

# Relationship Advice: When to Stop Wearing Your Wedding Ring



By Dr. Jane Greer

Actor Brian Austin Green was spotted making a trip to the grocery store, smiling and still wearing his wedding ring despite his split from Megan Fox. He appeared to be in good spirits. After five years of marriage, the couple decided to part ways about six months ago. Yet the fact that he is still wearing his ring brought a lot of media attention. There is so much to think about when you are separating and considering divorce that sometimes that tiny detail about when to take the ring off either falls to the bottom of the list or becomes too

overwhelming to face.

**Deciding when to slip it off is a personal choice, with no right or wrong answer. Here's some relationship advice.**

The wedding band itself can hold a lot of meaning not only to the people in the marriage, but also to everyone around them who sees if they are or are not wearing theirs. It is a marker to the world that says they are in a committed relationship, or possibly, if they have broken up but continue to wear it, that they are still dealing with aspects of their relationship and are not completely ready to let go.

When people keep wearing their ring post-split, it might be that they are not ready to transition their identity from being married and part of a "we" to being single and just a "me." That shift can be challenging and daunting, and the ring itself can continue to give them a sense of security so they don't have to be out there on their own in the world just yet. Or, it may be a simple signal that they are not ready to start dating and want to give a very clear message that they are unavailable. Or, when there are children involved as there are with Brian and Megan, continuing to wear a ring might be a subtle sign that the parents are still connected so the kids can have the ongoing sense of family.

**When is the right time?**

All of this leads to the big question: is there a right time to take it off? That answer is different for everyone, and will vary greatly from person to person. It doesn't matter when you do it, but what does matter is knowing and understanding what it means to you when you finally decide to

stop wearing it. For most people, when they take their ring off it is a statement that they have taken a definitive step into their new single life. It can be a long road to get over a break-up or a divorce. It takes time for both partners to heal and recover, but first they have to accept it is over and begin to move forward. Removing your ring is part of the process of letting go. Only time will tell when Brian will be ready to do that.

*Please tune in to the Doctor on Call radio hour on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to [Dr. Greer](mailto:askdrjane@drjanegreer.com) at [askdrjane@drjanegreer.com](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on [www.facebook.com/DrJaneGreer](http://www.facebook.com/DrJaneGreer), and be sure to follow @DrJaneGreer on Twitter for her latest insights on love, relationships, sex, and intimacy.*

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## Love Advice: Roll With The Punches, Don't Get Rolled Over





By Debbie Ceresa

You know the feeling. It's that unsettling doubt that surfaces when the best of days turns into the worst of moments. It's like the time Taylor Swift was awarded the 2009 MTV Best Female Video Award only to watch helplessly as the self-proclaimed 'expert' on artistry, Kanye West, took the microphone to express his differing opinion. Thankfully, most of us aren't confronted with these instances on national television, yet our reactions to these experiences are just as emotionally charged. As a relationship expert, I know these moments happen in relationships and love all the time. During these occasions, you're faced with a choice. How you handle that decision can make all of the difference in the outcome.

## Love Advice On Rolling With The Punches

Several years ago, I was asked to present several awards during an annual high school honors ceremony. This year, one of the awards would be presented to my team of ambassadors and

I couldn't wait. I caught the smiles from the audience and was ready to begin my accolades of the young people on the team. However, before I could say another word, a loud ringing phone rudely interrupted this high point. I could have tried continuing over the interruption. Or, I could have gotten angry and flustered. But, I didn't. The ringing eventually stopped and the audience sat silently. Looking over the crowd, I smiled and jokingly said, "I guess another student wants to apply." The laughter was overwhelming and so was the applause.

**Related Link:** [Relationship Advice: 4 Reasons To Leave The Past In The Past](#)

I learned a lot from that incident. Often in our lives, many unexpected events happen. What we do with the unexpected is what matters. My love advice: Instead of living in fear of being knocked off course, here are four strategies to navigate the surprise bumps and keep you on the straight and narrow for success in your love life.

**1. Change your course and navigate the unexpected life bumps.** You know the unexpected is going to happen when you least expect the disruption. Why not channel your adventuresome side? Use the detour as an opportunity to find a new discovery. Many of us hide our longing for adventure by turning cautious and reserved. Remember your curiosity when you were a child? Some of your inquisitive adventures were great learning experiences; others earned you a time-out. Either way, it didn't take long to learn from one of your escapades. As adults in your love life, not all of your challenges bring about immediate positive outcomes. Nevertheless, accept this love advice, your "time-out" experience, and learn from it.

**2. Learn to laugh.** By keeping an open mind, you'll find yourself laughing and enjoying some of the unexpected. It's easy to focus on the familiar and never look beyond the narrow comfort zone you created. Often times, the comfort zone is

only in our mind, prohibiting us from seeing so much more. Life is constantly changing; why not enjoy the unforeseen? My expert dating advice: Laugh, join the party, and live in the moment.

**3. Don't listen to the criticism.** Many people rely on the emotional destruction of others to boost their own place in life. Just like Taylor Swift in 2009, and the 2015 Grammy awarding artist Beck for Album of the Year (whom Kanye West also tried to upstage), sometimes this happens when you least expect it. In those seemingly powerless instances, the outcome is entirely up to you. Your strength lies in your ability to rise above the negativity and be an example of grace, maturity and professionalism. Both Swift and Beck displayed immense diplomacy and both gained enormous respect as a result.

**4. Accept and share compliment.** How do you feel when someone hands you a compliment? I don't know about you, but I feel good when that positive gesture comes my way. Focusing on what's good in our lives and taking note of our good fortune in every aspect helps us operate on a higher level. It encourages us to rise above the pettiness and negativity and remain focused on what is everlasting and important. Accept and be grateful for that positive vibe that comes to you. Think about the many ways you can spread your own thankfulness. I guarantee the positive energy will make your day.

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

We can't eliminate the unanticipated twists that happen in our lives, but we can decide today how we plan to navigate them. By remaining flexible in the need to change, using humor to buoy our decisions, turning away from negative people, and focusing on our contributions to the world and being grateful for the goodness that comes our way in return, we can handle the unexpected. In this way, the one thing we CAN expect is much success and happiness in our near future.

*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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## **Relationship Experts Q&A: Does Social Media Stalking Create False Intimacy?**







*Question from Anna C.: I've had a crush on my neighbor for a while, and he finally asked me out on a date! Since we've lived near each other for nearly a year, we're already friends on Facebook. Of course, I've looked at his profile in that time, and I feel like I really know him. On our date, is it okay to bring up something I saw on his profile, or should I avoid mentioning anything I've learned from social media stalking?*

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

## Relationship Experts Share Dating Advice On Social Media Stalking

[Suzanne K. Oshima, Matchmaker](#): If it was something that you saw on his profile awhile back, then I would avoid bringing it up. He'll know that you've been snooping around his Facebook page and it could raise an "eyebrow" in his mind. As a relationship expert, I tell my clients that you never want to appear like you're more interested in him than he is in you. So, just play it cool on the first date and have fun. As you



go out on more dates and you get to know him better, then it would be okay to bring up something you saw on his profile because then it would be more appropriate.

**Related Link:** [Expert Love Advice Q&A: When Do I Send A Friend Request After A First Date?](#)

Paige Wyatt, Reality TV Star: It's absolutely okay to mention something you saw on your dates Facebook profile on the first date! It's a good way to connect and create a comfortable conversation. But you've got to make sure you say you saw it on their profile. If you say, "Hey, I saw that funny video on your page last week with the cats!" it can start a conversation, but if you say "I think cats are so funny!" it might get a little weird. Guys can get creeped out if you try to hide the fact that you looked at their social media. Honestly, that seems a little more stalker-ish, like you're secretly watching them. If you're open about seeing things on their profile, they're more inclined to feel flattered that you took an interest in their stuff!

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

[Robert Manni, Guy's Guy](#): Since you were neighbors and had connected offline prior to dating, I suggest leaving Facebook behind for now. Checking his profile now and then is understandable, but as you know, social media posts can lead to assumptions and misconceptions. If I were you, my love advice is to consider yourself lucky to be dating someone that interested you from afar. That's a great start. Now it's time focus on building a relationship and love face to face, and hopefully cheek to cheek.

*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 social media stalking creates false intimacy?  
Share your dating advice with us in the comments below!

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# Dating Advice: How To Get A Man To Call You Back



On this week's [Single in Stilettos](#) relationship advice video, matchmaker Suzanne Oshima talks to dating expert Matt Adams about how to get a man to stop texting you and actually pick up the phone.

**Related Link:** [Expert Love Advice: Matt Adams Reveals the #1 Thing a Man Wants After Looks](#)

## Matt Adams Reveals Dating Advice On Becoming A Priority In A Mans Life

Are you struggling with how to become a priority in your relationship and love? Then, you've come to the right place, because Matt Adams reveals his best love advice for how to get a man to value you. First, you cannot be needy! Don't require something of the man your dating and instead give him value. For example, text him something interesting or funny that doesn't need a reply.

**Related Link:** [Expert Dating Advice: What A Man Doesn't Want In A Woman](#)

You can bait him with something, like a mysterious story. Say, "I'm so embarrassed, you'll never guess what I did today." Then, when he replies, you'll respond and say "Too much to text, call me later!" Now, you're setting him up to chase you a bit to get that missing information. It's vulnerable and yet mysterious. If they don't bite the bait, then they probably aren't as interested as you might think.

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

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**How do you get a man to call instead of text? Tell us in the comments below!**

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# Relationship Advice: Don't Give Up on True Love as a Single Parent



By Diane Sawaya Cloutier (with Mario P. Cloutier)

A well-known proverb tells us: “Don’t judge a man until you’ve walked a mile in his shoes.” I’ve walked many miles in the shoes of a single parent trying her luck at dating, and my aim is not to judge, but to encourage and advocate with some important [relationship advice](#).

I know first-hand what it’s like to be a single mom. While I was fortunate to benefit from an amazing support group, I remember that phase of my life as one that brought many fears and questions, often in the form of self-doubts. I felt

lonely, and I truly thought that few others could relate to my situation. This was some 25 years ago, in a world that was certainly different from today's for single parents. For instance, the likes of "xyzSingleMomsMingle.com" had not yet arrived. Facetime couldn't help me keep an eye on the little one when I went out. And less people were becoming single parents by choice. Still, when it comes down to the real anxieties and worries single parents face, has much really changed?

The troubling concerns that single parents say torment their lives today sound identical to the ones I wrestled with more than two decades ago: "Am I a good enough mom?" "Will we be okay financially?" "When will I be able to find some time for myself?" "Am I going to be alone for the rest of my life?" And, the BIG one: "Will I ever be able to love and truly be loved again?"

**I don't pretend to have all the answers to these pressing questions, but, on the BIG question, I do have some pieces of relationship advice for you. Here's what I've learned:**

The journey of a thousand miles begins with a single step. Everything starts with a decision—a choice we make. What is yours? Are you just looking to meet someone, or are you seeking to love and truly be loved? This may sound simplistic, but it is the first step of any true love journey.

#### **Decide not to settle.**

After my divorce, I found myself back on the dating scene as a single mother. It took me several failed relationships before

I made a choice that changed my life. I decided I would no longer settle or compromise for anything less than a lasting, blissful relationship. And I was resolute in my decision, even if this meant remaining alone with my son for the foreseeable future.

### **Make it a B.Y.O.S.**

Party invitations refer to B.Y.O.B. My advice to you is don't jump into a new relationship unless you Bring. Your. Own. Self.

Early on, I was undermining what I really wanted from a relationship when I first started dating someone. I camouflaged who I really was just so I wouldn't have to be alone. To fill a void, I made the focus on what I thought the person I was dating wanted from a relationship instead of whether the person could fulfill my needs. Trust me on this: Once you make the choice to no longer settle or compromise on anything less than a lasting relationship, you are more likely to find your soul mate.

### **You're in charge.**

Make a conscious effort to figure out the non-negotiables, or "personal laws" you require from a relationship. Once you've established your own needs and your own self-worth, you will have a clear picture of the shape your next relationship will take. Remain steadfast and unbending about your personal laws. This will help you avoid pitfalls in your quest to find your ideal relationship, and it will show others that you care enough about yourself to not compromise what you feel is important.

For me, my #1 personal law was: My son has to be embraced, not just accepted. I'd been in situations where I knew this wasn't the case, and it didn't feel right. This became a non-negotiable condition for me. Personal laws are by nature...personal! There's no one set of requirements. But, if you fail to establish them—or worse, if you don't implement



them as you embark on your next relationship, chances are this will end up as a deal breaker later on.

After experiencing it firsthand, I strongly believe a single parent can love and truly be loved again. However, if you're looking for a lasting, fulfilling relationship, keep in mind:

- When we continue repeating the same stuff, we can't expect different results;
- Everything is a process, and anything of great value is worth the wait;
- Faith without work is a waste of time.

*Diane Sawaya Cloutier found her soul mate and husband, Mario Cloutier, in 1998 after they both had experienced unfulfilling relationships. Now, authors and relationship coaches, Diane and Mario Cloutier's new book, Relovenship™ – Look Within to Love Again (Xclamat!on Media, 2015) gives inspiration, hope and a step-by-step methodology to people who have had romantic disappointments and are still looking to find "the one." Mario Cloutier is founder and chief creative officer of Xclamat!on Marketing. Diane Sawaya Cloutier enjoyed a successful career in managerial roles with Fortune 500 organizations before focusing fulltime on the couple's ReLovenship™ book and seminars. Learn more at [www.ReLovenship.com](http://www.ReLovenship.com).*

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## **Dating Advice: 7 Warning Signs That You May Be Dating a Taken Man**



By Mackenzie Scibetta

The only situation more traumatizing than discovering your man is with a secret woman, is realizing that you have unknowingly been the “secret woman” to a man and his wife or girlfriend. Devastating to a woman’s self-esteem, this type of relationship needs to be stopped before it takes off into something more serious. The typical man who is already taken will be manipulative, uncommunicative and cautious. Watch out for those telling traits, as well as other signs that your lover may be in another commitment.

**Look at Cupid’s [dating advice](#) on the most revealing signs that your**

# man is taken:

**1. He's overly protective of his phone:** One reason your significant other doesn't want you to touch their phone might be because there are incriminating messages, phone calls or photos on it. If he keeps his phone hidden and becomes defensive when you ask about who he's talking to, that hints he's hiding at least something, whether it is another woman or not is for you to decide.

**2. He doesn't invite you to his place:** This could be for the fact that he has a wife, girlfriend, or even kids at home. To keep this other life veiled from you, he will likely always suggest heading to your home instead. All and any excuse will be brought out to mislead you from the real reason you cannot visit his place.

**Related Link:** [10 Body Language Signs That Mean He's Into You](#)

**3. He doesn't talk about his friends or family:** Opening up about his friends, or even introducing you, could potentially lead to you finding out details about his other significant other. Naturally, if your man is taken then he will keep you as distanced as possible from anyone who knows that he is deceiving you.

**4. He is not active on social media:** This sign is significantly important, especially in our modern age where everyone and their grandparents have at least one form of social media. This lack of an online presence suggests he does not want to be found, tracked or followed.

**5. He stays quiet about past relationships:** A cheating man will not share many details about his past relationship because, technically, his past relationship is also one of his current. To prevent slipping up on information or accidentally giving clues to another woman he will likely completely avoid

any topic about past romances and will become agitated at the mention of it.

**Related Link:** [Dating Advice: 7 Things All Healthy Relationships Require](#)

**6. He always calls you when he's out of the house:** Whether it's from the supermarket, post office, or sidewalk he will make sure that your voice is not heard inside of his home. He uses these outside places to avoid his home life, where a girlfriend or wife awaits him.

**7. He's always busy on the weekends:** It's hard to sneak in time with you on the weekend when his wife/girlfriend knows he is off from work. Attached men cannot afford to be spontaneous or adventurous. They can only stick to safe zones and days when they know they will have an excuse.

**How do you handle a cheating a boyfriend? Let us know below.**

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## **Relationship Expert Talks What's Wrong With Men In The Dating World**





By [Jared Sais](#)

As a [relationship expert](#), I've heard some of the worst dating stories. I'm sure, like my friends, you too have been on some bad dates. Sometimes the men are only after one thing. Sometimes they just don't know how to actually have a conversation with you. And sometimes they have no manners and barely plan the date. This article will do two things. First, I will call out the rude, bizarre, and ugly behavior men are showing women on dates. Second, I will share my love advice on how women should handle situations like these.

## Relationship Expert Says What To Do On A Bad Date

Let's look at a couple scenarios and then I'll give my expert dating advice.

**Scenario 1:** The girl picks up the guy in front of his apartment. It's 7 p.m. and the girl hasn't eaten and is quite hungry. She is excited as she sits in the car anxiously. She

took the time to make sure she looked nice. Then the man walks out of his building in workout gear. Long shorts, ragged shirt, and hair a mess. He gets in the car and tells the girl that they're going to a nice place. Needless to say, she's a bit dumbfounded by the way he chose to put himself together. He tells her where to go and they wind up at a sports bar. As they get into the bar he sees a group of his friends and orders two beers, one for him and one for her. The night ends two hours later and he decides to stay with his friends, leaving the girl to drive home from the bar.

Now, I'm sure your mouth is on the floor by now, but this situation might also look familiar. And if so, this is what you can do next time:

- Call them out on how they've presented themselves.
- Tell them you haven't had dinner yet.
- Tell them the date is over if they don't treat you right.
- If they don't show you respect or have class, they're not worth your time.

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

**Scenario 2:** The girl took time getting ready and even wore a new outfit. It's 8 p.m. and she only ate a tiny bit as the guy said they were getting food together. As the girl meets the guy, he decides to change the plans and wants to head to a bar for a drink first. They get a drink each and he only pays for his, leaving her to pay for her own. During the drinks they speak about getting food and more about him. He never asks one question about her and what she likes. They finish their drinks and head back to his car. They start to drive and wind up back at her car. He says he'll get food on the way home and that he feels tired. So the girl drives home and eats back at her place.



What to do if this happens to you:

- Leave and never call him back, ever.
- Again, call him out on his behavior.
- The man should pay for the first few dates. Call me old school but it's just classy and shows good manners. Of course, the girl should offer to split but the guy should decline and pay.
- If the plans change, step it up in scale. So if you want to change plans, make it bigger and better, not smaller and worse.
- If you agree to food on the date, then that is a must. Don't ditch the main event. It's rude.

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

What is wrong with men today? They aren't dressing to par, they aren't paying, they only want a physical relationship and love, they show zero class, and worst of all, they're disrespectful to women. There are good guys out there, ladies, but there may be awkwardness, which will happen to a guy that really likes you. They will pay for the date, open the door and want to get to know you.

As a relationship expert, I see good guys get the boot due to some silly reason, while idiot men who won't even care about a woman's day get all the buzz and attention. This leads to a constant cycle of bad dates and sadness. But, this isn't all the woman's fault, not in the slightest. Men need to really bring their game up. Be a classy guy, show you care about the way you look, and act with gratitude. Open doors, pay for the meal and look for something real in the woman you're dating. Not every date needs to be perfect but try and put some thought into it to make it nice. I think the perfect date is

at a coffee shop, from 5-8 p.m., where there's quiet music to take away from any first date awkwardness.

[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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## Dating Advice: Don't Let Jealousy Impact Your Friendships





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

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) talks about how jealousy impacts your friendships. Her dating advice is simple: Just because you're in a relationship and love doesn't mean you have to drop your opposite sex friends.

## **Dating Advice from E!'s *Famously Single* Dating Coach Laurel House That Will Help Your Friendships**

Being in a committed relationship is not a single gender jail, where your partner is the bodyguard. The relationship expert offers everyone a reality check: Friends often last longer than new lovers. Your BFF's have been there through the good times and the bad. So don't disengage with your friends when you're spoken for and decide to go back when you're single. You'll most likely lose a lot of friends that way.

**Related Link:** [Dating Expert Says Look For What You Need, Not Want!](#)

House also reveals that you *can* be friends with people of the opposite sex! Her dating advice? As long as you both have an understanding that you're just friends, then it shouldn't impact your love life. There should be no lying or hiding your friends from your partner. But make sure you have a conversation with your honey to talk about your comfort levels.

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

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

**Do you think you can be friends with people of the opposite sex? Tell us in the comments below!**

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## **Breaking Up: Dating Advice for the Breaker and Breakee**





By Jim Hjort, LCSW

Humans are wired to thrive on close interpersonal connections, so when a relationship and love life comes to an end, often at least one of the parties will hold hard feelings. Perhaps blame, regret, vulnerability, disappointment, fear, or any number of others. This is when dating advice becomes the most important.

**If there's an impulse that's stronger than the one to seek close connection, it's the one to protect ourselves from injury.**

**Temporary empowerment.**

As a result, when intensely negative breakup feelings arise, their cousins—anger and self-righteousness—often follow close behind. Those feelings can provide a temporary feeling of empowerment, as opposed to feeling helplessly stuck in an

unpleasant situation. Unfortunately, the fireworks that anger and self-righteousness can induce tends to create even more lasting animosity, which provides fertile ground for negative thoughts and feelings to multiply.

### **Prevention of Openness.**

That, in turn, can prevent both people from having the psychological and emotional openness necessary to recognize the next relationship opportunity that comes along—and nurture it. Not to mention, such a negative state of mind impacts your ability to generally enjoy life and function in healthy ways.

### **A breakup is a stage of your relationship.**

In order for both parties to emerge from a breakup as healthy as possible, you need to remember something that is simple, but easy to forget in the presence of strong emotions: the breakup is a stage of your relationship, just like any other. That means that all the rules of healthy communication and respect for your partner still apply.

For starters, recognize that any partnership exists through a interaction between each party's need for something from the other, and the other party's willingness and ability to fill it. Fundamentally, a breakup happens when sufficient numbers of these pairings can't or won't be made.

### **Be open and honest.**

Therefore, the healthy approach is the open and honest one: let the other person know what need of yours isn't being met, or what need of theirs you are unwilling or unable to meet. (The "it's not you, it's me" speech isn't really accurate: it's both of you whose needs and willingness and ability to fill them have to fit together, like two pieces of a jigsaw puzzle.)

When you're doing this, be sure to use "I" statements to own



your perspective, instead of attributing thoughts, feelings, and motives to the other person. (For instance: “When you disappear for days without calling, I feel like I don’t matter to you.”)

### **Own your decision.**

If you’re the breaker, own your decision and explain it. If you’re the breakee, try to devote your mental resources to listening and comprehension, rather than formulating a rebuttal while the other person is speaking. The breaker has made a decision; try to understand it. And then, restate what the other person has said in your own words, both to make sure you’ve understood them and to convey that you’re trying to do so.

### **Arrive at a mutual understanding.**

Approaching a breakup with the goal of arriving at a mutual understanding tends to defuse the natural, defensive anger response. It also provides both of you with clear information and a matter-of-fact perspective on what happened, eliminating the unknown, which tends to spawn negative rumination and feelings just as much as animosity.

This thoughtful, healthy approach certainly won’t eliminate the pain of a breakup, but it can greatly reduce your suffering about it, which is different. With a solid understanding of what happened, you can also move forward with less “baggage.” Best of all, you might even come to understand your needs (and shortcomings) better, so that your next relationship has a better chance of success.

*Jim Hjort, LCSW, is the founder of the [Right Life Project](#), where he helps people overcome roadblocks to self-actualization as a licensed psychotherapist, RightLife Coach and mindfulness meditation instructor. The Right Life Project helps people understand the ways they can manage the different dimensions of their lives (psychological, social, physical,*

*and vocational), in order to be happier and more fulfilled, and to reach their full potential.*

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# Breaking Up: How To Ditch Your “Better Than Nothing” Relationship And Love



On this week's [Single in Stilettos](#) relationship advice video, dating expert Suzanne Oshima talks to [relationship author](#) Duana Welch about ditching those better than nothing (BTN) relationships and love.

**Related Link:** [Love Advice: How To Increase Your Chances Of Meeting The One](#)

## End Your 'Better Than Nothing' Relationships and Love

Have you ever been in a better than nothing relationship and love? The type where a lot of your standards are met, but you just know that this isn't your final choice. If you're in this type of romantic rendezvous, get out of it as soon as possible! "It's a time waster," the relationship experts say.

**Related Link:** [Relationship Advice Video: 5 Things That Belong On Your Must-Have List](#)

Here are five ways to know when it's time to ditch your BTN love:

- 1. If they lack one of your must have.** Don't stay with your honey if you aren't fully satisfied.
- 2. If the pain outweighs the pleasure.** Relationships should be happy, not painful.
- 3. If they don't love you enough.** You deserve someone who worships the ground you walk on.
- 4. If you don't love them enough.** You deserve to worship the ground someone walks on.
- 5. If your intuition says so.** Your intuition was created to protect you, so listen to it!

Listen to the love advice above to find out how to end one of these toxic flings!

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

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What do you think about better than nothing relationships?  
Tell us in the comments below!

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# Most Popular Girl in New York City Shares Online Dating and Relationship Advice in New Book



By Mackenzie Scibetta

Lauren Urasek is your average, dark-haired, tattooed, mid-twenty-year-old make-up artist from Brooklyn. She lives a modest life, yet somehow, this ordinary girl is regarded as the most popular girl in New York City. With over eight million people in the Big Apple, how did she manage to claim such a grand title? The answer is through an online dating site called OKCupid. According to the co-founder of the site, Urasek is the most messaged woman, receiving an astonishing 245 messages each week. After garnering a lot of attention for this feat, she decided to write a [self-help relationship book](#) that includes the comical dating horror stories she has saved up and also offers up online dating and [relationship advice](#). We recently talked with Urasek about *Popular: The Ups and Downs of Online Dating from the Most Popular Girl in New York City*, and in our exclusive interview, the queen of online dating gives us a glimpse into her own personal experiences.

## Self-Help Relationship Book Gives Inside Look at Online Dating World

**Can you give us some background on what made you decide to open up about your dating experiences?**

It all started with a *New York Magazine* article that was written about me almost two years ago. From there, I was inspired to launch my blog, which talks about all of the crazy guys who I meet online. I got a lot of questions from readers on these unusual experiences, so I decided to open up about it in a more in-depth way. It seemed natural to talk about my dating life to hopefully inspire, or at least entertain, other people. The book also touches on the brief fame I received from the *New York Magazine* article, which was really fun to reflect on.

**Related Link:** [Relationship Author Dr. Brandy Engler Breaks](#)

[Down 'The Women on My Couch'](#)

**What do you think will surprise readers most about this book?**

I live in one of the busiest cities in the world, so although New Yorkers won't be surprised, I think other people will be shocked at the obnoxiousness of dating in such a large city. Guys can get away with a lot more here because they know there's a good chance they'll never see you again. Guys in a small town or suburb are different because everyone is connected somehow and you have to worry about that gossip aspect. Some of the things I find to be normal might be pretty crazy to my readers.

**You talk about some of your online dating horror stories in the book. What was the weirdest interaction you had online?**

One time, I went out with a guy, and everything seemed great until, at the very end, he wound up randomly storming out on me. He demanded I pay for everything and even brought his weird, out-of-place cousin along. Before he demanded that I pay, he was telling everyone around us I was his fiancée. He had a million different personalities, so you really don't know who someone is until you meet them in person. I normally won't talk to a guy online too much before I meet him; that way, we aren't overly relying on technology.

## **Lauren Urasek Gives Love Advice Based on Her Unique Personal Experiences**

**Switching gears a little, I'd love to get your online dating and relationship advice. What do you consider are some of the major *don'ts* with online dating?**

Don't try to be anyone who you're not. I would approach everyone you're talking to as a real person. You have to



remember that they're not just a photo behind a screen; they have a real life and real feelings. Basically, don't do anything online that you wouldn't do in real life.

**How do you avoid and get past the “creeps” on dating sites to find a genuine guy?**

It's just about following your gut. If someone sends something weird or creepy in a message, don't feel obligated to talk to them. Your gut isn't always right, so you might go on a bad first date, but usually, it will lead you down the right path. If they're normal and respectful, then you're taking a good chance.

**Related Link:** [Dating Headshots](#)

**Our visitors are always looking for tips on how to find the right guy. What love advice would you give to singles who just can't seem to find The One?**

I'm in the same boat right now, so the dating advice I follow is just making myself happy as a single person. If you're constantly looking for a guy, then you're putting too much pressure on people, and it won't be a natural relationship. I would also say you can go online to meet people, but keep doing your own thing and stay busy with your friends. Don't let yourself become too dependent on online dating.

**Lastly, do you have any tips for singles who want to increase the amount of matches they're receiving online?**

First, have good pictures. That means take a variety of them at different angles, including face pictures, full-length pictures, and profile pictures. Make sure they're all high quality and up to date too. Then, write a good profile that actually shows who you are outside of “I like long walks on the beach.” Everyone online writes “I like to travel” and “I'm outgoing,” so don't write something every guy has seen a hundred times. Just write something that gives him a true

sense of who you really are.

*You can purchase Popular: The Ups and Downs of Online Dating from the Most Popular Girl in New York City on Amazon. For more on Lauren Urasek, check out her Twitter @loandthecosmos or her blog, <http://theyreallysaidthis.com/>.*

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## January Jones and Will Forte Are Celebrity Exes After 5 Months of Dating



By Mackenzie Scibetta

Hollywood relationships are notorious for how short they usually are, but this celebrity couple called it quits after only five months together! [UsMagazine.com](http://UsMagazine.com) reported that January Jones and Will Forte have ended their relationship and love life, which started in April on the set of their show *The Last Man on Earth*. The [celebrity exes](#) successfully avoided each other at the 67th Emmy Awards. It is rumored that the cause of the break-up was because Jones is not looking for commitment.

## Time to add another pair of celebrity exes to the Hollywood mix. What do you do if the person you're dating is afraid of commitment?

### Cupid's Advice:

Commitment issues are more prevalent than ever as our society is becoming more care-free and individualistic. If you truly want your partner to come to terms with the idea of a relationship, then don't be afraid to speak your mind. Cupid has three tips to help get your loved one committed:

- 1. Have fun:** It's possible that your significant other is scared of commitment because they associate relationships with rules, routine and constant nagging. Try focusing less on getting them committed and more on enjoying each other's company. This laid-back, fun atmosphere might change their definition of what a relationship consists of.

**Related Link:** [Megan Fox Returns to Social Media After Celebrity Divorce Filing From Brian Austin Green](#)

**2. Don't ask for too much too soon:** Don't scare away your partner with high demands and lavish plans. Ease into a relationship slowly so they have time to adjust and get a feel for what you want. Hold off on meeting the parents and visiting Europe until the terms of the relationship have been fully discussed and accepted.

**Related Link:** [Celebrity Couple Ariel Winter and Boyfriend Laurent Claude Gaudette Party After 2015 Emmys](#)

**3. Show them respect:** Hopefully this one is obvious, however, if you act superior and dominant this could intimidate them. Don't demand to be treated like a princess, rather treat your lover as your equal. Receiving respect can open their eyes to the caring, concerned person you can be.

**What struggles have you faced with getting your partner to commit? Let us know below.**

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## **Jon Gosselin Denies Joking About His Celebrity Ex Kate Gosselin's Recent Split**





By [Katie Gray](#)

Kate Gosselin has recently split from her millionaire boyfriend. Post-celebrity break-up, her ex-husband Jon Gosselin slammed the rumors that he was joking about her breakup in a social media post. According to [UsMagazine.com](#), "Amid the news, it was rumored that Jon posted the 'praising celebration hands' emoji on his private Facebook page. The dad of eight reveals the incident did happen – but on a fake account." These [celebrity exes](#) have no current relationship and love life and are not on good terms. They split in 2009 and are the parents to eight children, twins Cara and Mady, 14, and 11-year-old sextuplets Aaden, Collin, Hannah, Alexis, Leah, and Joel.

**These celebrity exes are definitely not on good terms. What are some ways to remain civil with your ex**

# for the sake of your children?

## Cupid's Advice:

It's hard to maintain a civil relationship with your ex sometimes, but in circumstances where you are co-parenting it is extremely important to remain on the best of terms as possible for the sake of the children. Cupid has some advice on how to remain civil with your ex for the sake of the children:

**1. Don't talk badly about your ex:** It's important that the children don't feel torn between their two parents, because they love each of them equally and do not need to pick a side. Don't talk negatively about your ex in front of your kids. Let the children feel okay to talk about their other parent freely, without them feeling guilty for doing so. Keep a united front!

**Related Link:** [Christina Milian and Lil Wayne Call It Quits](#)

**2. Maintain a schedule:** Kids need a healthy balance to maintain a happy childhood. The key aspect is to maintain a schedule and keep that pattern. Children do well with stability. When the kids are alternating between parent's homes, keep the schedule the same. Too much inconsistency will put stress on the kids.

**Related Link:** [Jon Hamm and Jennifer Westfeldt Split](#)

**3. Stick to your rules:** Sometimes parents try to come up with the same set of rules to have your children follow, even when you are split up. This is great if it is doable. If not, just have your children stick to your rules when they are with you and they can follow the other parent's rules when they are with them. Experts say that children have the ability to adapt to this, it really isn't an issue if you and your ex can't come to the same terms – so don't worry about it!

How have you and your ex remained civil for the sake of your children? Let us know below.

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# **Alison Sweeney Talks Relationships And Love in Exclusive Celebrity Interview: “Love Is a Two-Way Street, and Even Though It Can Be Messy, It’s Worth It!”**







By [Rebecca White](#)

Alison Sweeney has done it all when it comes to the small screen, working as an actress, director, and even producer. From soap operas and TV movies to hosting a reality TV competition show, she gracefully balances motherhood while also managing her booming career. While her time on *The Biggest Loser* is now over, the celebrity mom is using her open schedule to pursue other passions. In our [exclusive celebrity interview](#), we chatted with Sweeney about her relationship and love life, her best love advice when it comes to balancing a family and career, and her upcoming Hallmark movie *Love on the Air*.

## Alison Sweeney Talks Relationships and Love

For Sweeney and husband David Sanov, balance is key. When you have two kids and are constantly working on new projects, it's important for each spouse to manage their time effectively. "Dave is my partner," the actress says. "We have been married

for 15 years, and each day, we take time to ensure we are there for one another and our children.”

She also notes the importance of taking time to relax as a couple. For her and her husband, that means “cooking dinner together and, after putting the kids to sleep, having a glass of wine or some popcorn while watching a movie or catching up on our favorite TV shows.” Yes, that is easier said than done, but finding time to spend together is essential. “At the end of the day, your relationship and love is the anchor of your busy lifestyle, and if you make that a priority, you’ll be able to tackle all else together,” she shares. “We find ways to schedule meetings and playdates, so make the point to schedule quality time with your partner too.”

**Related Link:** [Alison Sweeney Chats About Her New Book, Fitness Routine and Family Life](#)

Sweeney encourages her kids to take risks by setting a positive example. “I always push myself with new challenges, and producing, directing, and starring in different projects enables me to do just that,” she reveals. She encourages busy moms to explore other passions as well. “Like Nike says, just do it! You don’t want to always wonder what might have been,” she says.

Of course, handling a full schedule can be hard. Her advice is to “focus on the moment and do your best.” Try to manage your time hourly rather than weekly, so it’s not as daunting. “At the end of the week, take a moment to evaluate your accomplishments and what you hope to improve in the next week: focus at work, attention to kids, quality time with partner, time for yourself...it all matters,” she shares.

## **New Hallmark Movie Teaches Love**

## Advice

One of the projects keeping the celebrity mom busy is the upcoming Hallmark movie *Love on the Air*, which marks Sweeney's debut on the channel as both a star and executive producer. Her character Sonia seems to have it all. "She has a great radio show for female empowerment and a successful fiancé, but when she is forced to work with a rival DJ, she's pushed to look at her world and herself in a new way," the actress explains. "The lesson about love that Sonia learns is such a good one to share. Love is a two-way street, and even though it can be messy, it's worth it!"

**Related Link:** [Alison Sweeney Chats About Keeping Her Family Healthy with Frigidaire](#)

Sweeney recently realized how much she loves storytelling and making romantic comedies. Thanks to her new partnership with Hallmark, she can do both! As far as her future projects, Sweeney says to "follow me on social media to find out what's next and then let me know what you think!"

*You can keep up with Alison Sweeney on Twitter @Ali\_Sweeney. Tune in for Love on the Air on Hallmark on September 26th at 9/8c!*

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## Relationship Experts Talk Capturing His Attention (In Person!)



In this week's [relationship advice video](#), matchmaker and relationship expert Suzanne Oshima talks to dating coach Arica Angelo about how to capture his attention (in person!). Check out their expert dating advice above!

## Three Tips From Relationship Experts: How To Capture His Attention

**1. Appearance.** Men are visual creatures, so make sure you're emulating the best version of yourself. You are your brand, so present yourself accordingly.

**Related Link:** [Expert Dating Advice: What A Man Doesn't Want In A Woman](#)

**2. Energy.** If you have a positive energy and openness, then people will gravitate towards you, the relationship experts say. Be excited about yourself and your life, because that is attractive.

**Related Link:** [Expert Love Advice: Matt Adams Reveals the #1 Thing a Man Wants After Looks](#)

**3. Pursue men yourself.** Don't be afraid to initiate conversation, ladies. If you want a relationship and love, get out of your head, and go after the guys you want to date.

*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](#).*

**How do you capture his attention in person? Tell us in the comments below!**

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# Dating Expert Says Look For What You Need, Not Want!





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

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) shares the secret on how to be happy in your relationship and love for the rest of your life! Her expert love advice is simple: Make sure you're looking for what you need versus what you want.

## **E!'s *Famously Single* Dating Expert On Wants Vs. Needs**

If your love life isn't where you want it to be, then you may be searching too hard for what you want, instead of what you need. The list of "must-haves" that you judge every potential partner by, is actually just a list of preferences and aren't essential to a lasting relationship. "You need someone who makes you feel like a priority and communicates with you," the dating expert shares. But you don't necessarily need that person to be tall, dark, and handsome.

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



## [Sexy](#)

Start looking at your needs as sexy. It's sexy when your honey shows up physically and emotionally for you. It's sexy when your love is kind to you and respects you. It's attractive when you share the same core values. If you don't have your needs met, the connection won't last. "Get your needs met and your wants will be fulfilled," House says.

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

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

**How do you know your wants versus your needs? Tell us in the comments below!**

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# **Expert Dating Advice: How to Get Over "The Little Things"**







By [Project Soulmate](#) matchmakers Lori Zaslow and Jennifer Zucher with contributing writers Nicole Hartley and Samantha Cohen

Is there something about your significant other that bothers you a little too much and a little too often? Relationships and love are often born on “the little things.” It’s the little things that attract you to your significant other, but it can also be the little things that really annoy you about that person too. Is her voice too squeaky? Does he talk too loud in public? Does her taste in music really drive you insane? Partnerships are difficult enough without those small annoyances getting in the way. Finding the perfect person can be a difficult task, but once you do find your match, how do you get over those things they do that bother you? Read on for our expert dating advice!

## Getting Over Small Annoyances in Your Relationship and Love

Related Link: [Love Advice: What to Do If Your Friends Don't](#)

## [Love Your Partner Like You Do](#)

First things first: If something they do bothers you to the extent that you really just can't get over it, maybe it's time to face the reality that they may not be your soulmate. However, in most cases, this is the extreme. Sure, hating your girlfriend's taste in music can be a bother on occasions, but it is something you can get over. On the other hand, if you're a neat freak and she's a hopeless slob, *that* can be a deal breaker.

Let's face it: Every person has flaws. It is the size and the severity of the flaw that can determine whether or not the relationship and love is worth it for the long haul. As relationship experts, we think we can all admit that, at times, we love to hate things about people. It's just what we do! However, sometimes those flaws are what make us love someone even more. So what if you hate her taste in music? Maybe you love the way she dances or the way she can never get the lyrics quite right to her favorite song. In order to appreciate these little quirks, you may have to sacrifice putting up with music you might hate.

In any relationship, it's important to always look for the good things in your significant other and in the partnership itself. If it's "the little things" that made you fall in love with them, then it's safe to say that getting over those things that bother you should be just as simple. Hopefully, for every thing that bothers you about them, you have a handful of things that you really love about them. That is what you should focus on when feeling bothered by that annoying thing your soulmate does.

**Related Link:** [Love Advice: You Love It, He Loves It Not](#)

Always remember that no one is perfect. Love isn't perfect, and neither is your significant other. It is important to look for the best in everyone, so give your

boyfriend or girlfriend a break. If you're feeling extra nice, consider this love advice: Get up and dance to that awful music with them! Maybe karma will reward you, and they will cherish your peculiarities too.

*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.*

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## Justin Bieber Says He's a Single Celebrity and 'Ready to Mingle'





By Mackenzie Scibetta

“Beliebers” everywhere can rejoice as heartthrob [Justin Bieber](#) revealed he is officially on the market. The single celebrity, who famously dated [Selena Gomez](#) for three years, told Ellen Degeneres he isn’t quite ready for another celebrity relationship right now. According to [UsMagazine.com](#), the singer said, “I love to be in love and I love cuddling and I love all of that kind of stuff. But I got my heart broken and so I’m just going to let that heal up.” Although single, fans may have to wait a while before they see the star in a celebrity romance with another woman.

## Single celebrities have all the fun! What are some benefits to staying single?

**Cupid’s Advice:**

When you’re single, don’t remain bitter about love or seeing

other couples happy. Rather, use this time to build up yourself and take advantage of all the opportunities life has to offer. While not always obvious, there are a lot of positives to being single and Cupid is here to demonstrate some of them for you:

**1. Be more productive:** You don't need to worry about cooking dinner, cleaning, attending events or shopping for your partner so you have a lot of extra time that can be devoted to work, hitting the gym, or starting a new club. Use this time wisely to discover new interests or skills.

**Related Link:** [Single Celebrity Ariana Grande Says She Doesn't Want to Be Called Big Sean's Celebrity Ex](#)

**2. More well rested:** Research shows that sleeping two people in a bed can be less comfortable and can lead to more restlessness during the night. Also, without a partner you have more time to get a full night's sleep. More rest results in a stronger, more brain-powered you.

**Related Link:** [Justin Bieber Says He Isn't Looking for a Romantic Relationship Right Now](#)

**3. Manage money better:** A common overlooked downside of being in a relationship is all of the money you have to spend on dates, transportation and extra food. Being single allows you to question better what's worth spending money on and what's not.

**How do you spend your time when you're single? Let us know below.**

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# Celebrity Video Interview: Master Sommelier Talks Relationship and Love Advice



By [Rebecca White](#)

If you're keeping up with New York Fashion Week, then you know that the worlds of fashion and wine are colliding this year. Master Sommelier DLynn Proctor shares his best relationship and [love advice](#) concerning all things wine in our celebrity video interview.

**Related Link:** [Brooke Burke-Charvet Talks About Her Marriage in Celebrity Video Interview: "We Carve Out Time for Each Other"](#)



# DLynn Proctor Talks Love Advice In Celebrity Video Interview

Sometimes ordering wine at a restaurant can be stressful, especially on a first date or special occasion such as an anniversary or Valentine's Day. Proctor's love advice is to make sure you communicate with your sommelier. "Give your somm buzz words, like light or bold, medium wines, fruity, dry, sweet, etc.," he says. After that, your somm will easily be able to make a pairing sure to improve your date night.

But if you still need some dating advice concerning wine, then look out for these recommendations. For a first date, you can't go wrong with the Bin 28 Kalimna Shiraz, Proctor shares. "A lot of beginners can enjoy this and the price is affordable!" he says. But, maybe your relationship is more mature, and you're searching for an anniversary wine. In that case, go with the Penfolds Grange Shiraz that can be order at the finest establishments.

In regards to his own relationship and love life, Proctor jokes that being a sommelier has only improved his marriage. "The wine seller is always stocked and the wife is always happy. She drinks very well," he says with a laugh.

*You can keep up with DLynn on Twitter @WineauxDLynnP and [www.instagram.com/penfoldsdlynnp/](http://www.instagram.com/penfoldsdlynnp/).*

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

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# Famous Couple Beyonce and Jay-Z Celebrate Her Belated Birthday on a Yacht in Italy



By [Katie Gray](#)

Crazy in love! Famous couple Beyoncé and [Jay-Z](#) recently celebrated her birthday on a yacht in Italy. Talk about having a happy BeyDay! The celebrity couple lounged on the yacht and drank champagne. According to [UsMagazine.com](#), “On her actual birthday, the songstress’ family showered her with love. Blue Ivy gave her an adorable handwritten card, while Jay Z created a musical tribute featuring Coldplay’s ‘Yellow’ and messages from her parents, sister Solange, Destiny’s Child bandmates, and other close friends and family, which Beyonce shared on

her website.”

## **This famous couple goes big instead of home! What are some ways to make your partner feel special on his or her birthday?**

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

Famous couples are not the only ones who want to make their significant other feel special on their birthday! Taking a cue from celebrity couples like Bey and Jay, it's best to go big instead of go home! Whether it's celebrating with loved ones, having a party or finding them the perfect gift, there are plenty of ways to make your partner feel special on their birthday! Cupid has some dating advice:

**1. Few of their favorite things:** Nothing makes a person feel good as much as being surrounded by their favorite things! A birthday is the perfect occasion to break out a few of your partner's favorites. Whether that be a particular food and beverage, a candle scent, an activity or a type of flowers, it's time to step up.

**Related Link:** [Does Beyoncé Have A Baby On The Way?](#)

**2. Special surprise:** Surprises make people feel special because it shows that people cared enough about them to plan something meaningful in their honor! Plan a surprise dinner or a surprise party for your significant other on their special day. It will make them feel so loved. Remember, it is the thought that counts!

**Related Link:** [George Clooney Jokes About Celebrity Marriage: 'They Said It Wouldn't Last'](#)

**3. Love:** All you need is love! Love is the one thing that every birthday needs to have in spades. Show your partner how much you love them on their birthday. That could mean planning an outing to do together, a special meal to indulge in, making them a card or designing them the perfect gift. It's the effort that matters, not the cost. Put time and energy into their birthday, and they will see that and feel like a king or queen!

**What are some ways you have made your partner feel special on their birthday? Share your stories with us below!**

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## **Relationship Advice On Dating Your Ex**





In this week's [relationship advice video](#) from [Single in Stilettos](#), matchmaker and dating expert Suzanne Oshima talks to relationship author Tinzley Bradford about dating your ex.

## Expert Dating Advice: Should You Date Your Ex?

Make sure you listen to this expert dating advice and ask these three questions before you decide whether or not to go back to your old partner:

**1. Do you harbor any resentments?** If the issues aren't resolved, then don't go back to your old flame! Here's some relationship advice: You have to go in with a clean slate, if you've made the decision to go backwards, instead of forwards.

**Related Link:** [Expert Dating Advice: How to Make a Relationship and Love Work](#)

**2. What caused the break up?** You need to assess what went wrong and what arguments were had. Make sure you know what

you're willing to deal with.

**Related Link:** [Relationship Advice Video: 5 Things That Belong On Your Must-Have List](#)

**3. Is it worth the effort?** You need to make sure the circumstances have changed, so you'll nurture a healthier relationship and love.

*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](#).*

**Would you get back together with your ex? Tell us in the comments below!**

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**E.G. Daily Shares Post-Divorce Love Advice in Celebrity Interview: "Don't Wait for Someone to Fill You Up"**





Interview by [Rebecca White](#). Written by Mackenzie Scibetta.

E.G. Daily may have one of the most diverse careers in Hollywood. From starting out on the silver screen in *Pee Wee's Big Adventure* to playing the voice of Tommy Pickle's in *Rugrats*, she has truly done it all. Plus, she has a successful singing career. Most impressively though, she balances being a full-time single celebrity mom with her busy lifestyle.

You may recognize Daily from season 5 of *The Voice*, where she performed a memorable rendition of Faith Hill's "Breathe" and was chosen by Blake Shelton. She compared the unforgettable experience to a summer camp for people of all ages and said it was refreshing to just sit around and sing all day. Her best advice for upcoming contestants on season 9 of the reality TV show? "Savor every moment."

## **E.G. Daily Dishes on Her Celebrity**



# Divorce and Family Life

“Love inspires everything I do,” gushes the singer-songwriter, who writes many of her songs with a romantic theme in mind. She notes that “love is all day long,” whether she’s at the gym or walking down the street. This positive outlook on life undoubtedly helped her handle her [celebrity divorce](#) from Rick Salomon in 2000.

**Related Link:** [Pamela Anderson and Rick Salomon: Filed for Divorce Again](#)

For Daily, the best way to handle divorce is with dignity and no bad blood. “Just make sure not to be cruel because you’ll want or even need to be friends with them at some point. Ultimately, it’s happening *for* you, not to you,” she explains in our celebrity interview. She is a woman who practices what she preaches, as her and Salomon still maintain a close relationship. As for raising their children as a single mother, she believes that you shouldn’t make your ex out to be the bad guy. Her and Salomon “have nothing but love and respect for each other,” which she hopes helps her children honor them.

Unfortunately, no divorce, no matter how compatible the bond, is going to be that easy. Daily says she struggled the most with what to do with old photographs and videos of their former life together. “I learned you keep them and just remember the good times. He’s my family, and you’ll still have the relationship, but the form of it changes from family to friends forever,” she candidly shares.

With such a hectic life, it’s hard to imagine how Daily could have time to focus on her children and career...but she managed to succeed at both! “I don’t know how I did it – it just all worked itself out,” she says with a laugh. She always put her work around her children, who she refers to as her little diamonds. “They are the most important things to me. My life



wouldn't be as awesome without them," she notes. She's even lucky enough to bring them to set sometimes: When she worked on *Rugrats* and voiced a toddler, her children were toddlers and often there with her.

## Reality TV Contestant Shares Love Advice in Celebrity Interview

It's no surprise that Daily is a strong promoter of self-love and encourages everyone to find what you love in yourself before you start looking for a partner. "When you meet someone amazing, you should feel they deserve you. Don't wait for someone to fill you up," she suggests. Sharing a bit of love advice, she believes that doing all things out of self-care and self-love will naturally attract good partners. "People can feel when you love yourself or not. Be with someone who loves that you love yourself," she adds.

**Related Link:** [Dating Advice From Justin Kim of 'America's Next Top Model'](#)

As for jumping back into the dating game after a divorce, Daily suggests the same rule of self-love and confidence. "Make sure that you're feeling super good in your life. Feel full and whole and turned on so that you can bring someone in with that positive energy," she shares in our celebrity interview. She adds that you can't be bitter and expect to find someone. Instead, be excited and ready to tackle a new relationship and love that will bring joy into your life.

*You can keep up with and listen to E.G. Daily's music on her Twitter @realegdaily or [www.facebook.com/eg.daily#](http://www.facebook.com/eg.daily#) as well as her website, <http://egdaily.com/>. For more love advice and great tunes, you can listen to her one-woman autobiographical musical "Listen Closely," available on Amazon.*

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# Relationship Expert Discusses How To Know When It's Time To Call It Quits



By [David Wygant](#)

This is a really tough article to write. When is it time to call it quits with your significant other? Is it when you have exhausted every single avenue, when you have reached a point of diminishing returns in the effort to make your [relationship and love](#) work?

Once a relationship goes down the he-said, she-said route or

it starts to look like a standoff at the O.K. Corral, despite many lengthy, late night conversations, it's time to bring in the heavy artillery. If you're not seeing eye-to-eye and you're acting defensive and resentful of each other, then you need to sit down with a professional. You need to talk to someone on the outside, someone not invested in the relationship. I'm talking about a real professional.

## Love Advice: When to Break Things Off

As a relationship expert, I am a firm believer in therapy, especially marriage or relationship counseling. A few hours with the right person can save you months, even years, of emotional duress and stress. After all, if you're struggling, a miracle isn't going to happen out of nowhere. Your significant other isn't suddenly going to say, "Yes, I see your point exactly. I understand everything now!"

**Related Link:** [Dating Advice: What to Do When You're Not His Priority](#)

I've been down this road too many times. It's beyond frustrating. You think to yourself, "Tonight, I'm going to rephrase the conversation. We're finally going to communicate and realize we both just want to be happy." So you come home, and you discuss things in a constructive way, but as usual, your partner gets triggered, acts defensive...and the shit hits the fan.

If you've got kids in the mix, it makes it even harder to call it quits. But if someone doesn't understand you or recognize your love language and has stopped trying to make you happy, then you need to get help immediately. If the help doesn't work – if you've been to a counselor and you're still banging your head against the wall – nothing's going to

change. It's time to figure out the best way for you to move forward separately.

Most people don't change. They won't. They resist it and instead buildup a steady flow of resentment towards you. Resentment is the poison pill for relationships and love. Resentment is the opposite of trying to make someone happy, the opposite of compromise, the opposite of trying to change for the sake of saving the partnership. Once resentment finds its way into your relationship, it's the beginning of the end.

**Related Link:** [How to Move On After Heartbreak](#)

People only change when they desire change. You can't wave a magic wand over somebody and make them change or see how you feel. If we could, there would be no divorce, no separation. People would simply evolve and grow together. Like many of you, I wish I could wave a magic wand over my ex and make her the person I want her to be. I'm sure she'd love to magically make me into the perfect person for her too.

So if you've exhausted all avenues and you're both full of resentment, then and only then, when you've done everything you can, it's time to call it quits.

*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: Sandra Bullock Leaves Spa Looking Radiant and Happy



By Mackenzie Scibetta

Oscar winner Sandra Bullock has finally found her happiness, and it shows! She was seen leaving [Jennifer Aniston's](#) favorite facialist looking glowing and all smiles, as [UsMagazine.com](#) reported. It's evident that Bullock's new celebrity relationship with photographer Bryan Randall is likely the source of her new bliss. The couple appears to be close with recently married Jennifer Aniston and Justin Theroux, as the duos double-dated while in Texas.

# **This celebrity news is extremely welcome. What are some ways a new relationship can improve your outlook on life?**

## **Cupid's Advice:**

Nothing beats the joy you find when entering a new relationship. As the honeymoon phase kicks in, you will be euphoric in all that you do. This noticeable change in personality can really help other aspects of your life as well:

**1. You look forward to every new day:** You no longer dread when your alarm clock starts buzzing in the morning, but rather you wake up refreshed and excited to see your new lover. This joyful awakening can help you be on time and more productive at work.

**Related Link:** [Jennifer Aniston Is 'Very Happy' for Sandra Bullock's New Celebrity Romance](#)

**2. You push yourself harder:** With a new special someone in your life, you are likely wanting to constantly impress and enthrall them. This relates to that extra mile you now run at the gym and the new cooking class you joined. Allow the enthusiasm for your new partner to transition into enthusiasm for life itself.

**Related Link:** [New Celebrity Couple Alert! Sandra Bullock Is Dating a Sexy Photographer](#)

**3. You treat others with more kindness:** Your natural happiness will radiate from you and will encourage other people to keep up with your positive attitude. Happiness will be easier to share because you will have such an excess it would be a crime

to keep it all to yourself!

**In what ways did your attitude change for the better when you started dating a new partner? Let us know below.**