

Celebrity News: Caitlyn Jenner Addresses Candis Cayne Dating Rumors on 'I Am Cait'



By Mackenzie Scibetta

Ever since her transformation, [Caitlyn Jenner](#) has been lighting up celebrity news outlets with an array of dating rumors. Now, according to [UsMagazine.com](#), she's finally commenting on one of these rumors. On the second episode of her [reality TV](#) series *I Am Cait*, Caitlyn blushed as she called transgender model and close friend Candis Cayne "a very attractive lady" while showing off photos of their recent hangout. Jenner said that although Candis is "a beautiful woman", she is unsure about a future romance. "As far as dating and the future, I have absolutely no idea," said

Jenner.

This latest celebrity news clears things up. What do you do if there are rumors about your relationship circulating?

Cupid's Advice:

While not all gossip is harmful, it is often unwanted. Rumors are often distorted versions of the truth that, if left unhandled, could put a damper on your love life. Cupid offers dating advice on how to successfully deal with relationship rumors without letting it bring you down.

1. Be honest: It's no secret that honesty is the best policy so false rumors should be refuted as soon as possible to prevent it from spreading further. Your relationship is between you and your loved one but if opening up about a few things will help stop a nasty rumor then go for it! It will make you seem mature and sophisticated.

Related Link: [Celebrity Gossip: Caitlyn Jenner Is Not Dating Candis Cayne Despite Rumors](#)

2. Ignore it: Some rumors are just plain ridiculous and don't even deserve a reaction. Depending on the nature of the rumor, the best thing to do might be to continue on with your life and wait for the rumor to pass. The lifespan of most rumors is so minuscule that most people will forget by the end of the week.

Related Link: [Celebrity News: Caitlyn Jenner Gushes Over 'Over the Top Great' 'Vanity Fair' Photos](#)

3. Address it: Go somewhere between honesty and ignoring by

following the footsteps of Caitlyn Jenner of addressing the rumor, but still keeping aspects of privacy. Respond to relationship rumors by offering vague details so that your love life can remain private while still keeping the gossip sharks happy.

What advice do you have for dealing with rumors? Let us know below!

Love Advice for Women: He's Definitely Interested...But He's Not Pursuing Me!





In this week's [relationship advice video](#) from [Single in Stilettos](#), matchmaker and dating expert Suzanne Oshima talks to relationship author Tinzley Bradford about what to do when a guy is definitely interested but isn't pursuing you.

Dating Experts Share Love Advice For Women

Has a guy ever gone out with you and acted into you but then pulled back suddenly and temporarily? If so, don't worry! It happens to women all of the time, and we have some love advice for you. Relationship experts agree that he may be too shy or scared to evolve the relationship and love. While you don't want to come across as demanding or sassy, you can still ask him what's going on in a cute way, like by sending him a text that says you miss him. If you're vulnerable with him, hopefully, he'll be vulnerable with you too.

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

However, if this game continues over a long period of time, follow this love advice and just say, "Next!" Your time is valuable, and so are you. Know your self worth, and don't become that desperate, nagging woman. Dating should have a push-pull dynamic with *both* parties initiating conversation and dates. If you're trying to develop the relationship and he doesn't respond, then you're wasting your time and his. You'll need to pull back and kindly stop initiating anything.

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 would you do if he was interested but not pursuing you? Tell us in the comments below!

Sean Lowe Gives Love Advice to 'Bachelorette' Couple Kaitlyn Bristowe and Shawn Booth





By [Jessica DeRubbo](#)

[Sean Lowe](#), former *Bachelor* and current happily married man, joined *American Idol* in watching the most recent *Bachelorette*, Kaitlyn Bristowe, give her final rose to Shawn Booth. According to [UsMagazine.com](#), Lowe skipped turning to social media with his commentary, and he instead dedicated an entire blog entry to love advice for the newly engaged celebrity couple. In the blog, he says, “Every relationship takes work, especially relationships formed on TV! I remember the few months between filming and the last episode of my season when Catherine and I had to keep our relationship a secret- everything was so exciting. We were in love and we couldn’t imagine having hard times or experiencing any issues that might endanger the relationship,” he wrote. “That naiveté wore off pretty quickly once we were thrust into the real world. Your relationship is going to run into issues both big and small. It’s imperative that you find a way to work through them.”

***Bachelor* franchise alums are well-versed in love advice! Whose love advice should you trust when it comes to your relationship?**

Cupid's Advice:

There's no lack of love advice to choose from, especially with the internet at your disposal. That being said, it's important to weigh whose relationship advice should hold the most importance. Cupid has some tips:

1. Those who have known you for the longest: There's definitely merit to trusting advice from those in your life who know you the best. If someone you don't know is pretending to have in depth insight into your relationship, it's probably red flag. Take whatever those types of people say with a grain of salt.

Related Link: [The LOWEdown on 'The Bachelor' Celebrity Wedding of Sean Lowe & Catherine Giudici](#)

2. Certified/trained professionals: Some people dedicate their lives to helping people and giving advice. Though it's certainly true that you shouldn't trust every single person who says they are professionally trained, it's definitely more valuable that trusting someone who you just met and who isn't certified or trained.

Related Link: ['The Bachelor' Stars Catherine and Sean Lowe on Celebrity Baby Plans: "Not Anytime Soon"](#)

3. Someone who is in a relationship you respect: Sometimes actions speak louder than words, as they say. If you know a specific couple who you wish to emulate someday, they might be good people to get love advice from.

Who else should you trust love advice from? Share your thoughts below.

Relationship Author Dr. Tara Fields' Love Advice: "The Happiest Couples Don't Necessarily Have More or Less Conflict"



By [Sarah Batcheller](#)

Unwanted conflict patterns in relationships are just that: unwanted. Often times, couples feel helpless and like their arguments are a curse instead of something they can navigate. Dr. Tara Fields, a licensed psychotherapist who specializes in relationships and love and the author of the upcoming [self-help relationship book](#) *The Love Fix: Repair and Restore Your Relationship Right Now*, teaches her readers how to grab the reins of their negative habits and bring their love to a better place. Knowing that no relationship is perfect, Dr. Fields provides more than just love advice; she also shares usable actions to help couples weather any storm together. In this exclusive author interview, she reveals her proven techniques for lovebirds in all stages of romance.

In the book, you discuss the ways that couples can manage their relationships. What are some benefits of the HEARTwork exercises and self-assessment quizzes?

Change comes with awareness, so until an individual or a couple can take ownership of things, they can't change. What you can do is look at your part in the conflict. I see miracles happen when even just one person starts looking at their part in the loop. One of the reasons that I created the assessment is for people to self-diagnose and start becoming aware. The second reason is for people to say, "What can I do now?" So I came up with the three-minute fixes – people want help now, and they also want *hope* now.

Even if things don't change immediately, it will make you feel better because, when you act in a loving way, it increases your sense of self and also makes you feel empowered. What happens with couples is that they start to feel powerless: "They're never going to change," or "They're never going to forgive me for that thing that happened five years ago." But this book lets people know there's something they can do to change things, and from there, things just keep progressing.

One of the biggest pitfalls I've seen is people wondering whether they can get their partner on board. Just be hopeful. Many people think they need to refrain from conflict, but here's something most people don't know: The happiest couples don't necessarily have more or less conflict. Instead, It's about how you handle the conflict. That's a big piece of the book – it teaches you to say, "We have an opportunity here."

What is the most important thing that keeps a relationship healthy?

Outside forces like friends, in-laws, or money can be a big problem in relationships. What's crucial, and what successful couples have, is that they're a team. The beautiful thing about a loving relationship is that you're better together. You should be able to surrender and trust and know that your partner has your back.

Related Link: [Love Advice: How to Make Your Partner Happy in 5 Minutes a Day](#)

Proven Love Advice For Couples in Budding Relationships

Can you tell us your most crucial love advice for new couples?

In the media, and especially on reality TV, we see this attitude of, "Yay, I found it!" The biggest misconception is that your partner will guarantee that you're always going to be happy. It's so important for couples to realize that you're dealing with hormones and chemicals and the newness of romance.

In the book, I discuss coming together and growing apart, which happens when you start facing real-life issues. So many couples have a plan, but then, *life* happens. For example, all of a sudden you're laid off from that secure job, and the house can't be sold. I always say to couples that, even if

you've already dealt with these issues, it's a good idea to do pre-marital counseling and make sure you're on the same page. Lots of people say things like, "We never really talked about finances" or "He's saying he doesn't want to have children, but that will change once we're married." It's so important for couples to articulate their expectations.

There's an erroneous belief that, "We're different from everybody else. The divorce rate is almost 50 percent, but nobody loves each other like we do. *We're different.*" That's what almost everybody thinks. The crazy thing is that people put so much planning and money into this one day, this one big party, but they don't plan for the rest of their lives.

What was one of the biggest issues you have had in a relationship, and how did you resolve it?

Well, I've been with my husband for seventeen years, and we've dealt with many challenges in terms of finance and health. Our marriage and our relationship is so much stronger because we stuck together. I've surrendered a lot of things that I thought only I was able to do and therefore have seen what a champion my husband is. Because we both know that we're all in, we're able to overcome everything.

Furthermore, lots of couples ask if the passion is going to fade, and they're absolutely right that those things will go away. But when you build a history as a couple and go through things together, that kind of intimacy creates a passion that can only come with time.

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

Relationship and Love Author

Provides Readers with Quick, Realistic Solutions

What is a key thing that couples should do every day?

If you do nothing else, even if you can't think of anything positive to say about your mate, find a minimum of three things that you can express gratitude and appreciation for. Send a little text or e-mail. At the end of the day, instead of going into your room and opening up your laptop, wrap your arms around your partner and say, "Have I ever told you what a great mother I think you are?" Or, in the morning, say something like, "Honey, have I ever told you how much I admire that every day you go in to that job you hate?" I have every couple do this either at the beginning or the end of their counseling. Some couples say, "You've got to be kidding...I can't think of anything!" What happens is that they go from the honeymoon phase, where their partner is perfect, to only noticing what their partner does wrong – your brain gets rewired to only see the negative.

The key is to do this exercise with no expectations. If you do it just so that your mate does it back, you're not really doing it. Research shows that doing it without expectations actually makes people feel better. Again, the one thing you can always do is make a choice to act lovingly.

The Love Fix: Repair and Restore Your Relationship Right Now is available now on Amazon. To get the most out of your relationship-repairing experience, Dr. Fields recommends each partner have their own copy. For more from Dr. Tara Fields, visit her website and read her blog at www.tarafields.com.

Celebrity Exes Blake Shelton and Miranda Lambert 'Want to Move On as Friends' Post-Split



By Meranda Yslas

Although fans everywhere are still upset with the [celebrity divorce](#) between Blake Shelton and Miranda Lambert, it seems that these celebrity exes are making the best of it. According to [UsMagazine.com](#), the country singers were seen tweeting jokes to each other only four days after announcing their celebrity break-up. A source reveals that the exchange between the exes wasn't a show or fake, but was genuine. "There are no hard feelings. They want to move on as friends, and they are

doing just that.”

These celebrity exes are committed to being civil. What are some reasons to remain friends after a break-up?

Cupid's Advice:

Not all break-ups have to end with severed ties and broken hearts. Sometimes people are better at just being friends than in a romantic relationship. Cupid offers some reasons why being friends with an ex isn't always bad:

1. You enjoy each other's company: Although you two may no longer feel romantically toward each other, it doesn't mean all the good times and great conversations have to end. If you two are able to recognize that while dating isn't the best option, but hanging out as friends is then friendship is a great idea.

Related Link: [Insider Says Miranda Lambert Is 'Heartbroken' and 'Devastated' Over Celebrity Divorce](#)

2. Mutual friends: After a break-up your mutual friends may feel forced to choose a side creating an uncomfortable tension. Rather than losing friends because of a split, let your social circle know that you two are cool with each other and don't want to make anyone feel awkward.

Related Link: [Source Says Miranda Lambers is 'Sad And Trying to Process Everything' Post-Celebrity Divorce](#)

3. Children come first: If you and an ex have kids together it's going to be nearly impossible to avoid each other. Being friendly towards one another makes talks about who will pick

up the kids after school much more manageable.

How did you and your ex maintain a friendship? Share below.

Top 5 People Tools for Relationships and Love



By Alan C. Fox

I describe [relationships and love](#) as a “journey from me to us.” As romantic as that sounds, it also implies a lot of hard work. Two unique people with distinct tastes, thoughts, feelings, ambitions, and personalities are now sharing a

single life. And no matter how perfectly compatible you are, you're bound to face challenges along the way.

I'm a pragmatist at heart and so I like to use "tools" to help me navigate the challenging terrain of relationships and love. In fact I've developed many of them for my new book on relationship advice and love advice, *People Tools for Love and Relationships: The Journey from Me to Us*.

Below are my top five pieces of relationship and love advice:

1. Be (not find) the right person: Many of us spend years of our lives searching for the perfect person to build a life with. But we're often disappointed to find that our prince or princess charming turns out to be imperfect. It's just as important to learn how to be the right person as it is to find the right person. Work on perfecting yourself, rather than endlessly searching for that perfect other.

Related Link: [Love Advice: How to Make Your Partner Happy in 5 Minutes a Day](#)

2. The Best Defense is No Defense: While having a strong defense is helpful on the battlefield, being defensive in your relationships can cause serious problems. If your partner is upset with you or offers criticism, rather than automatically defending yourself, try adopting an "intent to learn," and quietly listen to their point to learn what they have to say.

Related Link: [Dating Advice: 10 Kissing Tips to Read Before Your Next Makeout Session](#)

3. It's a Movie, Not a Snapshot: It's all-too-easy to lose sight of the big picture during times of emotional strain and conflict. In times like these you need to remember that your relationship is more like a movie than a snapshot. It's a series of events and memories, and not a single particular event.

4. More Is Not Always Better: I often refer to relationships as "a journey from me to us," because sharing your life with another requires surrendering a degree of your independence. Each of you should maintain your own interests, hobbies, and time to yourselves.

5. Apologize: This is the simplest and most effective thing you can do when fighting with your partner. Yet it's often the most difficult, especially when you're convinced that you're right, which is most of the time, if not always. You have to put aside your pride and be willing to compromise on some points, even when you feel strongly about them.

Alan C. Fox is the author of "People Tools for Love and Relationships," as well as two other bestselling People Tools books. He is a real estate investor, philanthropist, mentor, and founder of Rattle poetry journal. Visit www.peopletoolsbook.com.

Dating Advice Q&A: How Do I

Handle My Partner's Family On Facebook?



Question from Catherine A.: My boyfriend's siblings and parents recently friend-requested me on Facebook. I don't have anything bad on there, but I'm still worried. Should I accept their friend requests? Would it be worse not to? What if we break up?

Keep reading for [dating advice](#) from our relationship experts!

Relationship Experts Give Dating Advice About Your Partner's Family

and Facebook

[Suzanne K. Oshima, Matchmaker](#): If you don't accept their friend requests, it'll be very awkward every time you see them. Since you don't have anything bad on Facebook, then you have nothing to worry about. Also, if you're really concerned, then my dating advice would be to limit what they see in your news feed through your settings. And right now, I really wouldn't worry about you and your boyfriend breaking up. Don't be concerned about something that may never happen!

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

Paige Wyatt, Reality TV Star: Absolutely accept those friend requests! Whenever they try to reach out to you, especially online, it's a great opportunity to show that you want to be involved with his family. Also, by giving them access to your profile, you give them a way to get to know you more, especially if you don't get to spend much time with them. With Facebook, you also have the ability to spruce up your profile to make a good impression. Consider this love advice: Accepting your boyfriend's family on Facebook can really benefit your relationship and love! If you end up breaking up, then delete him and his family. Even if they get offended, what's the harm? You're already broken up!

Related Link: [Q&A: Should I Be Worried If My Man Hasn't Asked Me to Be in a Facebook Relationship?](#)

[Robert Manni, Guy's Guy](#): Great question. Your decision depends on your relationship with your boyfriend. If you're in a committed relationship where you've met and established a connection with his family, there's no reason not to accept their requests. If things don't work out, you can always unfriend them. However, if this is a relatively new situation and you're unsure about your feelings, then it's your prerogative to simply ignore their requests. The fact

that you mentioned that more than one member of his family sent you a request leads me to believe that you are in a real relationship and should act accordingly. Ultimately, your Facebook page is *your* turf, and you can accept or keep out anyone you choose. Good luck.

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

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

Would you accept your partner's family friend requests? Share your dating advice with us in the comments below!

Expert Dating Advice: Moving On After a Divorce





By Debbie Ceresa

“I don’t regret getting the divorce,” a close friend confided recently. “It’s more resentment. My ex seems to be moving on with his life so easily. I fear I may never find someone I can trust again.” Sound familiar? Many divorcees can relate to these circumstances, and celebrity couples are no exception. We saw it play out in Hollywood with [celebrity exes](#) Mariah Carey and Nick Cannon, who handled a private and painful break-up in the public eye. Inevitably, two people who have ended their relationship and love with each other must move forward. Most of us hope to get a second chance at love, but sometimes, that isn’t the case, and you find yourself standing still while your ex moves on.

Post-Divorce Expert Dating Advice

My expert dating advice is to take ownership of your feelings, complete yourself, and forgive. You need to be able to handle this change while preparing yourself for your own happiness.

1. Take ownership of your feelings: Often times, in failed

relationships, one or both partners misunderstand emotional responsibility. What does this mean? Take a minute and think about the many arguments or disagreements you had during your marriage. Do you find yourself saying that your partner made you mad? Instead of owning your feelings, you're blaming someone else. As a relationship expert, I can tell you the result: If you aren't able to look at your own emotions, you're creating a victim mentality, which will certainly land you in an emotional jail of your own making.

Related Link: [Expert Dating Advice For Finding Love After Divorce](#)

2. Ask yourself, "Am I getting over a relationship or getting complete?": The first thing we think of when someone recommends "getting over" a relationship is to forget, but is it really possible to not remember falling in love with someone or having children together? Consider my expert dating advice, and find closure in your relationship by writing down your unrealized dreams and expectations. Think about some of the things that never materialized during your marriage. Keep your notebook in a safe and private place. Remember that it's for you to think about and not share. You may discover writing gives you an opportunity to look honestly at the situation. Making a list of your broken hopes in your personal notebook is a step towards forgiveness.

3. Forgive and be free: I recognize that insensitive, uncaring, and even evil actions by your ex hurt you terribly. However, if you persist in holding onto your resentful and unforgiving mentality, you will only continue to hurt yourself. An important aspect of recovery is remembering that forgiveness is designed to empower you. You're not condoning negative aspects of your marriage. Set yourself free by recognizing what was incomplete during your relationship.

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

There are few things more painful than realizing the person you once loved so deeply has found love with another. The feelings of inadequacy and doubt can take a beating on your heart and your hope for a happy future. But, by taking control of your emotions and owning those feelings, focusing on building inner strength, and allowing forgiveness to release those feelings that weigh you down, you are preparing yourself for a future filled with hope, happiness, and, perhaps, a second chance at everlasting love.

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 experts, click [here](#).

Relationship Experts Reveal 5 Ways To Survive A First Date





On this week's dating advice video from [Single in Stilettos](#), matchmaker Suzanne Oshima and [relationship author](#) Robert Manni give us five ways to survive a first date. Check out what these relationship experts have to say!

Dating Advice Video: Best First Dates Tips For Women

1. Make a good first impression: These relationship experts remind us that you only get one chance to make a great first impression. Within three seconds of meeting you, a man will decide whether or not he wants to see you again, so make those three seconds count!

Related Link: [Dating Experts Give First Date Tips](#)

2. Don't show up late: If you aren't punctual, then you're telling your date that you don't respect their time. If you're running late, make sure to send a text at least 10 minutes before you're supposed to be there, just to be courteous.

3. Don't drink too much: Men hate it when a woman gets too "sloppy" on a date and can't handle whatever amount of alcohol she drinks. After all, no one wants to date a lush!

4. Have an exit strategy: He's nice, but you aren't feeling it. If that's the case, don't waste your time – or his. Be polite and tell him that you think he's great, but there just isn't a connection. Most of the time, he'll appreciate your honesty.

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

5. Don't have sex with him: Can you have sex with a man on a first date? Sure. But will it work out? Highly unlikely. Men can have sex with anyone with no emotional connection, so if you're just looking for sex, then go ahead. But if you want a relationship and love, then you should wait!

If you follow these first date tips, you're more likely to succeed at getting a second date...and a third date and a fourth 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](#).

What is your best first date tip? Tell us in the comments below!

Dating Advice From Justin Kim of 'America's Next Top Model': "If Someone Is Already on Your Team, You Shouldn't Be Looking for Free Agents."



By [Sarah Batcheller](#)

America's Next Top Model has a knack for introducing audiences to their next, most beloved reality stars. The reality TV competition is known for being lathered in glamour, sophistication, and fun. Not to mention, some serious eye

candy. This summer brings in Cycle 22 of *Top Model*, and with it an up-and-coming heartthrob, Justin Kim. Loads of social media adoration surround Kim already, as admirers anxiously await his on-screen debut. A Northern Virginia native and George Mason University alumnus, Kim is taking the modeling world by storm. In this exclusive celebrity interview, Cupid talks to Kim about the road to stardom, the adventures along the way, and his best dating advice.

Cupid's Exclusive Celebrity Interview with 'ANTM' Up-and-Comer Justin Kim

Kim wasn't apt to put any of his dreams on hold while he was attending college. He explains welcoming a modeling career into his life, stating, "I went to [George Mason University], and I commuted, so that allowed me to do my thing on the side. Going to Mason was a blessing in disguise, because at first I'd wanted to go away to college and get the "full experience." Then, my sophomore year [a friend of mine] asked if I wanted to be a secondary model for a shoot. I told him 'no' at first, but a week beforehand he contacted me again, so I did it. People saw the shots, they submitted me to a casting call, and I ended up getting signed. I got to do shoots in D.C. and network. So, it just happened."

Related Link: [Celebrity Interview: Model CariDee English Is "Off the Market Officially!"](#)

Believe it or not, perfecting his "smize" wasn't Kim's biggest battle. In fact, he claims that living with roommates was his first real, personal challenge. "These were essentially my first roommates in my entire life!" he exclaims. "It was a huge culture shock, and there were so many different personalities."

As far as the culture shock goes, Kim explains that his upbringing allowed him a healthy perspective. "I'm blessed...My parents raised me in Northern Virginia, and that is one of the most diverse locations in the entire country. Back at home, there are so many different cultures, ethnicities, and backgrounds," he reveals. "For some of the castmates I was with, that was new. For example, one person had never met an Asian-American person in their life."

The newness of the experience must have brought the cast members closer together, though, because Justin named Nyle DiMarco, Dustin McNeer, Stefano Churchill, and Mamé Adje as his closest pals while filming. Although, anyone who has participated in the aforementioned social media hype may be suspicious that Adje and Kim are more than "just friends." Maintaining full-blown mystery, Kim says of his castmate, who is also known as Miss Maryland 2015, "Mamé is an awesome friend."

One relationship that the budding fan-favorite does gush about, though, is that with Tyra Banks. Of the show's host, Kim raves, "Tyra can back up all the hype around her. The aura I felt while standing in front of her is just *real*. It was amazing...She's so genuine. Off-camera she would come and make sure we were doing okay."

Justin Kim Offers Dating Advice for Millennials

As for relationships and love in general, Kim discloses that things haven't changed much for him since beginning his road to stardom, but that he is mindful, and trying to make smart choices. "I try to keep everything the same, and not let anything change me," he says. "People do tell me to be careful of who to meet now because they might have the wrong intentions, and that's true, but at the end of the day you just have to go for who you like, and who you want to be

with.”

As a recent college graduate, Kim has some dating advice for other millennials who are looking for love. When it comes to figuring out when to settle down, this Top Model has a “first things first” attitude. He proclaims, “You should take your time – you don’t want to jump into anything. Especially because nowadays everyone is so career-driven. For example, I’m all about stability. I want to be financially stable before I settle down. There’s no point in rushing – we’re still young. Experience life.”

Related Link: [Adrianne Curry and Christopher Knight Split](#)

According to Kim, experience should have its limits too. He offers some insight on finding love, clarifying, “You could be playing the field, but if someone is already on your team, you shouldn’t be looking for free agents! If you have someone who’s special and who you don’t want to lose, then don’t mess around.”

For more from Justin Kim, “like” him on Facebook, follow him on Twitter @Seoulful_J and www.instagram.com/seoulful_j/, and be on the lookout for his upcoming athletic line. Tune in to America’s Next Top Model on The CW.

Relationship Advice: Signs You Really Need Couples Counseling (and Why It’s Not

a Bad Thing!)



By Molly Jacob

Sick of all the fights, cold shoulders, and disappointments in your relationship and love life, but still think it's worth saving? It may be time to visit a therapist with your significant other, and in terms of practical [love advice](#), that's not necessarily a bad thing! Going to counseling is one of the best ways to save your relationship, and you might find that your it becomes stronger after this rough patch is over. But, how do you know if you need couples' counseling?

See what relationship advice Cupid

has for you as signs that you really need couples counseling!

1. You're not as affectionate:

If you've been less intimate or less emotional with one another, it may be time to go visit a therapist. Every couple goes through dry spells, but usually a lack of intimacy is the sign of a deeper issue, such as a lack of trust or comfort in the relationship.

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

2. You keep things from another:

Relationships and love thrive when you are open with your partner. If you're keeping things from him or her, such as hiding the credit card bill, it could be a sign your relationship isn't healthy. It's important to see a therapist who can help you open up to one another, something that can be accomplished with more trust, understanding, and communication.

3. You think the OTHER person is the issue:

Not being able to recognize that there are two sides to every story could be a reason your relationship is in trouble. Yes, it may seem like your partner is the one who has been causing problems, but it's important that you take a look at yourself and see where you can improve, too. Relationships and love are all about compromise, so look to a therapist for relationship advice about how to achieve this balance.

Related Link: [Paula Patton Says "Passion" is Key to a Successful Relationship](#)

4. You don't speak up:

The classic love advice about communication being the key to a healthy relationship is true. You may feel as though there is an issue in your relationship, but you keep it to yourself because you are afraid of the fight that could happen if you speak up. No one should feel this way in a loving relationship; you should feel comfortable enough to express your feelings. A therapist can give you the love advice you need to find your voice.

5. You think about having an affair:

You could just be fantasizing about that coworker and have no plans on acting on your thoughts of infidelity, but even just thinking about being unfaithful is a clear indicator that you should go to counseling. When you have an affair, it's usually because there's something lacking in your relationship, something you need from them that you just aren't getting. A therapist can help you identify this issue and communicate it to your partner so you can work to save your relationship and love.

What other signs are indicators that you need couple's counseling? Let us know by commenting below!

Relationship Author Dr. Brandy Engler Breaks Down 'The Women on My Couch'





By [Whitney Johnson](#)

We met sex therapist and [relationship author](#) Dr. Brandy Engler after she released her first book *The Men on My Couch: True Stories of Sex, Love and Psychotherapy*. Now, she's back with a new self-help relationship book that focuses on tales from her female clients. In *The Women on My Couch: More Stories of Sex, Love and Psychotherapy*, Engler examines common issues that women deal with in the bedroom and beyond and hopes to help her readers tackle their own sexual insecurities. In our exclusive interview, the relationship author opens up about her marriage, life in Los Angeles, and what women really want.

Since we last spoke, you moved to L.A. and got married – congratulations! Do you feel like becoming a wife has changed your view on marriage and work as a therapist?

Yes, absolutely! It really tests all of the grand ideas I have about relationships and love. It forces me to put them into action and shows me how difficult it is. The guy who officiated our wedding told us that marriage is one of the greatest spiritual disciplines, and I totally get it now.

Related Link: [Dr. Brandy Engler Says, “‘The Men on My Couch’ Taught Me that Love is Hard and Complicated”](#)

Self-Help Relationship Book Focuses on Female Sexuality

Now, let’s discuss your book! Did you always plan to write *The Women on My Couch* as a follow-up to *The Men on My Couch*?

It actually came first. I originally wanted to work with women and wrote my college dissertation on their libido, particularly for married women – I was trying to understand this unsolvable problem in the world of sex therapy. So I had some ideas and started writing a book, but I was still a student and didn’t really know what I was talking about.

Later, I decided to take that material and turn it into *The Women on My Couch*. The book isn’t only about libido though – that’s just one of the chapters. What I wanted to do was address the most common things women were bringing to sex therapy rather than choose cases that were deviant. I wanted readers to see their own struggles or issues reflected in the book.

What is the theme of *The Women on My Couch*?

The theme of *The Men on My Couch* was more about love, while the theme of this book is about women’s sexual choices. We have a sense that we’re free sexually, which presents to us an existential crisis, this vast gray area with no clear right or wrong answer. The book doesn’t really tell women what to do, but it shows them how to walk through the process of making a decision when it comes to things like having a threesome or cheating on their spouse.

Is there a particular story that you think readers will most relate to?

There's two of them. One of them is about a woman who was so in love with her fiancé and so excited to marry him, but she then dealt with major disappointment after they got married. In therapy, we call that the "post-marriage adjustment period." Soon after you get married, all of these differences show up, and you have to deal with them right away. How you deal with it sort of makes or breaks your relationship and sets the tone for the rest of your marriage. I have to walk the character in the book through developing realistic expectations and explain to her that she has a chance to be better at loving once she faces this challenge. I also share with her some of the lessons that I learned as a newlywed.

The other chapter deals with a woman who is married to a really hot guy but has low libido. I wanted to show that that problem doesn't just happen to older, unattractive people; young, attractive couples who still love each other deal with it too. There's nothing crazy in her background; it's just sexual shyness and a lack of erotic development. That's really one of the most pervasive things that I see. She gets challenged to push the edges of her comfort zone and try new things. I expose some of the reasons why women get shy in the bedroom and what to do.

On the flipside, is there a story that you think will surprise readers the most?

There's a chapter about a woman who uses sex to pay off her college loans, and I think it'll be shocking to learn how many women actually do that. I've had a few female clients who have done it, and I've had a few young, male clients who have used a service like that. I had to read up on it – I didn't even know it was going on! It's a trend now that's popular on college campuses, especially in L.A. Super educated girls are doing it. They're taking a feminist empowerment approach, like, "College is expensive, and I'm taking it into my own hands." That whole chapter is a debate between me and my client about equating feminism and sexuality and the different

ways to look at it.

Related Link: [The Independent Woman: Do We Need a Do-Over?](#)

Relationship Author Shares Love Advice

Lastly, do you have any love advice for someone who's afraid to open up about her struggles in the bedroom?

I'm really hoping the book will help with that by giving a voice to what a lot of women go through. I hope it starts to normalize it and take away some of the fear or embarrassment. One of the underlying themes in the book is that women are often in a more passive, reactive sexual role. We let the men be in the charge. So it's about finding our voice in a world where everyone wants to tell us what to do.

You can purchase The Women on My Couch on Amazon. To keep up with Brandy, follow her on her website and Twitter @TheMenOnMyCouch.

Expert Dating Advice from Laurel House: First Date Conversation Tips





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

In this week's [dating advice](#) video, relationship expert and E!'s *Famosly Single* dating coach, [Laurel House](#) shares great first date conversations tips to help you land that second date. Her expert dating advice is to forget the small talk and open yourself up to deeper conversations.

E!'s *Famosly Single* Dating Coach On What To Talk About On A First Date

You may be wondering how to get passed the small talk on a first date in order to form a lasting relationship and love. "Be revealing, be vulnerable, be you," says the relationship author. The biggest mistake you can make is to view the first date as merely an opportunity to see if you're chemically drawn to each other. Doing so will set you up for a fast burn out of fireworks rather than a lasting flame. Remember that

the initial hit of chemistry can be exciting but also blinding.

Related Link: [Dating Experts Give First Date Tips](#)

The first date is the perfect time to see if your core values align. Talking about shared interests is great, but you need to dig even deeper. The conversation should reflect your desire to have a substantive relationship. House's expert dating advice is to ask the most important question: Why? The first date is about learning new things, and the answer to that question will help you understand each other and your points of view. So pull your walls down! By sharing first, you're creating an environment of safety and trust.

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

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

What do you think is the best way to move beyond the small talk on a first date? Tell us in the comments below!

Taylor Swift Says Lady Gaga Cast 'Magical Spell' to Bring Celebrity Love Calvin Harris





By [Courtney Omernick](#)

According to [UsMagazine.com](#), [Taylor Swift](#) is thanking [Lady Gaga](#) for her new [celebrity relationship](#) with celebrity love Calvin Harris. Gaga sent Swift an encouraging tweet a few months ago, saying, “Life is friends, family, and love. We all see that in you. Your prince charming will come!” Soon after, Swift had a celebrity crush and then a celebrity relationship with Harris.

Taylor Swift believes in magic when it comes to her celebrity love life! What are some ways to meet the partner of your dreams?

Cupid's Advice:

With this celebrity crush turned celebrity love, Taylor and Calvin have created the perfect example of a well-constructed relationship. But, not all of us are lucky enough to get love

advice from Lady Gaga. Cupid has some tips to help you land your crush:

1. Adjust your mindset: Make sure that you understand yourself and don't expect perfection from the other person. Also, be sure that you come to terms with being alone and truly love yourself.

Related Link: [Mariah Carey: Moving Quickly in a Celebrity Relationship?](#)

2. Know what you want: Start to define the qualities of your dream significant other. Make a list if this helps. What interests should they have? What personality traits are important to you?

Related Link: [Love Advice: How to Make Your Partner Happy in 5 Minutes a Day](#)

3. Take action: Be sure that while you're searching for the perfect mate that you're also acting like one. There's no way you're going to get the person of your dreams if you wouldn't even want to hang out with yourself.

How have you landed the person of your dreams? Comment below!

Dating Experts Say Your List Of Must-Haves Isn't That Important!



On this week's [Single in Stilettos](#) relationship advice video, matchmaker Suzanne Oshima talks to [dating expert](#) Marni Kinrys about why your list of must-haves isn't as important as you may think.

Expert Love Advice About Your List of Must-Haves

Do you ever wonder why you can't find a relationship and love to last a lifetime? The truth is, you probably have a long list of must-haves and ridiculous expectations. Dating experts agree that women put too much pressure on men. For instance, they expect them to be charismatic and witty, like the guys we see in movies; however, in real life, these type of men are usually the jerks.

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

If you have a list of must-haves that is impossible to meet, listen to this expert love advice: Open your parameters and help a man out instead of waiting for him to fail! Add to the conversation and ask your date questions so he can feel more confident. Remember that you're looking for a life partner, and it just doesn't matter how tall he is or if he has a full head of hair. The more closed off you are and the more things you have on your list, the longer you'll be single. We all have a picture perfect man in our heads, but we need to let go of that idea in order to give the right guy a chance.

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

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

What's your best love advice for meeting The One? Tell us in the comments below!

Dating Advice: 10 Kissing Tips to Read Before Your Next Makeout Session





By [Courtney Omernick](#)

Whether you're just dating, in a [relationship and love](#), or single, it never hurts to get some extra dating and relationship advice; especially when it comes to important things like kissing.

Below are some special pieces of dating advice and kissing pointers.

Cupid's Advice:

1. Have fresh breath: It seems like common sense, but a lot of people are guilty of bad breath. Make sure your teeth are clean. It doesn't matter how good of a kisser you are, as bad breath can ruin everything.

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

2. Build up the moment: No matter if it's the first date, or if you've been dating for awhile; there's going to be some

tension. And, kissing is a great way to break the tension. Don't wait too long for that first kiss, however. You want to make sure they still understand that you're interested in them.

Related Link: [Relationship Advice: A Couple's Guide to Better Arguing](#)

3. Use your eyes: Obviously, don't keep them open while you're kissing. But, try speaking with your eyes to initiate the kiss.

4. Don't try to control it: A good kiss is powerful. The moment will be broken if you put too much thought into it.

5. Relax: Kissing isn't a "win or lose" situation. Try to gauge what the other person is doing, and go from there.

6. Be spontaneous: Give your partner a gift when they least expect it. Catching them off guard with a kiss can be just what they needed.

7. Pay attention to the surroundings: Special and new surroundings can make things interesting. Because your eyes are closed, you'll be able to see and feel new sensations more clearly.

8. Control your saliva: Don't create slobber that runs down your face. Keep your saliva in check.

9. Use your hands: Don't just fixate on someone's face. Touching their neck, sides, or holding them close makes the kiss better.

10. Don't drink: The best kisses and makeout sessions occur when you're sober.

What's your dating advice for our readers? Do you have any kissing tips? Share in the comments!

‘Married to Medicine’ Reality TV Star Jill Connors On Relationships And Love: “It’s So Hard To Get That Passion Back”



By [Rebecca White](#)

If you're a fan of [reality TV](#), then you know drop dead gorgeous Jill Connors is the up-and-coming star of the third season of Bravo's *Married to Medicine*. The mother, attorney,

and business woman has taken the Atlanta social scene by storm, becoming known for her buzzed about philanthropic soirees. The Southern belle gracefully balances motherhood while managing her husband's – Dr. John Connors – successful plastic surgery practice. We recently chatted with Connors about her celebrity love story and her best advice for keeping your relationship and love strong.

Reality TV Star Shares Her Celebrity Love Story

It was love at first sight for this famous couple. "I was a senior in college, and I had three boyfriends when I met John," the star dishes in our exclusive celebrity interview. "We met on an airplane when I was going to visit one of my boyfriends in New York." The funny thing is Connors couldn't even tell her parents how she met her husband because they had no idea she was going to New York at that time! When she locked eyes with him, she just knew. "It was the weirdest spiritual thing," she says. "About a month later, I remember saying to my best friend, 'I'm not in love with him yet, but this is the man I'm going to marry.'"

Related Link: ['Married at First Sight' Couple Jamie Otis and Doug Hehner Share Love Advice: "A Strong Foundation is Key"](#)

Not only was their meeting serendipitous, but they weren't even supposed to be on the same flight or next to each other, for that matter. John planned to be in Florida for a medical talk with his friend Jim, but his buddy couldn't make the flight. Jill was booked on a later plane, but a passenger didn't show up for the earlier flight, so she got Jim's seat next to John. And the rest is history!

Now, after nearly 13 years together, the married famous couple has three sons, who are ages 7, 9, and 11. When it comes to

teaching her kids about romance, Connors is very open. "It's because my parents never talked with me because they were strict Catholic Italian," she reveals. "I still haven't had the sex talk with my mom, and I've already had it with my oldest son!"

The mother of three wants her kids to learn respect and the importance of working hard in a relationship. "The women's job is a little harder, especially if she's working," Connors believes. "Realistically, she's going to be the one working inside the home and the primary caretaker for the children." When that's the case, the reality TV star wants her boys to understand that they need to help their partners balance everything and be a team.

Jill Connors Talks Love Advice

This busy celebrity couple understands that balance is challenging to achieve in a marriage. Since Connors works with her husband, it's even more difficult. "Because we work together, we'd be at work and then come home and talk about work," she says. "It's so hard to get that passion back, especially if you're married for 13 years and have three kids!" But don't fret because there are things you can do to put the spice back in your relationship and love. Connors' love advice is to carve out alone time: "Sometimes, we have stay-cations, like an overnight trip to the St. Regis," she shares. "You feel like you're getting away, but you're not *too* far away!"

Connors also says that it's important to be comfortable with your significant other in order to avoid jealousy. "You need to know why you're jealous," she explains. "Is it because there's a reason to be jealous, like your partner cheating? Or is it because you aren't comfortable with yourself?" Once you figure out what the root of the problem is, then you can work on learning to trust the other person.

Related Link: [Exclusive Celebrity Interview: 'Player Gets Played' Stars Discuss Moving On After Infidelity](#)

Personally, Connors gets asked all the time if she's jealous because her husband is a breast plastic surgeon. "He's never made me feel like he's attracted to these other women, and he's so loving to me, so there's no reason to be jealous," she candidly says.

Although she's been married for over a decade, she has some relationship advice for new couples. "The beginning of dating is the best, most fun time ever," the celebrity mom shares. "If it's hard in the beginning, it's only going to get harder." If that's the case, she suggests that you move on. "You never know where that perfect person is. You could even meet them on an airplane!" she says with a laugh.

You can keep up with Jill Connors on Twitter. Tune in for Married to Medicine on Bravo on Sundays at 9/8c!

Former 'Bachelorette' Contestant JJ Lane Suffers Black Eyes After 'Men Tell All'





By Meranda Yslas

It looks like fighting for love just got a little more literal. As told by [UsMagazine.com](https://www.usmagazine.com), the former *Bachelorette* star JJ Lane left the *Men Tell All* party with two black eyes after getting in a fight. The reality TV star tweeted a photo of his injuries on July 14th to another *Bachelorette* costar with the caption, "Bruh! It's always an adventure hanging with you buddy." According to some more tweets from Lane, he was jumped by a group of men after the reality TV special and went to the hospital to get checked out. A recent Instagram post shows that the 32 year old is recovering just nicely.

This 'Bachelorette' contestant isn't fairing well. What do you if a friend gets in the way of your relationship?

Cupid's Advice:

Being able to hang out with your significant other and your close friends at the same time is great. However, sometimes you and your friends need some space in order to allow your relationship and love to grow. Here is Cupid's relationship advice on how to handle a friend getting in the way of your relationship:

1. Time apart: Be honest with your pals and let them know that there are going to be times when you and your beau need to spend time alone. Often times they will understand and won't get hurt when you don't invite them to everything.

Related Link: ['Bachelorette' Contestants Clint Arlis and JJ Lane Find Love...With Each Other!](#)

2. Set boundaries: A romantic relationship is just between you and your partner. Although it's fine to tell your best friend everything about your love life or ask for advice, they shouldn't be controlling your relationship. Listen to what they have to say, but in the end, how you act with your beau is your decision.

Related Link: ['The Bachelorette' Kaitlyn Bristowe Is Not Ready for Hometown Dates](#)

3. Change your focus: Before getting into a serious relationship, your friends may have been your number one priority. While it is still important to respect and value your friendships, it is also important to make your significant other feel special, too. Learn how to divide up your attention so your lover isn't feeling left out.

Did you have a friend that always interfered with your romantic relationships? Share your story below.

Celebrity Gossip: Caitlyn Jenner Is Not Dating Candis Cayne Despite Rumors



By Meranda Yslas

There's been some celebrity gossip flying around that [Caitlyn Jenner](#) and actress Candis Cayne are in a romantic relationship, but that isn't true! According to [UsMagazine.com](#), the two are just friends. Although Cayne is joining Jenner at the ESPYS ceremony where she will be receiving the Arthur Ashe Courage Award, both of the celebs' reps are clear that it's not a date. The *Dirty Sexy Money* star has been a mentor to the former Olympian as she has been going through her public transition.

Some celebrity gossip just isn't true. What do you do if there are untrue rumors circulating about your relationship?

Cupid's Advice:

Celebrity gossip isn't the only thing that causes rumors. Sometimes friends and family members make up false stories about your relationship and love. It can be hard when people make assumptions without knowing all the facts. Here are some of Cupid's relationship tips when it comes to handling gossip about your relationship:

1. Trust your love: Just because a rumor is flying around doesn't mean you have to believe it or act upon it. If you trust your beau and he trusts you, your relationship will out live the lies.

Related Link: [Celebrity News: Caitlyn Jenner Gushes Over 'Over the Top Great' 'Vanity Fair' Photos](#)

2. Ignore it: Unfortunately people are going to talk and there's not a lot that you can do to control it. The best thing to do is ignore what people are saying and focus on yourself and your partner.

Related Link: [Transgender Facial Surgeon Discusses Celebrity News Surrounding Bruce Jenner](#)

3. Clear the confusion: Sometimes gossip is created out of half truths and misunderstandings. If you explain your version of what happened without anyone else's added details, you will appear open and honest while setting the story straight.

How do you deal with rumors that surround your relationship

and love? Share below.

Expert Love Advice: 10 Signs That He's Just Not That Into You



By [Jared Sais](#)

The world of dating is hard to maneuver by yourself. If you ever find yourself wondering if your date is going to call you again, follow my [expert love advice](#) to figure out if he likes you...or not. Here are 10 signs that he's just not that into

you:

Dating Expert Reveals 10 Ways to Know If He's Into You Or Not

1. He doesn't make eye contact: A man will lovingly gaze into a girl's eyes if he likes her. Heck, a man will awkwardly stare shamelessly at a girl when he likes her! To most men, it's the only move they have when they flirt. If they aren't looking at you, it's the biggest sign that they're not interested in a relationship and love.

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

2. He doesn't text you back: A man will usually text you after a date to make sure you got home okay. But after that, if you text back and he doesn't respond, that means he's not interested. A man who wants to see you again will set the next date up while you're still on the first date. If the first date ends and there isn't talk of a second date or he doesn't follow up with a text, the odds aren't good that you'll see him again.

3. He pays attention to his phone during your date: Looking at his phone during a date means one thing: boredom. As a dating expert, I came up with an easy way to remember this rule: more phone equals less interested and less phone equals more interested.

4. He talks about other women: Well, this one is simple: If he's speaking about or looking at other women, he's either a creep, or he sees you as more of a friend than a potential partner. You'll need to get his attention and show him you can be sexy and more than just a pal. Those other women have nothing on you!

Related Link: [Expert Dating Advice: How to Spot a Man Who Only Wants One Thing](#)

5. He shows a lack of emotion: Simply put, a man who cares for you is interested in you. If you're sad and there's a huge lack of empathy, then chances are, he doesn't even cherish your friendship. My expert love advice is to lose him fast, as he isn't a good friend or the right fit for you romantically.

6. He makes excuses: "I can't see you tomorrow." "I have to wash my hair." "Oh, I can't go to that bar with you because I'm busy." Excuses can be practical at first, but one after the other means one thing: He's just not that into you. Also, look for excuses that don't make any sense.

7. He only calls if he needs you or at a late hour: As a relationship expert, I think these two scenarios sound like booty calls. Maybe he's only interested in a physical relationship with you. That's when you get the late night calls or dates that always seem to be watching movies at his place.

Related Link: [Love Advice: How To Tell If a Guy Likes You](#)

8. He shows a fake smile: A fake smile is seen as the polite thing to do, but it means that there's a lack of happiness and good vibes. If there's no interest, someone will fake smile, as they'd rather not be rude. By the next day, though, a text message will say that they're just not feeling it.

9. He doesn't contact you after a date: It's the easy way out. Many of us are guilty of not texting or returning messages as a way to ignore the situation completely.

10. He touches you as a friend: Think about how he touches you: Shoulder touches (friend) versus thigh touches (sexual attraction) and upper back (friend) versus lower back (sexual attraction) are two examples. Touching may be seen as good no matter what, but that isn't so. A touch on the top of your

head (which usually symbolizes dominance or that you did a “good job”) doesn’t mean the same thing as a touch on your chest with a flat palm (a non-verbal cue of trust and love).

[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.

Relationship Expert: The Economic Reality Of Divorce Is No Excuse For Irresponsible Parenting





By Rosalind Sedacca, CCT

While the economy is turning up, middle- and lower-class Americans are still struggling with financial challenges. Many couples that are ready to call it quits in their [relationship and love](#) are postponing the divorce decision because they can't afford it or the two-home reality in their future. As a relationship expert, here is my love advice for how to cope with the economic reality of divorce.

Relationship Expert Shares Love Advice About Divorce

Does postponing divorce mean couples are finding new ways to get along and reconsider their marriages? I've seen some cases where the relationship and love survives because they put off breaking up. But for many, it just means adapting to continued states of unhappiness and coping with disappointment and frustration. This approach, of course, does not bear well for the children of these unions. They experience the negative consequences of a distressed marriage whether their parents

split up or choose to stay together because of economic factors.

Too many couples are so financially dependent on one another that they can't make a clean break. But, at the same time, they've lost their emotional interdependence, which helps a partnership thrive during outside challenges. Without the affection and emotional connection, they're basically roommates sharing a home and living expenses.

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

The problem is that they're also parents of children who may be more confused than ever about life at home. Mom and Dad are still married and together – but are they? It's a big concern for therapists, school guidance counselors, clergy, and others who understand children's emotional and psychological needs during times of high stress. There are no clear resolutions for today's economic challenges or for parents caught up in making the divorce decision. However, staying together in a marriage that continues in “form” can only be a damaging situation for the kids. That's because those marriages often fail to focus on the emotional safety and security factors that children need in order to thrive, feel self-confident, and express themselves.

Dating Expert Gives Tips For Moving Ahead – In Or Out Of A Marriage

Parents, whatever you do, stop and ask yourself some fundamental questions before moving ahead, whether you choose to stay in your marriage or get divorced:

- Despite economic stress, are we taking the time to give our children the loving attention they deserve?
- Are we as parents providing a loving environment for our

children, either in the same residence or two separate abodes?

- Are we providing the nurturing values and personal time we want to instill in our children despite our own challenges as adults?
- Are we creating rituals with one or both parents so our children feel that we still are a “family” regardless of the form it takes?
- Should we be seeking outside professional help to make sure our children are feeling safe, secure, loved, and peaceful in their home environment(s)?
- Are we being honest with our children about our circumstances without sharing adult details with them that would be confusing and burdensome at their age?
- Are we restraining from arguing, badmouthing each other, and creating tension? Are we avoiding bitterness, sarcasm, or other negativity when the children are present?
- Are we reminding our children how much we love them and will continue to love them regardless of changes in where and how we live?

Related Link: [Relationship Expert Talks About Helping Kids Through Divorce](#)

As a dating expert, I know that how you answer these questions will determine the quality of life your children experience, whether they are residing in one residence or two. Always remember: You are parents first and a couple struggling with marital or divorce issues second. Isn't that the way it should be?

For more information about and expert relationship advice from Hope After Divorce, click [here](#).

Rosalind Sedacca's Child-Centered Divorce Network provides free articles, an e-zine, coaching services and other valuable resources for parents at www.childcentereddivorce.com. Her

signature ebook, How Do I Tell the Kids about the Divorce? A Create-a-Storybook Guide to Preparing Your Children – with Love! is also available at www.howdoitellthekids.com.

‘The Bachelorette’ Kaitlyn Bristowe Chooses Her Top 2 and Meets Families



By Katelyn Di Salvo

It looks like the Shawn and Nick saga will continue on the reality TV show *The Bachelorette*, at least for one more

episode! [Kaitlyn Bristowe](#) is down to her last two guys, and you guessed it, those two lucky guys are Shawn and Nick! According to [UsMagazine.com](#), *The Bachelorette* started exactly where it left off with Shawn and Nick at each others' throats again. Neither guy thinks that the other is good enough for Kaitlyn, and now the two will fight until the end! During the final rose ceremony, she decided to keep Shawn and Nick around, letting go of drama-free Ben, despite the fact that they seemed to connect on all levels during their romantic date at a castle. Kaitlyn then went on to hometown dates, and met the families of her two finalists. The day went so well that the episode ended with the reality TV star in tears. Who will Kaitlyn choose to be her [celebrity love](#)? Stay tuned!

Meeting the potential in-laws is a big deal even to *The Bachelorette*! What are some ways to make a good impression with your partner's parents?

Cupid's Advice:

Meeting your partner's parents can either go very right or very wrong. Cupid has some tips:

1. Never show up empty handed: It doesn't have to be anything crazy, but bring a little something with you, like a bottle of wine, or an appetizer or dessert. What's even better is if you make it yourself! It shows that you care and you put some thought into the evening.

Related Link: [The Bachelorette' Kaitlyn Bristowe Is Not Ready for Hometown Dates](#)

2. Be confident: You don't want to get too comfortable around the parents yet, but you do want to be confident. Show them why their son/daughter is with you. Join into conversations, be open about talking about yourself, and have fun!

Related Link: [‘Bachelorette’ Drama: Kaitlyn Bristowe and Nick Viall Get Intimate](#)

3. Dress appropriately: Remember where you're going when getting dressed that night. Avoid inappropriate clothing and, ladies, wear makeup that accentuates your natural beauty! Find something that exudes intelligence and friendliness!

What are some ways that you've found successful in impressing your prospective in laws? Share below!

Relationship Advice Video: Should I Date More Than One Man?





In this week's [relationship advice video](#), matchmaker and relationship expert Suzanne Oshima talks to dating consultant David Crowther about dating multiple people at once. Check out their best love advice in the video above!

Relationship Advice Video Reveals That You Should Date More Than One Man At A Time

Finding a relationship and love that will last a lifetime can take awhile. That's why these two dating experts agree that you should never date only one man at a time *unless* you've decided to be exclusive with someone. According to this relationship advice video, you don't want to put all of your eggs in one basket!

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

To follow their dating advice, date several men at

once and weed out the people who aren't right for you. As time goes on, you'll get to know your dates on a more intimate level and eventually discover who isn't a good fit for you. When that happens, you can move on to someone who is more compatible with you for a long-term relationship.

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Love Advice: How to Make Your Partner Happy in 5 Minutes a Day





By Molly Jacob

From work to social lives, our days can get pretty hectic. Although we love our partners more than anything, some days we just don't have enough time to give them all of our attention. With relationships and love, it's still important to give your sweetheart small, but significant reminders of your love every day. Need dating and relationship advice about how to do that?

Cupid has love advice about ways you can make your partner happy in just 5 minutes a day!

1. Give a massage:

Your baby has had a hard day at work, so giving a quick back or foot massage is sure to make his or her day. Giving a massage without them having to ask for it is sure to win you brownie points with them, too.

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

[In The Past](#)

2. Do the dishes:

Even if you're tired at the end of the day, doing the dishes should take you no more than five minutes, and it's sure to make your significant other's evening much more relaxing if they see that the dishes have been taken care of after dinner. You could do any sort of similar chore around the house, which would just as well add happiness and gratitude to your relationship and love life.

3. Give a gift:

This gift doesn't have to be a big or extravagant one; it can simply be a candy bar or latte you picked up on the way home from work. Your sweetie is sure to love a treat, and little gifts are an easy way to add a nice surprise to your partner's day.

Related Link: [Couples Therapy: A Way to Rebuild a Struggling Relationship](#)

4. Send a cute text:

Throughout the day, send a couple cute texts, such as, "How did your meeting go?" and "You're amazing!" These little reminders of your love don't take much time or effort, but really show you've been thinking about them. It's good love advice to always make sure your significant other knows how much you mean to them!

5. Say "I love you":

This won't take any longer than a few seconds, but it's definitely a fantastic way to strengthen your relationship and love life. Your partner may know you love them, but it's still always important to say it out loud, and often. Love advice: you can never say, "I love you" too much!

How else can you make your partner happy in just five minutes a day? Let us know in the comments below!