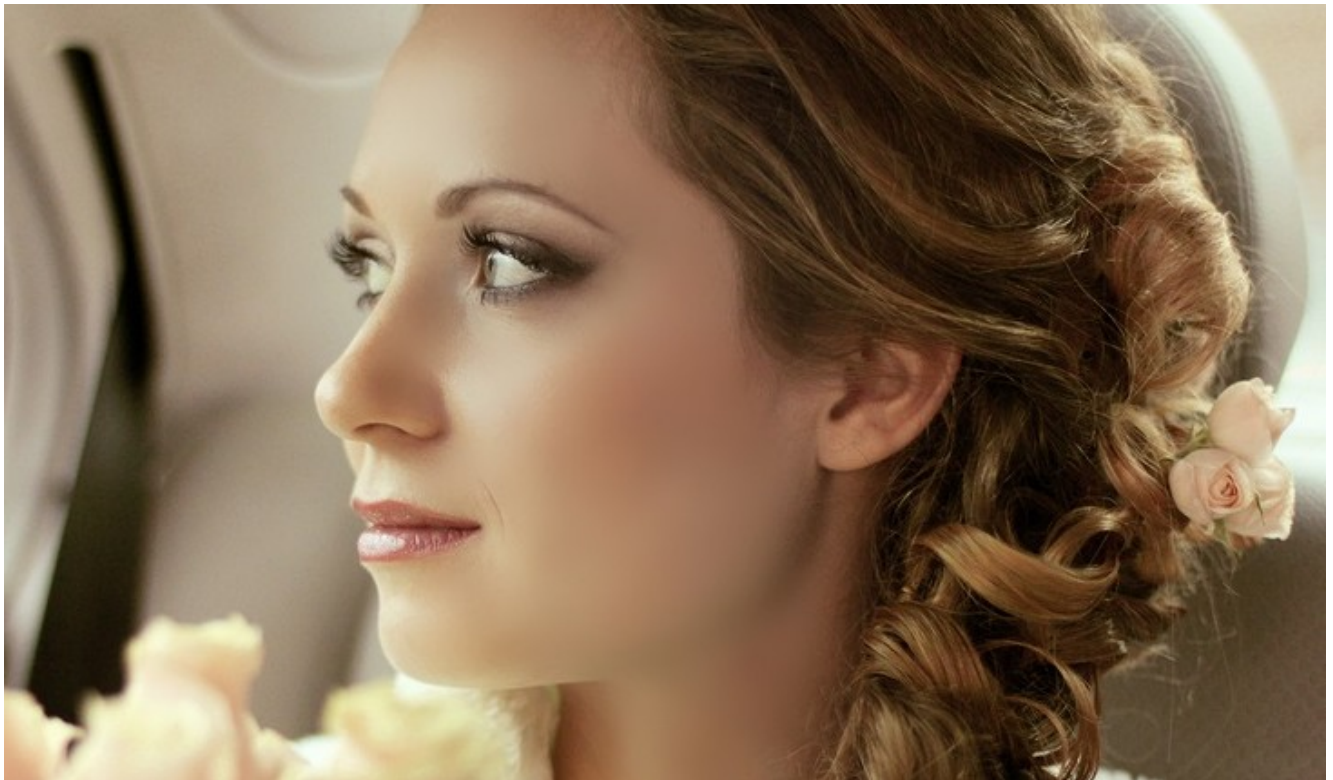
*For more information about and articles by our Hope After Divorce relationship experts, click [here](#).*

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## Dating Advice: Balancing Your Career & Relationships and Love







On this week's [Single in Stilettos](#) relationship advice video, dating experts Suzanne Oshima and CupidsPulse.com Executive Editor [Lori Bizzoco](#) reveal three [dating advice](#) tips on balancing your relationships and love with a booming career!

## Dating Advice On How To Balance Your Love Life & A Booming Career

If you've ever wondered, "Can I really have it all?", these relationship experts are here to tell you that you can. We may not be able to have it all at the same time, but you can balance your career and love life with these tips below.

**1. Prioritization.** Make sure you set priorities for yourself so you're happy with what you've accomplished, whether it be at work or in your personal life. Also, communicate what's important to you with your significant other and even your boss.

**Related Link:** [Dating Advice: First Date Tips For Women!](#)

**2. Time management.** Need some dating advice? Start devoting

time to your relationship the same way you do with work. Set boundaries and make sure you're not working 12-14 hour days, because that's not healthy. If you make a time commitment to someone, be there, whether it's with your friends or your partner.

**Related Link:** [Relationship Advice: How To Get A Ring On The Finger!](#)

**3. Communication.** Take interest in your partners day and ask about their coworkers, while sharing details about your own job. You'll feel connected and it will help you unwind after a stressful work day. But limit job chit chat, so it doesn't consume the relationship.

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

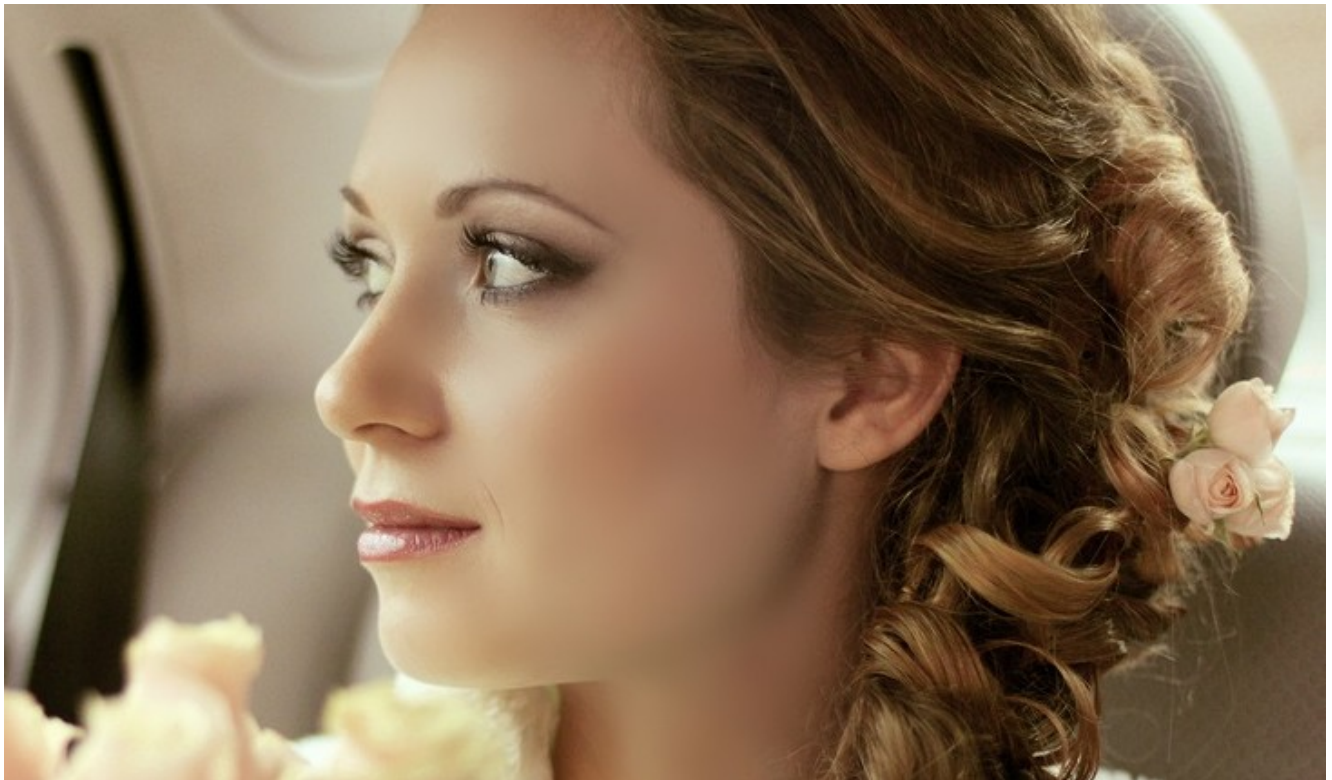
*For more videos from CupidsPulse.com, check out our [YouTube channel](#).*

**What is your advice on balancing a career and your love life? Tell us in the comments below!**

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## Dating Advice for Your First Thanksgiving as a Couple





By Abbi Comphe

Thanksgiving is an important family holiday. When you begin a new relationship and the holidays come around, you have to make the decision of what you are going to do. There are many options on Thanksgiving Day, and you should both talk about it and see what fits you best. Just remember, there will always be another Thanksgiving!

## **Cupid has some [dating and relationship advice](#) for your first Thanksgiving as a couple:**

**1. Split your time:** If you both have families who host their own Thanksgivings, then split your time. Sure, you'll be eating a lot of food that day, but it's about your family. Go to one home in the morning and the other in the afternoon. It will be exhausting, but you get to spend time with both families.

**2. Host Thanksgiving:** Instead of having separate

Thanksgivings, ask your family to come to your home so you can host. This is your opportunity as a couple to show your family how well you are doing. It will probably be stressful, but it will turn out great. Just don't burn the turkey!

**Related Link:** [Dating Advice: Find Out If Men Really Want the 'Cool Girl'](#)

**3. Be prepared:** No matter if you host or go to your families house, be prepared for all the relatives. This is your first Thanksgiving together and it may be your first time meeting each others extended family. Help each other out and make sure you each know everyone's names and personalities.

**4. Make time for yourselves:** Thanksgiving can sometimes be a stressful holiday. So make sure you remember what it is all about. Thanksgiving is a time to be grateful for what you have and love. So let your significant other know how much they mean to you.

**Related Link:** [Dating Advice: 5 Ways to Keep Boundaries with your 'Work Spouse'](#)

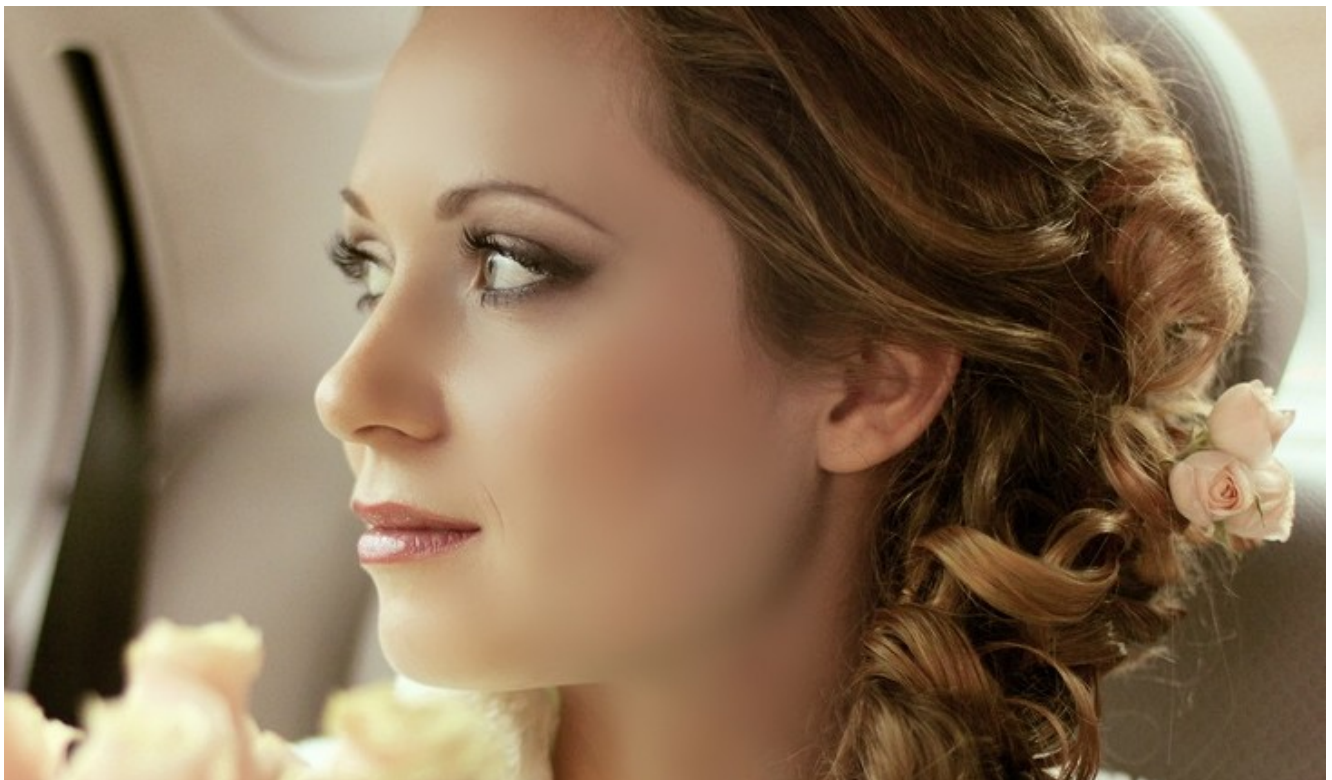
**5. Spend it together:** If you feel under pressure about family and what to do, spend your first holiday together. It's ok if you two want to start a new tradition. Maybe it's just better if it is the two of you. Make your Thanksgiving dinner, watch some movies and be thankful for what you have. Your family will understand, you are starting a new family!

**What do you think is good advice for couples sharing their first Thanksgiving together?**

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# Christina Aguilera Approves of New Celebrity Couple Blake and Gwen



By Katie Gray

In latest [celebrity news](#), the newest [celebrity couple](#), country singer Blake Shelton and pop star Gwen Stefani, get the seal of approval from their co-star, Christina Aguilera. She says of this celebrity relationship, "If you find someone who makes you happy, you gotta go for it. So they deserve it and they deserve to be happy." According to [UsMagazine.com](#), Aguilera is set to be on the next season of *The Voice* and is thrilled for the show's first romance. Blake and Gwen are both dealing with the aftermath of their celebrity divorces.



# This new celebrity couple is getting a seal of approval! What do you do if your friends don't approve of your relationship?

## Cupid's Advice:

When your loved ones approve of your relationship, it's a weight lifted off of your shoulders! However, it can be rough if your friends don't approve. The best way to handle your friends' disapproval is to communicate with them, have them get to know your partner better in a social setting, and listen to what they're saying. Cupid has some advice:

**1. Communication:** Communication is the key to any problem in life. If your friends are not in favor of your relationship, voice your feelings to them on the subject. Figure out why they don't like your relationship or your partner, and then work through it. Communication is the first step!

**Related Link:** [Celebrity News: Gavin Rossdale Cheated On Gwen Stefani With Nanny For Years](#)

**2. Interactions:** The most common reason for your friends not liking your partner is probably that they just don't know your partner well enough yet. This can be solved by some good interactions! Get everyone together for a nice dinner or a fun activity. Once they see the fun side of your partner, they will begin to like them – just as you do.

**Related Link:** [Miranda Lambert Celebrates Birthday as New Celebrity Couple Blake & Gwen Appear on "The Voice"](#)

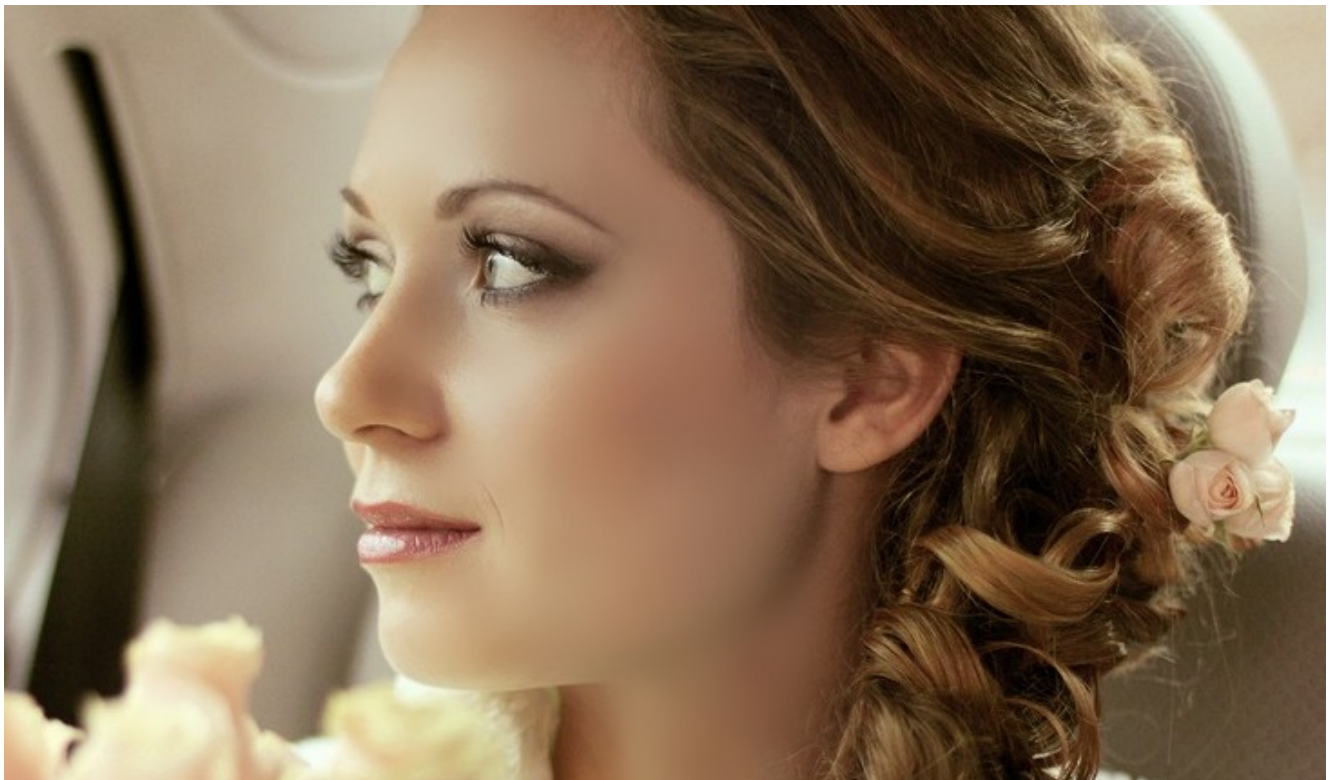
**3. Listen:** Your friends care about you and want what is best for you. If they don't like your relationship, this means that they are concerned for you. Listen to what your friends have

to say on the subject of your relationship. Let them explain to you their concerns and then come up with solutions to the problem together.

**What are some ways you have handled your friend not liking your relationship? Comment your stories below!**

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## **Celebrity News: Jennifer Lawrence Says She's 'Lonely Every Saturday Night'**



By Mackenzie Scibetta

Surprising, and slightly comforting, [celebrity news](#) coming from [Jennifer Lawrence](#) this week as she revealed to *Vogue* magazine that she deals with loneliness just like everyone else. According to [UsMagazine.com](#), the single celebrity said “no one ever asks me out. I am lonely every Saturday night. Guys are so mean to me.” She even added how guys try to assert their dominance and make her feel insecure. It’s shocking to believe that the Oscar-winning actress struggles with finding a genuine guy, but this goes to show even celebrities need love advice!

## **This celebrity news is super surprising! What are some ways to find the “nice guy”?**

### **Cupid’s Advice:**

Having feelings for someone is now considered a sign of weakness, and being attached to someone is deemed too clingy. With these societal norms spreading it’s more difficult than ever to find a happy relationship. But don’t give up hope yet! Contrary to popular belief all of the “nice guys” haven’t fallen off the face of the Earth just yet. Cupid is here to help you find a man worth falling for:

**1. Be yourself from the very beginning:** By never hiding your true self a guy will know immediately the expectations he has to live up to and the standards he has to meet. On the first few dates women tend to let a lot of things slide in order to come off as easy-going, but sometimes letting the guy know exactly who you are and what you want will make it clear to him how to act like a gentleman.

**Related Link:** [Celebrity News: Rob Kardashian’s Ex Adrienne Bailon Says ‘He’s a Great Guy’](#)

**2. Stop playing games:** After middle school there's no valid reason why men and women should continue to play mind games with each other. Making your partner guess if you like them or calculating when to text back is feeding into this concept that dating is a game. Nice guys won't want to participate in these games so just leave them at home.

**Related Link:** [Celebrity Divorce: Kaley Cuoco Tears Up Talking About 'Difficult Year'](#)

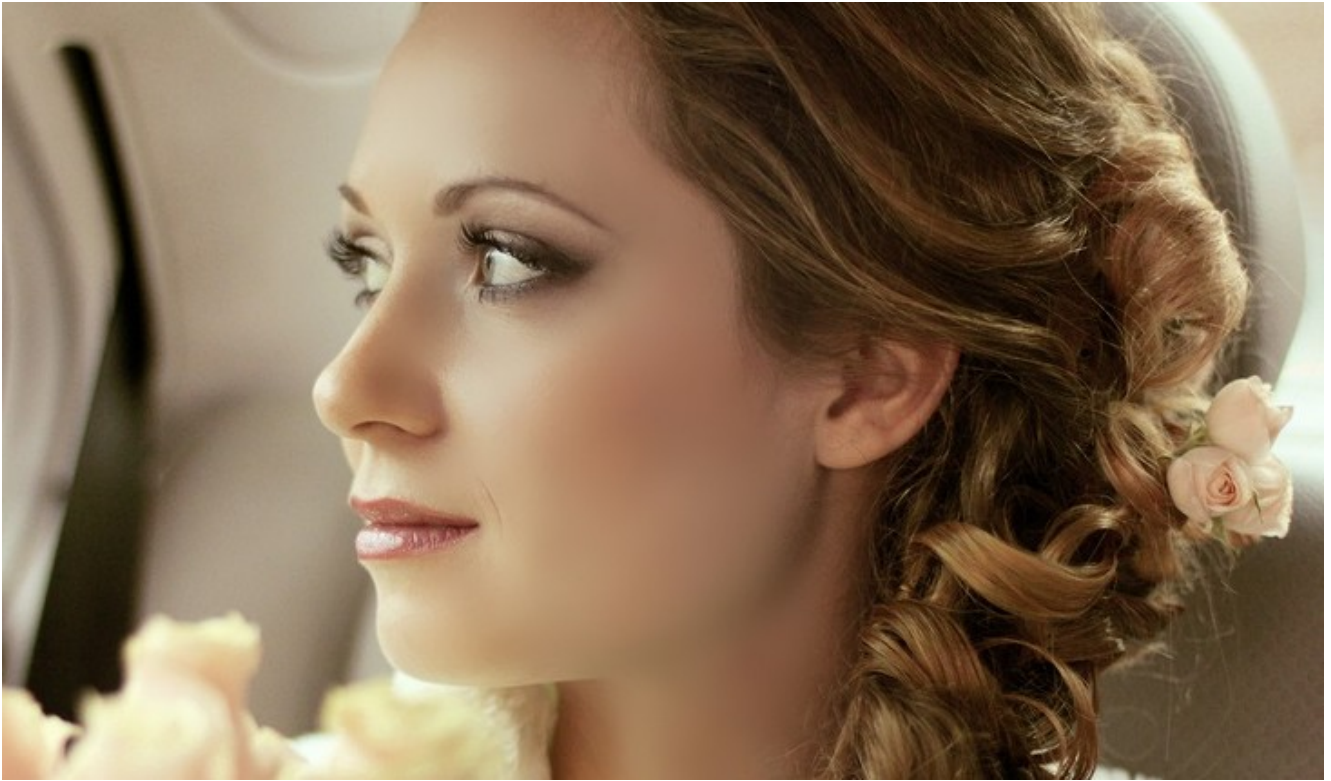
**3. Respect yourself:** Treating yourself with dignity will be a great example for any man to follow. Say no when you want to say no and don't allow yourself to be stepped on. Don't ever bend over backwards trying to please a guy because a relationship should be a two-way partnership with balance.

**Where did you and your "nice guy" meet? Comment below.**

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## **Are Former Celebrity Couple Nicole Scherzinger and Lewis Hamilton Back Together?**





By Abbi Comphe

Former [celebrity couple](#) Nicole Scherzinger and Lewis Hamilton may be back together. According to [EOnline.com](#), the [celebrity exes](#) were spotted hanging out at a nightclub called The Box in Soho. The two have been on and off for quite some time now. They weren't able to make it work due to distance. As of now they are just friends, but we will see!

## **Sometimes former celebrity couples come back together! What are some things to consider before reuniting with an ex?**

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

Some relationships never truly end. It can be easy to get back together with your ex because you are so used to each other and have so much history together. But Cupid has some dating advice on things to consider when reuniting with an ex:



**1. Change:** Is it a good idea to get back into the same old relationship? If you both believe you have changed for the better and will work on what didn't work in the past, then give it another try. But if you still see the same person, then it will not work like you want it to.

**Related Link:** [Celebrity News: Khloe Kardashian and James Harden Hit Hollywood Club Together](#)

**2. Love:** Do you still love each other? Or is it just the loneliness that is getting to you. You have to think about these things. Do not settle just because you feel like you need something or somebody in your life. You may have loved your ex at one point, but feelings can change and they may not be the person you fell for.

**Related Link:** [Celebrity Couple Brad Pitt and Angelina Jolie Hold Hands at 'By the Sea' Screening](#)

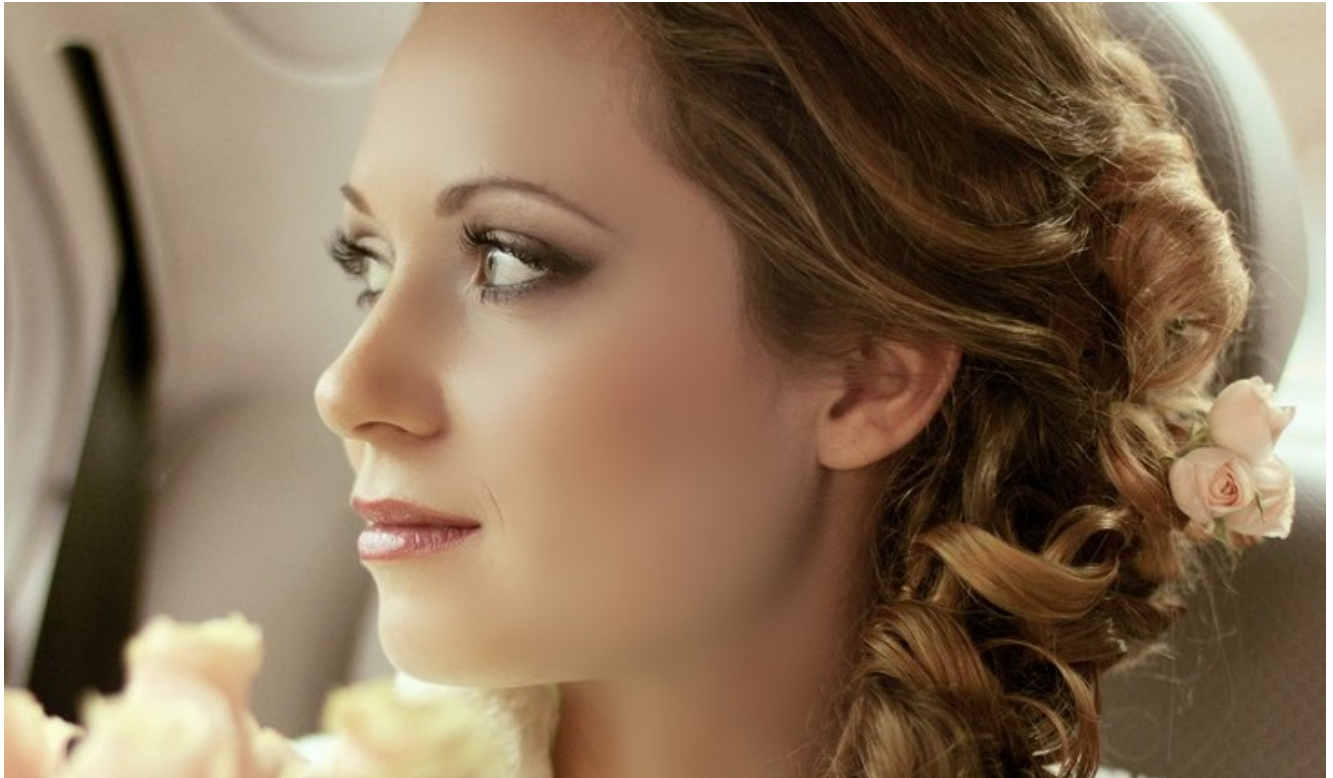
**3. Routine:** Falling back into the same routine may not be the best thing for you. Why didn't it work in the first place? Venture out. See other people, go see the world. Don't fall back into something that has hurt you so many times.

**What do you think are some things to consider before reuniting with an ex? Comment below!**

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# Dating Advice Q&A: How Do I Tell My Friend She Shares Too Much About Her Relationship

# And Love On Instagram?



*Question from Mary Kate K.: I have a friend that has been dating this guy for almost 2 years. It seems like every other day she's uploading a picture of the two of them with some caption like, "the love of my life and I enjoying dinner at our favorite restaurant" or "look at the flowers my boyfriend gave me after a hard day!" I'm happy for her...but I'm also sick to my stomach. How do I nicely tell her to tone it down?*

Read on to see the relationship experts [dating advice](#)!

## Dating Advice: How To Deal With Too Much PDA

[Suzanne K. Oshima, Matchmaker](#): While it can be annoying when a

friend posts too much about their relationship and love on social media, it's not really your place to tell your friend how much she should or shouldn't post on Instagram. I think the bigger issue is, you really need to ask yourself why it really bothers you so much? Her posts aren't vulgar or offensive by any means, however if her posts are making you physically sick to your stomach, then you have a choice to follow or unfollow her. If you follow her, then just be a good friend and be truly happy for her. And if you can't be happy for her, my love advice is to stop following her.

**Related Link:** [Relationship Experts Q&A: Does Social Media Stalking Create False Intimacy?](#)

Paige Wyatt, Reality TV Star: Telling someone to stop posting about their relationship is a conversation that will never end well and will also make you seem a bit jealous. Simply unfollow her on so you don't see her posts unless you search for them. Telling someone to tone down their happiness online will make you seem unsupportive of their relationship and stir up trouble.

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

[Robert Manni, Guy's Guy](#): For whatever reason, you'd prefer not to see your friend's parade of Instagram posts with her boyfriend of almost two years. Here is an easy solution: My dating advice is to stop following her on Instagram. It's not appropriate to ask her to stop posting what makes her happy. After all, it's her account. The question you might ask yourself is why. Are you being good friend and concerned about the guy, fear your friend is setting herself up for an embarrassing fail on social media? Or could you be a tad jealous of her good fortune? Ouch. In our Kardashian world where anything and everything is exposed on social media, I'm not feeling why your friend's Insta-bragging is such an issue. Respect and good luck, Mary Kate.

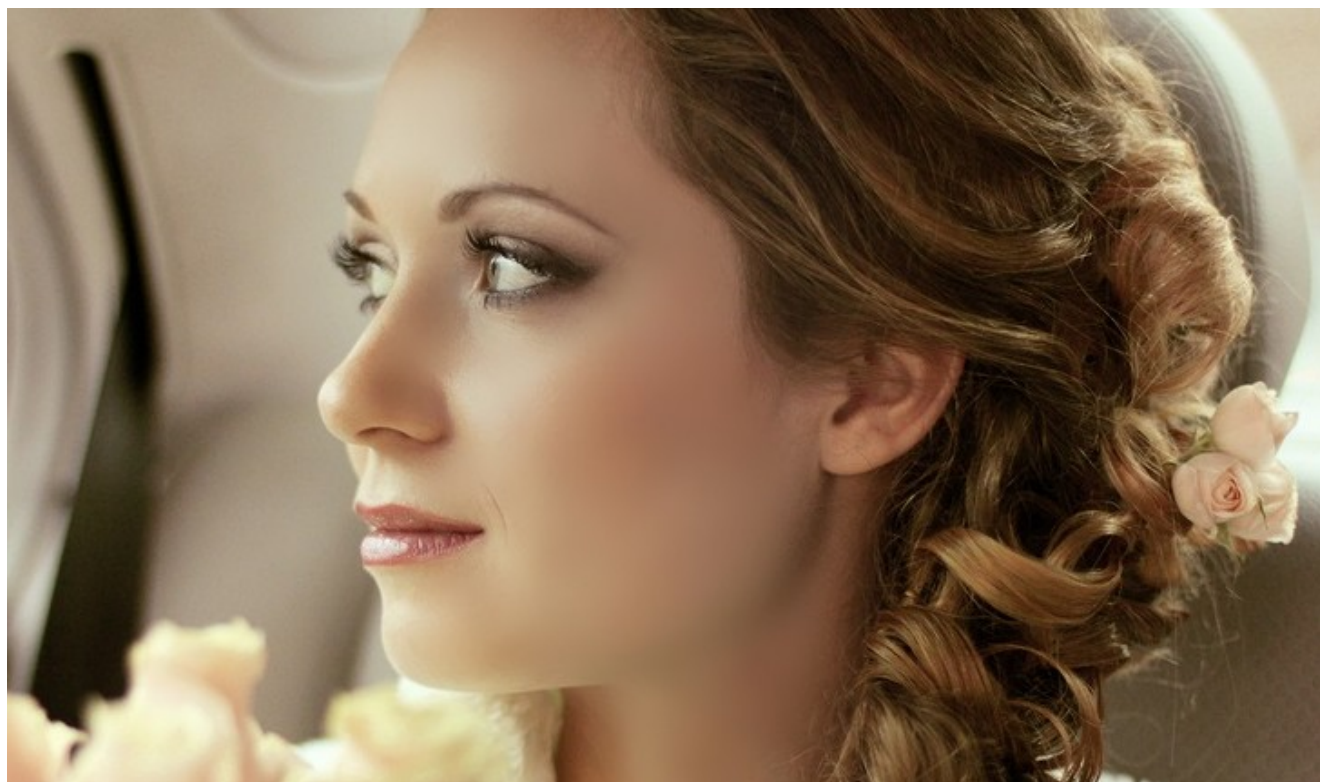
To find out more about our three dating and technology gurus, click [here](#).

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

Do you think it's appropriate to tell a friend to tone down the PDA on her social media accounts? Share your dating advice with us in the comments below!

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## Dating Advice: First Date Tips For Women!



On this week's Single in Stilettos [dating advice](#) video, matchmaker Suzanne Oshima talks to relationship expert Matt Adams about what turns a man off on a first date.

## First Date Dating Advice From Relationship Expert Matt Adams

On a first date, the biggest turn off for a man is when a woman talks about her relationship goals right off the bat. Yes, men want to know if you want to get married and have kids, but not in the first meeting. Wait to share your relationship and love goals, so that your date can get to know you and assess what role you'll play in their life.

**Related Link:** [Dating Advice: How To Get A Man To Call You Back](#)

Listen to this expert dating advice and take the pressure off yourself on the first date. Go out, have fun, and meet new people. Make sure you aren't being negative, either. People don't want to hear about your bad day or why your previous relationships haven't worked out. The experts share their love advice to spin everything into a positive, so you can present your best self first.

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

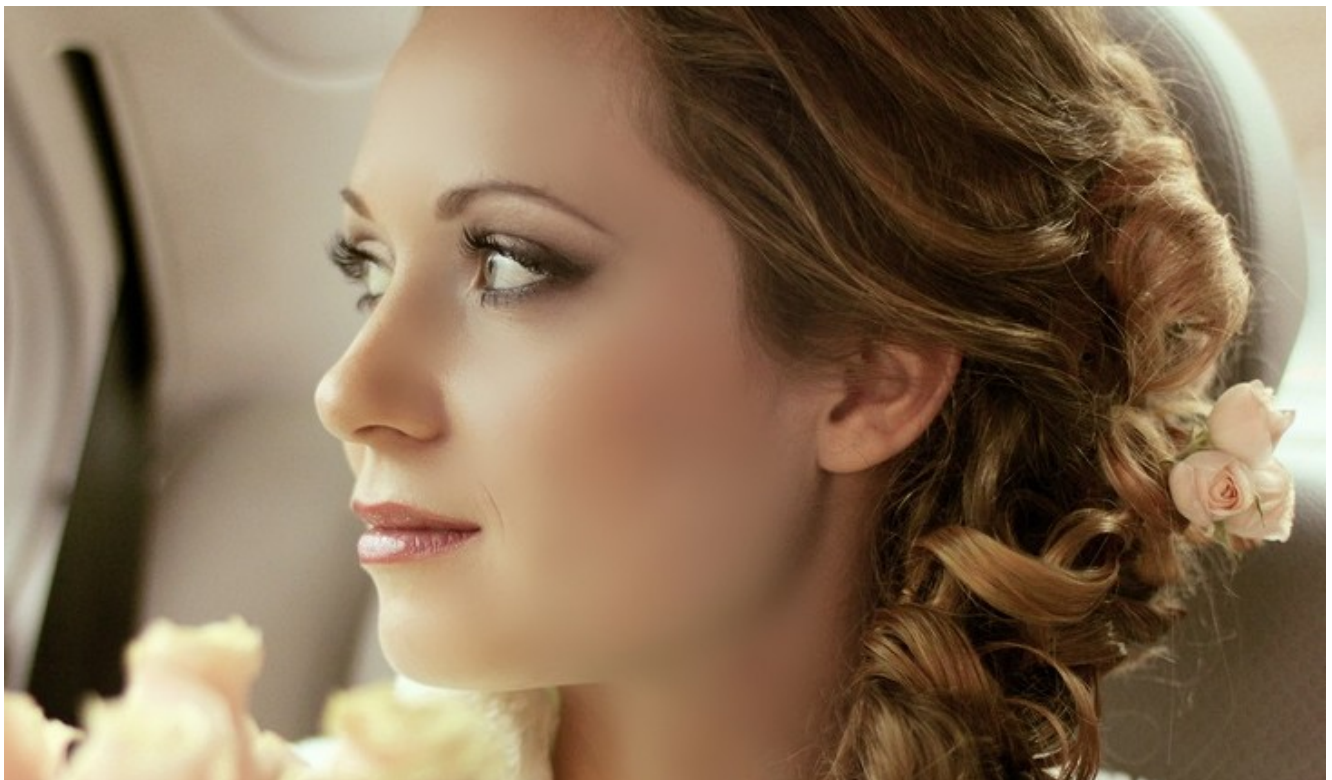
*For more videos from CupidsPulse.com, check out our [YouTube channel](#).*

**What are your first date tips? Tell us in the comments below!**

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# Relationship Advice: How to Survive Thanksgiving with the In-Laws



By Mackenzie Scibetta

So you drew the short stick for the holidays this season. Thanksgiving will not be held at your loving, comfortable parents house, but rather you will be forced to put on your most convincing smile as you enter your in-laws home for the festivities. For the majority of us, venturing into in-law territory can be terrifying, stressful and impossibly frustrating. It's an unavoidable nightmare that must be endured with charming comments, positive vibes and endless efforts of offering help. If you want to make it out alive to enjoy Christmas, then you better prepare to exert yourself.

# Cupid has some [relationship advice](#) to help you endure Thanksgiving with your in-laws

**1. Don't take anything personally:** Don't put up a fight or a defense when your in-laws come off cold towards you as this will only increase the tension. Preparing a giant, delicious meal for your closest friends and family can be extremely stressful so if your in-laws seem aggravated cut them some slack. They took the time to ensure your and your family's holiday is enjoyable so show them that you are appreciative.

**2. Offer to help with anything and everything:** Consistently, almost to the point of annoyance, ask if there is anything you can help with because this will show that you are not just asking to be polite, but that you genuinely want to help. Thanksgiving is all about authentic appreciation so helping out without being asked is a sincere way to win over your in-laws.

**Related Link:** [Dating Advice: Find Out If Men Really Want the 'Cool Girl'](#)

**3. Agree in advance when you are leaving:** Nothing is more uncomfortable than hinting and nudging at your partner that you want to leave. You don't want to hurt their feelings so instead of interrupting family game night to tell your loved one you want to go home, plan a rough time for leaving. Lay out an exit strategy complete with back-up excuses if you know your in-laws are the type to beg you to stay for "just one more game".

**4. Find a place to catch your breath:** If you can sneak away from the mayhem for a few moments to relax and decompress then by all means go for it. Do a few dishes by yourself or sneak outside for some fresh air. Offering to take the dog for a

walk is a practical way to sneak out and seem helpful.

**Related Link:** [Dating Advice: 5 Ways to Keep Boundaries with Your 'Work Spouse'](#)

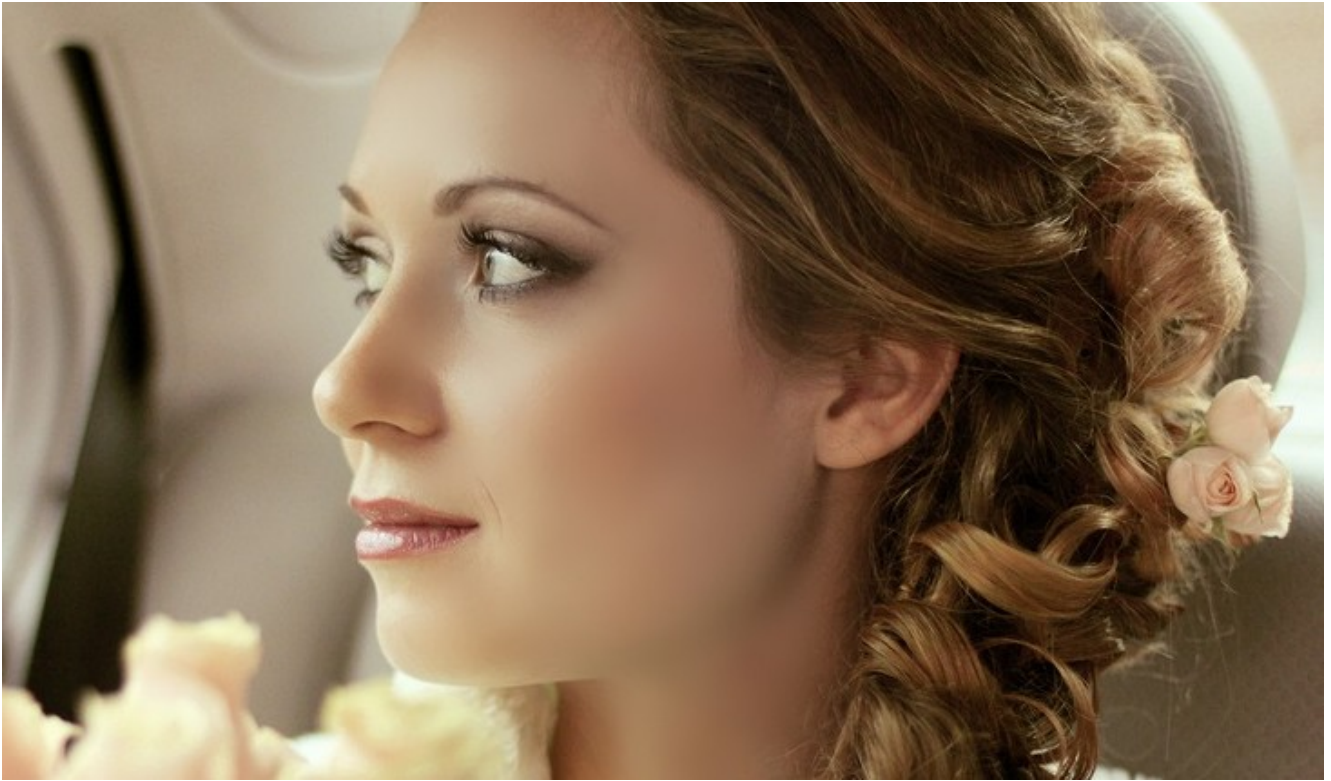
**5. Be prepared for the worst:** If you usually have an unpleasant time then don't expect this Thanksgiving to be any different. Learn from previous family events and know what not to say, when to refrain from offering relationship advice and what to wear. If you're miserable just remember it is only short-term and momentary.

How do you make your in-laws feel comfortable at your own home? Let us know below.

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## Celebrity News: Source Says Miranda Lambert 'Doesn't Care' Who Blake Shelton Dates





By Katie Gray

Relationships and love are filling the air! In the latest [celebrity news](#), Miranda Lambert is taking the news of Blake Shelton and Gwen Stefani dating in stride. According to [UsMagazine.com](#), sources close to Miranda Lambert claim that she doesn't care who ex-husband Blake Shelton dates post-celebrity divorce. Furthermore, she had her suspicions about Blake Shelton and Gwen Stefani becoming a celebrity couple prior to their announcement that they were in an official celebrity relationship. She is holding her head high and moving onward and upward! The country cutie is off to a great start after winning Female Vocalist at the CMA's.

**In celebrity news, this single lady is moving on! How do you know you're ready to move on after a divorce?**

**Cupid's Advice:**

It's often hard to move on after loving someone, especially once you've gotten a divorce from them. It's something that takes time and it varies case by case. Allowing yourself time to cope and finding yourself is a great place to start. Cupid has some tips on how to know when you're ready to move on after a divorce:

**1. You've allowed yourself to cope:** It's imperative that you allow yourself time to cope after a divorce. Take the time to reflect on everything that happened and remember it's okay to be sad. Once you have truly allowed yourself to cope, you are ready to move on.

**Related Link:** [Miranda Lambert Says 'I Needed A Bright Spot This Year' at CMA's Post Celebrity Divorce](#)

**2. You found yourself again:** After a divorce, you lose yourself because you have to change everything about your routine and living situation. Take some time to find yourself again and come up with your new goals for yourself and a plan to achieve them. Once you do this, you are much more ready to put yourself back out there.

**Related Link:** [Former Couple Joe Jonas & Gigi Hadid Split After Five Months Together](#)

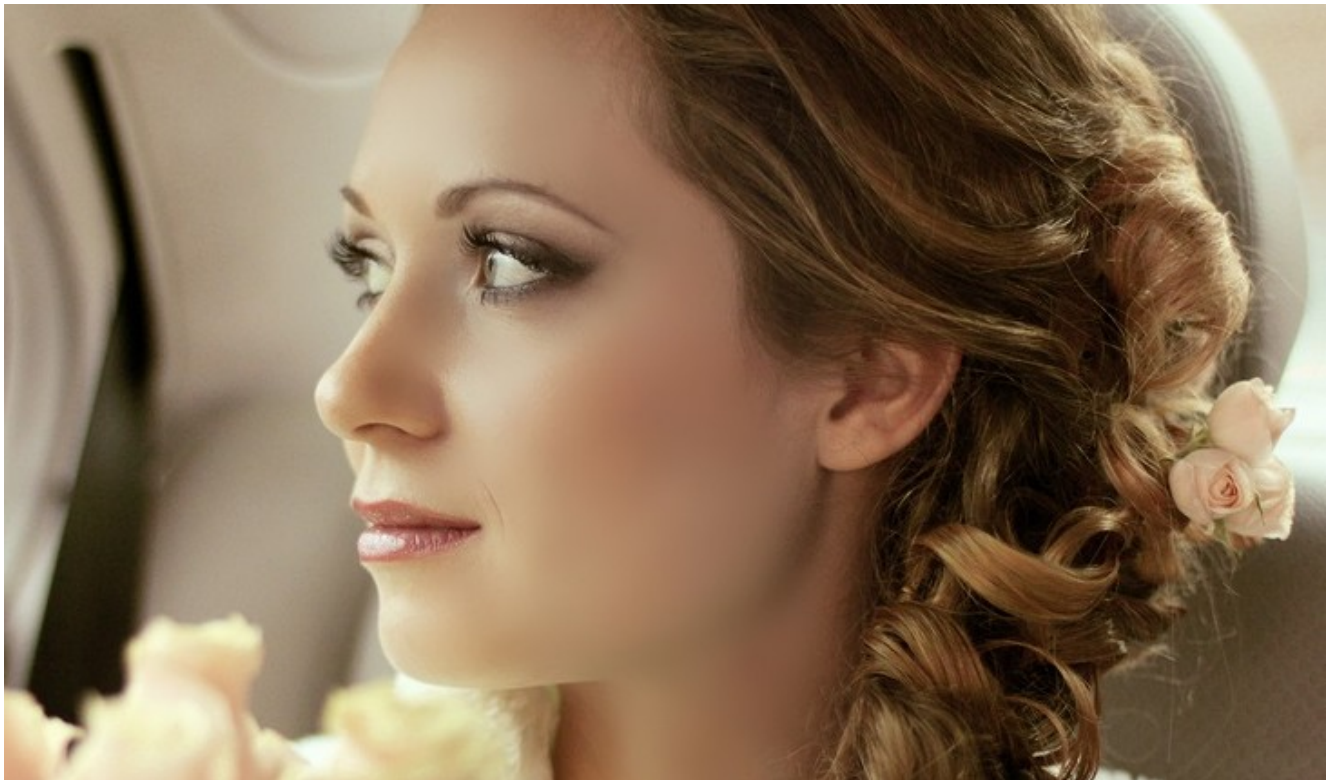
**3. It feels right:** You can't help who you like and it's rare when you find someone that you genuinely care for. If you like somebody, give them a chance. Take baby steps instead of jumping straight into something for the best results.

**What are some ways you have known it was time to move on after being divorced? Comment your stories below!**

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# Wendy Williams Gives Gavin Rossdale A Piece of Her Mind Surrounding New Celebrity Couple Gwen Stefani & Blake Shelton!



By [Rebecca White](#)

Today, the beautiful and fascinating Wendy Williams sent Executive Editor, [Lori Bizzoco](#) and the CupidsPulse.com team a SHOUT OUT and shared her opinion about Gavin Rossdale's trash talking behavior surrounding his soon-to-be ex-wife's new [celebrity relationship](#). "Well, you should have thought about



that, Gavin,” said the well-known media personality and daytime talk show host. Known for her catchphrase, *How you doin?* Wendy is speaking about Gavin’s alleged affair with the couple’s nanny and past affair with cross-dresser, Peter Robinson. Wendy definitely supports [celebrity couple](#) Gwen Stefani and Blake Shelton, especially after the celebrity gossip surrounding Gavin’s affairs. Watch a clip of the show above for Wendy’s take on the hot topic and then share your opinion below!

**Related Link:** [Gwen Stefani and Gavin Rossdale Settle Celebrity Divorce and Will Share Custody](#)

## Wendy Williams Talks About New Couple Gwen Stefani And Blake Shelton

Gwen Stefani and Gavin Rossdale have made celebrity news and headlines recently due to their heartbreaking split after 13 years of marriage. The couple’s celebrity divorce filing wasn’t completely shocking, but Gwen’s quick rebound with co-star of *The Voice* Blake Shelton threw us for a loop. Gavin has reportedly been upset with Gwen’s behavior saying that she’s flaunting her new celebrity couple status.

**Related Link:** [Celebrity News: Are Gwen Stefani and Blake Shelton More Than Friends?](#)

In the end, Gavin’s behavior seems a little childish. Wendy shares her relationship advice for the actor and musician, saying that he needs to stop trash talking his celebrity ex! The talk show host advises that he should take the high road, disengage from social media, and stop dating for awhile. Team Wendy and us at CupidsPulse.com are dying to know what you think. Please comment on this hot topic below!

How long do you think Gwen Stefani and Blake Shelton's relationship will last? Should Gavin and Miranda just move on? Let us know in the comments below!

**Related Link:** [Gwen Stefani and Gavin Rossdale Split After 13 Years of Celebrity Marriage](#)

You could also win BIG money just by watching "The Wendy Williams Show."

Visit Wendy's Facebook page to enter for your chance to win up to \$5,000 during "Wendy's Windfall" giveaway! Each weekday starting until Wednesday, November 25, 2015, a lucky viewer will be called at random and asked to answer a question about a recent episode of the show.

**NO PURCHASE NECESSARY.** Ends 11/15/15. 50 US/DC, 18+ only. Subject to Official Rules available at [facebook.com/wendyshow](https://facebook.com/wendyshow).

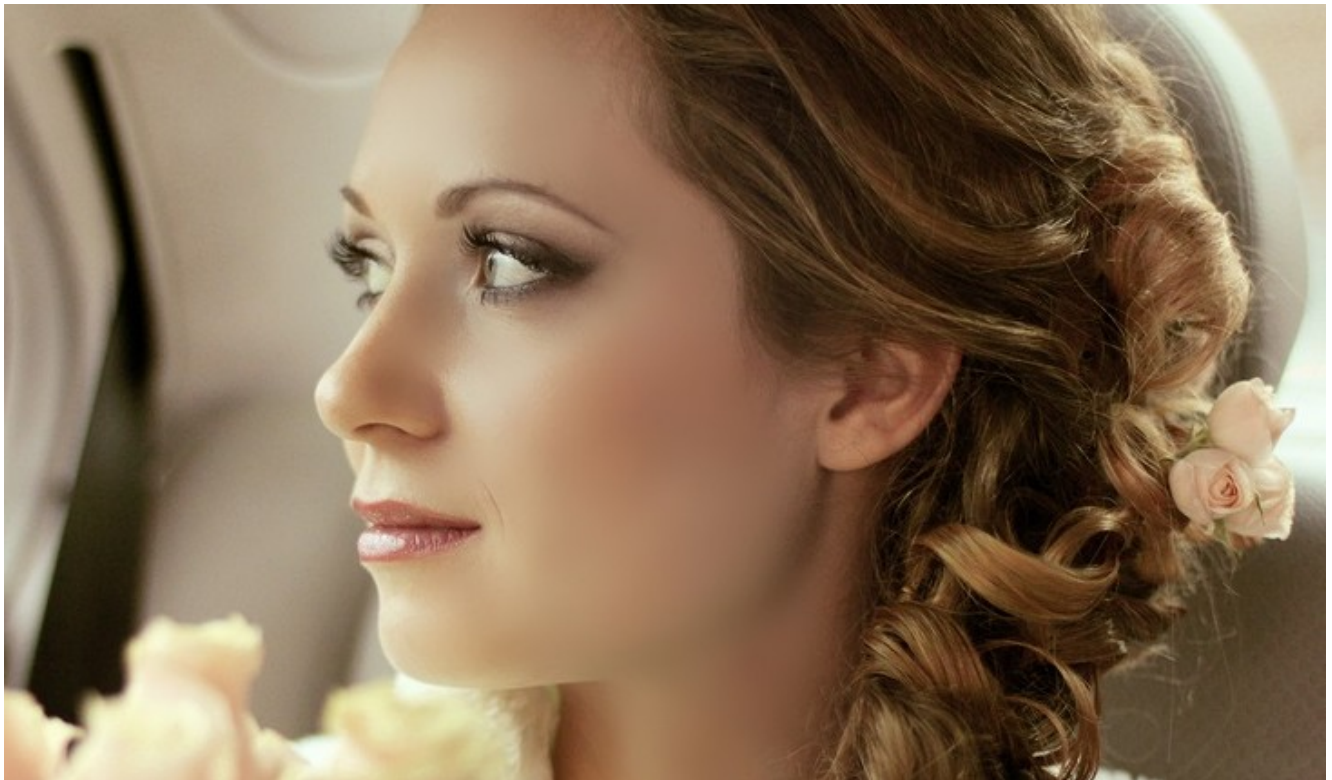
*You can learn more about Wendy Williams by following her on Twitter @WendyWilliams or subscribing to her YouTube channel.*

*For more videos from [Cupidspulse.com](http://Cupidspulse.com), check out our [Youtube channel](#).*

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## Relationship Advice On How To Fall In Love





By [E!'s Famously Single Dating Coach, Laurel House](#)

In this week's [relationship advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) gives relationship advice for how to fall in love. Check out the video above for more details!

## **Relationship Advice from E!'s *Famously Single* Dating Coach On Falling In Love**

Have you ever thought of falling in love as a decision, rather than the spontaneous, exciting chemistry that's often shown in the movies? Most people haven't, however, relationship expert Laurel House shares that people need to stop waiting to fall and instead make the decision to open your heart and let your guard down. The simple act of falling in love is called chemistry, which is actually a drug, and it fades. The dating expert featured on *E!'s Famously Single* reveals that chemistry shows itself in the brain in the same location as cocaine and

even shows similar attributes.

**Related Link:** [Expert Dating Advice: How To Find The Good Guys Sexy](#)

While the high of falling in love feels good, it also fixes blinders to your face that makes it hard to see the warning signs that would prove that your relationship and love won't lead you to happily ever after. If you want to truly experience love, House's relationship advice is to make the decision to open your heart and date smart. With a clear head and minus the facade, you can make the decision to find love. The decision includes being vulnerable because if you aren't, you won't feel their love and you won't love them either. Watch the video above to find out how to fall in love correctly!

*For more relationship advice videos from House, click [here](#).*

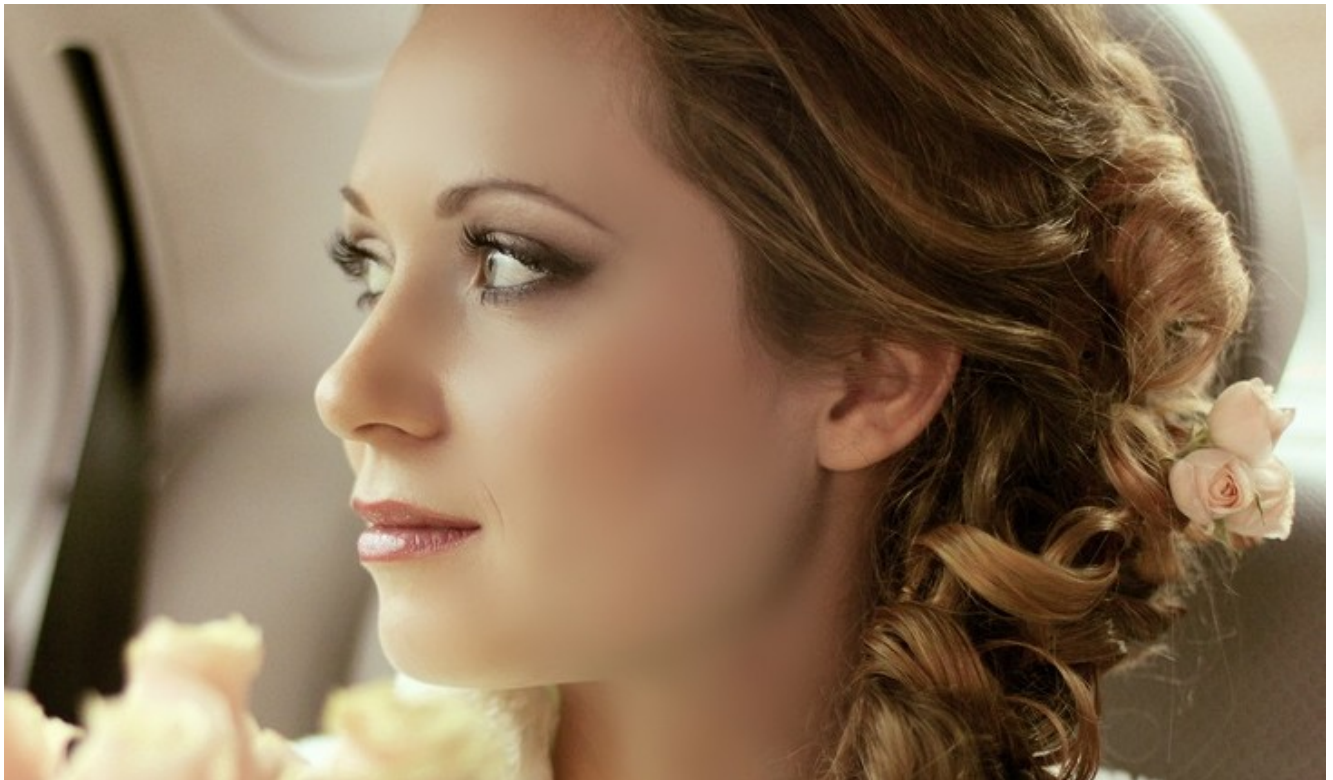
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**Do you think falling in love is a decision or a feeling? Tell us in the comments below!**

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## Dating Advice: Body Language to Create Instant Attraction





By [Jared Sais](#)

Instant attraction happens all the time. As a relationship expert, when I go out to research at a venue, I can spot this phenomena in a split second. However, people who share the nonverbal cues of instant attraction don't usually know it at first. Their bodies seem to be on a different wavelength than the conscious mind. It's as if their souls were meeting before their actual bodies were. The body subconsciously understands this connection, yet the individual people lag behind. Well not me. I see it first hand as fast as it happens. And this is my secret on what I look for. My [dating advice](#) is to look for three main nonverbal cues to identify instant attraction.

## Dating Advice On Nonverbal Cues For Instant Attraction

**1. Eye contact with a delayed neck turn lasting about two full seconds.** This is a hard nonverbal cue to look for yourself. As you walk into a crowded place full of people you're taking in more information than you can actually fully handle. You're in



a stage of information overload. So, when your body chooses to take a longer-than-average look at someone, that tells me they're more important than the other people you decided to mentally block or purge. When the eye contact is reciprocated for an equal time of two seconds, that's the first sign of instant attraction. The neck will slowly turn away instead of quickly whipping to the next target or person. This occurs because the eyes want a longer look at the person you're interested in. Now, this happens so fast that your body keeps moving and your mind may not fully recognize the chemistry that just took place. Take my love advice and try to capitalize on those moments.

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**2. A comparable physical attraction match.** One thing I've noticed is that usually instant attraction takes place with people of close or equal attraction level. Meaning, if you wouldn't normally be attracted to that person, you won't form instant attraction to that person. Chemistry and survival make up a big part of this instant connection. Your body is saying that person would be a good match for you, as matching with them would lead to a good looking baby. Chemistry also plays a role as the force trying to make that happen. Hormones and pheromones are released and the two bodies start trying to push you two together. I'm not saying people won't find love in other forms, such as personality, wits, stability, or economics. But we're speaking about instant attraction and that is almost 100% based on looks or in this case, senses.

**Related Link:** [Dating Expert Gives Five Body Language Cues to Look For on a First Date](#)

**3. The five senses create a liking.**

- Sight/Looks. The obvious one. If you look good, more people will form an instant attraction towards you. This

attraction isn't always reciprocated back but if the two people are close or equal levels of attraction, it will be.

- Smell. Sure, we can say pheromones and hormones need to match up but the truth is if you smell nice, people want to be around you longer. If you smell bad, people will run away. Think of bees to a flower. Try and be the flower. Make sure you smell nice so you can keep the company surrounding you longer. Also, smell is a powerful tool. People remember smells long after other senses.
- Taste. No, you're not eating the person. Well I hope you're not. But taste does play a role when speaking about instant attraction. The Luncheon Technique is a persuasion tool that states if you give someone a tasty meal and ask for something, such as money, they'll be more likely to give you what you want. So, if you approach someone in a nice place, as they're eating and having fun, they will be more likely to respond favorably towards you. Now, not everyone likes to eat in front of strangers, or even be approached by one as they're eating. But the idea is sound and there are specific ways to approach people in times like this that won't create a sense of awkwardness.
- Touch. Touch is a powerful tool. It lets people know if you're interested, strong, caring, friends, lovers or family. Touch is how we connect as humans and animals to show feelings and emotions. Based on touch, we can determine if someone will be or is instantly attracted to you on where they're touching you. If a person (though in my findings a woman will usually perform this nonverbal action) puts a flat hand on your chest, that is a sign of trust and complete affection and lust. Hands on bicep, thigh, knee, side of the neck, cheek, hand and lower back are all attraction cues. The forearm can be a sign of attraction but can also be a sign of friendship. Depending on where you are and who is doing

it and how it's being done.

- Hearing. The sound of a voice can trigger a sense of attraction. How someones voice impacts your ears will send a sign of pleasant or unpleasant, adding to the force of instant attraction. If you like the way they sound, find it comforting or attractive and their voice matches their appearance, you'll be more attracted to that person.

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I see people show nonverbal cues of instant attraction all the time. It happens everywhere such as on the street, at a bar, in a restaurant or at a friends party meeting new people. I hope when reading this you'll be more open to observing this happen to you and will be able to capitalize on it and find the relationship and love to last a lifetime. So, my dating advice is to put away your phones and look into peoples eyes and see if you find what you've been looking for.

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

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# Celebrity News: Are Gwen Stefani and Blake Shelton

# More Than Friends?



By Abbi Comphe

In latest [celebrity news](#), *The Voice* coaches Gwen Stefani and Blake Shelton have been rumored to be spending time together as more than friends the past couple of weeks. According to [EOnline.com](#), their most recent outing was this past holiday weekend. The two were seen together at Adam Levine and Maroon 5's Halloween party and they were getting pretty cozy. This celebrity relationship seems to be heading somewhere.

**This celebrity news has the rumor mill churning! What are some ways**

# to keep your new relationship on the down-low?

## Cupid's Advice:

Starting off in a new relationship can be difficult when everyone wants to know your business. Cupid has some dating advice on how to keep your new relationship on the down-low until you are ready:

**1. Stay in:** If you are still getting to know each other and you're not ready for the world to know about your relationship yet, then spend more time indoors. Have movie nights and make dinner together at home. It will be just as romantic or maybe even more than a fancy dinner at a restaurant.

**Related Link:** [New Celebrity Couple: Serena Williams is Dating Reddit Co-Founder Alexis Ohanian](#)

**2. Spread out time:** Don't spend every single day together if you don't want people to find out fast. Spread out your time. Your friends and family may ask you where you have disappeared to and that will be a hard question to answer if you want to keep it on the down-low for now.

**Related Link:** [Blake Shelton and Gwen Stefani Flirt on Set of 'The Voice' After Respective Celebrity Break-Ups](#)

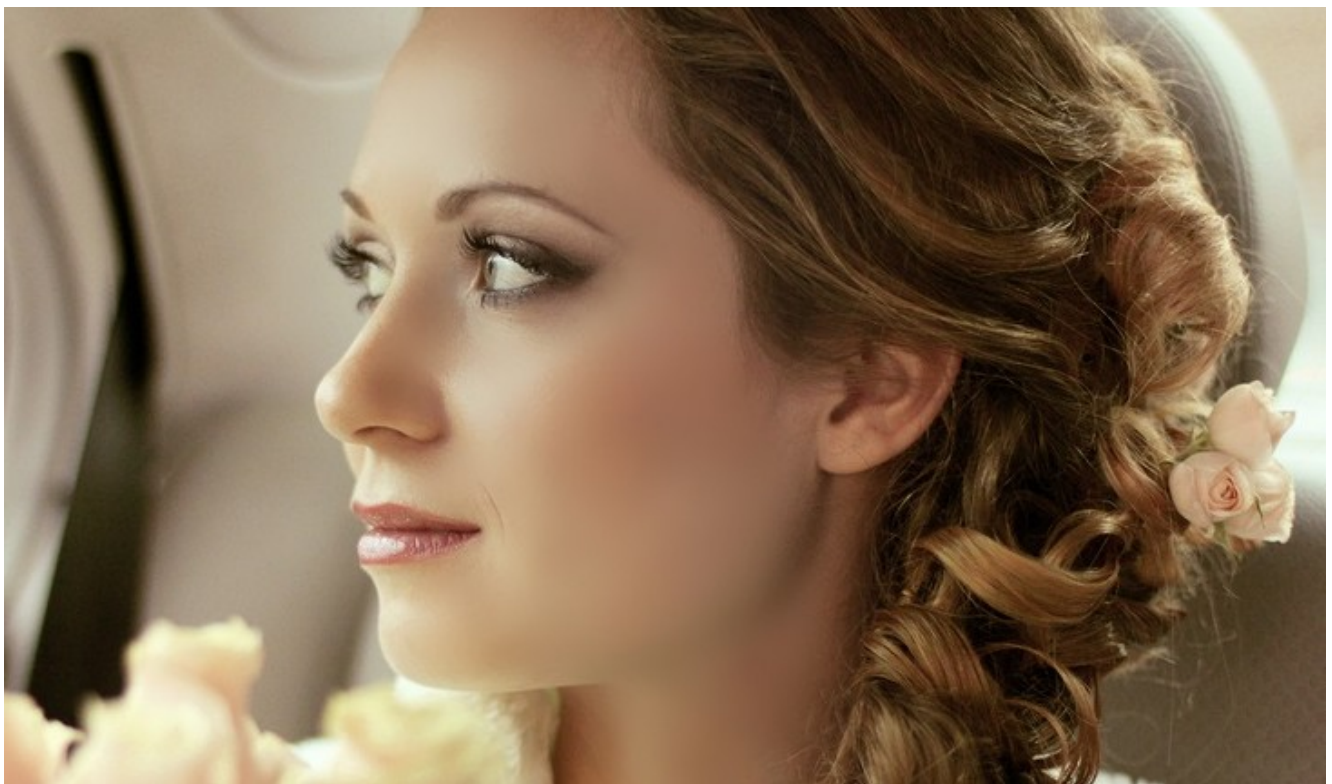
**3. Special spots:** Have special meeting spots. If you want to spend time outdoors then find places that are quiet and you won't be noticed as quickly. It will be nice for the two of you to get out and have some fresh air.

**What do you think are the best ways to keep a new relationship on the down-low? Comment below!**



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# Relationship Advice: Top 6 Contributors to Infidelity



By Toni Coleman

We read celebrity gossip about infidelity all the time. Sometimes, as in the cases of Debra Messing or Claire Danes, it's a part of their dating behavior. But what compels a partner to cheat? And why are the perimeters of commitment such a mystery to them? In this article, relationship expert Toni Coleman, LCSW, gives [relationship advice](#) and explores the hidden meanings behind infidelity and what we can do to secure our relationships and love.

# Relationship Advice On Infidelity

When infidelity occurs, it often leads to a lot of blaming that focuses on the violation of trust and a realization that one's partner isn't the person who they believed them to be. There's a clear distinction made between victim and perpetrator. While this is certainly true to a point, it ignores the dynamics that left the relationship vulnerable in the first place. And it leads to a simplistic and erroneous conclusion that nothing could have prevented the infidelity except for the wronged spouse to have picked someone else to marry. Remaining stuck in this thinking is a sure way to end up in divorce court. My relationship advice to healing is that both people need to take an honest look at the state of their marriage prior to the cheating, what each contributed to their problems, and how they could work together on building an infidelity proof union. Identifying which of the following issues played a role in their marital breakdown is the first and most important step. Below are the top 6 contributors to infidelity.

**1. A breakdown in communication.** A "problem with communication" is the number one reason couples give for seeking relationship help. It has a broad interpretation but essentially boils down to having difficulty connecting through daily conversation, misunderstandings and hurt feelings due to an inability to express feelings and needs clearly, conflict when discussing sensitive topics or issues they disagree on, and/or withholding through silence. Any of these can contribute to increasing distance, which leaves a void that one partner might attempt to fill by going outside the relationship. This is of course a poor choice, and one that can bring the couple to a place there is no coming back from.

**Related Link:** [Gwen Stefani Drops New Music Video About Her Celebrity Divorce](#)

**2. A decrease in emotional and physical intimacy.** There is a lot of emphasis placed on a couple's problematic sexual relationship as the cause of marital unhappiness. However, this is only one facet of what they share and though it is important, addressing it alone will not offer a complete solution for repairing their broken bond. Emotional intimacy provides fuel and is foreplay in a relationship—and unless two people share a strong friendship and good intellectual chemistry, their physical relationship can become another chore that is best avoided or handled quickly and without wasting any of the little emotional energy that their relationship has left them with. One partner might make the poor decision to reach out to someone who they can laugh with, who listens to them and seems to really get them, and who challenges them and inspires them in a way their spouse no longer seems to have any interest in doing.

**3. Unaddressed stressors related to family and job.** Couples encounter many challenges on the long road through commitment, marriage and family life. Sickness, loss of a job, an ill or handicapped child, unexpected financial problems, and the day-to-day struggle to find balance in a too-crowded life all lead to stress. For many people, this is something they try to ignore or just push through, thinking that in time, things will get better on their own. Then, one day, they realize they are completely overwhelmed and experiencing physical and emotional symptoms that contribute to an “every man for himself” mindset. When this happens, the marriage is often put on the back burner and the individuals hunker down, focused on getting through another day, unable or unwilling to add to their own burden, even for the well-being of their partner.

**Related Link:** [Celebrity Divorce: Source Says Halle Berry and Olivier Martinez 'Both Have Major Tempers'](#)

**4. A negative or hostile home environment.** When a couple stops communicating, puts their focus on their own needs, and withdraws due to overload—the environment often becomes

charged with negative energy and feelings of resentment and anger. The tension is often palatable as one or both seek a way to escape through watching TV, going online, spending time alone in different rooms and parts of the house—and seeking companionship and dialogue with others outside of the relationship/family. Essentially the negative energy pushes them further and further apart until home is not a comfortable or happy place to be, so they look elsewhere for that lost comfort.

**5. Stressors related to physical or mental illness.** This is the “in sickness and health” part that is contained in the marriage vows. For many couples, naiveté contributes to that feeling of invulnerability that many start out their marriage with. Sickness happens to other people, but won’t happen to them. Then when something bad strikes, it feels completely unexpected and can have a sudden destabilizing impact on a relationship. Even if the couple can quickly put resources and supports in place to deal with the crisis, it can be a game changer, depending on the type, severity, and chronicity of the illness. Physical and emotional exhaustion, draining or depleted resources, lack of down time and fun, and the potential for a large shift in how the couple interacts and relates—can push one or both people over the edge. If one individual ends up in a caregiver role for their partner, it shifts the dynamics in a way that can leave them unable to get their own needs met—and they may feel resentment and a desire to escape this new life they had not planned on. Even if the illness is not chronic and can be eventually resolved, the stress can alter how two people relate and lead to emotional and physical distance that leaves a void of unmet needs.

**6. Financial problems.** Money problems are often said to be the root cause of marital conflict and discord. Difficulty managing joint finances, agreeing on a budget, keeping secrets about purchases and debt, and conflicting values regarding saving and spending are some of the common issues that arise.

If these are not addressed quickly, they can lead to a loss of trust, and respect, and an unwillingness to be open and candid regarding important financial decisions that could have a long-term impact on their family's security and well-being. When this happens, some people are vulnerable to thinking about what it would be like to be with someone else, to have a partner that offers financial security and someone who wants what they want for their future.

**Related Link:** [Relationship Advice On Financial Infidelity](#)

No wonder the marriage vows include the phrase "for better or worse, for richer or poorer, in sickness and in health..." Marriages are tested by all of these, and if a couple doesn't work together, they will slip apart—and the space that is left is what a third person moves in to fill.

*Toni Coleman is a licensed psychotherapist, certified relationship coach and internationally recognized dating and relationship expert and founder of consum-mate relationship coaching. She is frequently quoted in many local and national publications and top ranked dating and relationship websites and has been a guest on a number of radio and TV programs seeking to provide their listeners with her cutting edge expertise. She is a regular contributor to Hope After Divorce and HealthyLiving.care.*

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