

Relationship Expert Talks When To File For Divorce



By J'Nel Wright for [Divorce Support Center](#)

If your relationship and love has been confronted with unexpected and undesirable changes, you might consider ending your marriage. While we witness the threat of [celebrity divorce](#) surface almost every day, along with other nasty allegations, the fact remains that the decision to pursue a divorce is a personal choice.

Relationship Expert: What To

Consider Before Ending Your Marriage

Before you make a serious decision about your future, consider our love advice and ask yourself these questions:

1. What do you value most about the marriage? Is it the security the marriage provides? Do you value the companionship that's shared? For many, mutual respect is a highly favored characteristic, but whatever it may be, consider the strength of that factor now. For example, relationship expert, Rosalind Sedacca, CCT, says "When one or both spouses stop respecting one another, the foundation of the marriage is torn apart and little can be done to mend it. This is the biggest cause of divorce and is usually behind all the other issues involved." If the value you cherish is lost, you need to decide if it can ever be reclaimed. If not, you have the answer on what the next step should be.

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2. What do you value in your partner? Think about what attracted you to your honey in the first place. Was it integrity? Was it the prospect of a lifetime of financial support? Does your partner make you laugh or offer protection that makes you feel safe? If something has happened that compromises their character or desirable traits, you need to consider what's left. Moreover, is it enough to sustain your marriage in the future. The key is to identify the difference between reacting to an emotional experience and becoming more self-aware about what ultimately matters to you and what you want in your life.

Divorce support relationship expert Cathy Meyer says "If you're ready for divorce, you've let go of any emotional attachments you have to your spouse. These are good and negative feelings that often come into play during marital

conflict. Deciding on divorce at a time when you're overwhelmed with emotions won't solve problems. It will generate problems and compound any hurt and frustration you may be feeling."

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3. How much is an outside party influencing your feelings or decision? At the first sign of infidelity, the pressure to leave the marriage is palpable. Often the hint of staying leaves feminists howling "once a cheater, always a cheater." But what if the infraction is viewed as redeemable? In a variety of instances that go beyond infidelity, how do you piece together the logic of the woman who chooses to stand by her man? Truthfully, a third party has no place in your decision. If they have information that's important for you to know then it should be shared, but if you find yourself overly concerned about the reaction your decision may receive, your focus is misdirected. Only you can decide if this marriage has the foundation to withstand hardship. You're the one to decide if you have the strength and desire to rebuild it. Whatever your decision, be prepared to defend it to those who question it, but make it clear the decision was yours to make.

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

We are surrounded by failed marriages that kicked the bucket for a host of reasons. Unfortunately, the commonality of it doesn't make the decision to end our marriage any easier. By establishing our value system and monitoring the present state of a relationship that we once held in high esteem, we can better prepare ourselves to estimate the current value of our love and whether or not it can make it over the threshold to better days.

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

Celebrity News: Nicki & Miley Publicly Express Anger



By Dr. Jane Greer

In latest celebrity news, singer celebs Nicki Minaj and [Miley Cyrus](#) had a public spat at the 2015 VMAs, hosted by Miley. During the live broadcast on Sunday, Nicki called Miley a “bitch” for talking about her in the press. According to an insider, “Nicki was livid with Miley and decided to air her feelings onstage.” In fact, it was reported that MTV staffers had to keep Nicki and Miley away from each other for the rest of the night to avoid a confrontation.

It's hard to know if their fighting was staged to enhance the celebrity news or if it was authentic. Either way, it raises the question of whether shouting about your feelings in public when you're upset is the best way to get your message across.

In Nicki's case, there might have been a strong desire to reach her fan base and share her rage toward Miley. Maybe she thought it was the only way to save face. That being said, this really isn't that different from fighting with a partner in front of family and friends at a holiday meal.

So when you're irked at someone, what's the best way to let them know – talk to them in private about it, or let the whole world know? I have some relationship advice:

Very often when we are mad at someone who has hurt our feelings, our inclination is to get back at them by letting others know what they did to make us feel mistreated and wronged. In fact, that dynamic is the hook of reality TV. Doing that, though, and being vocal about the bad energy between you, may unwittingly put the people around you in an uncomfortable position by making them feel like they have to choose sides.

Related Link: [Miley Cyrus Moves On After Celebrity Break-Up from Patrick Schwarzenegger](#)

Sometimes people get so caught up in the anger of the moment that it can spill over beyond their private world, as we saw

with Nicki and Miley. Before you let that happen, ask yourself if this is a relationship and love worth saving. If you decide it is, then the best thing to do is to go right to the source and address the cause of your distress directly with the person who upset you in the first place. Tell them what they said and did to set you off, and give them a chance to apologize and explain. It will also give the person the chance to clear up any miscommunication or misunderstanding that may have occurred between you. Fighting out in the open just serves to fan the flames of the fury, but a straight conversation might clear the air and even help to salvage your relationship.

Related Link: [Nicki Minaj Fires Back at Celebrity Ex Safaree Samuels After He Releases Telling Single](#)

This year's VMAs were also witness to a number of bad feelings being soothed, such as between Kanye West and Taylor Swift. That is testimony to the fact that no matter how angry someone might be at one time, it is possible to get over it and move beyond it. The rage can diminish and you can let it go. Who knows? Maybe at next year's awards show we will see a different exchange between Nicki and Miley.

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](#) at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on www.facebook.com/DrJaneGreer, and be sure to follow @DrJaneGreer on Twitter for her latest insights on love, relationships, sex, and intimacy.

Expert Dating Advice: How to Make a Relationship and Love Work



On this week's [Single in Stilettos](#) relationship advice video, matchmaker Suzanne Oshima talks to [dating expert](#) and Robert Manni about how to make a relationship and love work.

Dating Expert Robert Manni Reveals

How to Keep Your Relationship and Love Strong

Here are five pieces of expert dating advice to follow if you want a strong relationship and love:

1. Pay attention: As Manni explains, “Guys are not that good at paying attention, and women pay attention to *everything*.” If you want to keep your partner happy, be mindful to their needs.

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2. Give your partner the benefit of the doubt: People are very quick to point out if something’s not completely right, but a lot of times, there’s a rationale behind people’s behavior. Don’t jump to conclusions!

3. Have shared values: “A couple can be opposites, but it’s the values that count – they need to sync up,” the dating expert says. For instance, two people need the same viewpoint on money, trust, and family, which often goes back to how they were raised.

4. Communicate: It’s important that neither person shuts down when it comes to communication. Really listen and hear where the other person is coming from. “It’s very important that women don’t expect men to read their minds and that men are willing to engage about an issue,” Manni shares. “Both women and men have to meet each other halfway.”

Related Link: [Relationship Advice Video: Three Things Women Don’t Know About Men](#)

5. Always keep dating: It’s easy to get comfortable and unintentionally take things for granted. “I’m guilty of that all the time,” the relationship author of *The Guy’s Guys Guide*

to Love admits. “You have to keep the mindset – and the heartset – that the person you’re with is somebody that you’re constantly wooing.”

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

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10 Body Language Signs That Mean He’s Into You



By Mackenzie Scibetta

Some women spend their whole days trying to decipher the puzzling mind of a male, only to discover that he's just not interested in them. This tiresome task of guessing, decoding every text and possibly even following his every move, will only lead you to exhaustion. Relationships and love shouldn't require this much work because men are not as complicated as we would like to believe. A simple, almost transparent, way to tell if a guy is interested in you is by reading his body language.

Cupid is here with some dating advice in the form of 10 major body language signs that show your guy is crushing on you:

1. Dilated pupils: Pupil dilation can occur for a number of reasons, but one of the most common is when the mind sees something it finds attractive or interesting. Subconsciously, your man's eyes will light up just at the sight of you. Interestingly enough, pupil dilation also occurs during physical pleasure.

2. He leans towards you: While listening or talking to you, he might start to slowly lean closer to you, which is a good sign that can be read as "I want to get closer to you." At first it might just be a tilt of the head, but this can eventually lead to the rest of his body shifting toward you. On the contrary, if he's leaning far away, that could mean he's not interested.

3. He puts his hands on his hips: If both hands are placed on his hips, then this is known as a male power signal. The point of this is to draw your attention and prove he is the most masculine guy in the room. If his arms are crossed, however, this is a bad sign that could mean he's bored.

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4. He raises his eyebrows a lot: Eyebrow raises can sometimes be mistaken for confusion or skepticism, but they actually can mean he likes what he's hearing or seeing. Similar to how our eyes widen when we're engaged and excited, our eyebrows will follow that pattern.

5. He is angled towards you: Often times our feet will naturally point toward where we want to go without us even noticing. Take note of where your man's feet are heading and if it's toward you, then you're in luck!

6. He makes good eye contact with you: You don't want him to stare at you awkwardly the entire date, but you also don't want him browsing through his phone the whole time either. Ideally, he will be so absorbed in what you're saying that he will gaze into your eyes often. Prolonged eye contact shows he is comfortable with you.

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7. He mirrors your body language: This is another subconscious act that happens when your mind is engaged in a conversation or you're listening intently. This shows he's focused on you and can't wait to hear what enticing things you have to say next.

8. He fixes himself: If you frequently catch him putting a stray hair back in place or re-tucking his shirt, this could mean he cares about what you think of him. He's grooming himself for you so you will take special notice of him.

9. He laughs a lot: If he likes you, then he will probably smile more than the average person. This includes laughing at all of your corny jokes and even laughing at his own.. After telling a joke, he will probably look at you to check if

you're laughing too (even if the joke wasn't funny).

10. He gives you genuine smiles: A true, meaningful smile will show throughout his entire face. Although it's comforting if he pretends to smile at a dumb joke, it really means he likes you if you see a genuine smile.

What signs do you give off to let a guy know you're interested in him? Comment below.

Love Advice Q&A: How Do I Show My Interest In Someone Online?





Question from Carrie K.: When I first meet a nice guy and we become friends on Facebook, I always try to think of a way to show him I might be interested. Is there a way to subtly do so without looking like a stalker or totally desperate?

Read on for [love advice](#) from our dating experts!

Relationship Experts Share Dating Advice About Showing Interest On Facebook

[Suzanne K. Oshima, Matchmaker](#): When it comes to Facebook, there's a fine line between showing interest and coming across as a stalker. Obviously, you can like and comment on his posts, but my love advice is to not do so too much. If you go overboard, you'll be seen as someone who has a little too much interest in his life and no life of your own. So my expert dating advice is to be selective about what you comment on and like. Then, at some point, after you've been friends for awhile, try to initiate a conversation over the private

messaging feature on Facebook. Once the conversation takes off, add in a little innocent flirting and see where it goes. Soon, he may ask you out on a date, and you can get offline and meet up in person!

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Paige Wyatt, Reality TV Star: I know that everyone likes to fluff up their Facebook profile to encourage some new sparks. There's just a right and wrong way to do it. Most importantly, don't ever pretend that you're seriously interested in something you've never even heard of because this new guy seems into it. That can lead to some awkward conversations when he starts asking you about it. You can absolutely expand your interests though. Let's say you like being outdoors, for example. Just because your version of "being outdoors" is drinking wine and eating cheese at the closest park instead of hiking three miles every weekend doesn't mean it's a lie. You can also message him if you see something cool on his profile, like, "I loved that video you just posted – do you rock climb?" It can give you guys something to talk about and is a good way to further the conversation beyond a confirmed friend request.

Related Link: [Dating Advice Q&A: Can I Blog About My Relationship and Love Life?](#)

[Robert Manni, Guy's Guy](#): The dating game is thriving in the digital world, but if you want to win, get offline as quickly as possible. Most guys are not that savvy when it comes to reading between the lines of texts or e-mails, so as a relationship expert, I suggest you stay cool, but be clear about your intentions. A good way to take the connection offline is through finding common ground with a new connection. For example, you love margaritas, and he considers himself an expert on tequila. Bueno! Find a cool and conveniently located Mexican restaurant or bar that carries

the good stuff and suggest meeting up to sample their Maestro Dobel reposado, don Julio 1942, or 7 Leguas Tequila Anejo. If you conduct a bit of research on something you both enjoy, most guys will appreciate the effort. And in this case, he'll think you're someone who has great taste in men *and* spirits.

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.

How would you show someone you're interested via Facebook? Share your dating advice with us in the comments below!

Relationship Expert Reveals The Secret To A Great First Date





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 never have a bad first date again! Her expert dating advice is simple: Always pre-qualify your dates.

Relationship Expert from E!'s *Famously Single* Says to Pre-Qualify Potential Matches Before a First Date

We all know that relationships and love can be tricky. Whether you meet through work, friends, or even online, you must pre-qualify all of your dates before you give them any personal information. With online dating in particular, if you move too quickly, you may realize how weird or creepy they are too late. "You're afraid, and now, they have your phone number," the relationship expert shares.

Related Link: [Relationship Expert Reveals What to Do Before You Begin Online Dating](#)

To avoid having a bad first date, pre-qualify your potential matches by asking strategic and substantive questions. Be vulnerable and remember to go down before you go up. Even share your core values and ask for their's to ensure a positive outcome. "Online dating can be the most amazing and easy way to meet people," House says. "But it can be exhausting, confusing, and a waste of time if you don't pre-qualify."

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

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How do you pre-qualify your dates? Tell us in the comments below!

Relationship Advice Video: Rejection Is Part of Dating – Get Used to It!





In this week's [Single in Stilettos](#) relationship advice video, founder and matchmaker Suzanne Oshima talks to [dating expert](#) David Crowther about one part of looking for a relationship and love that you *must* accept: rejection.

Expert Relationship Advice About Rejection

As Oshima says, "Nobody likes rejection." For some people, if they face too much rejection, they want to stop dating all together, which is a huge mistake. According to the relationship advice video, it can affect us physically. For instance, we may experience a tight feeling in our chest or the blood rush to our face. "With the proper outlook and a grandiose goal, it's something you can overcome," Crowther explains.

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The dating expert also discusses the idea of the default

future, which means that, if you keep doing what you're doing, you're going to continue following the same path. Instead, you must step outside of your comfort zone and put yourself in the position to be rejected. Eventually, you'll realize that those guys aren't the right fit for you anyways!

Check out the rest of his love advice in the video above!

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Relationship Advice: 5 Ways to Know Your Partner is Lying to You





By Molly Jacob

Maybe you don't like the chicken carbonara your spouse makes, or maybe your hubby could stand to lose a few pounds if he wants to wear his college sweatshirt in public. There are certain white lies you can tell in a relationship without sacrificing the trust you two share. But with relationships and love, honesty and trust is essential to a healthy relationship. If you have suspicions that your partner isn't being totally honest, you owe it to yourself to evaluate your relationship.

See Cupid's five pieces of relationship advice to help you tell when your partner is lying to you!

1. Lack of eye contact: If your partner avoids eye contact with you, especially when he or she is telling you where they were last night, this could be a sign that they're lying to

you. People know that eyes are the window to the soul, so if they're hiding something from you, they will avoid looking you straight in the eye.

2. Aggression: You ask to see your spouse's credit card bill to calculate next month's budget. She responds by screaming at you and throwing a fit – not exactly a normal emotional response. If your partner responds aggressively or way too emotional to simple requests from you, they may be hiding something from you.

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3. Protective of technology: Your partner may have a passcode on his or her phone or laptop, which is perfectly fine. But do they refuse to tell you what that passcode is, but won't explain why? Are they fiercely protective of their text messages and Internet search history? Relationship advice: there's something they're hiding from you.

4. Over-explaining: Something as simple as letting you know that they went to see their mother last week shouldn't require an hour-long explanation. If you find your partner is going on and on about how they don't actually find their co-worker attractive or that they REALLY weren't at the bar last night instead of the office, it's good dating advice to see what they might be keeping from you.

Related Link: [Relationship Advice: Signs You Really Need Couples Counseling \(and Why It's Not a Bad Thing!\)](#)

5. You feel off-balance: Trust your gut. If something feels off with your partner, it probably is. With relationships and love, it's a great idea to trust your intuition.

What are other signs that your partner isn't being truthful? Let us know in the comments section below!

Comedian Wayne Brady On His Modern Family and Celebrity Ex: “We Truly Love Each Other – Like Back to the Wall, Fight Anybody”



Interview by [Lori Bizzoco](#). Written by Katelyn Di Salvo.

Actor, improv artist, and comedian Wayne Brady was in New York City this week to team up with Charmin to host the “Keep it Clean Comedy Show.” The event gave young comedians from

schools all over the city a platform to deliver five minutes of their best, clean potty humor routines in front of a live audience. In our [exclusive celebrity interview](#) with the television host, he opens up about the show, his upcoming role as Lola in *Kinky Boots* on Broadway, and his modern family dynamic!

Wayne Brady Discusses Charmin's "Keep it Clean Comedy Show"

Brady has a lot on his plate these days. He is best known for hosting *Let's Make a Deal* on CBS as well as being on the very popular *Who's Line Is It Anyway?* Additionally, the actor is developing an improv game show with Ryan Seacrest and a sitcom with his producing partner – who also happens to be his celebrity ex – Mandie Taketa.

Even with his full schedule, the busy celeb still made time to give back and help out the future of comedy for Charmin's "Keep It Clean Comedy Show." Brady opened up the show with classic interactive improv and even brought his daughter Maile on stage for some father-daughter comedy. He says getting involved with the event was a "no-brainer" because he was excited about helping these young, aspiring comedians. Plus, Charmin offered to donate to his favorite charity, Ronald McDonald House Charities. He was so impressed with the young talent at the event that he thought he could cast a baby *Saturday Night Live*!

Related Link: [Former 'TLC' Member Rozanda 'Chilli' Thomas Denies Dating Wayne Brady](#)

Comedian Shares His Excitement for His Latest Gig on Broadway

NYC will be seeing a lot more of Brady come November. The actor will be the next star of *Kinky Boots*, playing the role of Lola. He's performed on Broadway before, acting as Billy Flynn in *Chicago*. However, the Emmy winner believes that being on Broadway will be different this time around because "Lola is an amazing role." It's no surprise that it'll take a lot of discipline to "sing those songs, wear those heels, walk that walk, and be the guy that helps to hold the entire show up." The celeb explains that his role as Billy Flynn was "cool and poppin'," a very different character to play. "For my money, this Lola is one of the best roles on Broadway," he shares.

Brady also clears up the belief that he *is* his work, saying, "It's a job. I think that there's this weird misconception that I believe most people carry around that, if you're a stand-up comedian or if you do improv, whatever you do on stage is how you should be in life." He explains that he isn't a wind-up doll and is a different person in real life. "When I'm on stage, I let out all the stops – that's why I started acting," he reveals. "When I was a kid, you got to use your imagination and be whoever you wanted to be...and then come back to real life and just chill."

The Dynamic of His Modern Celebrity Family

As fans know, Brady went through a [celebrity divorce](#) with Mandie Taketa in 2007. But unlike many celebrity exes, the two managed to stay close, parenting *and* working together. Last fall, he went through some tough times and battled depression, and the comedian credits his ex-wife for helping him get through it.

Brady confirms that his relationship with Taketa (who was sitting next to him with daughter Maile during our interview) works for a simple reason: "We love each other. We truly love each other – like back to the wall, fight anybody, like I can say something about her, but you can't because I will fight you, and she will kill you for me," he explains. "So we have love and friendship. Add to that that we are parents together and business partners in this beautiful venture of a child." Given his experience, he doesn't understand the people who can't be friends, love each other, and happily co-exist because, at the end of the day, they are still a family.

The comedian shares that he's happily single at the moment. "I tried dating in the past, and it's not that I don't want to or won't, but now is not the time," he says. "I'm enjoying my life. I've got my daughter; I get to hang out with my best friend; and I get to do amazing work. I'll get around to it at some point."

Related Link: [Holly Madison Says Her Past As Playboy Bunny is Like "The Elephant in the Room That Never Goes Away"](#)

The celebrity father didn't hesitate when asked to give his daughter [dating advice](#), quoting his daughter's mother and saying, "Don't give anybody your time that won't respect your boundaries and respect you as a person. You've got to be willing and ready to do what you have to do to back that up. I wouldn't want her to be with someone who doesn't pay attention to those things."

Catch Wayne Brady in Kinky Boots on Broadway this fall! You can follow the star on Twitter @waynebrady.

Expert Relationship Advice: Comforting Your Partner During Arguments



By Jared Sais

It's inevitable that you'll endure rough patches in your relationship and love, and maintaining a loving and committed attitude during them will help strengthen your bond. If you want to comfort your significant other but aren't sure what to do, consider these six pieces of non-verbal expert relationship advice:

Dating Expert Reveals How to Play Nice During Arguments

1. Pay attention to your tone and pitch: It's not what you say but *how you say it*. As a dating expert, I remind my clients of this truth often! We've all heard it before, and during an argument, it absolutely rings true. Which one sounds better? "You have been so self-absorbed – it has been driving me nuts" or "I feel that you have been very busy lately and haven't been taking the time to consider me and my feelings..." Even though both statements make the same point, your partner will react to the first one very differently than the second one. The first statement is harsh and accusatory, while the second statement permits more empathy and discussion.

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Instead of screaming an impulsive negative thought, take a deep breath and, in a calm manner, state how you've been feeling. Be completely honest, but imagine how *you* would want to be confronted if the issue were directed at you. It is often helpful to initiate the conversation by stating, "This is how I feel" or even just "I feel..."

Telling your significant other how you feel rather than yelling "You are an idiot!" allows them to understand you're not accusing them or playing the "I'm right, and you're wrong" game. Instead, you're merely revealing your feelings. Your perspective on an issue is your reality, but it may not be your partner's. By beginning the conversation in a mature way, you're bravely setting the stage for a constructive argument. The issue can then be resolved quickly and often without any harm to the relationship and love.

My love advice below breaks this idea down even more. Here are some tips to consider:

- Use a calm, conversational voice. I know the urge to yell and shout is there, but hold it back.
- Use phrases like, “I hear what you are saying” or “ I’m trying to see it from your perspective” and actually mean them. Try to understand what your partner is feeling.
- Alternate voicing your feelings and opinions. Both of you talking at once will eventually lead to yelling.
- Limit sarcasm, as it is the lowest form of humor. Also, refrain from phrases like, “What’s wrong with you?” and “Are you feeling okay?” Those comments tend to initiate a steamy cycle of anger.
- Don’t talk down to your partner. You are clearly with that person for a reason, and you’re not their superior.
- Be genuine and honest in regards to how you feel.

2. Limit the defensive body language: Arguments will happen, regardless of how perfect your relationship is. The most important thing for you to do is say what’s really bothering you, which is sometimes more difficult than it seems due to the nature of your feelings. It may be uncomfortable, embarrassing, or just anger you too much!

Having closed-off body language will make the difficult topic even more stressful to discuss and thus slow the mending process. Unresolved issues will linger and likely come back to haunt the relationship. Here are the dos and don’ts of keeping your body language open:

- Don’t fold or cross your arms. You’re not a body guard or a bouncer at a club trying to portray intimidation.
- Do talk with your hands and leave your arms open or to the sides of your body. This stance promotes the impression of open-mindedness and flexibility. People like to be heard and understood.

- Don't point at your partner. It adds a sense of guilt and makes the other person feel uncomfortable.
- Do keep a normal distance (each couple has their own normal distance), and don't tilt your body away or leave.
- Don't turn away from your partner. Face the person speaking, as it shows respect and that you're listening to what they're saying. You may not agree with their statements, but if you want to be heard, you have to listen.

3. Make direct eye contact: Eye contact is of prime importance when discussing a difficult topic or trying to resolve an argument. It's not constant, as too much can be awkward and uncomfortable, but consistent eye contact should be made throughout the conversation. It displays confidence, maturity, and trust. More than just being common courtesy, looking into someone's eyes when they're speaking shows that you're paying attention to what they're saying and that you care about how they feel. These are all necessary features to civilly talk through a difficult situation.

Whatever you do, don't roll your eyes or look away too much. I understand it can be uncomfortable to see your partner upset, but as a mature adult, you need to confront the issue, eyes on.

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4. Limit the use of angry body language: Similar to the importance of having open body language, limiting angry body language will help solve the problem at hand. Anger is easily seen without a word or grunt. Once it's detected, it's contagious – and that's one wild fire you need to put out.

Angry body language is displayed most commonly by these three non-verbal cues:

- Closed fist(s).

- A facial expression of anger, which includes pinched lips, death eyes or a strong glare, and lowering of eyebrows.
- Hitting. If you or your partner hits the wall or an object, stop what you're doing. Take a deep breath and start the conversation again after both of you regain your composure.

5. Recognize the non-verbal sign for “stop”: Look out for this very important non-verbal cue. It's the stop sign, a flat palm with straight fingers stretched out. This cue might be shown in front of the person's chest or at the side of the person's hip. Wherever it is, it means one thing: Stop what you're doing right now! No matter what you're doing or saying, if you see this non-verbal cue, you need to walk away or leave the room. Return only if you and the other person can calmly discuss the problem at hand. This “stop” sign, alternated with tight closed fists, is the strongest clue that you need to regroup.

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

6. Seek help when needed: There's no harm in asking for help! After all, being honest with yourself about your relationship and love is key to a happy ending. A therapist is a wonderful way to maintain a healthy environment when discussing an important issue. Sometimes, a problem is deeper than it seems, and help from a professional may be the best way to resolve it.

[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.

'Bachelor in Paradise' Contestants Sam and Joe's Relationship Shatters and JJ Goes Home



By Maria N. Capalbo

According to UsMagazine.com, some serious drama has been going on between Joe and Samantha on Bachelor in Paradise! Many contestants, including Juelia and Samantha, have been telling Joe how to act, but he just does not listen! On the most recent episode, Joe was after one thing, and that was Samantha. he stepped on anyone in his way, which meant playing Juelia for a rose to stay on the show so he could make his way to Sam! "Samantha knew that I was coming to Paradise for her,"

Joe said to the camera. "But I do think that Juelia needs to understand where I'm coming from and respect my space." Now, though, Sam seems to be keeping her distance from Joe, and Joe is getting nervous. JJ even sent himself home after realizing he is in love with a girl from Colorado.

This season's *Bachelor in Paradise* is not lacking drama! What are some ways to build a strong foundation for your budding romance?

Cupid's Advice:

Having a strong foundation is extremely important within a relationship and love. Cupid has some suggestions on ways to build a strong foundation below:

1. Establishing trust: Being honest and trustworthy is almost mandatory in most relationships. Tell your partner what is going on with you, and even how you're feeling! Hiding things may cause problems, so always being open is a great way to build on your relationship.

Related Link: ['Bachelor in Paradise' Reality TV Star Michelle Money on Relationship and Love with Cody Sattler](#)

2. Being respectful: Always having respect for your partner and the people in their lives is important. Always be mature in rough situations and let them know you are professional and discreet when handling important business.

Related Link: ['Bachelor in Paradise' Couple Marcus Grodd and Lacey Faddoul Tie the Knot](#)

3. Giving comfort: Always be there for your partner, no matter

what they are going through. Let them know that even in tough times, you will stand by their side, and love them. Do as much as you can for them as long as your getting the same back!

What are some ways you've built a strong foundation for your new romance? Share below!

Expert Love Advice: Matt Adams Reveals the #1 Thing a Man Wants After Looks



In today's [relationship advice video](#), Single in Stilettos

founder and matchmaker Suzanne Oshima talks to dating expert Matt Adams about the number one thing a man wants in a woman *after* looks.

Expert Love Advice from Dating Expert Matt Adams

According to Adams, he looks for physical attraction first and a good personality second. "It's really what attracts me to them," he reveals. "If you don't have as juicy of a personality, you've got to work on that a little bit." There's more to this expert love advice though: Most of the men who the dating expert counsels want a woman who adds value to their lives. "Are you fun? Are you flirty? Are you adventurous?" he asks. "What are you doing to help his life? Those kind of things are how a man is assessing you as you're going through the dating process."

Related Link: [Expert Dating Advice: What a Man Doesn't Want in a Woman](#)

Watch the video above for more great expert love advice!

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

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

Hey guys! What do you look for in a potential partner? Tell us in the comments below.

Dating Advice: 7 Things All Healthy Relationships Require



By Molly Jacob

Are you in a relationship and love, but aren't sure whether it's healthy or not? Or are you on the lookout for someone that can make you truly happy? It's hard to get caught up in your own checklist about what makes your relationship a good one: your parents like him or her, you have fun going out with mutual friends, or you like living together. So, it's time to take a step back and evaluate how well you treat each other and how much you value your relationship.

See what dating advice Cupid has to dole out about what all healthy relationships need!

1. Communication:

It's an often-stated but important aspect of healthy relationships and love: communication is key. Without communication, you are just two strangers sharing the same bed. You need to not only communicate about what's making you happy or troubling you in your relationship, but also about your life outside the relationship. Let your partner know what's going on, what's concerning you, and what's on your mind!

2. Intimacy:

With every relationship, some alone and intimate time is important. You both need to show your love in a physical way, whether that is in the form of a massage after a long day or a much-needed cuddle session. Dating advice: don't skimp out on this important alone time, even after a busy and crazy day full of kids, work, friends, and chores!

Related Link: [Love Advice: 5 Signs You're in a Lukewarm Relationship](#)

3. Shared interests:

It could be that you both love to binge watch *True Detective* or workout together, but people in healthy relationships and love have shared hobbies. Find what you both have in common, even just a love of cooking, and spend your time together pursuing those interests!

4. Openness: If something's bothering you, say it. If you're concerned about your finances or some other aspect of your relationship, say it. Bottling up emotions and ideas that you know you should be talking to your significant other about can

only lead to an explosion later on. Relationship advice: the topics you find most difficult to talk about are usually the topics you SHOULD spend time discussing with your sweetheart.

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

5. Love:

This may sound obvious, but every healthy relationship should have love. Not only should there be love, there should be expressions of love. This can be as simple as saying “I love you” once a day, but every relationship is different so make sure you find how YOU uniquely express your love.

6. Conflict:

This may sound counterintuitive (how can a relationship be healthy if you’re fighting?) but healthy couples won’t agree on everything. The fact that you two argue shows you care enough about your relationship to want to see it succeed. Relationship advice: instead of name-calling and bringing up irrelevant issues from the past, healthy conflict includes empathetic listening and understanding each other’s point of view.

7. Fun:

Life can be serious and difficult, so why not have fun in your relationship? Your partner is more than your spouse or girlfriend or boyfriend; they should be your best friend! Constantly find new adventures for you two to experience or ways to make menial tasks, such as doing the dishes together, fun. Life should be an enjoyable adventure with your partner by your side.

What other aspects do you find in your healthy relationships? Let us know by commenting below!

Julianne Hough and Hockey Player Boyfriend Brooks Laich Announce Celebrity Engagement



By Mackenzie Scibetta

Just when it seemed all hope was lost for [celebrity couples](#), Julianne Hough and her boyfriend Brooks Laich prove love is still real in Hollywood. As [UsMagazine.com](#) reported, Hough announced her [celebrity engagement](#) on Instagram with a black and white photo of the adorable duo embracing in a kiss. She captioned the photo expressing her excitement for the “wedding planning adventures” to come. On her blog, she continued to

show signs of complete bliss as she promised to share some “exclusive details and pics” with fans in the next few days.

We’re excited for some happy celebrity engagement news! What are some ways to creatively utilize social media to announce your engagement?

Cupid’s Advice:

After becoming engaged, one of your first instincts will be to frantically post on social media. However, by resisting that initial urge to ramble on social media with a blurry and unfocused picture, you can wait to post and produce a well-planned engagement announcement. Cupid has some suggestions to keep your engagement announcement on social media from being too cliché:

1. “How we met” caption: Everyone already knows you’re in love, but most people probably don’t know the story of how you and your fiancé fell in love. Caption your engagement photo with the heart-warming story of where, when and how you met each other, as it will be sure to capture the hearts of your audience members.

Related Link: [Find Out Why Newlyweds Jennifer Aniston and Justin Theroux Decided to Celebrate Celebrity Marriage](#)

2. Silly poses: Take a look at Pinterest, and you can find a million engagement photo ideas that range from ones for coffee lovers to technology geeks. Pick one that perfectly describes your relationship, whether it be posing with your dogs or modeling at the beach, and you can create an engagement photo that is unforgettable.

Related Link: [Anna Kendrick Speaks Out About Celebrity Marriage](#)

3. Create a wedding hashtag: Use a wedding hashtag at the end of your post so you can keep all of your special day photos connected forever. Encourage family, friends and bridesmaids to use it so you can capture (and hopefully laugh at) all of those crazy moments leading up to your wedding.

How did you and your fiance announce your engagement? Let us know below.

Hollywood Couple Megan Fox and Brian Austin Green Separate





By Mackenzie Scibetta

It's official! Another [celebrity divorce](#) is soon to be in the books, as Megan Fox and Brian Austin Green have called it quits. According to [UsMagazine.com](#), the couple is breaking up after an impressively long Hollywood romance of 11 years together. They were married for five years and have two children together, Noah and Bodhi. Fox and Green spoke numerous times about the highs and lows of parenthood, even once saying that the most important part of a relationship and love life is to "respect each other as parents". Ironically, Fox told reporters in August 2014, "I don't want to be boastful and say that we would never divorce, but I can't imagine a scenario we couldn't work through..."

This Hollywood couple joined the ranks of celebrity break-ups this summer. What are some ways to

balance parenting with your relationship?

Cupid's Advice:

Even Hollywood couples aren't immune to the struggles of parenthood, so when you feel overwhelmed, it's helpful to remember you're not alone. Everyone wants to have it all, so Cupid has some tips to help you live a more harmonious life:

1. Family activities: An easy fix to balancing time between your lover and children is to combine the time you have with each and host a family outing. Heading to the zoo, traveling to an amusement park or having a picnic are all perfect ideas that the whole family can have fun with.

Related Link: [Celebrity Divorce: Terrence Howard Splits From Wife No. 3](#)

2. Set aside time for date night: The stress you get from taking care of children can put a damper on your relationship. This is why it's crucial you and your loved one to set aside a day each week where you spend a few hours only with each other. It doesn't have to be an extravagant night on the town. A simple Netflix marathon after the kids are asleep or a walk in the park is enough to enjoy each others' company.

Related Link: [Celebrity Exes Ben Affleck and Jennifer Garner Bring Kids to Orlando for His Birthday](#)

3. Help one another: Both of you in the relationship need to be equally committed to helping out. Contributing even in the smallest way, such as packing a lunch, can make all the difference and can help prevent many future fights. At the end of the day, don't forget to always thank your loved one for just being there. A simple "thank you" can help encourage more help in the future.

How do you balance your love life with children? Tell us in the comments below.

Dating Expert Gives Love Advice: Is It Okay To Fake It?



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 great

love advice on whether or not it's okay to fake it! Her expert dating advice is to communicate and ensure that your man knows how to please you.

E!'s *Famously Single* Dating Coach Talks Faking It

It's no surprise that dating experts want to make sure that you're communicating in your relationship and love. If your honey doesn't know how to please you, "that's a real problem in the relationship!" House explains. But when your styles clash, you're not in the mood, and it's simply not going to happen, what do you do? You have three options:

1. You fake it and give the guy a break: Sure, you've given him the false confidence that he's doing a great job, but you've also missed him. You even rewarded him for a job poorly done and did yourself a disservice. Don't make this mistake!

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

2. You feign suddenly remembering that you're busy: You were supposed to call your mom, or maybe you're too tired or really stressed. This is alright because at least you haven't missed him, but your avoidance isn't helping your cause either. Don't put off the conversation.

Related Link: [Screwing the Rules Video Dating Tips: Dress Up for Your Man](#)

3. You fess up in a nice way: You tell him that it's not going to happen like that, but if he did *this* instead, it would feel so amazing. He needs to know that just because a certain technique worked on someone else doesn't mean it'll work on you. We have different experiences and preferences. Styles

don't always mesh up at first, but that doesn't mean that they won't eventually. Don't be afraid to let him know what you like!

If he's paying attention and he cares, he'll make adjustments for you. Don't forget to also pay attention to his styles and make sure he's happy as well. Communication is key for maximum pleasure.

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

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

What do you think about faking it? Tell us in the comments below!

Relationship Advice Video: 5 Things That Belong On Your Must-Have List





On this week's [Single in Stilettos](#) relationship advice video, dating expert Suzanne Oshima talks to [relationship author](#) Duana Welch about the five things that belong on your must-have list.

Relationship Advice Video Reveals What To Have On Your Must-Have List

While some relationship experts assert that you need to throw away your must-have list, others give love advice about what you need to be looking for when it comes to your next relationship and love. The relationship advice video above reveals the 5 things that belong on every woman's must-have list:

Related Link: [Dating Experts Say Your List Of Must-Haves Isn't That Important!](#)

1. Someone who is kind and respectful: Your gold standard should be someone who expresses kindness even when things aren't going his way. You don't want to be with someone who

will take it out on you when they've had a bad day.

2. Someone who wants the same amount and type of intimacy: Everyone has a different attachment style, but you need to align yourself with someone who has the same style as you. If you are secure and want to cuddle a lot, you can't be with someone who is avoidant and doesn't want to spend time with you.

3. Someone whose past won't ruin your future: The biggest indicator of how someone will act in the future is their past. If your partner has a harrowing story, make sure they learned from it and overcame the obstacles thrown their way.

Related Link: [Relationship Advice Video: Two Quick Ways To Figure Out If He's The One](#)

4. Someone who is at least as into you as you are into them: Science proves that men fall harder and faster during the falling in love stage of a relationship and love. If your man isn't as into it as you are, take a step back and reevaluate.

5. Someone who heals rather than worsens your own issues: The reason we get into intimate partnerships is to have a good time, so make sure you're having a *great* time with someone who makes your life happier.

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 do you think every woman should have on her must-have list? Tell us in the comments below!

Love Advice: What To Do If Your Friends Don't Love Your Partner Like You Do



By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#)

We have all had a friend that falls head over heels for a guy that you can't stand to be around. But what happens when that friend is you? There is nothing worse than falling in love with a guy that your best friends hate to be around. As relationship experts, we know that, if the people around you think that you're making a mistake in your [relationship and love](#), they might be right.

Love Advice: Relationship Experts on Friends versus Boyfriend

Here is our love advice for what to do when your friends don't quite love your partner like you do:

1. Take a step back: A lot of times, when you fall hard and fast for someone, you become blinded by love and overlook a lot of qualities that are important to have in a partner. You should hear what your friends have to say and really listen to the points that they make. At the end of the day, they have your best interests at heart. Our love advice is simple: Instead of making excuses for your man and getting defensive, take the time to listen to your friends' arguments and start to really pay attention to the points that they make. You might start to see your partner in a different light.

Related Link: [Expert Dating Advice: 5 Signs He's Mr. Now and Not Mr. Right](#)

2. Set initial intentions: It's important to truly listen to the points that your friends make because you don't want to end a good thing for a bad reason. If your friends are jealous that you're spending more time with him or have been dying for a boyfriend, but you snatched one up first – be wary. While we like to think that our buddies always have our backs, sometimes, jealousy can play a factor in their decision to not like your boyfriend. This situation is also fixable. Our dating advice is to balance the amount of time you spend with your friends and your man, as difficult as that may be. And make sure you tell your friends how happy he makes you. If they truly love you, they will understand and be happy for you.

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

3. Make a choice: You have to expect that not all of your friends are going to quickly fall in love with your boyfriend

the way that you did. Your pals might be more cautious because they want to make sure that he treats you the way that you deserve to be treated and that he really makes you happy. You should ask your friends what they really think and why they feel that way, because sometimes your googly eyes may blind you from the truth. And while your friends may be right about your man, you have to follow your heart and find out the truth for yourself.

Your buddies should respect your decision either way and be there for you, even if you have to separate yourself for a while to see where things can go with your boyfriend. Remember that you can love your girlfriends *and* your boyfriend even if they don't love each other. Neither of them should make you choose if they really want you to be happy.

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

Relationship Expert Talks About Being Friends With Your Ex





By Debbie Ceresa

“Today, I marry my friend.” It’s a common declaration of love shared between two people as part of their wedding ceremony. We promise “to love and cherish until death do us part.” But what happens when the relationship and love you once shared dies? Is it possible to stay friends with your ex?

Relationship Expert Shares Her Thoughts on a Friendship With An Ex

“If you don’t have children or financial reasons tying you together and you want to stay friends, you need to think about how the friendship would work,” advises Dr. John Aiken, a clinical psychologist and [relationship expert](#), in the article [“Can You Be Friends With Your Ex?”](#) Even if you share children with your former partner, Aiken refers to the importance of establishing boundaries, measuring expectations, and evaluating the true motivations for wanting to keep your ex in your life. We see this challenge in the recent celebrity break-ups of Jennifer Garner and Ben Affleck as well as Gwen

Stefani and Gavin Rossdale as they move forward with separate lives yet combined parenting.

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

Sometimes, the reason the relationship ended supports the need to cut ties and walk away. However, as a relationship expert, I know that, many times, if you struggled on a romantic level, a friendship can still flourish. If you choose to develop a friendship with your ex, here are some things to remember:

1. Mourn the loss of the relationship you once knew: You've ended your relationship. For whatever reason, you're no longer romantically together. Now is the time to stop the fighting and blaming and get on the path to recovery. "Give each other time to mourn the death of the relationship," advises Ami Angelowicz in the article "The longer you two were together, the longer it will take before you're ready for friendship. It could be two months or two years – feel it out. You'll know when the time is right because both of you will feel ready for it. Let hearts heal and flames fizzle out before hopping on the friendship train." You'll have challenges along the way, but you'll find that healing and forgiveness will bring you new insights. Once you step away from the negative thoughts, you'll find yourself a new person who is able to renew your old friendship with your ex.

2. Set clear boundaries: Recognize that you're now at a different stage in your relationship with your ex. All couples have their own song and dance, but now is the time to change yours. This new dance could bring back what you miss about your lost friendship. "The same rules don't apply anymore, so toss out old expectations," advises Dr. Gabrielle Morrissey, a sex and dating expert for bodyandsoul.com. "Setting clear and defined boundaries means that, when you become attached again, you'll have an emotionally healthy relationship with your ex." Why not treat your ex like your other friends, acknowledging their strengths and weaknesses? Focus on your

ex's friendship strengths, but keep the relationship at an appropriate level. Just because you're rekindling your friendship doesn't mean you're looking to rekindle your romantic relationship.

3. Move forward: Be angry. Be jealous. You can even spend time feeling hurt. Then move on. It's essential for you to date other people and make new friends in different social circles. "You might not realize it, but keeping your ex around as a friend after a break-up can keep you from moving on," observes writer Karley Sciortino in the article "Breathless: Should You Be Friends With Your Ex?" "Moving on is hard, and the impulse to keep your ex in your life can be really strong – we all get it. But you first need to give yourself a window to move on physically and emotionally."

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

Reaching out to a former love certainly has its rewards. You need to allow yourself time to mourn the loss of the relationship and embrace new parameters as well as set clear boundaries as to what those parameters include. Then, after moving forward by welcoming opportunities for love to become a part of your life, you can enjoy the support of a former partner who knows you better than anyone else while you gain strength and focus on finding a new path to personal happiness.

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.

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

Expert Dating Advice: What A Man Doesn't Want In A Woman



In this week's [relationship advice video](#), matchmaker and relationship expert Suzanne Oshima talks to dating coach Arica Angelo about what men don't want in a woman. Check out their expert dating advice above!

Expert Dating Advice For Women

In any relationship and love, you are 50 percent of the equation. So before you start blaming the man for how he acts on a first date, start thinking about what *you're* contributing to the conversation. Follow this expert dating advice and remember these three things that men don't want in a woman:

1. A sense of entitlement: Men hate women who are entitled and self-centered. Just think: You wouldn't like it if one of your girlfriends acted that way! It completely turns them off and puts a bad taste in their mouth. Don't be demanding or have expectations when you aren't giving anything back. A man wants a woman who really appreciates him.

Related Link: [Relationship Experts Reveal 5 Ways To Survive A First Date](#)

2. Someone who is boring: Men also hate it when a woman looks bored on a date and, in turn, is boring to hangout with. If you look at your phone on a date and only reply with one word answers, then you need to start putting yourself out there. Don't be scared to let loose! Beware, though, because you also can't just keep talking about yourself. You need to ask him questions too and engage in conversation.

Related Link: [Dating Experts Say Your List Of Must-Haves Isn't That Important!](#)

3. Someone who is superficial: Never play the superficial card. Men don't like having superficial conversations, like talking about your shoes or tanning regimen. Why would you talk about those things on a date? If you're nervous and shy, stray away from these topics because it makes you look dumb and entitled (see #1!).

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 do you think men don't want in a woman? Tell us in the comments below!

Love Advice: What Your Sleeping Position with Your Partner Says About You



By Molly Jacob

How well do you sleep? With relationships and love, your

sleeping position can mean more than just whatever position you find most comfortable in your king-sized bed. How you sleep with your sweetheart could say a lot about you and your relationship. Looking for some dating advice for your relationship?

Keep reading to see what love advice Cupid's Pulse has about what your sleeping position with your partner really means!

1. You're the big spoon:

The classic spoon, while not that common among sleeping positions for couples, can say a lot about your relationship and love life. If you're the big spoon, you're the protective one in the relationship. You want to keep your significant other safe and secure, even as you drift off to Dreamland. Dating advice: don't feel like you always have to be protecting your partner, and make sure they're getting all the space they need in the relationship!

2. You're the little spoon:

If you're the little spoon in this sleeping position, you're the one who is being protected. You are more dependent on your significant other and you feel safe with them. Love advice: sometimes your partner might want to feel protected, too! See how you can make them feel safe and comfortable in your relationship, instead of being too dependent on them and their security.

Related Advice: [Relationship Advice: Signs You Really Need Couples Counseling \(and Why It's Not a Bad Thing!\)](#)

3. You're intertwined:

You and your partner wrap your arms and legs around each other

every night and stay tangled in each other throughout your sleep. This could be a sign that your relationship is very close and almost suffocating. You both could be relying on each other too much, which is why, even in sleep, you find that you need to be as close as possible.

4. You take up the bed:

Some people need as much space possible when they sleep. Although your sleep position doesn't necessarily correlate to your relationship and love with your partner, if you find yourself consistently pushing your partner off the bed, be wary of this sleep pattern. Dating advice: take a look at whether you're being too dominant in your relationship.

Related Link: [10 Pieces of Love Advice Learned From Famous Hollywood Couples](#)

5. You sleep on opposite sides of the bed:

This position is probably the most common among couples. If you stay on separate sides of the bed and face away from each other, this may be a sign that you both are independent and confident in the area of relationships and love. You both feel secure enough in your relationship not to be all over each other.

Do you agree with this dating advice? What position do you and your partner sleep in? Let us know in the comments below!

Relationship Advice: How Can You Tell If Your Partner Is

Having an Affair?



By [Courtney Omernick](#)

You've just found out that your significant other is having an affair; and it's something that you never wanted to hear. That being said, it can be worse wondering whether they're betraying you or not, and there are signs to look for in that situation.

Whether you're dating, in a relationship, or single, read these pieces of dating and

relationship advice below on how to tell if your partner is having an affair.

It can be tough to tell if your partner is having an affair, and you don't want to wonder about it too much. Cupid has some red flags:

1.Their behavior changes: If your partner suddenly breaks an established routine or stops wearing their wedding ring for no reason, these could all be signs that he or she might be having an affair.

Related Link: [Ben Affleck: Can You Forgive a Betrayer in a Romantic Relationship?](#)

2. Showering/cologne/perfume: If your significant other comes home and showers right away when they work an office job, that could be a bad sign. If they smell differently when they come home, or if they're starting to buy new fragrances at the store, it's cause to at least check things out.

Related Link: [Relationship Advice: Signs You Really Need Couples Counseling \(and Why It's Not a Bad Thing!\)](#)

3. Discomfort: If your partner seems less comfortable around you and gets easily angry when they weren't in previous months, this could be a sign. If h also stops attending social gatherings with you, you may want to start asking questions.

What's your relationship advice for our readers? Have you ever found out your significant other was having an affair?

Share in the comments!

Expert Relationship Advice: How to Handle a Jealous Girlfriend



By [David Wygant](#)

You find yourself dating this really cool woman. She's hot; she's smart; she's everything you want in a partner. But she's jealous. She literally flinches every time a text comes through on your phone. Even if you're just checking a football score, her mind starts racing, wondering if you're contacting another woman. As a [relationship expert](#), I recognize that jealous girlfriends are a different breed of girl. They're really tough to handle, but they can be managed, thanks to this expert relationship advice.

Related Link: [The Premise of Monogamy](#)

Follow This Expert Relationship Advice to Deal with Jealousy

First, your phone needs to be transparent. You need to let her look at it whenever she wants. Don't hide it, and don't password protect it. Stop all correspondence that may make her mind wander or make her question you. Be sure to delete every naked picture and every text from an old girlfriend beforehand though! All evidence of past indiscretions needs to be erased because a jealous girlfriend will find it, no matter how well you hide it.

To continuing following my expert dating advice, next, you need to ask your friends to never send you text messages that can easily be misread. Jealous girlfriends are like crime investigators on *CSI*. They literally will create stories based on absolutely nothing. An innocent text from your friend Joe may say something like, "Hey man, last night was awesome. We went by the bar afterwards, and you'll never guess who was there." She'll read that text and automatically assume that "guess who" is some girl that you used to bang and still want to bang.

And third, don't save voicemails from your buddies. You see, she's going to listen to saved messages, old and new, so it's time to delete any and all videos, voicemails, recordings – everything.

Related Link: [Kissing On-Screen: Do Celebrities Get Jealous?](#)

By doing these three steps, you can start building up a jealous girlfriend's confidence. Yeah, it takes some work on your part, but it'll be worth it. Remember that she's only jealous because of all of the other guys who have let her down. So regain her trust, and you'll have an amazing

relationship and love.

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

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

Relationship Expert Reveals What to Do Before You Begin Online Dating





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 to prepare for online dating.

Expert Online Dating Advice from E!'s *Famously Single* Dating Coach Laurel House

Before you begin online dating, you need to turn your focus inward. "Do some soul searching and figure out who you truly are at your core, what you stand for as a person, what you actually enjoy doing, what your dating purpose is, and what you truly need as opposed to what you want," says relationship expert Laurel House. She believes that the answers to those questions are essential when it comes to being authentic and attracting the right person for your next relationship and love. This idea holds true whether you use online dating or another method to meet someone special. Otherwise, according

to this expert dating advice, you may end up in a partnership that doesn't suit you.

Related Link: [Love Advice: What Makes a Great Online Dating Profile](#)

"This is something that I work on with my clients every single day, and it's really hard – being honest with yourself first," she adds.

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

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