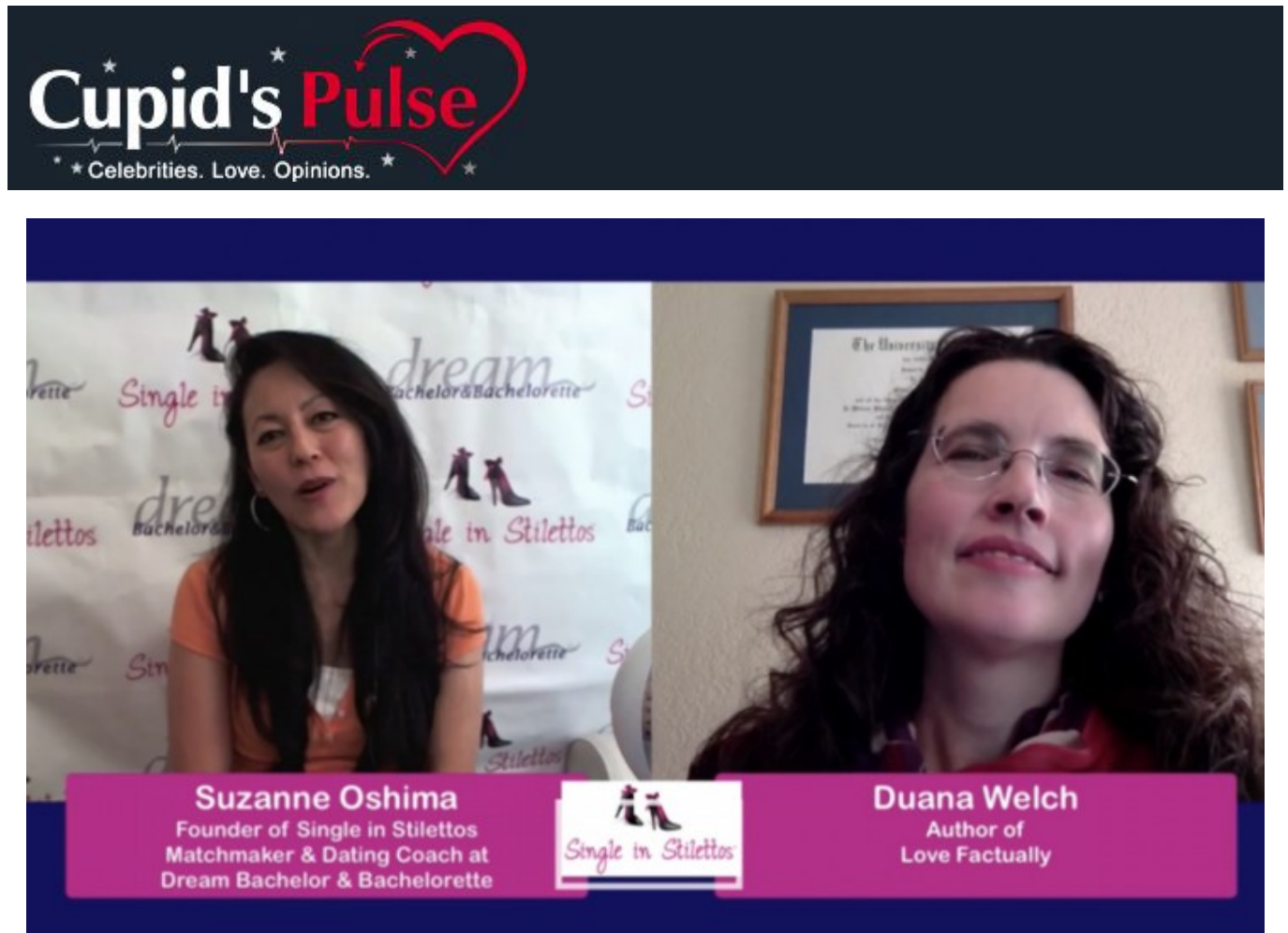


Single in Stilettos Show: Find Love By Not Looking for Love...Fact or Fiction?



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to Duana Welch, author of *Love Factually*, about whether or not you can *really* find love by not looking for it. According to the dating advice shared by these relationship experts, that approach won't work. Instead, if you want to find love, you should: join several online dating sites; be open to meeting men anywhere and everywhere; get out and do things; and make eye contact and smile when talking to someone you're interested in.

Related Link: [Duana Welch on Why You Can't Make Him Love You](#)

It's important to be proactive if you truly want love in your life. Follow this dating advice if you're ready to meet someone special!

For more information about Single in Stilettos shows, click [here](#).

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

What's your best tip for finding love? Tell us in the comments below!

Dating Advice: Six Tips for Meeting Someone Special in 2015





By Dana Michel

The holidays are over, and 2015 is here! Like many of us, you've probably made a New Year's resolution to step up your game in the area of relationships and love. If that resolution includes finding a partner, you might not succeed if you're searching the old fashioned way.

Below are six pieces of dating advice to help you in your journey to find that special someone and improve your relationships and love life in 2015.

1. Eliminate those that are not marriage material: Don't waste time with someone you would never introduce to your family or colleagues, much less marry. He/she is only standing in the way of your true happiness.

Related Link: [Justin Bieber Confirms He's 'Super Single'](#)

2. Become the person that attracts your type: This important piece of dating advice shouldn't be ignored! If you're looking for a physically fit partner, but you have succumbed to watching Netflix from the couch while eating fast food, you may want to start hitting the gym this year. You may find Mr. Right while lifting weights and running on the treadmill.

Related Link: [Four Changes You MUST Make to Avoid Prey to the Unavailable Man](#)

3. Do not put your life on hold or defer happiness until you meet "The One": Take that trip overseas, become a homeowner, get a new hobby or entertain more. These dating and relationship advice tips can help make you a much more interesting and confident person. Raising your appeal increases your chances.

4. Sign up for online dating: Choose the service that works best for you and remember to be true to yourself. If you're looking for a serious relationship, don't sign up for a casual hookup site. Online dating gives you the chance to expand your options.

5. Ask friends to introduce you to eligible people: Consider getting help and introductions to men from those pesky relatives who don't understand why you're still single.

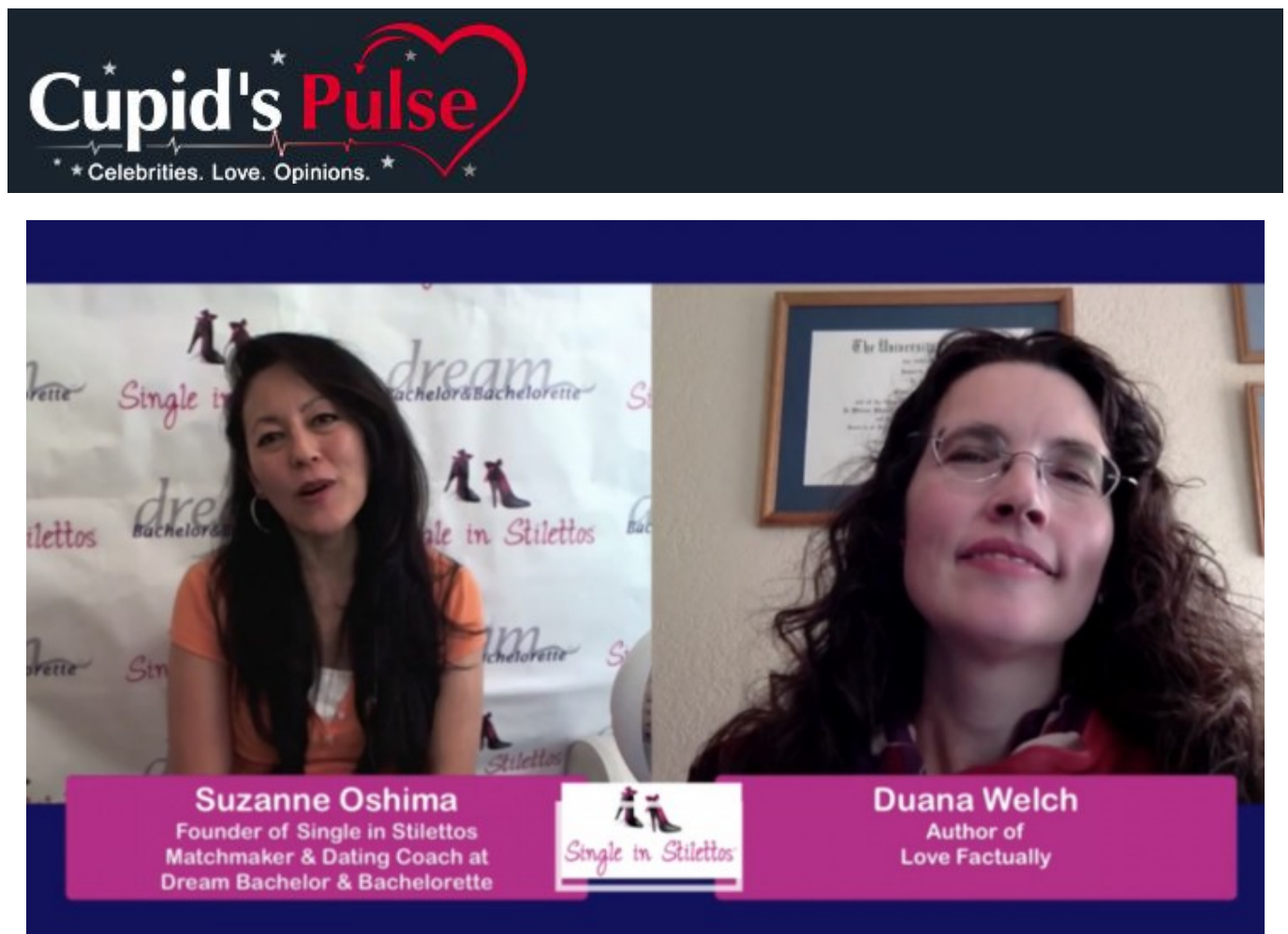
6. Become more active outside of your home and work: Start a new hobby, volunteer, and deliberately attend social events where you can mingle and strike up conversations with new people.

Thankfully, love can happen very quickly when you meet the right person. Look at celebrity couple George Clooney and Amal Alamuddin, for instance. The duo became engaged in less than a year. Most men say they knew their fiancé was special very early on in their relationship.

A new dating site, Marriage Material, is not your typical

dating venue. Founder and President, Dana Michelhas, created a place where only marriage-minded singles can go to find their true love. Marriage Material has over 20,000 members, and their services are available in selected areas. For more information, visit www.marriagematerial.co. To arrange an interview with Dana Michel, please contact danna@blinkpr.com.

‘Bachelorette’ Season 10 Couple Andi Dorfman and Josh Murray Call it Quits



By Emma L. Wells

Another one bites the dust! Earlier this week, reality TV couple Andi Dorfman and Josh Murray announced that they have ended their engagement. In a joint statement published by People.com, the pair, who met and fell in love during *The Bachelorette* season 10, said, "After several months of being engaged and working on our relationship, we have decided that it's best for both of us to go our separate ways. We are very sad that it has to come to this point, but this is what's best for both of us individually." The news of this celebrity breakup was a shock to many, as the couple appeared happy during their red carpet interview prior to Monday night's premiere of *The Bachelor*.

In light of this surprising celebrity breakup, how can you handle questions about your sudden split?

Cupid's Advice:

The trickiness and difficulty of a breakup doesn't necessarily end as soon as you and your significant other call it quits. After you admit that it's over, you then have to tell your loved ones. So how do you stay diplomatic when your friends want to hear about the drama? Cupid has some tips:

1. Just say "no comment": Breakups are private and potentially very painful for the parties involved, so there's nothing wrong with telling a questioner that it's none of their business. However, it's usually best to put it as nicely as possible. Thank the person for their concern and then simply say that it's a private affair and that you'd rather not talk about it.

Related Link: ['Bachelor' Winner Nikki Ferrell Confirms Split from Juan Pablo](#)

2. Avoid pointing fingers: In most situations, a split is not the fault of just one person. Take a cue from this celebrity breakup and do your best not to place blame on your ex. After all, listing the faults of your former partner post-breakup isn't going to make you look any better.

Related Link: [Can You Really Find Love on 'The Bachelor'?](#)

3. Be on the same page: Right after your split, this may seem near impossible, but in the coming months, it will help the situation if you remain amicable. You can avoid drama by making sure your stories match and your facts are true. Have a quick conversation and answer the question, "What are we going to tell people?" This will eliminate a lot of the confusion friends and family may have about what happened and hopefully help dodge any hurt feelings by sharing something too private.

How do you handle questions about a sudden breakup? Tell us in the comments below!

Kim Kardashian Takes Fashion Advice from Husband Kanye West





By [Sarah Batcheller](#)

In today's celebrity news, [UsMagazine.com](#) reveals that reality star Kim Kardashian is enlisting the help of husband Kanye West to revamp her wardrobe for 2015. The famous couple stayed "up all night" to refine looks ready for the new year. The middle sister cites her Givenchy gown that she wore at Paris Fashion Week as her favorite 2014 get-up. Being that the ensemble was slinky and fierce to boot, fans can't wait to see what fashion advice West gave his wife for the new year!

How can you share fashion advice with your partner without being pushy?

Cupid's Advice:

Even if we say we don't, we all have an opinion on what our partner wears. Take a cue from this celebrity relationship, and learn how to influence your partner's style without being overbearing:

1. Change your style, too: Make it a team effort – something fun for the both of you to explore and create. That way, it won't come off as you telling them what they can and cannot wear. Maybe you want to channel a glamorous famous couple like Kardashian and West, or perhaps a more laid-back wardrobe is better suited for your lifestyle.

Related Link: [The Most Fashionable Celebrity Baby Bumps](#)

2. Tell them when they look good: Everyone loves a compliment! Saying something nice about your partner's go-to date night dress will help you come off as supportive instead of bossy. It'll show your partner that you're genuinely interested in their style and love seeing them rock their look. Offer genuine, helpful tips like, "This accentuates your waistline," or "Indigo brings out your eye color."

Related Link: [‘The Sorrentinos’ Stars Frank and Linda Sorrentino Talk Date Night Fashion](#)

3. Share constructive fashion advice: Don't just tell them that what they've picked out is tacky. Explain *why* you feel the way you do about that old sweater or those distressed blue jeans. Help them stay up-to-date on trends while maintaining who they are. It's all about creating a look that speaks to their personality!

How did you help your partner reinvent their wardrobe? Tell us in the comments below!

Jennifer Aniston Says Justin

Theroux Gave Her “A Rock”



By [Sarah Batcheller](#)

A celebrity engagement is everyone's favorite vicarious event. Taking a look at [UsMagazine.com](#), you can get a close-up of the enormous engagement ring that Jennifer Aniston is sporting. According to the latest celebrity gossip, the actress says of the impeccable rock that her fiancé and *Wanderlust* costar Justin Theroux gave to her, "He rocked it up...It took me a while to get used to it. I'm not a diamond girl. I'm more Indian jewelry and stuff." The celebrity couple has been together since 2012.

Whether or not you're inspired by a

celebrity engagement, how can you find out what type of ring your partner wants?

Cupid's Advice:

Asking too many questions will give away the big surprise, so here's Cupid's advice on how to stealthily pick out a diamond worthy of a celebrity engagement:

1. Log in: You say: "Hey babe, I'm going to use your laptop to check my e-mail really quick!" What you mean is: "Hey babe, I'm going to open up your Pinterest account because I know that you've been pinning images of vintage-style diamond rings that appeal to you!"

Related Link: [Sofia Vergara is Engaged to Joe Manganiello After Only Six Months of Dating](#)

2. Listen to their style opinions: If you're a guy, it's hard to listen to everything your partner says about fashion, but if you do, you can use these comments as clues as to what kind of rock they would like. Is your significant other's style more classic than trendy? She may want a round diamond. Is she super girly? Perhaps something extra sparkly will catch her eye.

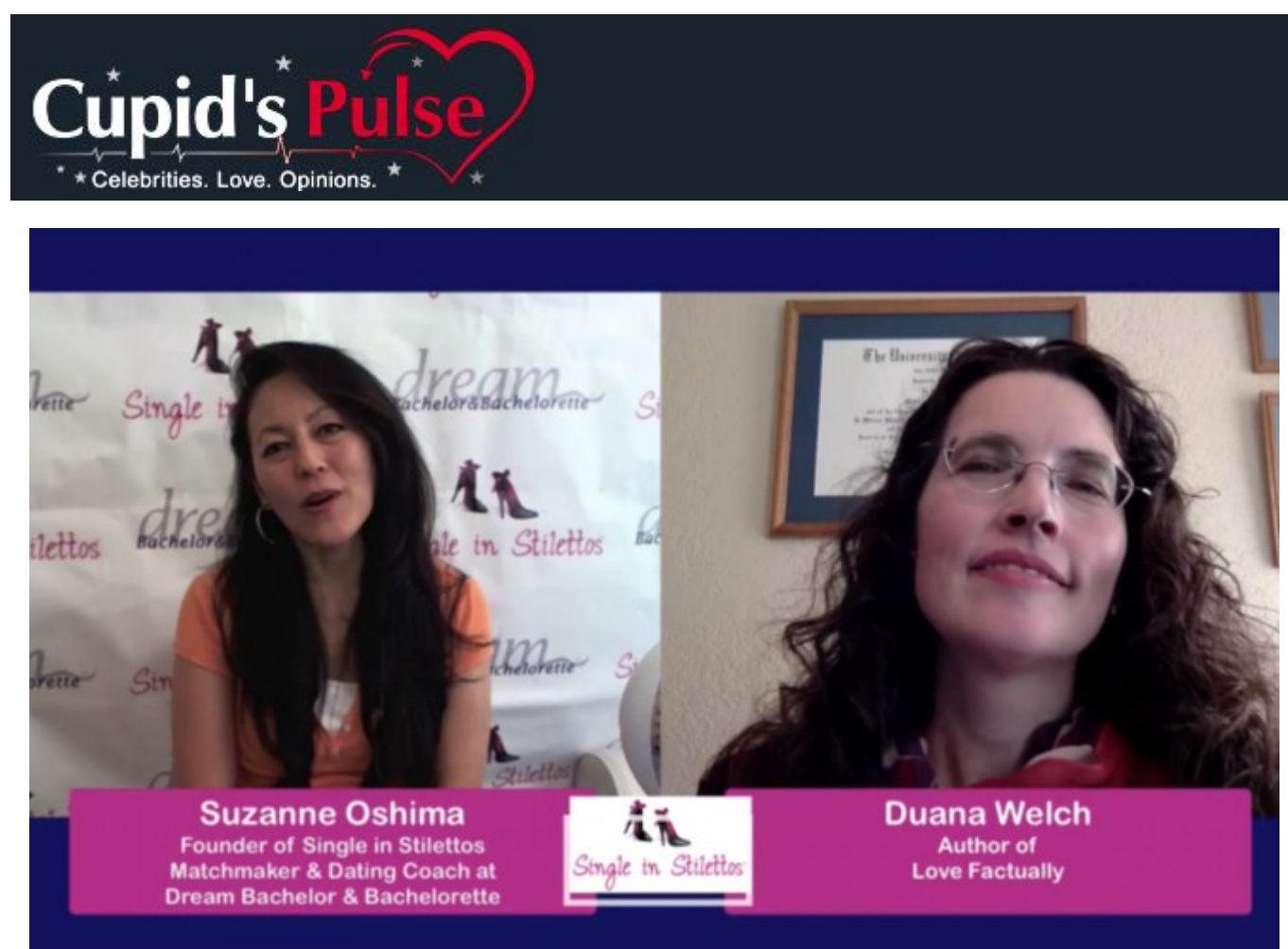
Related Link: [Cameron Diaz and Benji Madden Tie the Knot at Her Beverly Hills Home](#)

3. Ask their friends: Easy as 1,2,3! Ask your honey's friends what kind of ring they want. If you have known for a while that marriage is in your future, it's inevitable that your partner has discussed every detail with their pals. Just make sure these friends can keep it hush-hush until the proposal!

How did you find out what kind of ring to get your love? Tell

us in the comments below!

Brad Pitt and Angelina Jolie Are Scheduled to Meet the Pope



By Maggie Manfredi

When in the Vatican City! According to UsMagazine.com, Brad Pitt and Angelina Jolie are set to meet the Pope while on their celebrity getaway in Rome. Pitt grew up Baptist, but he currently associates somewhere in the space between “agnosticism and atheism.” Still, the famous couple admires

Pope Francis and his message. The VIP appearance with the actors is in the process of being planned and is set for some time in January.

This famous celebrity couple learned to compromise about religion – what are some ways to do so in a relationship?

Cupid's Advice:

When you've made it past the first, second, and third dates, and your relationship is thriving, those somewhat taboo topics like politics and religion will inevitably come into play. With the above celebrity news in mind, Cupid has some tips on ways to compromise when it comes to religion in the relationship:

1. Understand your partner's religion: The best way to compromise when it comes to religion in the relationship is to expose yourself to your partner's practices. Understanding their religious choices will help you now and in the future.

Related Link: [Angelina Jolie Gushes About 2014 And Says, 'I Married My Love'](#)

2. Have self-awareness: In order for you to claim a stake in your religion, you have to be aware of how you practice and why. Identifying these factors will help you move forward when it comes to acceptance and love.

Related Link: [Brad Pitt Opens Up About Marriage To Angelina Jolie](#)

3. Engage in open discussion: You have to be able to talk about religion. When you are in a committed relationship like

Pitt and Jolie, things like marriage, children, and cohabitation are on the table, and religion needs to be a discussion, especially if you do not share the same beliefs.

How do you handle religion in your relationship? Share your insight below!

Screwing the Rules Video Dating Tips: Make Your New Year's Goals a Reality



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

Dating Expert from E!'s *Famously Single* About New Year's Resolutions

Related Link: [Dating Coach Laurel House on Her New Book: "I'm Nervous for My Ex-Boyfriends to Read It!"](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) is here to make you succeed the list of goals you have for 2015. "According to Forbes, only 8% of people follow through with their New Year's resolutions goals," she reveals. "And that sucks!" With that thought in mind, she shares five realistic resolutions that you can easily accomplish this year. Listen up and don't disappoint yourself with failure.

For more information about our dating mentor, click [here](#).

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

How will you achieve your goals this year? Tell us your tips in the comments below!

'The Bachelor' Chris Soules on First Night Jitters





By Emma L. Wells

First dates can be stressful enough, but can you imagine having 30 first dates simultaneously? That's how Chris Soules felt on Monday night during the premiere of *The Bachelor* Season 19. "It was nerve-racking but exciting to be in the same room with 30 amazing women and knowing that one of them could potentially become my fiancée," Soules said in an interview with [People.com](https://www.people.com). While some women handled the stress of the evening better than others (a few contestants were noticeably intoxicated by the evening's close...), they all made lasting impressions. From motorcycles and karaoke to secret admirers and a pig nose, the women used a variety of tactics to try and catch the handsome bachelor's eye. Some ended up being more successful than others, as the 33-year-old farm boy from Iowa eliminated eight women during the first rose ceremony on *The Bachelor* Season 19.

‘The Bachelor’ Chris Soules was pretty nervous Monday night. What are three ways to deal with nerves on a first date?

Cupid’s Advice:

Everyone has to deal with nerves from time to time, but you don’t want to let some overly energetic butterflies interfere with what could be a really amazing first date. Cupid has some ways to reign in those jitters:

1. Just breathe: It may seem like simple advice, but it’s often what people forget when they are under pressure. Focusing on your breathing helps in many ways. First, it helps center your mind on something else. Second, it’ll slow your heartbeat and your thoughts, and you’ll quickly start to feel less flustered and crazy. Being in control of your breathing will help you feel in control of your situation. Try counting to five as you inhale and counting to seven as you exhale; repeat this ten times, and you’ll be calm again in no time!

Related Link: [‘The Bachelor’ Season 19 Premiere: Chris Soules Meets 30 Bachelorettes](#)

2. Remember you’re not the only one: You’re not alone! It’s good to keep in mind that the person sitting across from you is most likely feeling just as nervous as you are. Believe it or not, shared nervousness can even be something you two can bond over. Try joking about it and see where the conversation takes you.

Related Link: [‘Bachelor’ Chris Soules Opens Up About Finding His Future Wife](#)

3. Understand your anxiety: First date nerves can have many

causes. They might just mean you're really excited. Or perhaps you always get restless when you meet new people. The jitters could also be your body's way of telling you that you already know this isn't a good match. Diagnosing the reason behind your butterflies will help you figure out how to handle the situation. Most importantly, remember that nerves are normal; don't let them stand in the way of your happily ever after!

What are some ways you deal with nerves on a first date? Share your thoughts below.

Single in Stilettos Show: The Most Important Thing You Can Do to Find Love





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima chats with Dr. Diana Kirschner, best-selling author and CEO of [Love in 90 Days](#), about the most important thing you can do to find love. First, you need to get a Love Mentor, someone who can guide you in the right direction to find The One. Once you have a Love Mentor, they can help you understand: what you want in a man and a relationship; if you're sabotaging yourself in relationships; how you're isolating yourself from meeting someone special; how being too picky is keeping you single; and how sleeping with someone too soon can ruin a relationship.

Related Link: [Tripp on How to Meet a Guy](#)

Listen up for more great dating tips!

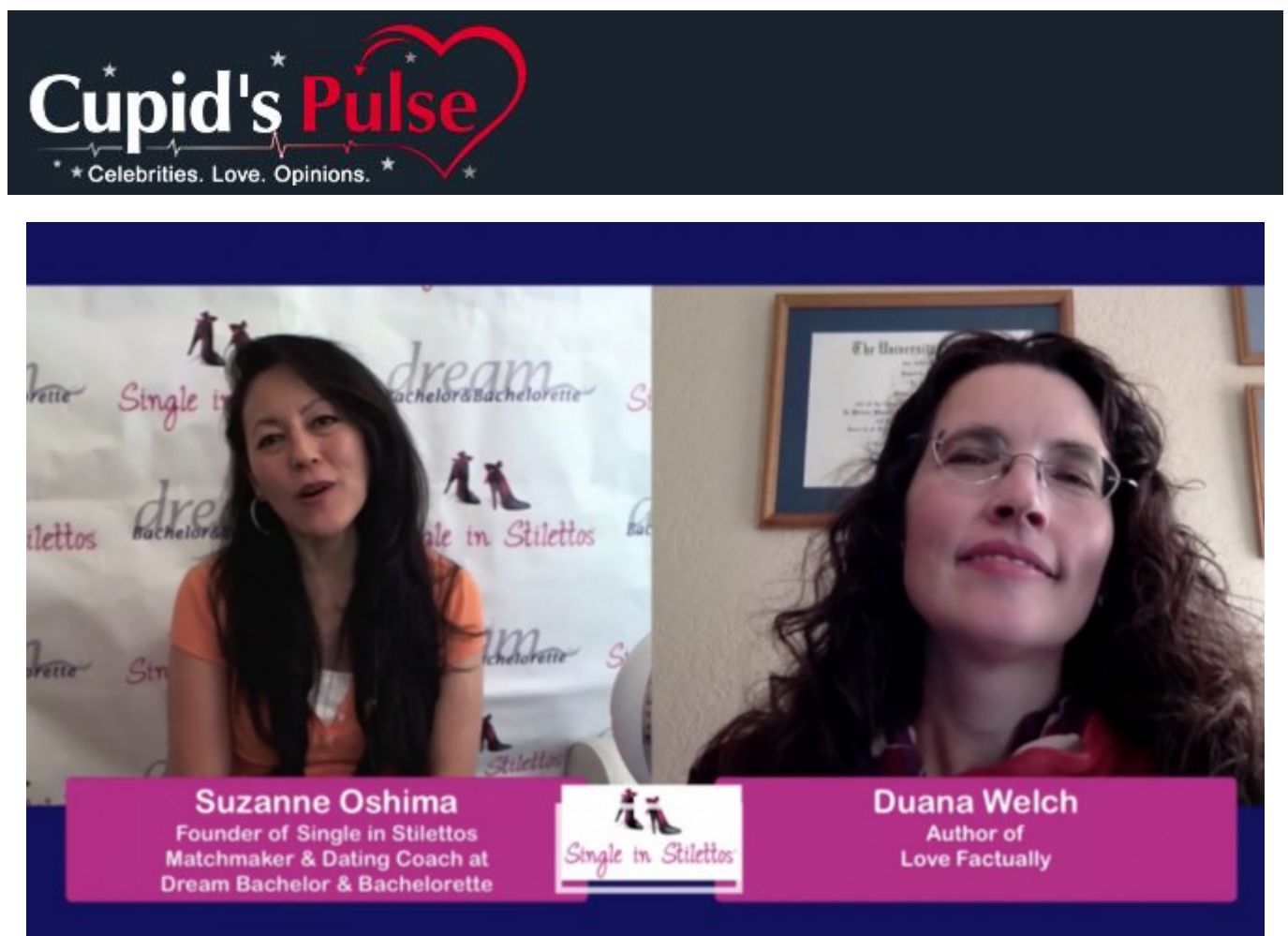
For more information about Single in Stilettos shows, click [here](#).

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

Ladies, what's your best tip for finding love? Share with us

in the comments below!

Dating Advice: How to Ring in the New Year with Your New Partner



By Molly Jacob

New year, new couple! A new year holds the promise of great times ahead, especially when it comes to relationships and love. Celebrating this time of year with someone new in your life makes the holiday season even better.

There are many ways you can celebrate the beginning of 2015 with your significant other. Cupid has some dating advice to help you get started:

1. Host a party: New Year's Eve is one of the biggest party nights of the year, but you and your partner can host a get-together anytime during the holiday season. Invite your mutual friends for a night of celebration (and don't forget the champagne!). Planning the guest list, putting up the decorations, and welcoming your friends into your home is a smart date idea that will strengthen your relationship and create memories for years to come.

Related Link: [5 Celebrity Couples Who Got Engaged Over The Holidays](#)

2. Plan a getaway: Feel like greeting 2015 with some romantic alone time? This is dating advice we can get behind. Instead of celebrating with others, pretend you're on a celebrity getaway and plan a trip for two at a ski resort, lake house, or anywhere else secluded and romantic. Every new couple needs alone time, so take the opportunity to get away from the stresses of everyday life.

3. Start a scrapbook: Begin collecting photos, letters, and other mementos documenting your relationship if you have not already done so. Keep everything in a special scrapbook so that when 2016 arrives, you two will have a great collection of the past year's memories.

Related Link: [Sofia Vergara Is Engaged to Joe Manganiello After Only Six Months of Dating](#)

4. Create resolutions: The start of the new year is not just about celebration, but it is also about planning how the coming year will be a success. Now that you are a couple, you can help each other create (and stick to) your resolutions, whether it is saving money or getting a gym membership. The strongest couples are the ones who encourage each other to become the best they can be.

What other ways will you be ringing in 2015 with your new partner? Share below!

Kim Kardashian Denies Having Marriage Problems and Claims She's Not Pregnant





By [Katie Gray](#)

Everybody's favorite reality star addressed some rumors before ringing in the new year. According to [UsMagazine.com](#), Kim Kardashian took to Twitter on New Year's Eve and wrote, "Let's clear up some rumors before the new year.... I'm bored looking online and seriously don't know where they come up with this stuff!" She went on to share, "No I'm not pregnant. Kanye & I are not having marriage problems. We're literally obsessed with each other!" She also mentioned her favorite Kanye West song with her followers: "Only One." The rapper released it on January 1st as a tribute to their daughter, North West. Kardashian explained, "I cry every time I hear this song."

How do you handle rumors when you're in a relationship?

Cupid's Advice:

Rumors can destroy your relationship if you don't rid yourselves of them soon after they arrive. Cupid has some tips:

1. Address it: When there are rumors surrounding your

relationship, it can be very frustrating. The key is to address them straight on. Whether you're in the public eye or not, saying things like "no comment" just adds fuel to the fire. You and your partner can make a statement about what is being said. On the other hand, you don't owe anybody an explanation if you don't want to give one. That being said, it's good to discuss it with your partner so you are both on the same page.

Related Link: [How to Defend Against Four Emotional Vampires](#)

2. Bond with your partner: When things are being said about your relationship, they can certainly take their toll. Don't allow that to happen. All that matters is what you and your partner believe and feel. This is why it's important to connect with your partner and bond more than ever during tough times. Remind each other how committed you are and realize that it doesn't matter what other people say.

Related Link: [10 Relationship Myths](#)

3. Shake it off: Just like Taylor Swift sings in her hit song, shake it off! Ignore whatever negative things are being said about your relationship. Rumors are irrelevant, and you shouldn't let them affect your life. If people are talking about you, it's because they have nothing better to do. Only surround yourself with positive and uplifting individuals!

What are some ways you've dealt with rumors surrounding your relationship? Share your stories below.

Ben Affleck Says Jennifer Garner's Love Helped Him Become a Hollywood Star



By Maggie Manfredi

Love and fame can fit together. In fact, we have proof! According to UsMagazine.com, Ben Affleck and Jennifer Garner are a happy couple. The *Gone Girl* star said, "My wife is an amazing and strong woman, and I'm so happy to be here supporting this work that she does." Both have continued to have amazing careers while raising their three children Violet, Seraphina, and Samuel. Garner stated, "We're boring parents. I'll usually cook a meal for everyone, help them with homework, that's usually our date night. Otherwise, he's an amazing husband."

What are three ways to inspire your partner to be successful in his/her career?

Cupid's Advice:

For a couple to be successful, you have to each follow your individual dreams while also setting goals together. Cupid has some tips:

1. Be honest: Share your vision for the future and everything you want to accomplish so that your partner is aware of your hopes and can help you achieve them. Honesty is key in any relationship, especially when it comes to your long-term partner.

Related Link: [Sofia Vergara Is Engaged to Joe Manganiello After Only 6 Months of Dating](#)

2. Celebrate: When your partner gets a win, you get a win too! Celebrate your accomplishments to show that you're in it together.

Related Link: [Mel. B Speaks Out About Husband Stephen Belafonte's Alleged Abuse](#)

3. Dream big: You have a support system, so work off of this base and dream big. With the right mentality, you can do great things with your life!

How do you support your partner's career? Tell us in the comments below!

Single in Stilettos Show: How to Handle a Bad Date



With the new year quickly approaching, there's a good chance that you'll go on an awkward date during the next 365 days. With that thought in mind, on this week's [Single in Stilettos](#) show, founder Suzanne Oshima chats with Jen Kelton, the CEO and founder of [badonlinedates.com](#), about how to handle a bad date. Kelton first explains what she considers to be a bad date and then shares her best dating tips for dealing with someone who's on the phone too much, who behaves inappropriately, or who picks a fight with another guy. Plus, she reveals her funniest bad date story.

Related Link: [Ms. Solomon on 5 Biggest Dating Mistakes Women Make with Men](#)

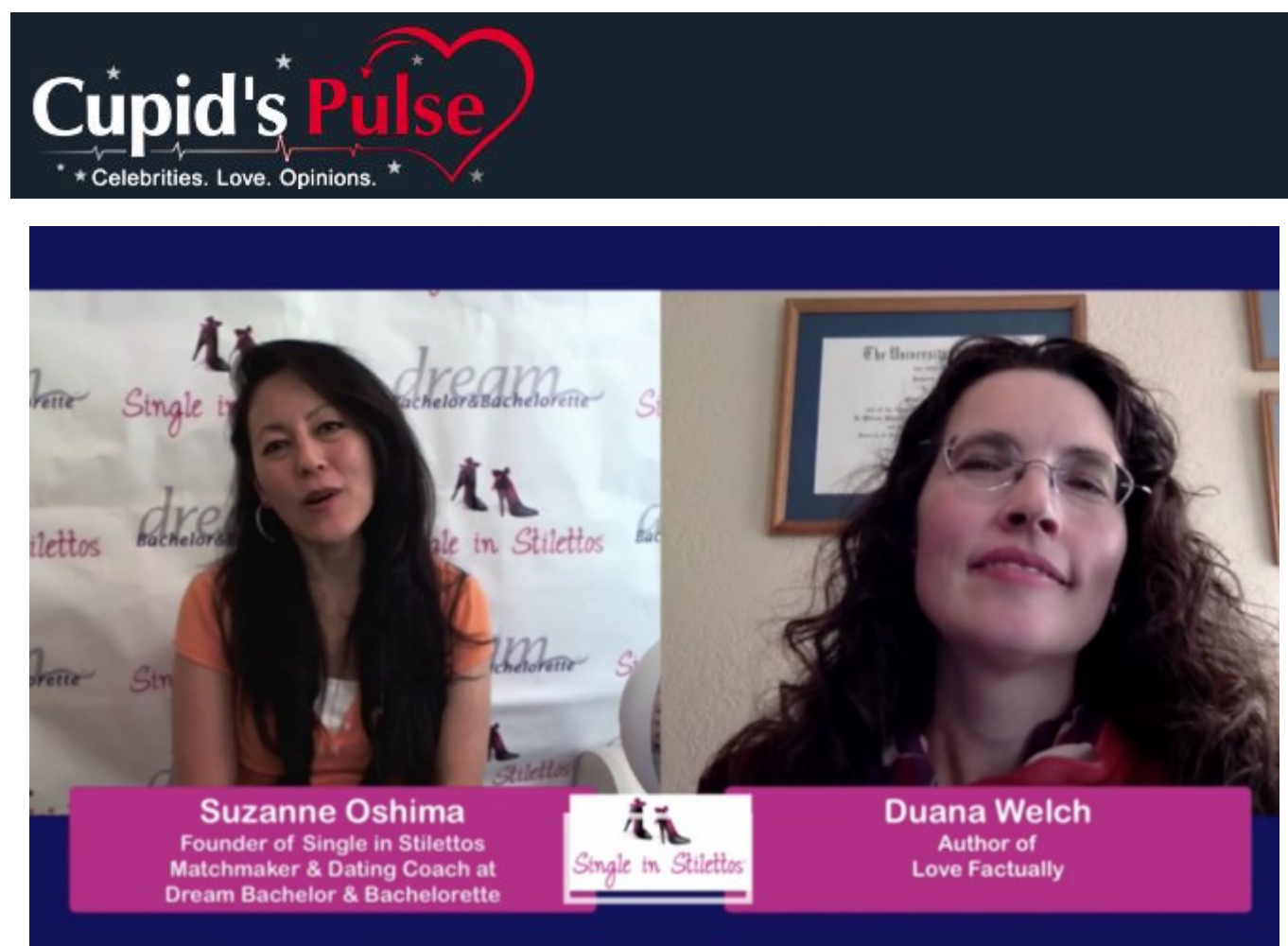
For more information about Single in Stilettos shows,

click [here](#).

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

How do you handle a bad date? Share your tips in the comments below!

Mel B. Speaks Out about Husband Stephen Belafonte's Alleged Abuse



By Maggie Manfredi

If you wanna be my lover, you gotta get with my fans! According to [UsMagazine.com](https://www.usmagazine.com), Melanie Brown, better known as Mel B., finally addressed the public on the rumors that her husband has been abusing her. The Spice Girls alum recently shared on Instagram, "This is for my fans havin problems with my Twitter will be back soon! I'm very good was very polly but much better now and for the record my hubby never would lay a hand on me sorry took so long but any response fuels rumors #lovemyfamily #lovemyfans."

What are some ways to keep rumors about your relationship to a minimum?

Cupid's Advice:

The rumor mill can be a dark place for relationships, so Cupid has some tips on how to survive it:

1. Stay off social media: If you're having a bad day or a silly fight, don't post about it. It can be easy to feel the urge to vent to your friends, but often times, it does more damage than good. Things live on in social media history, so take a deep breath and really think before posting your feelings on Facebook, Twitter or Instagram.

Related Link: [Bruce Jenner Attends Ex-Wife Kris' Annual Christmas Eve party](#)

2. Your problems are your problems: If you don't want rumors to spread, don't give people anything to share. It's as simple as that. If you do feel the need to address them (like Mel B.), keep it simple and to the point. Don't write a novel or go into too much detail.

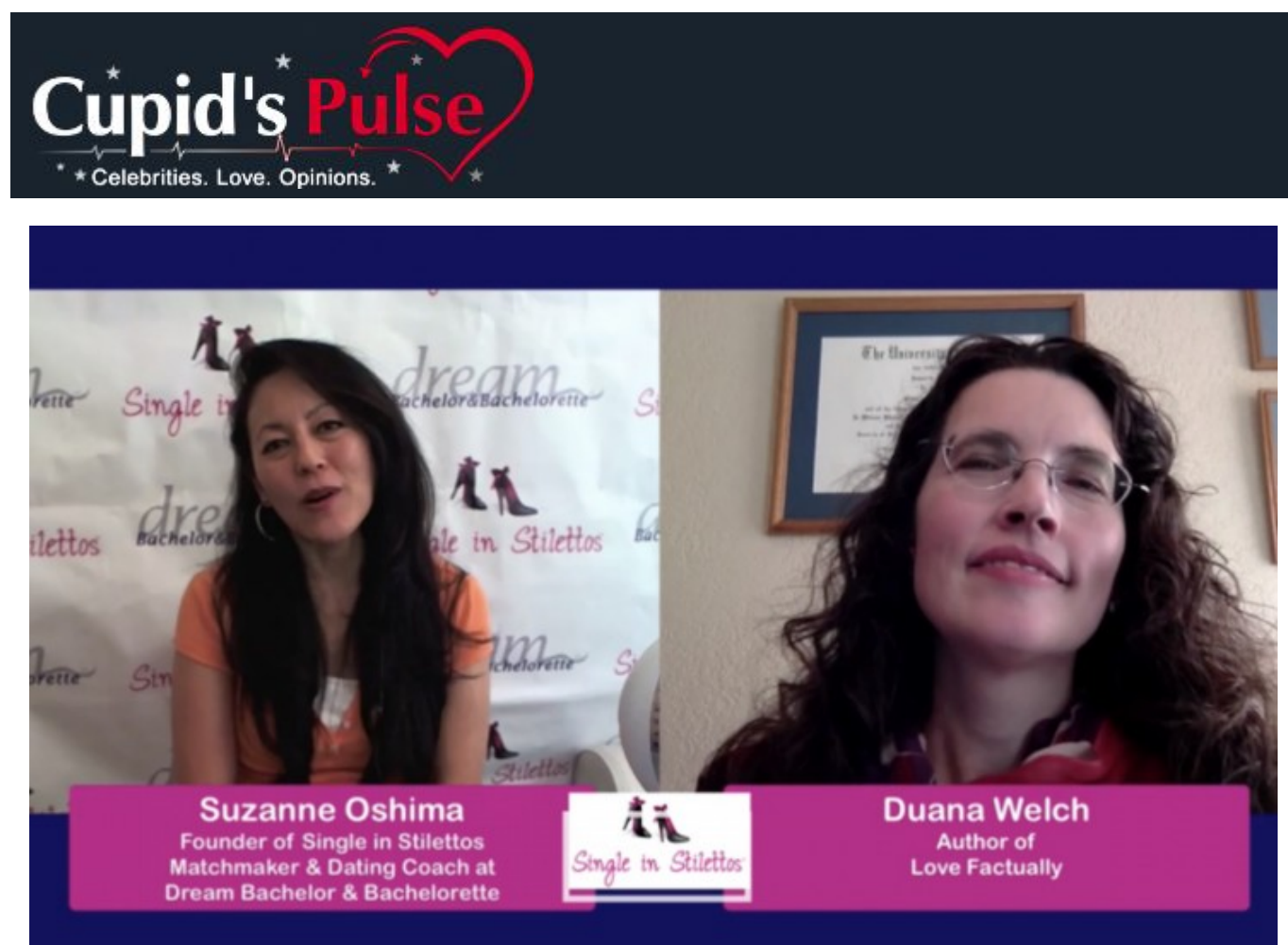
Related Link: [Nicki Minaj Blasts Her Ex-Boyfriend on Twitter](#)

3. Don't sweat the small stuff: If there are silly rumors out there that are false, don't let them tear you and your partner apart. Just laugh it off because giving the rumors attention

only heightens them. Remember to keep the truth in the back of your mind, no matter what lies are floating around.

What's your best advice for handling rumors? Share your tips below!

Jason Aldean and Brittany Kerr Spend Christmas Eve With His Kids



By [Katie Gray](#)

This is country superstar Jason Aldean's kind of party! Aldean

recently celebrated Christmas Eve with his fiancée Brittany Kerr and his daughters, Keeley and Kendyl. They enjoyed the holidays at the performer's home outside of Nashville, Tennessee. It was their first holiday season together as a family, and the foursome shared a picture of their happy times on Instagram. According to UsMagazine.com, the "Dirt Road Anthem" singer said, "This year has been a good year for us. All of this... now [Brittany] can come out to shows and be normal. All the craziness around us has died down, and that's been the coolest thing about this year."



Photo courtesy of Jason Aldean's Instagram.

How do you introduce your kids to your new partner?

Cupid's Advice:

Introducing your kids to your new partner can be a touchy situation. Cupid has some tips:

1. Evaluate everything: Introducing your new partner to your

children is something that shouldn't be taken lightly. Consider your situation and your new relationship carefully before you take this next step. If you are really serious with your love interest and are committed, it's a good idea to be honest to your children.

Related Link: [Heidi Klum Protects Her Kids from Public Split](#)

2. Be somewhere neutral: When you initially introduce your children to your new significant other, it should be somewhere neutral. It should be done in a place where they feel safe and comfortable. Make sure you consider the childrens' ages first. Perhaps a zoo or amusement park is a good option, somewhere they can have fun after having a "grown-up" talk.

Related Link: [Celebrity Couples That Waited to Have Kids](#)

3. Keep it simple: When your children are first getting to know your new flame, make sure everything stays light. Try to limit the public affection in the very beginning and then slowly ease into it. Make sure you give your partner details about your kids and share their likes and dislikes. This makes the bonding process much easier.

What are some ways you have introduced your children to your new partner successfully? Share your stories below.

Is It Okay to Hook Up With Your Ex?





By Katie Gray

Often times in life, we are torn between our emotions and the feelings we have towards other individuals. When we breakup with someone, we are then faced with a series of questions. Are we done for good? Will we get back together eventually? Is that what I even want? Separating from someone you were once close with is hard. It's not always cut and dry, and it can be easy to get into a situation where you have to decide whether to hook up with your ex or not.

Under what circumstances is it a good idea to hook up with your ex?

Celebrity life coach Lisa Haisha weighs in, saying, "If you have a child together and you think there is hope of rekindling the old flame, then do it. Also, if you ended on bad terms, it might be a good idea to heal those wounds and have another hook-up and talk rationally with each other, it's okay to pursue things again." In other words, if there is hope for a brighter future, then give it a shot if it's what both parties involved want. If there is no hope of getting back

together, don't bother because it will only lead to more hurt.

Related: [Life Coach Lisa Haisha Shares Her Best Relationship Advice](#)

Suzanne Casamento, founder of Fantasy Dating, believes that hooking up with your ex is never a good idea. She warns about future hurt if you hook up with an ex and explains, "Even the most mind-blowing sex is not going to bring your ex back. It's only going to make you crazy. You'll feel like you've reconnected when you really haven't, like you have some sort of claim on that person when you don't. All sex with your ex does is prolong the breakup misery." Plus, you have to remember that you can't meet someone new if you don't let go of someone in your past. Casamento adds, "If you're still sexually connected to your ex, how will you make space for your future?"

If you want to hook up with your ex, should you wait a certain amount of time after your breakup or dive back in?

According to Haisha, it depends on what you want. "If you still have feelings for that person, but you know they're wrong for you, then wait a bit," she says. "If you don't have deep feelings and can't get hurt and neither can your ex, then dive back in." Either way, make sure you're on the same page before you move forward.

Related: [Will You Witness 'The Walk of Shame'](#)

What are some possible precautions to take?

While it's tempting to consider only the pros of hooking up with your ex, it's important to look at the cons too. "You or your ex's heart could get broken, or it can prevent you from moving forward in another healthier relationship," Haisha shares. "They say that you need at least six months of not having sex with your ex before you can truly move on and start fresh without bringing in old baggage."

How do you avoid the pitfalls?

“Be careful and have conscious communication with yourself and with your ex,” says Haisha. “If you both understand what you’re doing from your higher, evolved selves, you should be okay. If you’re needy, inner child wants to act out, it can be an unhealthy choice.”

At the end of the day, it’s like anything else: The choice about whether to hook up with your ex is entirely up to you. As Jason Weberman, a certified dating and relationship expert, says, “You’re not alive unless you’re taking risks!” Do what makes you happy and what you feel is right.

Do you think hooking up with your ex is a good idea? Share your thoughts below.

‘The Bachelor’ Chris Soules Opens Up About Finding His Future Wife





By [Jessica DeRubbo](#)

The Bachelor Chris Soules is serious about finding the love of his life. In fact, he recently opened up to [People.com](#) about leaving the farm life behind to expand his horizons and find The One. "There were so many great girls. I felt like I could fall in love with a lot of them right away," he said. The new season of *The Bachelor* debuts on January 5th, and Soules will have 30 women to choose from at the start. With one woman arriving on a motorcycle, another proclaiming Soules could "plow her field any day," and yet another giving him a "great squeeze," there's no doubt that this season's *Bachelor* has his work cut out for him!

'The Bachelor' is a unique way to meet someone. What are three other ways to meet a potential mate?

Cupid's Advice:

If you're single and you keep going to the same places expecting to meet someone new, your odds probably aren't that good. Maybe it's time to mix it up! Cupid has some dating advice:

1. Try online dating: Finding a potential partner online is no longer such an outlandish idea, but there are still many of us who haven't given it a shot. Instead of going to a bar or club, consider creating a profile on Match.com, OK Cupid, or eHarmony. It's a great way to find someone with similar interests right away instead of having to strike up multiple conversations with random people every time you go out.

Related: [Dating Red Flags Revealed on Facebook](#)

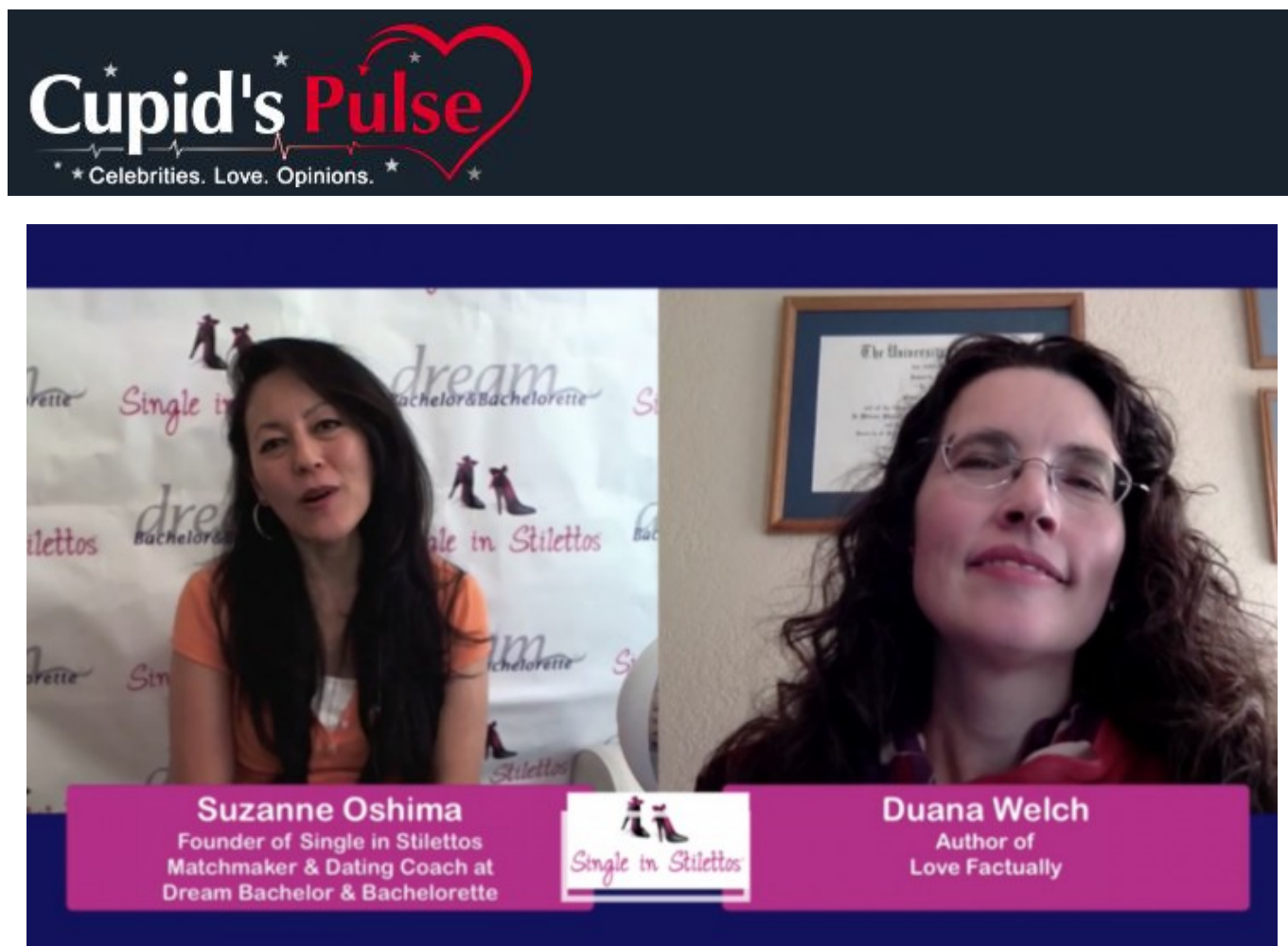
2. Go grocery shopping or to the gym alone: This tactic tends to work better in big cities, but meeting someone while grocery shopping or at the gym is becoming a great way to get out there. These are things you have to do anyway, so why not keep an eye out for potential mates while you're at it? If you go by yourself, you'll be less intimidating than if you're with a group of friends.

Related: [Chris Harrison Jokingly Slaps Chris Soules in New 'Bachelor' Promo](#)

3. Go on a blind date: Sometimes, it's best if you're left completely in the dark when it comes to picking the right partner. By letting your friends set you up on a blind date, they can be more unbiased and may actually choose someone with a personality you'd love. Though looks are obviously important, they aren't the only thing that leads to a solid relationship. So take our dating advice and go on one blind date a month.

What are some other creative ways to meet a new partner? Share your ideas below.

Blake Lively Shares Her Christmas Traditions



By [Courtney Omernick](#)

This week, [UsMagazine.com](#) reported on the interesting Christmas traditions that actress and mom-to-be Blake Lively partakes in each year. Lively said that her family spends the whole day in the house with one another. And, at the end of the day, they all pile into the same bed. Talk about a close Christmas!

What are some ways to make new traditions with a new partner?

Cupid's Advice:

It's almost time to ring in the new year, and if you have a new partner, it can be a great time to create special and fun Christmas traditions. Below is a suggested list of ways to come up with these new traditions:

1. Blend ideas: Seeing as how you both came from different families, you might have a few different traditions. You and your new partner can take ideas from the old traditions that you both have and "reformat" them into a new tradition that you celebrate together.

Related Link: [Hugh Hefner and Crystal Harris Debut Cute 2014 Christmas Card](#)

2. Consult the Internet: Thanks to Buzzfeed, articles that incorporate lists have become extremely popular. Even a simple Google search of "Christmas traditions" can help you and your partner come up with unique ideas.

Related Link: [Blake Lively Proclaims Pregnancy is What She Always Wanted](#)

3. Be spontaneous: The great thing about traditions is that they continue because of something awesome that happened one year. Why not wait and see what activities you two can spontaneously come up with together this year? What makes it a tradition is repeating it the next year, so there's no limit to what you can do.

What are some other ways you can make new traditions with a new partner? Comment below!

Don't Just Drop Hints When You Want Commitment



By Lori Zaslow and Danielle Posner for [Project Soulmate](#)

If you're ready for something more serious, dropping hints is okay, but you must be smart about how you play your cards. NO man wants an ultimatum or a stage-five clinger – that is nothing but a turnoff for them. Men are hunters, and they want to feel that they're in control, especially when it comes to the next level of commitment.

First and foremost, we feel strongly that it's okay to ask for sexual monogamy. Deciding to be monogamous must be a mutual decision by both you and your partner and not an ultimatum. Saying, "Only if you are my boyfriend," right before sex will not only make your partner snap, but I can

guarantee you will end up in the emergency room with a broken heart. Asking for your wants during moments of intimacy is a sure way to get the temporary pleasure of *hearing* what you want before he gets the temporary pleasure of you.

So don't put him on the spot. Wait until you're discussing your relationship and say something like, "If we're sleeping together, I don't want to be sleeping with anyone else." This is a confident approach that puts the ball in his court. You have stated what you want, and it is now *his* choice to decide if he wants to go forward or not. State your feelings and wait to see his reaction because it will be telling of how he feels.

Related Link: [NoGamesLove Video Dating Tips: How to Get a Guy to Commit](#)

If you are both on the same page, he will be happy that you have given him a platform to make the relationship more official. If he looks confused, it's a good thing you didn't sleep with him because you would've ended up hurt when he didn't want a commitment. If he is unsure, give him his space; he may need a few days to think about it.

Think of it as an amazing pair of shoes. Sometimes, you throw the money down right away; sometimes, you put the shoes back when you see the price; and sometimes, you need a day or two to think about if it's really worth it to you. If he's in the latter category, DO NOT CALL HIM! Would you want the salesgirl from the shoe department calling everyday to ask if you're still thinking about the shoes? At that point, you may never want to shop there again! I know that when I want something, I can't get it off my mind, and after a few days, I've made my decision. Let him miss you and make his choice on his own.

On that note, it's key to never text a man at work until you are in a relationship, and even then, it should be limited.

Men like to focus during the day and not respond to your every emotional need. It's not that he doesn't care about you; it's just that he doesn't care that your best friend Instagrammed a picture of her lunch. Lay low, let him lead, and enjoy the ride. And remember: If he isn't hopping in the driver seat and putting the car into drive, there are men out there who would love to have you in their passenger seat.

Related Link: [10 Signs He's Not Really Committed](#)

It's always easy to listen to what somebody says, but it is more important to read into someone's actions because sometimes actions speak louder than words. If they are giving you a week night and a weekend night, they are saying they want to be with you. Telling him that you want to only sleep with him will be a no-brainer for him, and this conversation should go rather smoothly. If he is listening to your needs and makes an effort to please you, you can rest assured that you are a priority. Eventually, your relationship will lead toward a commitment.

If he is texting you all the time but not asking you out, lay low and don't be so needy. Always texting and always asking for plans doesn't let a man lead; instead, it leads him to block your number! Play your cards right; let him take the lead; and once you have a symbiotic relationship, it is then okay to make plans (men want and expect that.)

Remember: Once a hunter brings back his catch, he expects the woman to cook it. Don't start boiling the water until he brings dinner home, or you are just going to end up with an overflowing pot and a puddle of water on the floor.

For more information about Project Soulmate, click [here](#).

How did you talk to your man about commitment and monogamy? Tell us in the comments below!

Single in Stilettos Show: Why Do I Keep Attracting the Wrong Men?



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to relationship coach Des O'Connor about why you keep attracting the wrong men. Believe it or not, you already have all of the answers to this question! You need to take a look at your past relationships and see what patterns emerge. Follow these steps when you're ready to start picking the *right* men: have a plan in place; decide what type of partner you want; determine if that type of guy goes to the same places as you; know what questions to ask him; and most

importantly, stop wasting your time with the wrong men!

Related Link: [Why You Can't Make Him Love You](#)

It's time to start being honest with yourself and consider what role you're playing in attracting the wrong men. Then, it'll be that much easier to find The One!

For more information about Single in Stilettos shows, click [here](#).

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

What do you do to attract the *right* type of guy? Tell us in the comments below!

Dating Coach Laurel House on Her New Book: "I'm Pretty Nervous For My Ex-Boyfriends to Read It!"





By [Sarah Batcheller](#)

You know her, and you love her. She's Laurel House, and she's the queen of all things "powerfully feminine," as she encourages women to be in her new book *Screwing the Rules: The No-Games Guide to Love*. This California cutie is an international dating coach with clients ranging in age from 16 to 82. She was also featured on MTV's *Made* as an "It Girl" mentor. Listening to House's advice is like talking to your best friend but with more expertise, or maybe a therapist but with a better sense of humor. If you want to learn to embrace your true self and subsequently find your true love, then *Screwing the Rules* is for you. Here at CupidsPulse.com, we had the chance to interview the love expert on all things flirty, fun, and for-real.

First, what inspired you to write *Screwing the Rules*?

I have been a prolific dater for a very long time. I was first married at the age of 21, and that lasted for six months. I was married again at the age of 23; he proposed after three months, and we were married for three-and-a-half years. Since

then, I've been engaged a third time and proposed to nine times.

From those experiences, I have made a lot of mistakes. I used to "follow the rules." I had an idea of what you're "supposed to do" in order to play the dating game, which meant keeping my information close to my chest, not being vulnerable at the beginning, being picture perfect, and putting on the facade of what I *thought* the guy would want. I got a lot of guys to fall in love with me, but I wasn't being true to myself, and therefore, I wasn't being true to them. I ended up hurting people because they were in love with "perfect Laurel" and I didn't love them back.

I started to analyze my mistakes and people's responses to them, and I realized there was a pattern, so I came up with a strategy to change it. I started coaching...and people started taking my advice and having different results for the first time. That led me to write *Screwing the Rules*.

Related Link: ['The Bachelorette' Way to Date Lots of Guys](#)

How would you say your personal experiences and past loves influenced your writing?

The publishers basically wanted me to reveal my vulnerabilities, insecurities, mistakes, and shame in this book, and I realized, "I'm asking my readers to reveal the same things to me, or at least to themselves, so I need to set the expectation." I wrote the whole thing, and then afterward, I injected my personal stories. I'm actually pretty nervous for some of my ex-boyfriends to read it!

While writing it, I felt like Diane Keaton in the movie *Something's Gotta Give*, where at the end she's sitting at her beach house typing and sobbing. It was hard to go back and remember the bad relationships, the hurt, the things I've been called, and all of the things I went through in order to get here.

What are some commonalities you've noticed as a dating coach?

First, women consistently struggle with voicing their needs. In the beginning of a relationship, even the women who are super successful, strong, entrepreneur types don't voice their needs in a way that is pointed, direct, and authentic but simultaneously loving. Often times, we don't have our needs met because we set the precedent early in the relationship: "Where do you want to go to dinner?" "I don't know. Where do you want to go to dinner?"

Even when it comes to making online dating profiles, we don't focus on our needs; we focus on our wants, like "I want him to be hot; I want him to be rich; I want him to be funny; I want him to like hiking." Well, what do you *need*? "I need him to respect me; I need to respect him; I need him to admire me; I need to admire him; I need him to show up when he says he's going to." The problem with not voicing your needs is that it causes resentment.

Second, we're afraid of our vulnerability. We believe it's weakness, but it's not. Look at the people you're closest with and most connected with. Do you love them because they're pretty, rich, or funny? Probably not. You love them because you have a mutual connection and understanding, often due to hardships. You love them because of their quirks that they often see as weakness. So what you're doing by not being vulnerable is withholding that.

Women often say, "He hasn't proven himself yet." Okay, how much more time are you willing to waste? In the book, I talk about the "U Strategy," which refers to this idea of "up, down, up." On a date, you talk about the good things (up), then the depth and vulnerability (down), and then how you came out of it a better person (up).

Related Link: [How to Make a Guy Fall in Love with You](#)

We love that you encourage your readers to be "powerfully

feminine.” Why do you feel that this idea is so important for women as they date? How can women channel this sort of femininity?

There are three types of femininity: the needy feminine, the masculine feminine, and the power feminine. The power feminine is the most powerful because you’re being true to your core values, your needs, and your femininity. You can be a woman and be soft and nurturing but also say exactly how you feel. We tend to couch things because we’re trying not to hurt other’s feelings, but when we do that, it comes off as manipulative. Instead, just be you. Be your beautiful, feminine self. Allow him to take care of you. As much as I am a feminist, I also believe in gender roles.

You can learn more about Laurel on her website screwingtherules.com and keep up with her on Twitter: @QuickieChick and @NoGamesLove. Don’t forget to pick up a copy of [Screwing the Rules: The No-Games Guide to Love](#), out today!

5 Celebrity Couples Who Celebrate Hanukkah





By Molly Jacob and Melissa Tierney

It's time to light the Menorah and get ready for gifts from Hanukkah Harry, and celebrities are no exception. These famous couples are embracing their roots by participating in Jewish traditions together. Here are five of our favorite celebrity couples who are spinning their dreidels this Hanukkah:

1. Ben Stiller and Christine Taylor: *The Secret Life of Walter Mitty* star enjoys embracing the Hanukkah traditions every year with his wife and their two children, daughter Ella Olivia and son Quinlin Dempsey. They're all ready to light the candles on the Menorah in hopes for another healthy and successful year.

2. Natalie Portman and Benjamin Millepied: The superstar and her French-born dancer and choreographer husband met on the set of *Black Swan* and married a few years later. Millepied announced last January that he would be converting to Judaism, so the dynamic duo will surely be together for a holiday that is important to Portman: Hanukkah. The Israeli-born actress has even been quoted as saying her heart belongs in Jerusalem.

Related Link: [Natalie Portman and Benjamin Millepied Get Married](#)

3. Sarah Jessica Parker and Matthew Broderick: The fashion trendsetter and her actor husband sure have their plate filled. Between building a fashion and movie empire and raising their children, the couple still has time for the important things, like celebrating the holidays. Of course, the *Sex & the City* star most likely has a pair of Manolos for each of the eight days of the Celebration of Lights.

4. Adam Sandler and Jackie Sandler: As if it weren't already obvious, the actor and comedian is all about Hanukkah tradition at his house. The funny man loves getting together with his family and embracing the holiday season. He even wrote a song about the Jewish holiday called "The Chanukah Song" for *Saturday Night Live*.

Related Link: [Ashley Hebert and J.P. Rosenbaum Celebrate Holiday Traditions](#)

5. Robert Downey Jr. and Susan Downey: The bad boy actor may be a trouble maker in Hollywood, but when it comes to celebrating the holidays, he's all warm and fuzzy inside just like everyone else. This couple needs to take a break from their acting, producing and film making to sing some Hanukkah songs and celebrate their good fortune.

What other celebrity couples do you know who are lighting the Menorah this holiday season? Share your thoughts below.

How to Treat Your Partner to 12 Dates of Christmas



By Molly Jacob

Carols, presents, and mistletoe! Christmas is one of the best times of the year...and it can be the most romantic. What are some ways to spend this festive time with your loved one? While the 12 days leading up the Christmas are fun, it's time to have an even better time getting into the holiday spirit with these 12 "dates" of Christmas:

12. Decorate your tree: The best way to get your home ready for the holidays is by putting up a tree. Decorate it with your honey and spend time reflecting on the special meaning of each ornament that you hang on the branches.

11. Shop for tacky Christmas sweaters: Hit up the local thrift store with your love, and go hunting for the craziest Christmas sweater you can find. The two of you will laugh at how silly you look, and now, you both have a great ensemble to wear to those ugly Christmas sweater parties.

10. Go Christmas shopping: The holiday season is one of the biggest shopping seasons of the year, so the stores go all out. Not only will you be able to enjoy all the beautiful storefront decorations, but you'll also be able to see what catches your partner's eye. You can get some inspiration for their gift and surprise them on Christmas morning.

9. Wrap presents: Put on a little holiday music, find your scissors and tape, and get out the ribbon. Get some creative wrapping ideas from your significant other when you wrap your gifts with him or her. Lend a finger where necessary!

8. Check out holiday lights: From the house down the street to the National Zoo, everyone's putting up lights for the holidays. Grab your babe and head over to a Christmas lights display so you can enjoy the sights and get into the holiday spirit together. Extra benefit: This date is free!

7. Go ice skating: One of the most classic winter activities is ice skating, so go visit your local indoor or outdoor rink. If you or your partner trips on the ice, the other one can catch the more clumsy skater in their arms! Afterwards, enjoy a cup of hot cocoa for two.

6. Make a gingerbread house: Buy a pre-made kit at the store or make your own gingerbread house together from scratch. Better yet, each of you can make your own house and have a competition to see whose is more creative. The loser buys dinner!

5. Go sledding: If it snows this month, grab your loved one and a sled! Find the nearest hill and go sledding, just like you both did when you were kids. If you don't have a sled, a

garbage can lid or lunch tray will do just fine.

Related Link: [Budget-Friendly Tips for Holiday Weddings](#)

4. See a holiday play: Take the money you would spend at a nice restaurant and go buy tickets for a local performance, such as *The Nutcracker* put on by a kids' ballet class. You'll be supporting your community, and you'll also have a great time seeing a classic show.

3. Volunteer at a soup kitchen: Christmas isn't just about getting gifts; it's also about giving back. Take your honey to a local soup kitchen and give some of your time back to your community.

2. Make holiday goodies: Treat your sweetie to some sweets! Find out what types of cookies your partner loves and look up some delicious recipes online. After baking them, wrap them up in cling wrap and holiday ribbon and then give them to your loved ones.

1. Watch Christmas movies: Transform your living room into a movie theater. Check out Netflix or Redbox for some of your favorite Christmas movies, including *It's a Wonderful Life*, *Santa Claus*, and *Love Actually*, and snuggle up under the glow of the Christmas tree while sipping hot chocolate. There's no better way to enjoy the holiday spirit.

What other holiday dates do you plan on going on this season? Share in the comments section below!

3 Ways to Support Your

Anxious Partner



By Sherianna Boyle

Having a partner who tends to worry about the past and future can be both physically and mentally exhausting. Some of the symptoms of anxiety include fear, self doubt, dread, and negative thinking. Over time, this can take its toll on both partners. Relationships that start close and caring may become tense and hurtful.

When this occurs, the relationship itself is a trigger for old fears and wounds. Science shows what you think and believe about stress and anxiety matters. If you want to support your partner, yet you secretly believe their stress is the source of your problems, this is likely to exacerbate rather than diminish the symptoms. Supporting your partner is not as much

about what you *will* do but how you **are** being. Below are three basic guidelines to support you through this process:

Related Link: [Reducing Dating Anxiety in 5 Ways or Less](#)

1. Watch your language: Notice if you hear yourself say (either silently or out loud) statements such as, *He is so anxious or She is so reactive*. When thoughts are repeated they can turn into beliefs. Unconsciously, your partner is likely to pick up more on what you believe rather than what you think. If what you believe is judgmental in nature know that nothing changes from a state of judgment. It is a growth barrier. People grow and learn from being heard, appreciated, and loved. When negative thoughts come your way, visualize wiping the words from your mind. The key is to do this from a place of playfulness, meaning keep it light and non-aggressive.

2. Practice neutral observations: Now that you have erased the words from your mind, take a deep inhale and exhale. On inhale, puff out your lower abdomen. On exhale, pull in your navel. Watch how the breath lands on your skin. Notice any sensations and tingly feeling as you continue to breathe three to four more times (slowly). As you practice observing yourself through a more neutral state, you can then practice this with your partner. Next time your partner complains or worries about something, return to neutral observations. This allows you to break free from feeding anxious behaviors. Often, couples unconsciously get into the habit of being stressed around each other. Neutral observations allow you to break this neurological pattern.

Related Link: [4 Tips to Reduce New Year's Eve Dating Anxiety](#)

3. Exercise gratitude: Anxiety and gratitude cannot live together. You cannot be grateful and fearful at the same time. One of the best ways to support your partner is to express your appreciation and gratitude. It could be as simple as

saying thankful or acknowledging something you appreciate.

Sherianna Boyle is the author of [The Four Gifts of Anxiety](#). She is also the co-host of the television show, 'Thriving from Anxiety.' Her background includes working as a school psychologist, adjunct psychology professor, parent educator, seasoned yoga/mediation teacher, professional speaker, and mother of three children. Additional resources, such as her video download on Yoga for Anxiety, visit www.sheriannaboyle.com.