

'Lucky Dog' Host Brandon McMillan Shares Dating Advice: "Plan Your Moments For and With Each Other"



By [Sarah Batcheller](#)

Coming from a family of circus animal entertainers, [Brandon McMillan](#) was introduced to the world of animal training at a young age. Beginning with wild animals like tigers and moving on to household canines, he has a long-running love for adrenaline and has mastered the art of command and diligence. On his CBS series *Lucky Dog*, the animal lover shows off his training skills: Beginning by adopting lonely dogs from shelters, he brings them back to Lucky Dog Ranch to be

trained. He then finds homes (often with owners for whom the dog can provide service) for the lucky dogs. In our exclusive celebrity interview, the television star opened up about season two of his hit show and his best [dating advice](#) to consider before bringing a furry friend home.

Exclusive Celebrity Interview with 'Lucky Dog' Host

The canine transformer reveals that the current season of *Lucky Dog* involves having a lot more fun and says, "I like to outdo everything I've done before." He mentions that he will even be teaching an eight-year-old doberman mix to stand on a paddle board, joking about the adage, "You can't teach an old dog new tricks." Plus, he shares that there will be a lot more service this year as well; for example, he trains a dog to assist an injured war veteran.

Related Link: ['Lucky Dog' Host Brandon McMillan Says, "If I Can't Laugh Constantly with Someone, It Won't Work Out"](#)

The Lucky Dog Ranch owner wants his viewers to remember "never to underestimate the power of a shelter dog." He explains, "There's an old myth that shelter dogs are damaged goods, when in reality they're just as trainable, if not more trainable, than breeder dogs." The circus veteran says that, as a teenager, he wanted to make all the money he could training animals, and now, at 37, he wants to make all the difference he can.

Dating Advice for Couples Who Want to Adopt a Pet

McMillan advises couples who are looking to rescue a pet together to remember to compromise. For example, if one

partner likes smaller, fluffier dogs, and the other likes bigger dogs, they'll have to find a way to meet in the middle. He encourages them to "spend week after week at the shelter rather than going off of an immediate reaction or face value. It's important to remember that a dog's personality is more important than how aesthetically pleasing he is." Once the couple does have the dog, he suggests the more patient person train him, while the more energetic one exercises him.

If you already have a pet who's not quite sure about your new boyfriend, you may want to take your dog's reaction seriously. The *Lucky Dog* host humorously recalls that women he knows often utilize a golden rule of, "If my pet doesn't like you, then I don't either." He laughs about this dating advice, saying, "If a woman says her cat hates a man she's seeing, then that man is toast!"

As far as his own love life goes, the animal trainer is single, attributing his relationship status to the fact that 23 hours of his day are dedicated to *Lucky Dog*. "Unless a person can dedicate 51 percent of their time to another person, they're not ready to be in a committed relationship," he shares in our exclusive celebrity interview. Even though training dogs for service is his priority now, he can see himself settling down with someone special in the next couple of years. So be on the lookout, ladies!

Related Link: [Dating with Dogs: Picking Out a Pet Together](#)

The adrenaline junkie's first love was the thrill of training wild animals, and in his opinion, if two people's interests are too different, then the relationship is a no-go. He feels like his thirst for adventure and desire to do activities like skydiving or swimming with sharks has been incompatible with partners in the past and therefore a deal breaker.

The busy trainer's dating advice for those with careers that cause them to travel often, like his does, is to make

sure every minute is quality time. “No sitting on the couch watching trash television! Really plan your moments for and with each other. Saying ‘I’m too tired’ leads to trouble,” he believes.

Fans can keep up with Brandon on Twitter @BrandonMcMillan. Be sure to catch Lucky Dog weekend mornings on CBS!

Weekend Date Idea: City Living



By Shannon Seibert

Cities are a haven for magical sites that capture the essence

of romance. The crowds of interesting people, the hustle and bustle of traffic, and even the historical landmarks around you add to your experience. This fall weekend, embark on an adventure with your love and take in all that your hometown (or the nearest big city) has to offer with this exciting [date idea](#)!

Related Link: [Date Idea: Play All Day](#)

Fun Weekend Date Idea in the City

Together, you and your man can browse the windows (Christmas isn't *that* far away, right?) and check out the unique boutiques. You never know what treasures you'll find! Whether it's a hand-crafted scarf for her or a festive tie for him, boutiques always have the best and most unique items for reasonable prices. Pick out something that incorporates the fall season. Stick to burnt oranges, exuberant reds, and shades of yellow and gold. Now, you have a new accessory for that fall wardrobe you've been dying to debut – perfect as you plan your next weekend date idea!

Parks are also a great place to find city-inspired entertainment. You may run into a sketch artist while you're wandering around. Have them draw up an animation of you and your honey. You can strike a silly pose, stick your tongue out, or even make the moment romantic with a kissing picture. This way, the two of you will have a fun way to commemorate your relationship and love and document the fun you had on your date.

You and your sweetheart can also enjoy the people of the city. Stop and watch the street performers and even volunteer to participate. New York City is known for their creative street dancers that incorporate their audience into their acts, so don't be shy! Doing things out of your comfort zone is a great piece of dating advice, and you might surprise yourself and

your partner by unexpectedly jumping in the middle of the dance circle.

Related Link: [Date Idea: Batter Up](#)

Indulge in the flavors of the season with a Pumpkin Spice Latte and split a warmed cinnamon-chocolate croissant with your love as you tour the city. Order each other a cup of coffee or specialty drink from a street cafe and give each other funny names that include some of your inside jokes. When the barista calls out “Mr. Snores A Lot,” you’re bound to get a crowd reaction. As you’re holding hands and walking along the sidewalks, take in the feeling that the fall season is all about.

New York City also boasts an impressive number of famous couples who call the city home. While walking around and enjoying each other’s company, you and your honey might run into some celebrities, including Taylor Swift, Sarah Jessica Parker, or even Jay-Z and Beyonce. If you don’t want to approach them, snap some celebrity photos as proof to show your friends after this weekend date idea.

What places in your hometown do you think are most beautiful in the fall? Share with us below!

Bobbie Thomas on Date Night Fashion: “If You’re Looking to Have a Good Time, Don’t Be

Uncomfortable!”



By [Sarah Batcheller](#)

Style and beauty expert Bobbie Thomas knows a thing or two about fall fashion. First, that there's no need to feel like you have to redo your entire wardrobe for the season. "There's something for everyone," Thomas explains in our celebrity interview. "I really like that seasonless style is around, where you can take a spring or summer item – like a bright color or floral pattern – and winterize it." Of course, the best tip is always confidence. "You need to walk into a situation with...a mission to actually like what you see in the mirror instead of already assuming you're not going to like that," she shares.

Related Link: [Brad Goreski Predicts Oscars Fashion](#)

Bobbie Thomas Shares Fashion Advice in Celebrity Interview

This time of year, the one must-have for every girl's closet is boots. "Riding boots happen to be my personal favorite because they just look so polished. You could be in leggings and a sweater, and they give you just enough heel, but they're still so comfortable," she says.

Thomas shares [love advice](#) too and encourages practicality for your date night looks. "If you're looking to have a good time with someone, don't be uncomfortable!" she reveals. "Make sure you can move around and wiggle in your clothes. You really want to wear something that you'll be so comfortable in that you'll be able to be yourself on that date."

Related Link: [Blake Lively's High-Fashion Style](#)

Just like you want to find a loyal man, the *TODAY Show* style editor also encourages you to look for a loyal retailer. She's teamed up with Kohl's for their Yes2You rewards program. "In order to really expand your wardrobe, you want to shop smart," she says. "That's why I think it's a really great idea to have a retail relationship as well as a real life one!"

You can keep up with Bobbie on Twitter @BobbieThomas. Check Kohl's for the best fall fashion finds!

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

Hilary Duff Says Aaron Carter's Love Declarations Are 'Uncomfortable'



By Amanda Boyer

Hilary Duff appeared on *Watch What Happens Live with Andy Cohen* on Wednesday, Oct. 8 and, according to USMagazine.com, her ex Aaron Carter became a topic of conversation. Though the two haven't "dated" since age 13, Carter has now recently been trying to rekindle the love through Twitter. As Cohen asked questions about the topic, Duff mentioned she felt "uncomfortable," saying it was a long time ago.

What do you do if you're getting unwelcome romantic attention?

Cupid's Advice:

If someone has feelings for you and you're not on the same page, it can no doubt be an uncomfortable situation. Cupid has some tips on what you can do:

1. Be honest: Thank the person for being honest, but do the same in return. Don't let the declaration hang for too long, as you'd simply be leading them on. Let them know you aren't interested in them that way, but you feel flattered.

Related: [Hilary Duff is Excited to Have Kids with Husband, Mike Comrie](#)

2. Be clear: Make sure your point comes across clearly when talking to this person. Don't convolute it with long phrases and "fluff." Get to the point in a nice way.

Related: [Hilary Duff Replies to Aaron Carter's Love Declarations](#)

3. Keep your distance: If you can, try not to be caught in the same places as them. This will make your daily life go more smoothly, and you'll feel comfortable going through your day.

Have other ways to tell your crush you feel uncomfortable? Share your thoughts below!

**Cody Sattler Surprises
Michelle Money For Her**

Birthday



By Emily Meyer

Well, it seems like this *Bachelor in Paradise* couple is already on the path to a lifetime of happiness! For Michelle Money's 34th birthday, boyfriend Cody Sattler gave her the perfect birthday surprise: According to Wetpaint.com, the personal trainer treated his girl to a day at the spa. When Money took to Instagram to thank her friends and family for a great birthday, she wrote, "So many thank you's for the amazing bday weekend!! Such a special night with great friends and family! All I wanted for my bday was for @cody_sattler to be living in #SLC and sure enough—he does!! Can't help but feel so overwhelmed with love for the true friends of mine who have stuck with me thru thick and thin!" Money sure seems to have a lot to celebrate these days – and we couldn't be

happier for her!

What are three ways to surprise your partner on their birthday?

Cupid's Advice:

It's your partner's birthday, and you have run out of ideas for what to do to make their day extra special. Cupid knows it can be hard to surprise your partner year after year, so here are some ways to celebrate their big day:

1. Plan a surprise dinner: Everyone loves to be surrounded by the people that mean the most to them. Call all of your partner's friends and family and tell them to meet at an intimate and sexy restaurant of your choice that you know your partner will love. This thoughtful surprise never fails!

Related Link: ['Bachelor in Paradise' Stars Michelle Money and Cody Sattler Talk Wedding Bells](#)

2. Write love letters: You can't go wrong by gushing to your partner about how much you love and appreciate them. Get friends and family to join in too, writing letters to your partner about their favorite memory or favorite quality.

Related Link: [Sean Lowe Writes: "My Wife Is Hot and I'm In Love"](#)

3. Coordinate a scavenger hunt: Put the first clue in the cereal box or their sock drawer – somewhere they're sure to look first thing in the morning. After that, hide a string of notes having to do with your relationship and end with a hidden gift. Not only will it be fun, but it'll be a trip down memory lane for you and your partner!

Have any other great ways to surprise your partner? Share them below!

Q&A: Should I Tell My Friend Her Crush Has Been Facebook Messaging Me?



Question from Amelia S.: This guy who my friend has been hanging out with a lot will randomly message me on Facebook whenever I'm online. It's always harmless stuff like, "What are you up to?" but it still catches me off guard. Should I tell her, and if so, what's the best way to bring up the subject?

Suzanne K. Oshima, Matchmaker: You know that saying "you're stuck between a rock and a hard place?" Well, guess what?

You're in a no-win situation! From what you said, it sounds like your friend just likes him and isn't dating him yet, so "technically," she can't get upset that he's contacting you. Now, I say "technically" because we both know that, if you tell her, she will be upset and hurt.

Now, while you may think that his messages to you are completely harmless, men don't do things without some sort of intention. Without knowing the entire situation, I'm going to guess that he's not just looking for a friend and that those harmless messages are going to lead to something more.

So here's my advice to you: If you truly value your friendship with your friend and have no interest whatsoever in this guy, then I suggest you ignore his "harmless messages"...because it's just going to lead to a no-win situation for everyone involved.

Related Link: [Should I Delete or Unfriend My Exes on Social Networks?](#)

Paige Wyatt, Reality Star: Absolutely tell your friend that this guy has been messaging you. If it truly is harmless, he won't be embarrassed or upset if she brings it up. If he does have an ulterior motive, then you warned your friend, and it's now her move. It's much better to be honest with your friends about situations like this one. If you didn't tell her and she found out, she may get upset with you. If it really is nothing, then what's the harm in letting her know?

Related Link: [Can You Tell By Someone's Social Network If They're The Relationship Type?](#)

Robert Manni, Guy's Guy: Some say where there's smoke, there's fire. In this case, it's hard not to miss the smoke – but let's not rush to judgement. When a guy is really interested in a woman, his focus is on her, and he curtails his flirting. Maybe this guy just wants to establish good relationships with his leading lady's BFFs. Still, I'm not sure if this is the

best way to do it. He must know that girlfriends talk. And when friends talk about the curious actions of a guy, his behavior and character go under the microscope. At this point, I'm not sure that's in his best interests.

As for you, for now, I suggest you either ignore his Facebook messages or keep the exchanges polite. Over time, his true intentions will surface. When they do, you can determine if it's necessary to let your friend know about his correspondence.

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

If you have any questions you would like answered by our experts, please submit them on our [Contact Page](#).

How would you handle the situation described above? Tell us in the comments below!

AshLee Frazier Opens Up About Being “Most Hated” on ‘Bachelor in Paradise’





By Emily Meyer

We know reality television isn't scripted, but that doesn't mean it's 100 percent real, right? That's what *Bachelor in Paradise* star AshLee Frazier says. In her recent blog post, the reality star talked about going from being "America's girl" to being portrayed as a villain. The Texas native admits to have stirred the pot but believes the backlash she has received as only made her stronger. She wrote, "If I can be ok after the most hateful words were carelessly thrown my way by people who know nothing about my life, then you can get through the tough times and know that there is an end."

How do you bounce back after a bad breakup?

Cupid's Advice:

Breaking up with your partner can be hard, no matter how long you've been together or if you're the dumper or the dumped. However, there are ways you can get back on your feet after that devastating heartache. Cupid has some tips for how to bounce back after a breakup:

1. Surround yourself with friends: There is no better way to get over a bad split than by being surrounded by your best friends. Relax and just enjoy being with the people who make you laugh and love you for who you are.

Related Link: [Source Says Sarah Hyland Will Bounce Back From Alleged Abuse](#)

2. Pamper yourself: Take a break from dating and focus on yourself. Maybe even splurge a little bit and take a vacation! A change of scenery is sure to help when you're in a rut.

Related Link: [Jason Derulo Confirms Split from Jordan Sparks](#)

3. Get involved: Find something you are passionate about. Getting active in your community, whether it's volunteering or joining a team, will help take your mind off your breakup. Start doing things that make you feel good about yourself.

What's your best tip for bouncing back after a breakup? Comment below!

'Messy Beautiful Love' Author Darlene Schacht: "True Love Doesn't Happen By Accident"





By Shannon Seibert

It's important to be prepared for the best and worst of what marriage has to offer. In her new memoir *Messy Beautiful Love: Hope and Redemption for Real-Life Marriages*, Darlene Schacht gets in depth about the trials that couples face in their marriage, including issues like financial struggles, sickness, aging parents, and a chronically unhappy husband. This book explores the idea that, no matter how strong the bond, the mess has to be dealt with at one point or another to keep the marriage alive. *Messy Beautiful Love* is an invitation to readers to open their hearts to the possibility of a strong and healthy marriage with proper communication and team work.

When people get married, there are certain expectations that each partner has of one another. Over time, these expectations change due to circumstance, and sometimes, people have issues adjusting. Why do you think it's important for people to go into marriage with an open mind?

I went into marriage with a long list of expectations of who my husband Michael should be and what our future should look

like. Things took a different road when Michael started running his own company. I was home with four kids, and he worked long hours. Rather than exercising patience and kindness, I let bitterness creep in, and it grew over time to the point where it took over my thoughts.

The thing is that we all change. We grow up; we face hardships; we enjoy good times; and we mature from experience. Love is beautiful, but it can be messy when you're facing something you never expected.

Related: ['Love Sick: A Memoir of Searching for Mr. Good Enough' Recalls the Humorous and Insightful Journey of Looking For Love](#)

Why do you think your message is important for women especially?

I think that the message is important for men and women alike. My story stems from a place of grace, which is something we all need in our lives. Since I'm a woman, however, I can identify with other women in a way that I can't with men. I can't tell you the number of times that women have confided in me about the struggles they're facing online. It can mess with your mind when a seemingly perfect man (and I do mean seemingly) is paying attention to you or wanting to chat.

You write about humility being essential to a successful marriage. Why do you think several women struggle with giving that trust to their partners? And why is it that women have issues giving away their hearts fully?

I believe that we all want strong partners—people who are willing to stand up for themselves and do the right thing. Humility is often confused with weakness when in fact it's a sign of strength and confidence. It takes strength to admit that you're wrong. It also takes strength when we choose to *do* right instead of having to *be* right. When we are confident in ourselves, we aren't as concerned about fighting for a

position of authority as we are about fighting together for love.

What do you believe is the largest contributor to today's increasing divorce rates?

People often say that they're unhappy because they've grown apart. I believe that couples will grow apart if they do not love each other daily and deliberately. True love doesn't happen by accident. It's deliberate; it's intentional; it's purposeful; and in the end, it's always worth it. Some days love is messy, and all we want to do is give up, but those who work through love together reap the benefits of beautiful long-lasting love.

Related: [He Texted' Authors Lisa Winning and Carrie Henderson McDermott, Discuss Dating in the Digital Age](#)

This book contains a lot of your deep and personal thoughts. When you're in love, do you believe it's harder to share these thoughts with the person you love, or do you think people shy away in fear of what their partner will think of them?

One of the most wonderful things about Michael is that I feel safe in his arms. I always have. He's a shelter that I know I can run to in the midst of a storm. I'm sure that, in the beginning, I was probably hesitant at times to share my deepest thoughts with him, but after 25 years, I'm comfortable enough to share anything. We've learned to communicate. But more importantly, we've practiced the art of communication by harnessing our emotions and listening well for the good of our marriage.

Messy Beautiful Love: Hope and Redemption for Real-Life Marriage was released on September 16th. Readers can also find out more about Darlene Schacht by visiting her blog, [*http://timewarpwife.com/*](http://timewarpwife.com/).

Ben Affleck Kisses Jennifer Garner in Rare PDA Moment



By Amanda Boyer

Ben Affleck and Jennifer Garner were spotted at a farmers' market on Sunday, Oct. 5, in L.A.'s Pacific Palisades neighborhood and were showing some rare affection in public. According to USMagazine.com, the duo spent a day away from their kids and picked up fresh food for their family. When they got to their car, Affleck leaned forward to plant a kiss on his wife's cheek.

How do you show you care in public?

Cupid's Advice:

Want to show your partner you care? Cupid has some tips:

1. Hold her hand: Instead of just walking next to your partner and talking, grab their hand and look into their eyes. This will make them feel like you could care less who else is around.

Related: [Ben Affleck Gets Playful with Jennifer Garner During Ice Bucket Challenge](#)

2. Surprise them: If you are super busy and never get a chance to see your partner, send a gift or drop by just to say hi.

Related Link: [Jennifer Garner and Ben Affleck Celebrate 9th Wedding Anniversary](#)

3. When you say goodbye: Before you leave your partner, give them a hug and a kiss to keep them remembering you throughout their day.

Have another way to show you care in public? Share below!

Single in Stilettos Show: 5 Signs He's Interested in You





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to dating coach Mr. Locario about how to know if a guy is interested in you. Here are the top five signs to look out for: He can't stop staring at you; he calls or contacts you in some way; he wants to show you off to his family and friends; he tries to make you laugh; and he acts nervous around you. Don't miss the rest of Mr. Locario's advice in the video above!

Related Link: [Mr. Locario on Why He Didn't Call You Back](#)

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

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

How do you know if a guy is interested in you? Share with us in the comments below!

Sofia Vergara, Joe Manganiello Go On Double Date With Channing Tatum and Jenna Dewan Tatum



By Maggie Manfredi

It's the double date of the century, and we have all the details! According to UsMagazine.com, Sofia Vergara, Joe Manganiello, Channing Tatum and Jenna Dewan Tatum went to The Collins Quarter in Savannah for cocktails and conversation. The gentlemen of the party are in town filming *Magic Mike*

XXL in Georgia, the ladies came to see their boys...Who are looking quite fit for the film. *Modern Family* star went classically casual with a black top and skinny jeans while *Witches of East End* actress went flirty and fun in a short white dress.

What are some creative double date ideas?

Cupid's Advice:

Double dates are a nice change from a one-on-one outing, though it can sometimes be difficult to figure out what to do. Cupid has some tips:

1. We're all winners: Test your team work with a double date game night. charades, board games, or whatever you can think of and enjoy some competition between friends, all's fair in love and war.

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

2. Go adventuring: Hiking, tandem biking...Really any outdoor activity can make a fun double date, that is also inexpensive.

Related: [Chelsea Clinton Leaves Hospital With New Daughter Charlotte](#)

3: Have a drink: Try to stay away from just a bar/restaurant. Hit a vineyard on a nice day or go to a beer tasting. Good conversation plus delicious drinks is the perfect double date recipe.

Are you as pumped for *Magic Mike XXL* as we are? Share your comments below!

Screwing the Rules Video Dating Tips: Decide to Fall in Love



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

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

Related Link: [Your Must-Have Relationship Mantra](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) talks about what it means to decide to fall in love. If you keep going out with great people but you're just not feeling it, it might

be because you're *choosing* not to be open and available. "You have to decide to open your heart. You have to decide to be vulnerable. You have to have conversations that express vulnerability," she explains. Otherwise, your relationships will continue to be one-sided. Listen up for more great dating advice!

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

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

What's your best tip for opening yourself up to love? Tell us in the comments below!

Single in Stilettos Show: How to Communicate with a Man





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to dating coach Tripp about how to communicate effectively with a man. As every woman knows (and has been told time and time again), communication is key in any relationship. Here are Tripp's best three tips for talking to your guy: be direct; be clear and don't beat around the bush; and never assume. Watch the video above for more great advice!

Related Link: [Top 5 Dating Mistakes Woman Make](#)

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 advice for communicating with your partner? Tell us in the comments below.

10 Signs That Your Relationship Has Hit a Dead End



By [Courtney Omernick](#)

The popular saying, “All good things must come to an end” can also apply to relationships. Sometimes, unfortunately, you’ve hit a lull, and there’s nowhere to go, but your separate ways. How can you tell if it’s time to move on or just time to try harder? The signs aren’t always clear. Cupid has provided some key hints below!

1. He/She isn’t supportive of your interests outside of the relationship: Sure, not every couple loves all of the same things, or likes all of the same activities. But, if you’re

significant other shows no sign of interest in anything that you do (work, volunteer opportunities, personal interests) outside of your relationship, it might be time to call it quits.

Related: [Kris Jenner Officially Files for Divorce from Bruce Jenner](#)

2. You fight more than you have fun: If your bad times are outweighing the good and it just isn't fun anymore, you might be at a dead end. Arguing causes stress, but if your relationship seems more stressful than relaxing, then that's definitely a warning sign.

Related: [Bow Wow and Erica Mena Are Engaged After Dating 6 Months](#)

3. What future?: If the furthest into the future you've thought about is what the two of you are going to have for dinner tomorrow night, then you might be in trouble. Thinking about the future isn't something that has to happen often, but if you can't picture them with you, you may be nearing the end.

4. YOU'RE making the effort: Relationships are 50/50, a two way street. If you're the one that's constantly driving to see the other, rearranging your schedule, or going out of your way, you might need to rethink your romance.

5. No special gestures: No, we're not expecting lavish gifts, flowers every day, or elaborate dinners, but if your significant other has completely stopped trying to make you feel special, there may be an issue. You both could just be stuck in a rut, but it's definitely something to address.

6. You're life goals aren't the same: Not every couple is going to have the exact same goals or desires, but if you both are heading off into COMPLETELY different paths, and there seems to be no room for compromise from either party, you may

need to reconsider your relationship.

7. You don't think of them when you're apart: Not every waking hour has to be spent thinking of your partner, but it's normal to think about them during the day when you may not be with them. If you're not thinking of your significant other at least once during your day, maybe you're just not concerned about them anymore?

8. You're waiting for them to change: No one is the same person year in and year out. People grow, mature, and change throughout their lives. But, if you're constantly waiting for your significant other to change their looks, humor, attitude, etc., then it's probably time to move on.

9. They don't get upset when you cancel: If it seems like your partner feels a sense of relief when you have to cancel your plans with them, it might be a sign that things are coming to a close.

10. There's a lack of respect: If your significant other is constantly belittling or questioning your actions and beliefs, then you two might be headed for splitsville.

When did you know your relationship hit a dead end? Comment below!

Source Says Sarah Hyland Will Bounce Back From Alleged Abuse



By Amanda Boyer

On Tuesday, Sept. 23, news broke that *Modern Family* actress, Sarah Hyland's life may not be as glamorous as it seems. Hyland has gotten an order of protection against her ex-boyfriend Matt Prokop and claims to that he has threatened and verbally abused her throughout the duration of their relationship. According to a source for UsMagazine.com, Hyland is now keeping to herself and will not date for awhile now.

What are some ways to support a friend after an abusive relationship?

Cupid's Advice:

Want to be there for a friend once they leave a terrible situation? Cupid has some tips:

1. Talk it out: Talk about how she feels and what you can do. This can be perfect with a movie night and some ice cream. Be supportive, and let her lean on you if she needs it.

Related: [Camille Grammer Is Granted Permanent Restraining Order Against Ex-Boyfriend](#)

2. Come to terms: Start bringing her out to talk to new people and reconnect with others. She will realize it is okay to feel upset, but trying to have fun to counteract the negatives in her life will help her stay on track.

Related: [Taye Diggs and Idina Menzel Separate](#)

3. Seek help if needed: If she is not doing well after a few weeks, explain to her that maybe it is better to go to a professional to help her talk how she is feeling out. Explain the benefits and a possible outcome.

Have other ways you could help them out? Comment below!

Is Your Life Working?





By Janeen Diamond for [Hope After Divorce](#)

...it's impossible to have genuine, solid, meaningful relationships with other people if we don't think much of ourselves.

During an interview this week, I found myself talking about how important the relationships we have in our lives are. And as we talked, we brought up the fact that the relationship we have with ourselves is, by far, one of the most important ones we can have. Why? Because it's impossible to have genuine, solid, meaningful relationships with other people if we don't think much of ourselves.

Sisters Jessica and Ashlee Simpson are two good examples of celebrities who have both experienced divorce. What is inspiring about these two well-known siblings is that they each took time out for themselves afterwards. They took time for self-care to heal from the inside out, becoming the best they could be. Jessica and AshLee offer us hope that we can love ourselves even after a great loss. Then, we can find true love all over again.



Jessica Simpson and daughter Maxwell at sister Ashlee's wedding. Photo courtesy of Ashlee Simpson's Instagram.

If we can't trust ourselves, how are others going to trust us? If we don't like who we are, how are other people going to care for us? If we don't enjoy being alone with ourselves, how will others find it enjoyable to spend time with us? If we feel we have nothing to offer, why would we think anyone else believes we have value?

Related Link: [Don't Let the Good Guys Finish Last](#)

Consider the life you lead right now. Is it what you want? Are you doing the things that fulfill you and bring you joy? Do you wake up in the morning and look forward to the work you have to do? Do you plan to talk with friends today? Do you

have something fun planned for yourself? Will you offer service to someone today?

There are a lot of things we have control over in our lives. If something isn't working or if there are ways you could improve, decide right now to make a change and begin working toward it. I always like to start with small goals. Perhaps you want to feel more energetic and you just don't know what you're doing wrong, or maybe you have a habit of watching too much television and you want to start reading more.

So decide on one thing you would like to change in yourself, like "I want to have more energy!" And set three goals toward accomplishing it: I will have a set bedtime and get a full eight hours of sleep; I will begin a diet overhaul, but this week, I will simply eat two more servings of veggies every day; and I will begin exercising, but maybe this week, I will just start slow by walking twenty minutes each day.

Related Link: [Clear the Clutter](#)

Or if you want to stop watching so much TV, turn it off for just one hour a day and spend that time reading a book you've been interested in.

These are simple examples, but you get the idea. Simple fixes are usually the most far reaching and impactful in the long run because you have a greater chance of actually sticking with the changes. You might have physical, emotional, spiritual, or mental things you want to change. Think about what those desired changes are, and set up a plan to start improving a few things in your life. You may find your relationship with others will begin to improve drastically. You will begin to like yourself more – and that will lead to positive vibes towards family, friends, and co-workers.

Just remember that loving yourself will have a positive impact on everyone you know – especially you!

For more information about Hope After Divorce, click [here](#).



Janeen Diamond, author of Save Your Marriage in 30, was a newscaster for KUTV News until 2001. Since that time, she has been actively producing commercials and special programming through her company, Your TV Spot. She has hosted several television and internet productions and has been a spokesperson for several products and companies. She is a leader over the youth in her church and takes a special interest in helping kids stay on track with their lives. Janeen is currently co-creating "Teen Impact TV," a website for high school students to give them a creative and emotional outlet. She is a contributing expert for HopeAfterDivorce.org, DivorceSupportCenter.com, FamilyShare.com, and CupidsPulse.com. Follow her on Twitter @janeendiamond and www.facebook.com/janeen.diamond.

Single in Stilettos Weekly Show: Flirting Tips





On this week's [Single in Stilettos](#) video, founder Suzanne Oshima talks to passionate living coach and author Abiola Abrams about how to flirt with men. She shares more than just external flirting tips and describes bombshell flirting as exuding positive, feminine energy. Here are her tips for working on your inner flirt game: be tuned into your inner receptivity; flirt with everyone; imagine yourself as a magnet; and expect a male miracle. When you change your energy, true love will come your way!

Related Link: [Abiola Abrams on Insecurity and Dating](#)

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

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

What are your best flirting tips? Tell us in the comments below.

Date Idea: Be a Sweetheart



By Shannon Seibert

The saying goes that the best way to a person's heart is through their stomach: Take this weekend to satisfy your sweet tooth with new recipes and make sweet treats with your honey. Together you can indulge in sweet treats and indulge in each other.

Related Link: [Date Idea: Take a Shot](#)

Be sweet on each other. Get creative in the kitchen and bake each other some sweet treats. Surprise each other with samples of your favorite desserts. Remember all of those Pinterest

recipes you've "Pinned for later" well, now is the time to bust out your best Betty Crocker moves to impress your man.

If you need a little baking inspiration, you can never go wrong with chocolate, in any form. Brownies, cookies, cakes or any other treat, chocolate is always the answer. You can bring a little extra something to your batch of brownies by putting crumbled Oreo pieces in the batter. Also, if you aren't a fan of chocolate there are always other routes to try. This Key lime Pie Recipe from allrecipes.com is affordable and delectable. It will have your taste buds, as well as your man's, begging for another piece of the pie.

Related Link: [Date Idea: Live Out Your Fairytale](#)

Play with your food. You've always been told not to, but it's time to bend some rules. Make an assortment of yummy treats and blindfold your honey. Feed him one treat at a time and have him guess what it is, or what is in it. If he gets it right, then it's your turn to be blindfolded.

If you're feeling a little adventurous, start a classic food fight. Flick a little flour his way, and before you know it, the both of you will resemble the inside of a mixing bowl. If you don't mind the mess, it's a fun way to pass the time while waiting for your treats to bake.

You can even decorate your tasty treats, icing is just a step up from Crayons. Write your man a sweet message on a decorative cake to show him you care. Something as simple as "Glad You're Mine" or the traditional "I love you" can make him smile. Afterwards, pair a glass of Sherry with your favorite treat, and enjoy sweet conversation with each other.

Have any sweet secret recipes? Share with us in the comments below!

Celebrity Couple Jennifer Lawrence and Chris Martin Are Hollywood's Newest A-Team



By Amanda Boyer

Celebrity love is in the air! It looks like Jennifer Lawrence not only likes Coldplay's music, but she also has Chris Martin's heart! The celebrity couple has now been seeing each other for about three months and has been seen all the way from New York to California, including the actress's attendance at a recent Coldplay concert. On Wednesday, Sept. 17, the band performed in downtown Los

Angeles at the Ace Hotel Theater, where the couple was spotted yet again, according to UsMagazine.com.

Hollywood relationships aren't the only ones that require work. What are some ways to support your partner in their career?

Cupid's Advice:

Need to help motivate your partner? Cupid has some dating advice that will work for everyday pairs and celebrity couples alike:

1. Don't give up: Even when your beau is complaining about their job and how it will get them nowhere, let them know that it will help them get to where they want to go. They just have to stay focused and be patient.

Related Link: [Malin Akerman Flirts with Leiv Schreiber's Brother at Emmy's](#)

2. Let them vent: Give them the opportunity to talk about their day or ask you questions if they need some insight on a project or task. Listen carefully and help them as much as you can. What you say could open more doors for them!

Related Link: [Exes John Mayer and Katy Perry Are Spotted Flirting at Memorial Day Party](#)

3. Leave them sweet notes: When they least expect it, put a note in their briefcase or laptop bag letting them know you're thinking about them. Small thoughtful things can go a long way to brighten someone's day.

Have another way to motivate your partner in their

career? Share your relationship advice below!

Celebrity Gossip Columnist Perez Hilton on Dating in NYC: “It’s Raining Men, But It’s Exhausting”



Interview by [Lori Bizzoco](#). Written by Christina DeRosa.
It's hard to keep up with Perez Hilton, as he's always on the go trying to get celebrity gossip for his own popular website. But the blogger slowed down for a moment to catch up with

CupidsPulse.com at *OK!* Magazine's New York Fashion Week celebration. During a one-on-one celebrity video interview, he gave us the latest scoop on living a healthy life and looking for a relationship and love in New York City.

Perez Hilton Talks Celebrity Dating

When asked about [celebrity dating](#) in New York, Hilton shared that he isn't giving up on the hope of finding someone special. He's continued to online date, as he shared in his last interview with us (see related link below). "It's great; I'm not gonna complain," he adds. "It's raining men, but it's exhausting going on so many first dates."

Related Link: [Perez Hilton on Dating with a Child and Finding Love Online](#)

What he wants in a partner is quite simple: "Somebody who is happy – happy professionally, happy personally, and happy with the direction their life is heading in," the blogger tells us. "Someone who knows who they are, knows what they want."

With his son adjusting to the New York lifestyle, we were curious to find out if there would be more kids in his future. The celebrity gossip columnist replies, "If I'm lucky!"

Hilton also reveals his plan for staying slim and healthy: that large bag with him on the red carpet. When asked what was in the bag, the star admits, "My food." His secret: "Nothing special – no juicing, no weirdness, just healthy food really."

Related Link: [Perez Hilton Opens Up About Fatherhood](#)

Celebrity Gossip Columnist on

Fashion

Ever the fashionista himself, he says, "What I have most enjoyed about fashion week is just getting to wear so many fun clothes."

He said that his inspiration behind the black and white unitard and black boots he was wearing at the *OK!* event was to pay homage to the beloved red carpet queen herself: Joan Rivers. So sweet!

Keep up with Perez via Twitter @PerezHilton.

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

Screwing the Rules Video Dating Tips: Your Must-Have Mantra





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

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

Related Link: [Find the Love of Your Life](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) discusses your must-have relationship mantra. “‘Here I am.’ That’s it!” she shares. “Not ‘Here I am – am I good enough?’ or ‘Here I am – do you like me?’ It’s confident. It’s comfortable.” If you don’t recognize your own value and worth, then you can never expect a man to do so. Remember that you can only be who you are – and someday, you’ll find a partner who loves you for you.

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

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

What is your must-have mantra? Tell us in the comments below!

Reality TV Stars Deena Cortese and Chris Buckner Talk 'Couples Therapy' on VH1



Interview by Ashley Pacifico. Written by Stephanie Salsini. Fans of *Jersey Shore* and *Snooki & Jwoww* recognize Deena Cortese as the hilarious little “meatball” who is best friends with Snooki. In our exclusive celebrity interview during *OK!* Magazine’s New York Fashion Week celebration, CupidsPulse.com asked Cortese and her boyfriend Chris

Buckner about what we could expect to see from them on the reality TV show *Couples Therapy* as well as their best fashion [dating advice](#).

Related Link: [Snooki Prepares for Wedding Day with 'Great Gatsby'-Themed Bridal Shower](#)

Reality TV Stars Talk *Couples Therapy*

Viewers know Cortese for her crazy partying, but you won't be seeing that behavior from her on *Couples Therapy*. "You're going to see a completely different side of me. I open up about a lot of stuff that I didn't feel comfortable opening up on *Jersey Shore*, so it should be very interesting," the reality TV star reveals. Buckner also shares his thoughts on being filmed for the VH1 show: "It was an awesome experience. There were a lot of ups and downs. I know it's going to be a lot of fun to watch."

When the celebrity couple aren't on television, the pair enjoys going all out for their date nights. "We do a lot of little getaways, like spending a couple of nights in Atlantic City, getting dinner, and seeing a comedy show – the whole nine yards!" Cortese explains.

Related Link: [Deena Cortese Says Snooki Will Be a 'Great Mom'](#)

Deena Cortese on Fashion Dating Advice

Of course, with NYFW in full swing, we had to ask the New Jersey native about her favorite date night look. "Bebe fits my little body with curves so well. I usually wear a bodycon dress or something like that," she says. Buckner picks his outfits a bit differently, taking fashion advice from his

girlfriend: "Whatever Deena says looks good, that's what I'm wearing. If it matches what she's wearing, I'm in it," he reveals.

Tune in to VH1 to see Deena and Chris on Couples Therapy on VH1 on Wednesdays at 9/8c. You can follow them both on Twitter: @DeenaNicoleMTV and @cbuckner_!

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

Psychologist Breaks Down Relationship Fears in New Book, 'Love Me, Don't Leave Me'





Interview by [Whitney Johnson](#). Written by [Sarah Batcheller](#).

It's safe to say that psychologist and author Michelle Skeen is an expert when it comes to addressing fears. In her new book, *Love Me, Don't Leave Me: Overcoming Fear of Abandonment and Building Lasting, Loving Relationships*, she provides readers with powerful, enticing tools to handle a multitude of relationship fears, specifically that of abandonment, and details the ways in which these fears stem from early experiences. Thought-provoking and inspiring, Skeen encourages readers to realize what's holding them back in order to reach their full potential as a partner.

Why did you focus on the fear of abandonment?

I chose to focus on the fear of abandonment because it's a primary fear that affects a lot of relationships. I think it exists in multiple scenarios: women stay in relationships that aren't healthy for them because they're afraid of being alone, they avoid getting into relationships because they fear being abandoned, or they behave in ways that cause them to be abandoned.

Related Link: [Are You Dating Someone with Narcissistic Personality Disorder?](#)

Do you think that every individual carries a little bit of this fear with them in some way?

Absolutely – we're born with it! If we're abandoned when we're babies, we die. I think it's hardwired in us, and I think that it can get reinforced with early childhood or adolescent experiences or trauma, like the death of a parent, a traumatic divorce, or the death of a sibling or a friend. I think that the groundwork is laid in the beginning of our lives for our fear to either be increased or maintained at a lower level. One of the primary purposes of the book is to develop the awareness of what's going on. With awareness you can make change, so it's about identifying the problem.

You know, we all have a story, and most of the time, when people are having difficulties in relationships, it's related to them being stuck in their story, their story being their past experiences. If they're not in the moment and evaluating their present experience based on what's going on in the now, they are making predictions based on their story. So part of it is identifying your story and then distancing yourself from it.

How should someone react if their partner begins to push them away out of fear?

Well, I think that a lot of times what's happening when we push people away is that we've already predicted what's going to happen, so we're taking control of it. We're having a difficult time dealing with the uncertainty and ambiguity of whatever is going on in the relationship at the time, so rather than sitting with that and feeling really uncomfortable, we would rather take control and reject it before we can be rejected.

As a partner, if you have the ability to identify the

reasoning behind your significant other's behavior – for example, “You're doing this because you're afraid that I'm going to do it to you” – then I would suggest you make the effort to move *toward* the person. Try to bring them into the present moment, what is truly happening between the two people and not the memory of something that's happened before that's getting in the way.

Something we all need to work on is mindfulness. Mindfulness is such a game changer. It allows us to recognize, “I'm having these painful thoughts and emotions, and I need to get rid of them because this feels horrible.”

How can our readers work on mindfulness?

Well, there are so many great mindfulness resources. What I found is a lot of people are intimidated by the idea of mindfulness. They think they need to sit with their legs crossed and keep their mind completely clear. That's not what you need to do at all.

Mindfulness is about recognizing that every experience, thought, and emotion you're having is a temporary state. It's going to pass through you. You just need to *be* and think, “Oh, I'm having this thought that I'm going to be left, and I'm letting that go.” You've got to accept all of your thoughts, whether they're helpful or unhelpful. There are a lot of great mindfulness exercises which I introduce in my book, like a mindful walk or adding this mindfulness piece to your morning cup of coffee or tea.

Related Link: [Top 3 Mistakes Women Make in Relationships](#)

What are some long-lasting skills and insights that people are left with once they discover and address their fear?

Well, I think it's important to identify the behavior that isn't working. Behavior is one thing we do have control over. In a world where we're constantly looking for control, we

can't really control our thoughts or minds; they just happen. We can control our behavior. We can't control anyone else's behavior, but if you're engaged in helpful behavior, it will result in the other person adjusting their behavior.

So I think identifying unhelpful behavior, recognizing what situations trigger these thoughts of abandonment and fear, and looking at your typical reaction to that fear is where you have to start. Then, you have to stop reacting that way and look at ways that *will* be helpful in getting you closer to what you want.

Pick up a copy of *Love Me, Don't Leave Me: Overcoming Fear of Abandonment and Building Lasting, Loving Relationships* today!

Single in Stilettos Show: Dating Advice for Women in Their 30s





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima chats with New York City Gal blogger Melissa Braverman about tips for women dating in their 30s. The ladies discuss: the biggest challenges you face as a single woman in your 30s; how to navigate those challenges; the pressure to “settle down” by a certain age; what to do if you get discouraged with dating; and how to stay motivated in your search for love.

Related Link: [Abiola Abrams on Insecurity and Dating](#)

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

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

What your best tip for someone dating in her 30s? Tell us in the comments below!