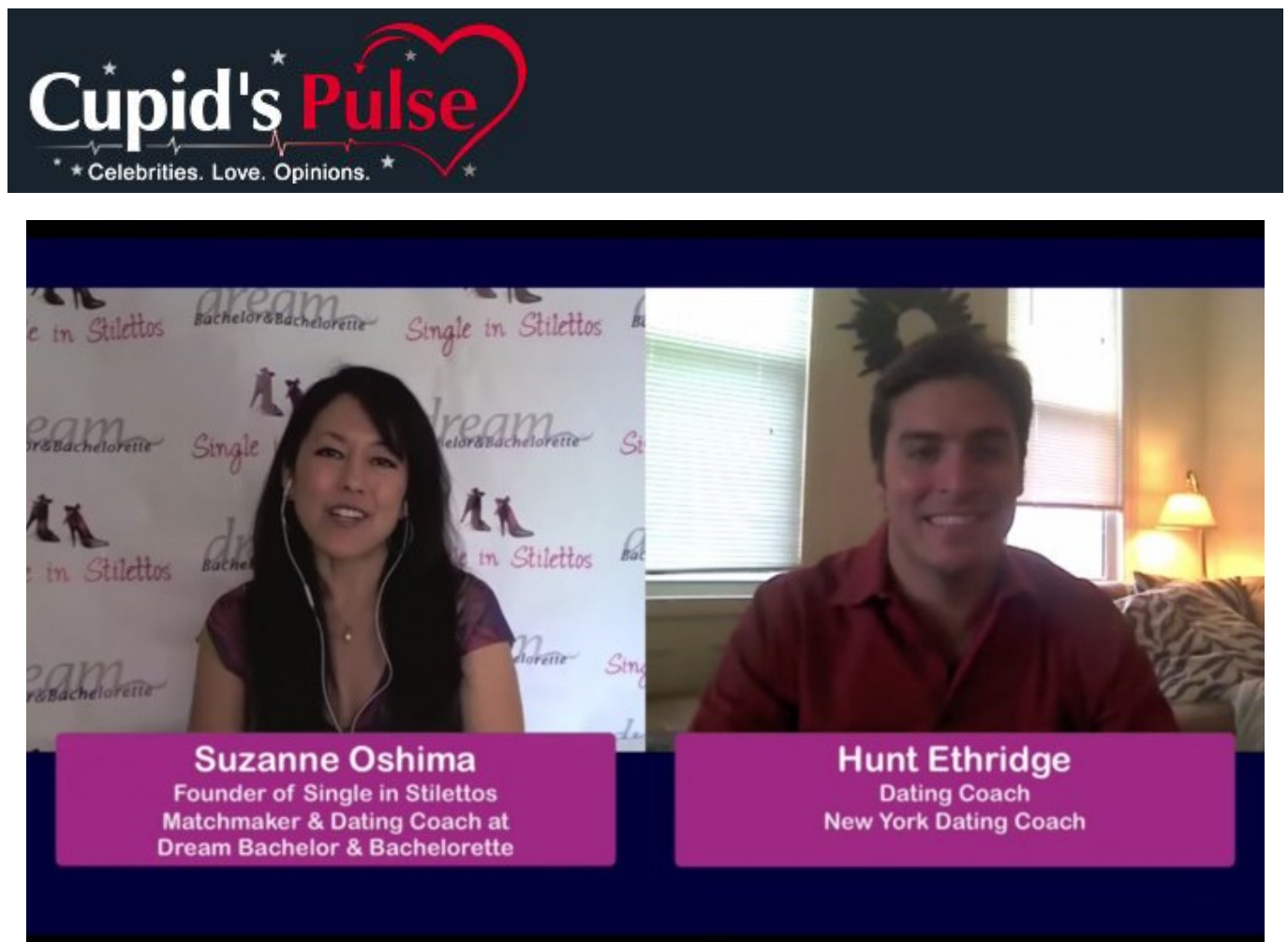


# Expert Dating Advice: 3 Signs He's Falling in Love With You



By Gillian Lee

In this week's Singles In Stilettos, [dating advice video](#), founder and relationship expert [Suzanne Oshima](#) talks to Hunt Ethridge about three signs he's definitely falling in love with you. Watch the video above, and read the article below to find out some good dating tips in your life!

## He's Falling In Love With You

**1. Starts To Become Vulnerable:** Men in a relationship tend to be more closed off because they don't know their certain "role" yet. They try to portray strength, and show an alpha attitude, but when you start to show that you are there for

what's on the inside, he will start opening himself up. "It's the first clue of many that he is really starting to fall for you," Ethridge explains. If your significant other isn't opening up to you, recognize that you should create a safe environment, and do a technique called "mirroring." To use this technique, you mirror the activity that you want them to do, and you will be vulnerable with them in hopes they open up as well.

**Related Link:** [Dating Advice: 3 Things Men Wish You Knew](#)

**2. How Advance His Planning Is:** If he starts bringing up plans regarding the future such as next month, and next year, this is a sign he is falling in love with you. "This basically let's you know he sees you as apart of his life in the future," Hunt tells us. This moment is amazing because it shows he's serious about the relationship.

**Related Link:** [Relationship Advice: How to Build a Lasting Love](#)

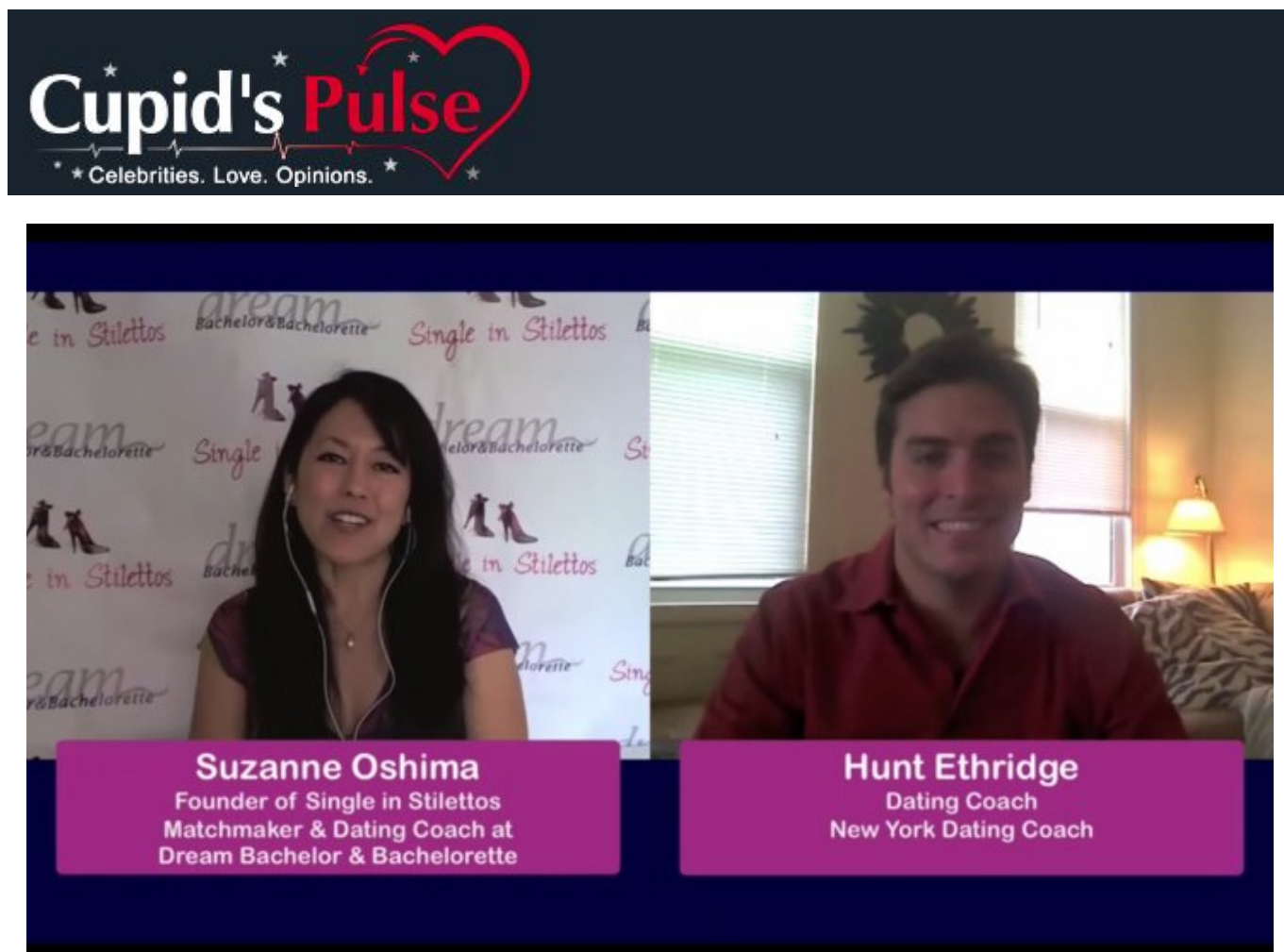
**3. Important Actions:** A man will start to show different actions on how he is falling in love with you. For example, "does he start to leave you a little glass of water beside your bed before you go to sleep?" Ethridge says. In every relationship the actions will be different, but you will personally know what actions he will do to show he is falling in love with you.

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

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# Expert Dating Advice: 5 Reasons to Hire A Online Dating Assistant



By [Joshua Pompey](#)

As the head of Next Evolution Matchmaking, I am hired by busy and successful professionals to serve as their very own online dating assistant. But I don't just assist them with the process, I take complete control of the process. If you don't have the time to build an online profile, keep reading for some [dating advice](#) from [relationship expert Joshua Pompey](#)

# Have Someone Find You Matches!

As their online dating assistant, I'm not only finding them matches, but I'm also writing all their emails and lining up dates as well. While this may sound a little extreme to some, I believe that the birth of online dating assistants has only just begun. Below are several arguments as to why we should embrace the idea. Keep reading to find out more from our [relationship expert](#)!

## 1. Hiring an assistant is nothing new

Need someone to clean your house? You hire a housekeeper. Are you a busy career mom? You hire a babysitter. Too busy to find love? Why not hire an online dating assistant? People have sought help from skilled professionals since the beginning of time. Hiring a professional to handle what is arguably the most important component of your entire life, finding love, sounds like a worthwhile cause to me.

**Related Link:** [5 Steps To Securing Second Date](#)

## 2. There just aren't enough hours in the day.

Online dating is a full time job if you are going to fully dedicate yourself to the process in a meaningful way. Being busy and successful shouldn't require love and happiness to be put on the back burner. A professional online dating assistant can complete all the time consuming aspects that you might not otherwise have the time to pursue on your own.

**Related Link:** [Moving Your Relationship From Online To Face-To-Face](#)

## 3. Online dating assistants can save you months, or years of loneliness

Want to know one the biggest reasons people quit online

dating? It's because they just aren't successful at it. After a few weeks or months of bad dates, they eventually quit, but it doesn't have to be this way. A professional online dater will bring experience and skill to the table, navigating the online world for you in a way that yields quality results.

Not being an expert at online dating shouldn't mean that you have to waste months, or even years of your life navigating these dating sites without finding the happiness you deserve.

**Related Link:** [The Do's And Don'ts of Online Dating First Dates](#)

#### **4. Nobody is being deceived on a massive scale**

If this was the 1993 Sleepless in Seattle version of online dating, where two people are pouring their souls out over dozens of emails and getting to know each other on an intimate level over the computer, than yes, this would be very deceiving and immoral.

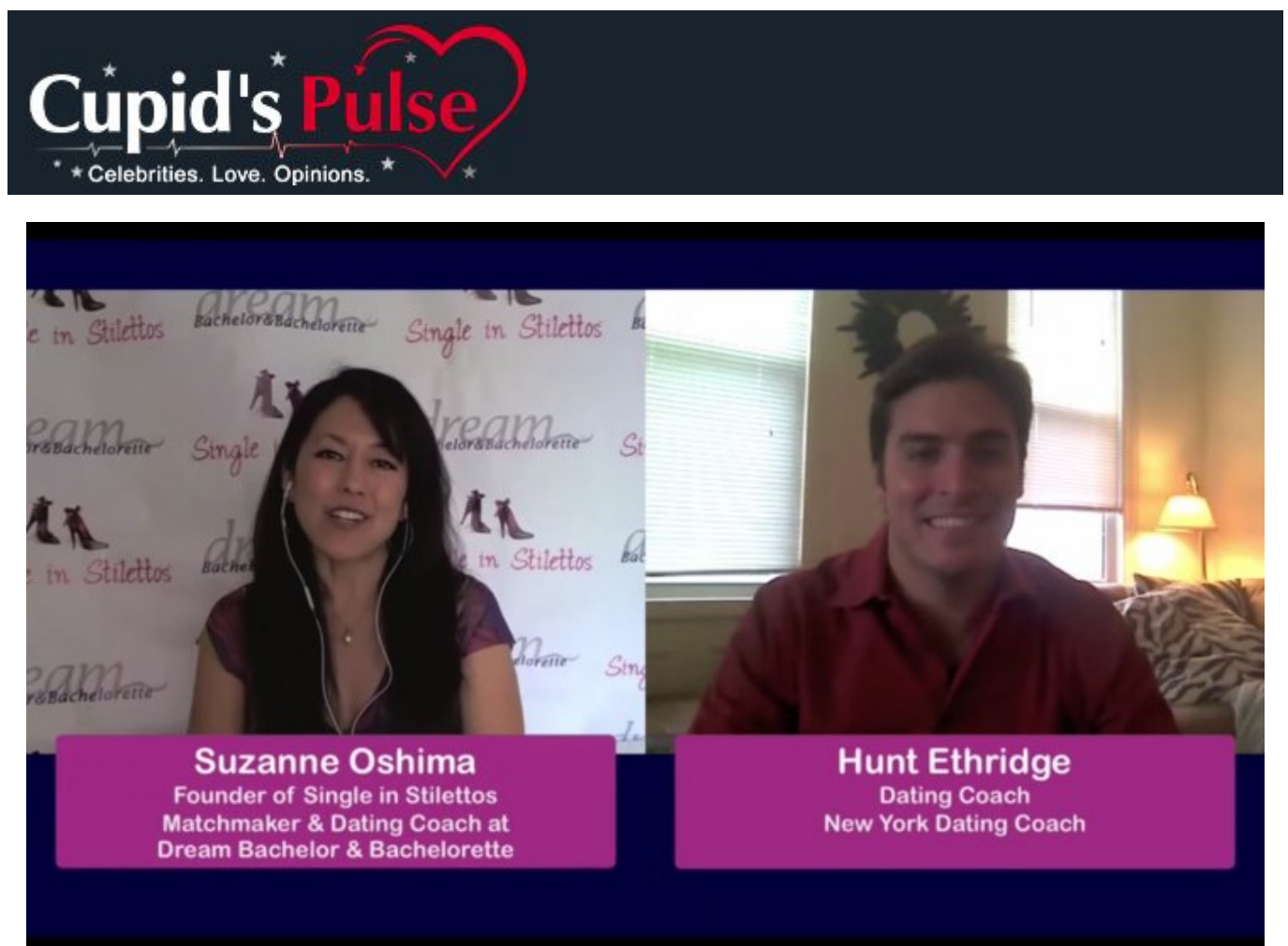
Fast forward to the present and the email exchanges on dating sites are about as harmless and lighthearted as it gets. Sure, when I work on a client's account at Next Evolution Matchmaking, I am writing emails as my clients. But these are mainly just superficial exchanges where I help to facilitate the exchange of phone numbers. Once that's complete, it's entirely up to the client to take things from there.

#### **5. Online dating assistants take over the tedious aspects of online dating.**

Let's face it, online dating just isn't fun! Sure, you could endlessly swipe right, chase down other singles, and write repetitive emails day after day. Or you could hire a pro and be free to do things you actually like to do! At the end of the day, sometimes pampering yourself is just plain worth it!

Joshua Pompey is the founder of Next Evolution Matchmaking. For information about how Joshua Pompey helps online daters, visit [this](#) [page](#).

# Ask The Guy's Guy: How to Win a First Date After Meeting Online



By Robert Manni

*Question from Gillian L., Manhattan, "Hey Guy's Guy, whats the best way of turning an online connection into a real date?"*

You have a match on your favorite dating app and the conversations online are taking off. You're up for hours



talking to your match but you're nervous about meeting in person. How can you be sure to impress on a first date when you've already gotten to know each other? How do you make a successful transition from online to in person dating? Read [dating advice](#) from our [relationship expert](#) Robert Manni!

## Score That First Date!

We live in a wired world so these days connecting with new people often begins online. As a result, in business and dating, we need to develop an authentic, online voice that others like and can relate to. We make our connections online with a goal of meeting in person to close the deal.

When it comes to dating, after making a new connection online, scoring an in-person meeting can be challenging. With all the texting and emails we send each day, online communications are second nature for us. As a result, some online daters become nervous when it comes to leaving their comfort zone behind the keyboard and actually meeting someone new in person. But, it must be done because no matter how much texting or how many Facebook or Instagram posts you share, romantic connections only happen when you meet face-to face.

**Related Link:** [Can Technology Make Long-Distance Work?](#)

So, after you've made a potential online love connection how can you quickly and seamlessly move the process ahead? First, keep the online correspondence brief and always pointed towards the ultimate goal of meeting in person. What's worked for me is after exchanging a few brief texts or emails with someone new, I send my number and suggest a phone call. As a guy, this validates that I am who I say I am and is sharing my real phone number. It's a minor display of truth and vulnerability.

**Related Link:** [Is It Weird If He Doesn't Call Back After A Date](#)

If the woman is interested she would usually send her number. Then, I make the first call. The process may work a bit differently for women. If you are interested in a guy and he's dragging his feet, if everything else feels right send him your number or ask for his. The goal remains the same; exchange numbers and have a phone call. Energy is exchanged when you hear a person's voice for the first time and hold a conversation with them. A phone conversation is a qualifying step before you decide on meeting someone new.

**Related Link:** [Why Do Men Ask For Photos?](#)

I suggest keeping the call brief. It's easy to get excited and share too many personal details with someone new, but you also can waste a lot of time chatting on the phone with someone that you don't feel the sparks for in person. Keep the call short and keep the process moving. If things feel right, before breaking off the call, casually suggest meeting up and continuing the conversation in person. Drinks, coffee, whatever feels right for a first "date". If the guy shows any hesitation and does not jump at the chance to meet a woman as dynamic as you in person, move on.

Hope this helps. Good luck!

*For more dating advice and to find out more about our dating and technology guru, click [here](#).*

*If you have any questions you would like answered by our relationship experts, please e-mail them to [cupid@cupidspulse.com](mailto:cupid@cupidspulse.com).*

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# Dating Advice: 3 Things Men Wish You Knew



By Gillian Lee

In this week's Single In Stiletto's [dating advice video](#), founder and [relationship expert Suzanne Oshima](#) talks to Cheyenne Bostock about three things men wish you knew but will never tell you. Watch the video above and read the article below for some good tips in your dating life!

## Dating Advice On What Men Wished You Knew!

**Related Link:** [Dating Advice: How to Attract a Strong Man Who](#)

## Takes the Lead

**1. Men Don't Like To Date:** According to relationship expert Bostock, "If there's two things that men value, it's time and their money." He believes that when it comes to dating, a man thinks it's a waste of their time and money. When dating, it's important to see that going out to dinner takes a decent amount of money, especially for several dates. Bostock explains that before the first date, find out as much as you can about the other person so that when you do get to the first date, you're already invested. When you get to know her before the first date and already feel like you want to date her, then that date won't feel like a waste of time and money. You will have that feeling that they are "always wanting you around."

**Related Link:** [Expert Relationship Advice: Two Things That Make a Man Fall in Love & Commit](#)

**2. Food Is The Way To a Man's Heart:** Bostock said some men would tell their women this tip, but most women don't truly understand the gravity of this. For example, if your date is uninterested in going to an event you want to go to, tell him there will be great food and he will change his mind. Also, if a woman wants to talk to a man about something, a good idea would be to bring up food, instead of saying, "We need to talk." He will be concentrated on the food while you are concentrated on the talk. It's a win-win!

**Related Link:** [Relationship Advice: How To Build a Lasting Love](#)

**3. Affirming a Man:** This is the most important [love advice](#) out of all of them because it defines the difference between a boyfriend and a husband. Bostock states, "There is nothing more valuable than a man feeling like he's needed, he's wanted, he's valued, he's appreciated." There are many terms that you can say on daily a basis that will make him feel wanted such as, "I love you" or "You are important." Make sure

you make your man feel good, because it'll make him want to stay and love you. Bostock explains that if you aren't the one affirming him, then there will be someone else out there who will.

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

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

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## Dating Advice: How to Make Summer Love Last





By [Joshua Pompey](#)

The end of the summer may be closing in, but that doesn't mean we can't still take advantage of the few weeks we have left. This is an optimal time to plan some [date nights](#) that will be remembered long down the road. Summer time is when I met the love of my life online, who I am proud to say is now my beautiful wife. Read the below [dating advice](#) from [relationship expert](#) Joshua Pompey to help spark that summer love.

## Dating Advice to Help You Hold Onto Your Summer Crush!

**1. Rooftop drinks:** Drinks, city skyline, beautiful weather, and a beautiful woman. There really aren't many better ways to spend a summer evening. This sure beats heading over to a sports bar or a neighborhood hole in the wall. With a scenic background, the night turns a bit more romantic, and ultimately, more memorable. If you don't have a rooftop in your area, an outdoor venue that allows you to enjoy the fresh air will do. Most cities or towns will have at least one spot

that is conducive to this type of setting.

**Related Link:** [Dating Advice: How To Make The First Move \(Women's Edition\)](#)

**2. A night at the beach:** The second date I had with my wife was a night at the beach. We started out with some oceanside drinks and then moved the night to a casual outdoor restaurant. We ended the night sitting on a blanket and staring out to the ocean. Well, that's not entirely true; the night actually ended with our first kiss!

**Related Link:** [Dating Advice: 5 Steps To Securing The Second Date](#)

**3. An amusement park:** Nothing says summer like a few rides, some cotton candy, and a ferris wheel. We may not have made it to a real amusement park, but we did manage to make it to Coney Island on 4th of July weekend. Between the food, quirky atmosphere, fireworks, and laughing about how ferris wheels make me nervous, it was an all around great night. If you don't have an amusement park in you area, see what types of fairs or carnivals will be in town.

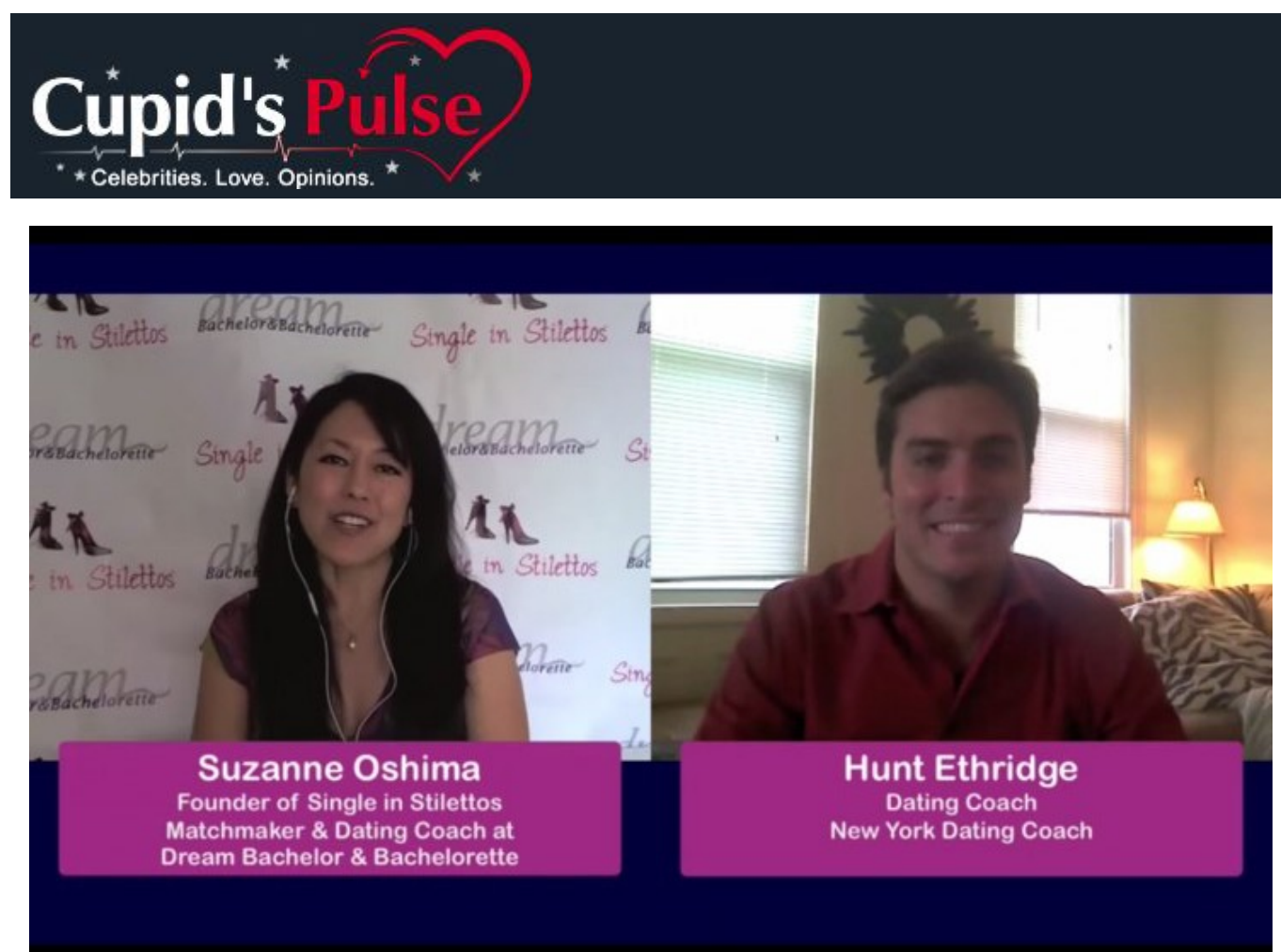
**4. Catch a ball game:** You know what my wife finds to be the most boring thing in the world? Baseball. Seriously. When I turn on a game she goes comatose within ten seconds. But guess what? We have a ton of fun at baseball games. The fresh air, the food, and the energy of a stadium is enough to put a smile on most people's faces, regardless of whether or not they are sports fans.

**5. Road Trip:** This may have to come later in the dating game, but once you are officially on the path to relationship status, nothing seals the bond like a good old fashioned road trip. Ours involved renting several AirBnB's as we crossed through Maryland, Baltimore, Virginia, and Washington. To this day, we have countless memories that we will never forget from this trip.

Joshua Pompey is an online dating and relationship expert. For more free dating advice, click [here](#) now.

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## Dating Advice: Fearless Flirting Formula



By [Rachel Sparks](#)

In this week's Single in Stilettos [dating advice video](#), founder and [relationship expert Suzanne Oshima](#) talks to sensuality coach Patty Contenta about how to master flirting! Watch the video above and read the article below for some feel-good tips to improve your dating life!



# Dating Advice to Help You Flirt Fearlessly!

**Related Link:** [Dating Advice: How to Be More Desirable](#)

**1. Chemistry through charisma:** Successful flirting is all about creating chemistry between you and someone else. A lot of times, flirting is intimidating because it may encourage unwanted sexual attention. “We all want to be respected for our minds and not our bodies,” Contenta admits. Charisma, or the ability to verbally connect with someone, is a fun way to boost both your confidence and that of the person on the receiving end.

The foundation of charisma is ACES. A: appreciation, C: commonalities, E: elevation, S: self-expression. When you appreciate a specific detail about someone, you show that you both pay attention and admire a trait about them. Sharing something in common is the foundation of any relationship, friendly or romantic. To be able to elevate the mood means that people will naturally want to be around you, so break out your sense of humor or share what you love about the present moment. And always, be yourself. When you bring your true self to a conversation and express your quirks, people are more likely to find you charming.

**Related Link:** [Dating Advice: How to Flirt with a Little Touch](#)

**2. Chemistry through **sensuality**:** Embrace your feminine energy ladies! If you feel connected with someone on an intellectual level, take it up a notch with your body language. Sensuality is physical expression, but it doesn't have to be risqué or involve touching. How you sit or lean into a conversation can show the other person you're interested and they will subconsciously lean in as well. Touching yourself, such as your hair, arms, or neck, opens up a new playing field for your person of interest. “Women need to take responsibility,”

Contenta says. She mentions the #MeToo movement and says, "Men are becoming more careful about flirting and touching. Give him permission!"

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

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## Dating & Technology Q&A: How to Win a First Date After Meeting Online





*Question from Andrew L: It's easy to look good online. There's photo editing and time to plan what to say. When you finally meet someone in person after connecting online, there's only one chance to impress. How can I make sure a first date is a win?*

You have a match on your favorite dating app and the conversations online are taking off. You're up for hours talking to your match and find that you're both interested in each other. But how can you be sure to impress on a first date when you've already gotten to know each other? How do you make a successful transition from online to in person dating? Read [dating advice](#) from our [relationship experts](#) Suzanne Oshima and Robert Manni!

**Dating Advice to Help You Successfully Transition from Online Conversations to a Killer First Date!**

[Suzanne K. Oshima, Matchmaker](#): Online dating can seem like a major convenience for people that are too busy to get out there and meet people, but technology can be a setback when it comes to actually meeting someone face to face. In order to win that first date after meeting online, it's important to be

the best version of yourself– both inside and out. When you're able to achieve that level of confidence and self-love, that's when the right man will ask you out.

Having high self-esteem, knowing your self-worth, and understanding exactly what you have to offer a man is key. If you believe it, then he will see it, too. You'll be on your way to that first date in no time! And if he can't see that an amazing woman is right in front of him, then he's probably the wrong man for you!

**Related Link:** [Relationship Advice: Can You Fall in Love Just By Chatting Online?](#)

[Robert Manni, Guy's Guy](#): There are so many dating apps and websites that today's singles often overanalyze things after making an online connection, sadly never scoring an actual date. When I was single and dating online frequently, I became comfortable approaching women online and responding to the ladies who contacted me first.

If I felt attracted to how a woman presented herself online, I'd send a short note and ask an open-ended question about her profile. If she responded, I'd send my digits. If the woman was still interested, she'd invariably send me her number and I'd make sure to call her by the next day. I'd keep the conversation short and, if things felt right, I'd suggest meeting. This usually led to a first "date" over a beverage. After that first face-to-face meet up things either moved forward or went nowhere. It was that simple.

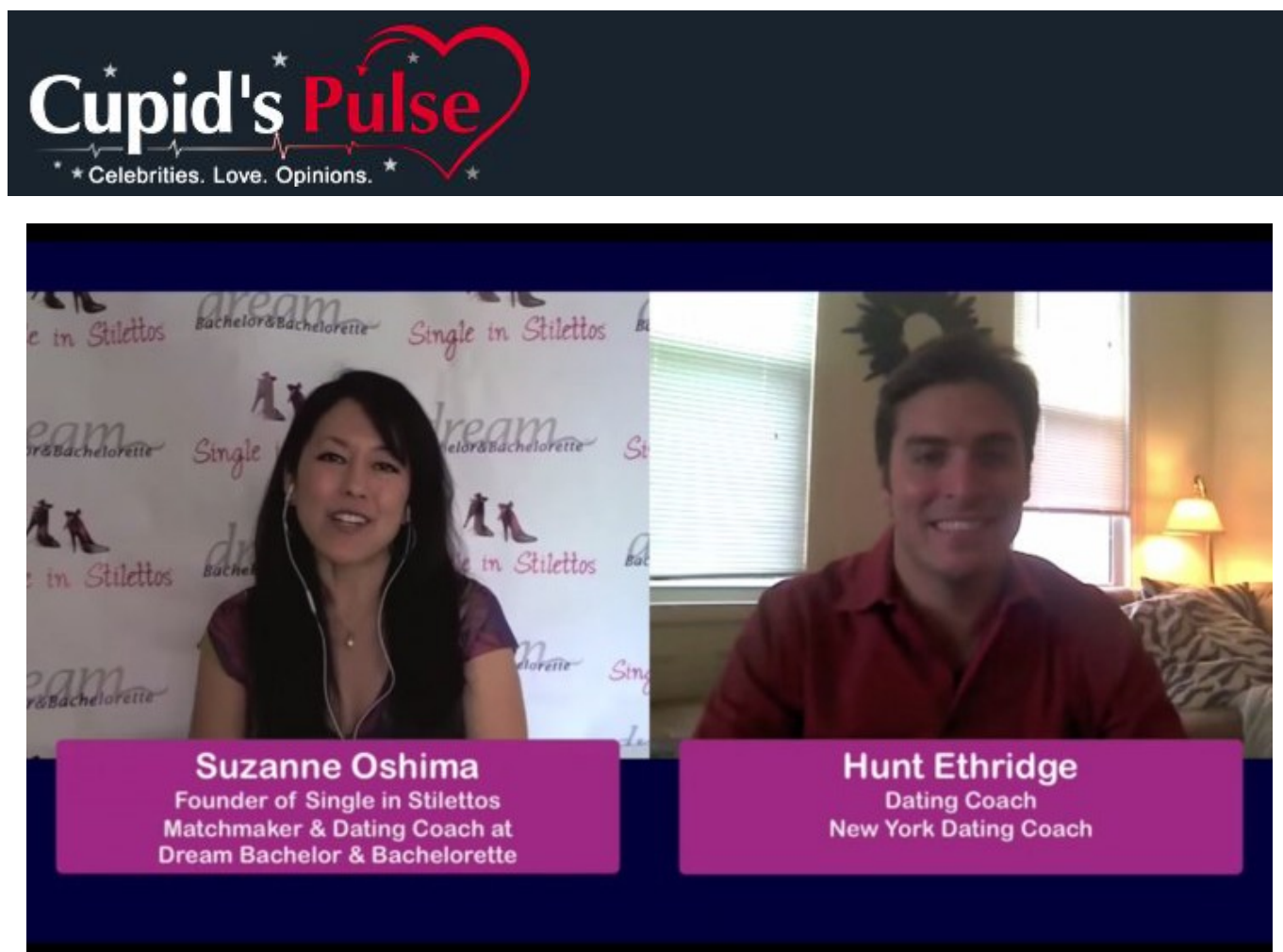
So, if you see someone you like online, be cool, but make your move. Don't overanalyze. Trust your gut, but keep an open mind. There are a lot of cool people out there just like you. Remember, dating is a fun sport. Good luck.

*For more dating advice and to find out more about our dating and technology gurus, click [here](#).*

*If you have any questions you would like answered by our relationship experts, please e-mail them to [cupid@cupidspulse.com](mailto:cupid@cupidspulse.com).*

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# Dating Advice: What To Do When Online Dating Isn't Working For You



By Lisa Smith

Although online dating is one of the most common ways to meet

someone these days, it doesn't work for everyone. There are several [research-based reasons](#) why online dating isn't actually the best way to meet someone.

For some people, online dating is frustrating because it's so easy for prospects to present themselves in a way that is much different from who they are in real life. It's incredibly easy to portray yourself as a great catch and hide your bad qualities in the online world.

Others claim the bigger problem is simply that online dating presents them with too much choice which is too overwhelming.

Overall, many of today's singles avoid dating apps and websites because they are a time suck. It requires so much time to sift through the bad matches and find someone worth talking to. A great way to waste your time is by chatting with someone online for ages, only to meet them in person and realize there is no connection.

**Here is some [dating advice](#) if you're single, and online dating just isn't working for you.**

### **1. Try Professional Matchmaking.**

Working directly with a professional matchmaker is like having a best friend who is on a mission to find your Mr. Right. A matchmaker is a trusted ally who knows exactly what you're looking for in a partner and wants to find that person for you. By choosing to work with a reputable and [elite matchmaking](#) company, you'll experience what it's like to only be presented with desirable and appropriate prospects. A matchmaker will also help to remind you not to commit certain dating mistakes, and will basically give you a much-needed pep talk before your first date.



One of the greatest benefits of working with a matchmaker is the screening process. They sift out the inappropriate candidates for you, and screen everyone to ensure they're only introducing you to someone great. While online dating might overwhelm you with options and present you with an exhausting [paradox of choice](#), matchmakers effectively narrow it down. This saves you time and energy, resulting in a much more positive experience than online dating.

## **2. Get Set Up.**

Getting set up by a friend who has a single friend can definitely work. It might not be as effective as using a professional matchmaker, because there is not the same screening process; however, it doesn't hurt to let a friend set you up with their single friend. If nobody is offering to do this for you, try asking a few of your friends if they know someone who is in your age group and single. You might spark the idea that there's someone great they can try setting you up with.

## **3. Sit At The Bar Alone.**

Although it takes some courage to go to a bar by yourself, sitting at the bar alone is a great way to meet someone. Whether it be your neighborhood sports bar or a more upscale venue, sitting at the bar alone makes you approachable. You'd be surprised at how many people will chat with you, as it's not intimidating for them since you're sitting there by yourself. You might mistakenly assume that this makes you look like a sad person with no friends. However, it actually makes you look confident and esteemed. You aren't afraid to grab a drink by yourself, and that shows a sexy confidence. Patrons won't assume that you have nobody to grab a drink with – they'll simply think that you're comfortable being alone. It's a great quality to be independent and comfortable in your own company.

#### 4. Work On Your Confidence.

How many times have you noticed a beautiful stranger behind you in line at Starbucks, or seen someone who is totally your type in the produce section of the grocery store? By working on your self-confidence and realizing that you have nothing to lose, you might start getting comfortable approaching sexy strangers in real life. With the rise of online dating, fewer people are getting approached or flirted with in real life, and you'll stand out as being confident if you do this. Remember that the worse thing that can happen is a polite decline, which isn't so bad.

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## Relationship Advice: The Secret to Attract a Commitment-Minded Man





By [Rachel Sparks](#)

The [relationship advice](#) in this week's Single in Stilettos [dating advice video](#) will help you attract the man who wants to stay in your life. Watch the video above, featuring founder and [relationship expert Suzanne Oshima](#) and Sandra Fidelis, for dating advice!

## Relationship Advice to Help You Attract a Commitment-Minded Man

**1. Discover your core beliefs:** "There are certain things that you pick up throughout life that shape your reality," Fidelis says in her relationship advice. "When it comes to love, whatever you believe is possible for yourself is what you will attract." If you don't believe that you are worthy of a long-term relationship where a man is committed to you alone, then you won't attract someone of this mindset. Core beliefs don't just mean what you believe about the world; they very often relate to what you believe about yourself.

**Related Link:** [Single in Stilettos Show: He's Great, But...](#)

**2. Discover what you want:** Once you discover your core beliefs, you have the power to change them. "What you believe is what you create," Fidelis says. Focus on what it is that you want out of a relationship. Fidelis advises, "When searching, focus on the energy of the relationship you want to create together." Avoid superficial traits that you may think you want. Height or aesthetic preferences lose significance to the energy of a healthy relationship. Oshima adds, "You limit yourself when you focus on superficial wants." What is more important: how tall a man is or how he makes you feel?

**Related Link:** [Single in Stilettos Show: Do You Push for Commitment Too Soon?](#)

**3. Open your channels:** Now that you've identified what you want, how do you bring that into your life? You have to put yourself in situations where the person you want to attract could be. That means you need to mix up your routine! "You need to put yourself in front of the type of guys you want to attract," Fidelis states. Open up the opportunities to meet new people. Try online dating if you haven't before. Waiting around for someone to come into your life is ineffective and just won't happen. Get out there and have fun!

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

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# Dating Advice: Best Movies for Great Date



Let's say you are with someone you're dating at home, you like each other, but you both experience some shyness. In this case, an excellent option is to watch some movies together. The question is, which ones? Let's figure it out. To begin with, set aside vulgarity and rudeness. They don't promote a romantic mood, and instead, they push [single ladies](#) away. Remember one thing: the movie you choose will say a lot about you, and it will either help or hurt your cause when it comes to your love interest.

## Here is some dating advice around

# each genre of movie to consider when it comes to dating:

## **Drama**

One of the biggest mistakes you can make when it comes to movie suggestions is choosing a heavy drama. These types of movies can lead to tears and depression, which isn't exactly the vibe you want to put out in front of your crush. If you choose to watch *Titanic*, you may be in for a teary night.

## **Comedy**

When choosing a comedy, make sure to keep in mind a few things. First of all, check out the film's rating. You don't want to end up accidentally watching a movie with stupid jokes, obscene language, drugs, and murder. It 's definitely best to check into the humor of a movie in advance. The bottom line is that comedies don't promote feelings except happiness, which is great for a date.

## **Horror**

They say that horror and fear strengthen your sex drive. It's difficult to answer whether this is true or not, but the fact that scary movies typically bring couples together indisputable. Generally speaking, when choosing a horror movie, make sure to ask your partner first. It may be that your crush hates them, no mater how interesting the movie is or who she's with, so be careful!

## **Thriller**

Thrillers, like horror movies, can be called frightening. There's typically less blood and murder scenes in thrillers, but there lies suspenseful secrets and mystery. Make sure your partner is okay with those types of things before selecting a thriller to watch. In thrillers, there are no clear boundaries and they create intense emotions of excitement.

## **Adventure**



One of the best options if to watch an adventure movie with your love interest. Adventure movies debuted in 1981 when *Indiana Jones: Raiders of the Lost Ark* hit the theaters, directed by Steven Spielberg. In adventure films, attention is focused not on the use of force and violence against heroes of a film, but on the ingenuity of heroes and travel. In adventure films, heroes often have to find an extraordinary way out of difficult situations.

### **Melodrama**

You'll have the largest selection of movies to pick from if you watch a romantic movie, also called a melodrama. What else does she need to feel happy? A good, bright, kind movie about love a happy ending is a sure thing. A melodrama reveals the spiritual and sensual world of heroes in emotional circumstances on the basis of well-known contrasts: good and evil, love and hate, or joy and sorrow.

**Be sure you choose the right genre for you, as people are all different. What are some other things to consider when it comes to choosing a date movie?**

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## **Dating Advice: Most Common Dating Mistakes**





While some of us are great when it comes to dating, others may fall into the “beginner” category. Either way, each and every one of us has had to deal with dating and the issues that come along with it at some point. Just as with anything, the ins and outs of dating and relationships have evolved throughout the years. There’s no doubt that there are some drawbacks to dating, but in the end, imperfections can be beautiful.

**To get the most out of your dating game, it’s best think about possible pitfalls in advance. Here is some dating advice:**

**1. Poor communication:** In an era where messengers and ridiculously fast transportation are ubiquitous, for some unknown reason, people tend to forget how to communicate. It’s not enough to just have sex and spend a few hours a week going out or eating somewhere. Deeper conversations and even small talk still matter. Ask how she feels today, what she is up to,

or what she dreams about. If things work out, you may end up in a serious relationship or married. Can you be happy with a person you know nothing about? No!

**2. Online dating problems:** Let's be honest: issues with online dating are infinite and we could devote an entire book to it. But to name a few, there are online dating scammers, addictions to sexting and frequent rotation of partners. You can easily become picky and fastidious, changing partners like underwear. It's totally not okay, as you never build an emotional bond, which makes your relationship real and authentic.

**3. Rushing into things:** "Think fast" is really great for work, but when it comes to relationships, rushing into decisions makes very little sense. Predicting how people are going to act is virtually impossible, so take some time to understand your own feelings and whether or not your partner and you truly click. Many people make this mistake while still being in the initial stage of a romantic relationship when everything seems sweet and fine.

**4. Over-analyzing everything:** This is pretty common. People tend to pay way too much attention to that which does not really matter. Overall, "actions speak louder than words," as they say. The fact is, we're human, so at times we can be distracted, depressed, moody or just detached. Of course, you want to avoid putting all of the burdens of your emotional state on your partner's shoulders. If she doesn't answer your message within 30 minutes, it does not necessarily mean you're getting the cold shoulder.

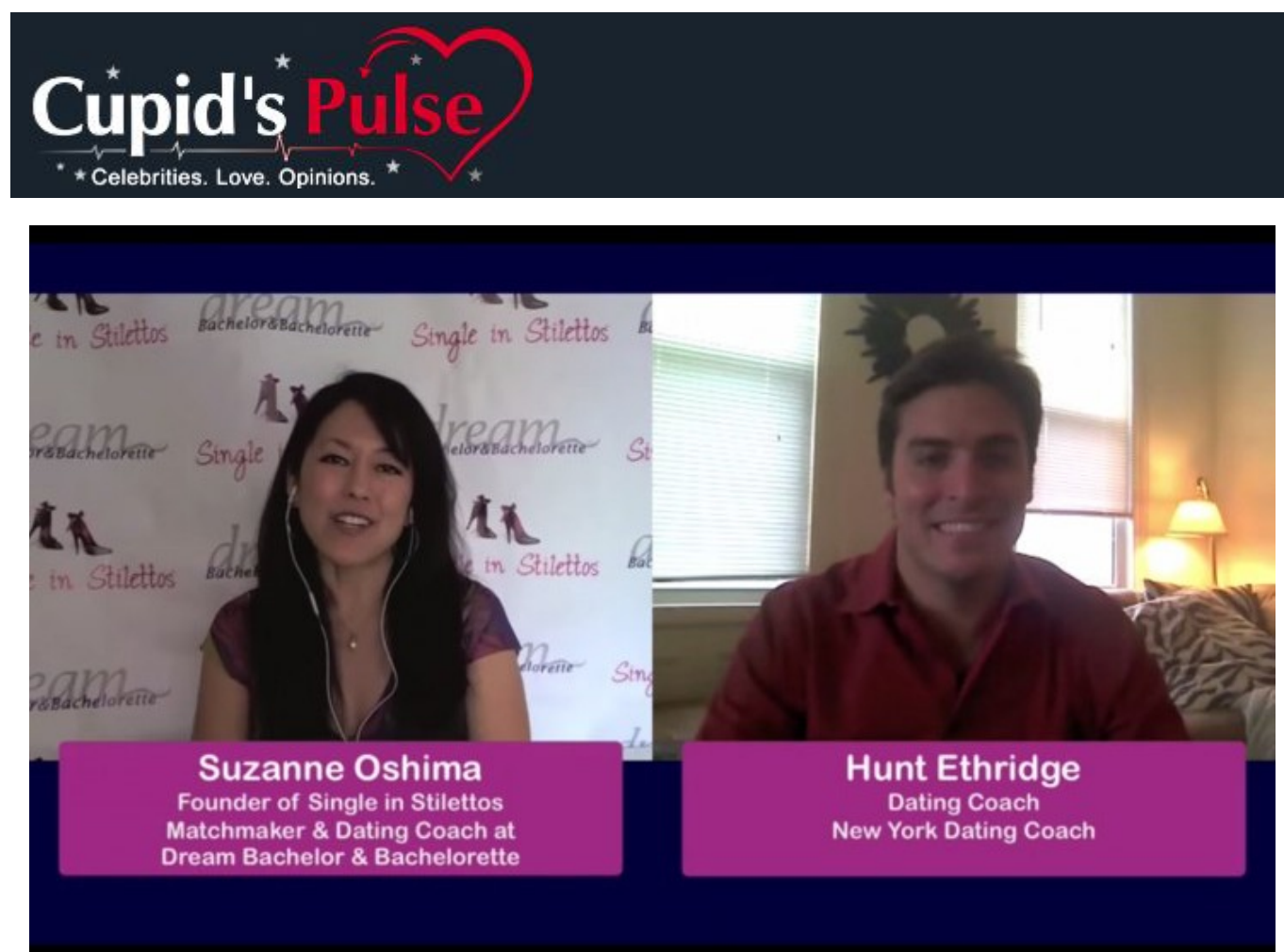
**5. Not paying enough attention to sex:** This one may sound odd, but it actually happens (often times with men especially). They tend to believe that they have natural skills in bed, and there's no need for training and looking for better approaches. Moreover, there's a right and wrong for each individual. Sometimes, the simplest things in life are the

most complicated.

What are some other potential pitfalls when it comes to dating? Share your thoughts below.

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## Dating & Technology Q&A: Should You Delete Pictures of a Long-Term BF?



*Question from Mara S.: My ex and I broke up after having a long-term relationship. Should I take pictures of us down from social media now that I'm seeing someone new or should the new*

*guy in my life understand that my ex and I had a long history together?*

Technology makes it so easy to share with the world the things that matter to you. It's normal to post memories that you want to hold onto, but beware of what message your social media is sending. When you are interested in someone, you devour everything online about them in hopes of learning something new. That's true for someone interested in you. What do you want someone to learn about you from your photos online? Read below for [dating advice](#) from [relationship experts](#)!

## **Technology Dating Advice that Helps You Know When to Delete Pics of Your Ex**

[Suzanne K. Oshima, Matchmaker](#): While you and your ex had a long history together, it's time to take the pictures down and move on with your new guy. There's a great quote by T.D. Jakes that best sums it up, "You can't drive forward looking in the rearview mirror."

[Robert Manni, Guy's Guy](#): My answer is a resounding yes. When it's time to move forward, take down all photos from social media of you with your ex. If you want a new beginning, especially with someone new, you need to send him the right signals about your availability. The past has merit. We live, we love, and we learn, but there must be a reason your former boyfriend is now your ex. If you're having a hard time deleting photos of him off social media, perhaps you are not quite ready to move on. If you truly want a new beginning, then start fresh on social media and give your new suitors the opportunity to see who you are right now. If things work out, they could be the luck one in your pictures. Good luck!

*For more dating advice and to find out more about our dating and technology gurus, click [here](#).*

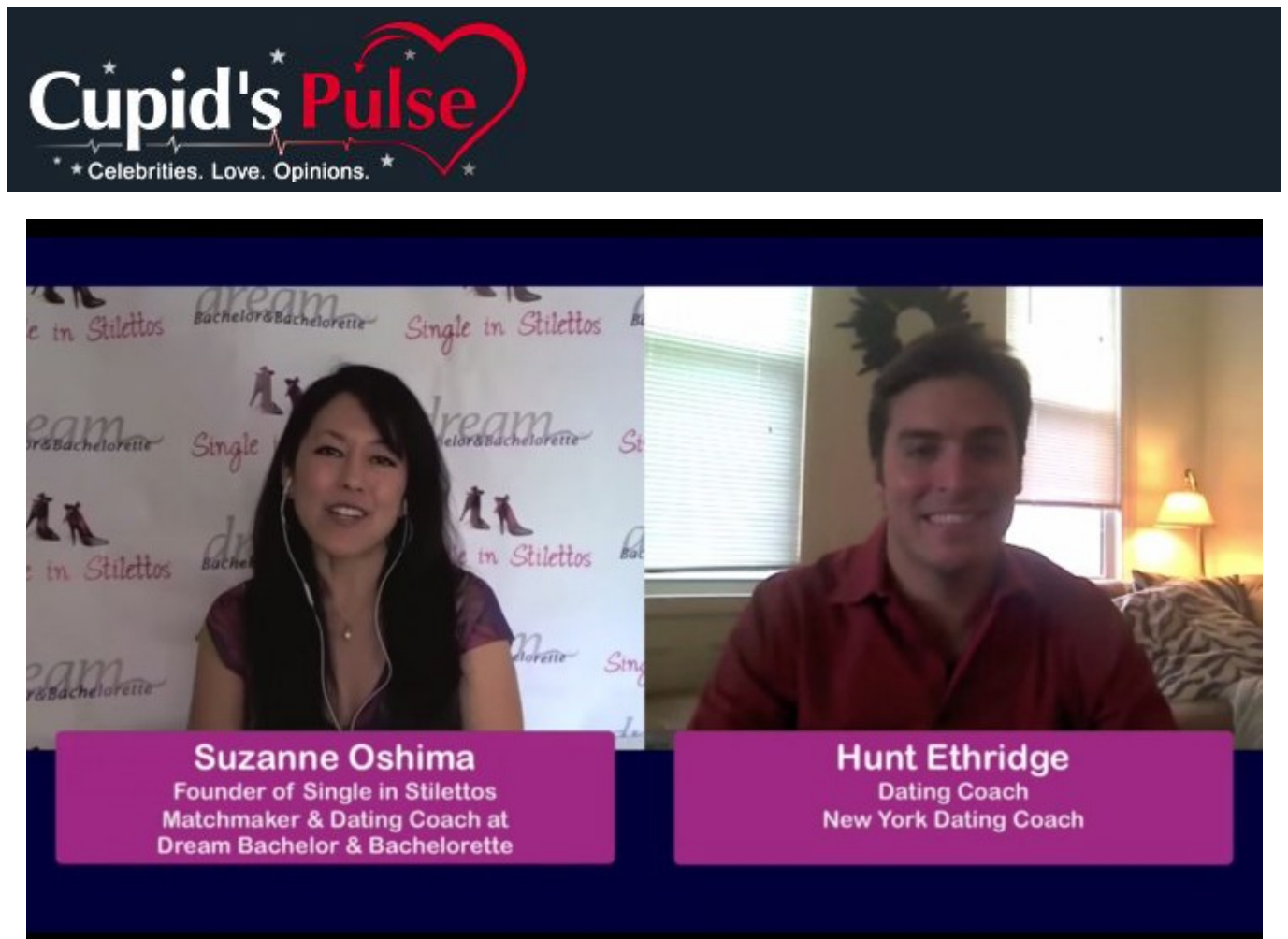
*If you have any questions you would like answered by our relationship experts, please e-mail them to*



*[cupid@cupidspulse.com](mailto:cupid@cupidspulse.com)*.

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# Dating Advice: 4 Signs Your Partner Is the Right One for You



A lot of us get into a relationship only to eventually breakup. This typically happens because we end up picking the wrong partner simply because we are not aware of what we want from life or we are not able to catch the signs.



**To help you make the right decision, our dating advice below includes four signs that indicate your partner is the right one for you:**

**1. You can talk for hours:**

It is important for partners to communicate with each other and talk about everything. If you struggle to come up with a topic to talk about with your significant other, then it is a sign that you are probably not compatible. However, if you can talk at a stretch without struggling to find things to say, then you more than likely have a sustainable connection.

Many couples just sit together, at a restaurant for example, but have nothing to say to each other. Such couples are typically unhappy, and it's not something you'd want to aspire to in your relationship. If you find it difficult to open up in front of your partner and your conversations are not a two-way street, then it may be time to call it quits.

**2. You love doing things together:**

If you love your partner's company and enjoy doing things with them, then they may be the right pick for you.

This could involve everything from dining together to watching movies together to going on trips. Remember that you do not need to share the same tastes to be able to enjoy things together. You might like action movies and your partner might like romantic comedies. There is nothing wrong with that, and sometimes opposites can actually attract one another. But, if these differences begin to cause you to fight, then it's a sign of concern.

### **3. He or she makes you happy:**

Physical attraction aside, you get into a relationship because it makes you happy, but sadly not every relationship involves two happy people. Some can be toxic.

If your relationship only makes you unhappy, then it is not the right one for you. However, before you make a decision, find out what really causes you to be unhappy. It can be due to several reasons. For example, if you're married, think about putting together a list entitled "[thankful for my husband](#)" and bring to light what qualities your husband has that you are thankful for. You can do the same thing with your partner, and this will help you gauge if the fault is within your partner or because of you.

### **4. You fight, but then grow closer:**

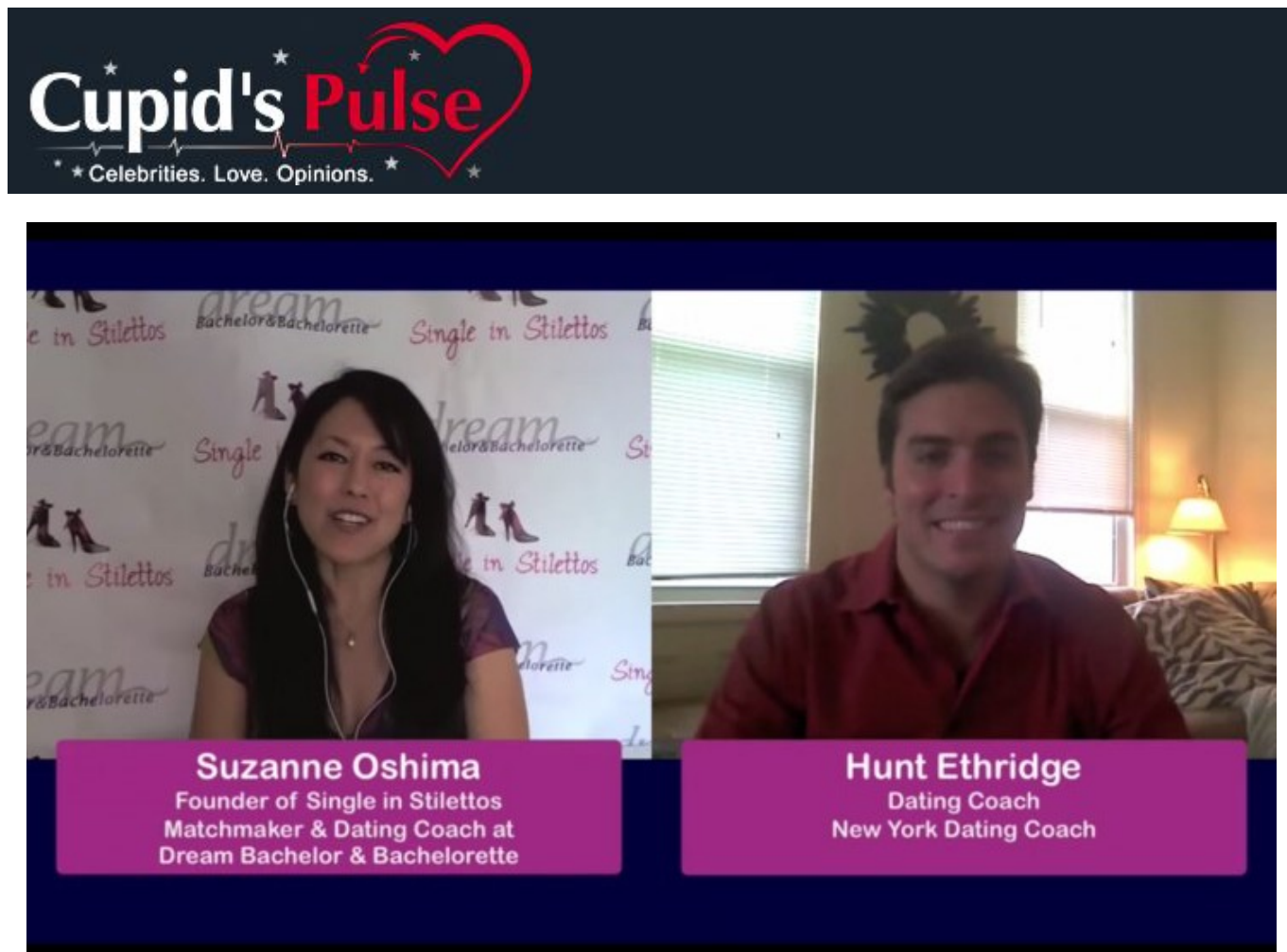
It's okay and normal for couples to fight. Just because you have arguments, it doesn't mean you're wrong for one another. Remember that all couples argue. In fact, many experts believe that fights can help two people come closer, but this only happens when you avoid letting arguments change your relationship.

If you stop talking to each other for days after a fight, then it is a sign that you're not right for each other. However, if you can get along despite arguments and not carry forward the hatred, then it is a sign that you can work through things together long-term. Couples that forget about the negative things in life and concentrate only on the positives stay together for a long period of time, because they do not let the hardships of life affect who they are.

Consider these four signs when you're trying to figure out if your partner is "the one". The key lies in not being overly critical and seeing how things really are. If the partner you're with makes you happy and you think you can be with them in the long-run, then it's time to give it a real shot.

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# Dating Advice: How to Stop Self-Sabotaging in Love



By [Rachel Sparks](#)

In this week's [dating advice video](#), Single in Stilettos founder and relationship expert [Suzanne Oshima](#) talks with spiritpreneur Abiola Abrams about how to stop self-sabotaging your love life. Don't miss this great [relationship advice](#); watch the video above!

# The Dating Advice You Need to Stop Sabotaging Your Love Life

**1. Become aware of yourself:** Abrams challenges viewers with the question, “Why do you always attract a certain kind of person?” The law of attraction states that you bring into your life what you emit. If you send out signals of failure, whether you subconsciously expect it or not, you welcome failure into your love life. A lot of times, you’re unaware of the ways in which you sabotage yourself, but recognizing that you do so can help break a cycle of bad dates and dead-end relationships. Oshima adds, “The common denominator in all of these failed relationships is you.” It’s time to look in the mirror and face reality about yourself.

**Related Link:** [Dating Advice: How to Be Sexy on Date Night](#)

**2. Start journaling:** Journaling is a great tool to becoming more self-aware. You can find and explore the ways in which you fail and how you may begin to attract the relationships you do want. In her dating advice video, Abrams encourages viewers to “journal who you think you deserve to be with, not your dream person.” When you evaluate not who you wish to have but instead who your current actions attract, you realize who you deserve. “It’s a heartbreaking exercise,” Abrams adds, “because a lot of women realize they believe they don’t deserve love.” If you feel this way, start there and ask yourself why you feel that way. Begin to challenge yourself so that you will believe you deserve kind and compassionate love.

**Related Link:** [Single in Stilettos Show: Dating Advice About Mindfulness](#)

**3. Pay attention to patterns:** Journaling can help you discover patterns. Abrams suggests journaling about the times discord arises in your relationships. What environment surrounds the argument? When your relationship is running smoothly, do you

bring up old triggers? “We have a victim consciousness,” Abrams says of women. “We get together with our girlfriends and talk trash about our men, and that cultivates conflicts.” Only you know how your relationship is. If you’re constantly looking for conflict, you’ll find it. When you see those patterns, you can stop destroying something that has the potential to be truly satisfying and fulfilling. Abrams offers her final bit of advice, “Self-awareness brings you to self-acceptance.” In other words: true love starts with self-love.

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

*For more videos from Cupid’s Pulse, check out our [YouTube channel](#).*

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## Dating & Technology Q&A: How to Use Technology to Prevent Your Relationship Going Stale





*Question from Kirstie W: When my boyfriend and I first started dating, our texts were fun and exciting. When we saw each other at the end of the day, we still had a lot to talk about even though we had been texting all day. After being together for six years, texting is non-existent and when we do see each other all we talk about is work. Conversation is getting stale; help!*

Long-term relationships face unique challenges. Conversations can be much more in depth because you know each other better. At the same time, conversations can run dry because you already know so much about each other. After awhile, talks are less about discovery and more about supporting each other. This [dating advice](#) from [relationship experts](#) Suzanne Oshima and Robert Manni will help bring excitement back into any relationship!

## Dating Advice for When Relationships Go Stale

[Suzanne K. Oshima, Matchmaker](#): Ironically, the effectiveness



of our communication with our partners can be damaged by the technology that we surround ourselves with every day. When you're both busy and working throughout the day, it can be difficult to keep in touch and talk about work over technology. When you get home, try to make it a rule to only talk about work for the first 30 minutes of your conversation, and make sure it's about something you need advice or insight on from your spouse.

After that, focus on your relationship and the fun things about your life together, whether it be date nights, your love, or future plans. This way, you'll be able to foster an environment at home with your relationship as the focus without the noise and distraction of technology between you. Keep things real by engaging in face-to-face conversations, and you'll feel much more connected with your partner as a result.

**Related Link:** [Dating & Technology Q&A: How Do You Handle Dating Someone with an Internet Persona?](#)

[Robert Manni, Guy's Guy](#): The issue here transcends technology. It seems that your day-to-day relationship has become expected and you're counting on technology to solve your problem. Technology can be a helpful tool for keeping the connection strong, but it's a means to an end. I'm sure your partner would welcome fun and sexy text exchanges throughout the day, but the real issue is finding ways of maintaining true intimacy when you are together.

I suggest making it a priority to live in the moment when in each other's company. That means being present: verbally, physically, and even spiritually to maintain your loving connection. Try discussing more than your work when you meet up, even after a hard day. Make it a priority to share meals, drinks, physical intimacy, and your true selves on a regular basis. Technology provides a way of staying connected during the work day, but the most important way to keep the embers


glowing is to make the most of your time when you are face to face. Good luck.


For more dating advice and to find out more about our dating and technology gurus, click [here](#).

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

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## Relationship Advice: How to Heal a Broken Heart





**Suzanne Oshima**  
Founder of Single in Stilettos  
Matchmaker & Dating Coach at  
Dream Bachelor & Bachelorette

**Hunt Ethridge**  
Dating Coach  
New York Dating Coach

By [Rachel Sparks](#)

The [relationship advice](#) in this week's Single in Stilettos [dating advice video](#) will help you mend that broken heart. [Relationship expert](#) and founder of Single in Stilettos Suzanne Oshima interviews [relationship author](#) Duana Welch for her top three tips on how you can heal after a break-up.

## Relationship Author Duana Welch Offers Her Best Relationship Advice on How to Heal a Broken Heart

**1. Be brave:** "The things that we dream of most are the things we are most scared of," Welch shares. Face your fear in order to pursue your dream relationship. It's easier to sit on the couch and wallow in heartache, but that doesn't help you move on. Dating is scary, but as the relationship author says, "Do it anyway."

**Related Link:** [Relationship Advice: Dealing with a Dating Burnout](#)

**2. Move on:** May Weather once said, "The best way to get over someone is to get under someone else." Welch quotes this eighteenth-century woman to prove her point: The best way to move past an old heartache is to jump into a new relationship. No matter what people say about loving yourself first, starting up another relationship can offer the adrenaline that helps you forget the past pain.

**Related Link:** [Expert Dating Advice: How to Move a Stagnant Relationship to Commitment](#)

**3. Learn relationship science:** There are boundless resources that can teach you about the human mating cycle. While that's not a glamorous term for dating, when you begin to treat relationships like science experiments, you can learn what

works and what doesn't. If you're already hurting from heartache, how bad can failing at dating experiments be? As Welch advises, "Taking no steps is guaranteed failure."

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

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## Relationship Advice for the Guys: How to Approach a Woman You're Interested In





By [David Wygant](#)

One of the biggest problems for men today is that they suffer from a made-up disease called Approach Anxiety. I keep waiting to see commercials during football games from a major drug manufacturer. It would start like this: a man staring at a woman who is staring at her phone. The man would be thinking about what to say. The woman would still be standing there, checking her Facebook feed or re-reading a text. You can substitute any of the details for this situation because, wherever women go, they're staring at their phones. It's their safety blanket, their virtual crutch. It may be annoying, but it still doesn't give the men a reason not to go and talk them.

Unfortunately, most men will be in this situation and say, "I really wanted to talk to this woman, but she was too busy on her phone." Women will always have their phone. It's the way they protect themselves, which means that men have to learn to conquer their Approach Anxiety.

# Relationship Advice on Approaching Women from Relationship Expert David Wygant

**Related Link:** [Relationship Advice: When's the Right Time to Pop the Question \(Marriage\)?](#)

If you suffer from Approach Anxiety, try this new pill. If you are always trying to think of the right thing to say, then you need to take Approach No More. Now, the side effects may be substantial. You may itch. You may have a chronic stomachache. You may have heart palpitations, but at least you'll be able to go talk to a woman.

Honestly, I find the whole thing super silly. My [relationship advice](#) is to remember that you're just strangers passing each other during the day. It's so easy to start a conversation based on whatever is going on in the moment. I call it the power of observation.

Observe what a woman is doing and make a comment on it so you are jumping into her world. For instance, if she's at Starbucks and ordering a drink you've never had, say something like, "I've never had that here. Is it good? Is it your favorite?"

Men are always looking for opening lines. Opening lines are the biggest con in the world. Speak, talk, say anything, *be human*. Talk to a woman like you would talk to a regular person, and stop treating her like she's ET's sister. That's how you approach a woman you're interested in. Remember that you're not truly interested in her until you get to know her.

**Related Link:** [Relationship Advice for Guys: Why Is It So Hard to Date?](#)

So how do you get to know her? You must talk to her.



Communicate with her. Speak to her. Talk to her like you would anybody else. In my 20 years of being a [relationship expert](#) and helping men and women understand each other, I basically have told men the same thing over and over again: Stop worrying so much about what you say and just say anything. Realize women are more open than you think. They'll put the phone down if you come and talk to them, if you're confident about what you say, if you speak to them like you would an old friend. But if you go over there and try to say something clever that's really not clever, if you say something stupid that you've seen on the Internet, or if you're just shaking in your pants because you're so afraid to talk to her, she's going to feel that energy and want to run.

The only way you make a woman interested in you is if you treat her as you treat anybody else, and it's something that I do all the time. This [dating advice](#) works. The problem is that men have been marketed to death and made to believe that they need to do something so spectacular. Try talking to her about what's going on in the moment and listen to what she has to say. Just treat her like a human being.

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

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

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# Relationship Advice: How to Build a Lasting Love



**Suzanne Oshima**

Founder of Single in Stilettos  
Matchmaker & Dating Coach at  
Dream Bachelor & Bachelorette

**Hunt Ethridge**

Dating Coach  
New York Dating Coach

By [Rachel Sparks](#)

This week's [relationship advice](#) from Single in Stilettos showcases founder and [relationship expert Suzanne Oshima](#) interviewing relationship author Wendy Newman. If you get stuck in the dating cycle, Newman's tips in this [dating advice video](#) will help you work past the dating stage into a successful long-term relationship, teaching you how to maintain a lasting love.

## Relationship Advice to Help You

# Maintain Love

Newman's three nuggets of wisdom will help you build that long-term relationship you've been after:

**1. No one is in trouble:** Ever heard of the phrase "the dog house?" Yeah, we're all pretty familiar with that one. Newman's relationship advice is that we no longer make our S.O. feel like they're in trouble. Instead of attacking each other, this mindset gives you and your partner the opportunity to attack the problem together. Newman asks, "Wouldn't that be an amazing place to come from – where we never put someone in trouble and instead create that best friend feeling?" We sure think so!

**Related Link:** [Relationship Advice: The Biggest Dating Pitfalls!](#)

**2. Schedule monthly relationship check-ups:** "There is never a good time to talk about unpleasant things," Newman says. It's important to tackle things that aren't working in a relationship. Newman and her love meet every month (they make a date of it on the full moon, but you can choose whenever works best for you) and ask each other a regular set of questions. They start with, "Is there anything you need from me that you found hard to get this month?" Another question they always ask is, "What did you make up about me this month?" Ask questions relevant to your relationship. No matter what you ask, we can all agree that a wellness check-up has its benefits.

**Related Link:** [Relationship Advice: Be a Fantastic Date for Anyone!](#)

**3. Have autonomy:** "When we collapse our own individuality into another's world, we lose ourselves in the relationship," Newman shares. Resentment and the blame game ends up

following. Oshima adds, “When your life is great, and your partner’s life is great, eventually, your life together will be great.” That means you don’t need to feel bad for girls’ night! Pursue your own interests and encourage your partner to do the same. Happy lives individually mean an even stronger relationship and sense of happiness together.

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

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## Dating Advice Video: Signs He’s Settling for You





By [Rachel Sparks](#)

In this week's [dating advice video](#), [Single in Stilettos](#) founder and relationship expert [Suzanne Oshima](#) talks to [relationship author](#) Tinzley Bradford about how to tell if a man is settling for you. Here, Bradford shares three signs that you're with the wrong man. Don't miss their expert relationship advice in the video above!

## Relationship Author Reveals the Signs for When a Man Settles for You in This Dating Advice Video

**1. He's not doing the things he loves:** We girls like a girls' night out, right? So do our men! "If your man finds himself not doing the things he used to love doing with the people that matter to him, like his best friends, then he's settled," the relationship author shares. Often, it's a sign that he's giving things up to make you feel secure. "If a man loves you, he won't cheat on you," she adds. Don't be nervous about a

guys' night out, and show him you love him back with your trust.

**Related Link:** [Dating Advice Video: The Questions You Should Be Asking Him](#)

**2. It's convenient for him:** "Is he choosing you because of the stuff you can do for him?" Bradford asks in this dating advice video. If you're stable and he's not, then it's convenient for him, and it's a sign he's settling. If you have a car, a house, or money and these are things he needs, he'll settle for the convenience. Watch out! He'll move on when he finally gets the resources himself or finds someone with more than you have.

**Related Link:** [Dating Advice: How to Fall in Love with Dating](#)

**3. He likes a certain kind of woman:** If he says something like, "I don't usually date women with X, but I like that you have Y," be careful! A man who "compliments you and criticizes you in the same sentence" is settling for the things he likes about you – but that doesn't mean you are the total package for him. He may be hoping that you change for him, or he may be settling for you until someone better comes along. This can be emotionally abusive. Don't change for someone, especially someone who is settling for you!

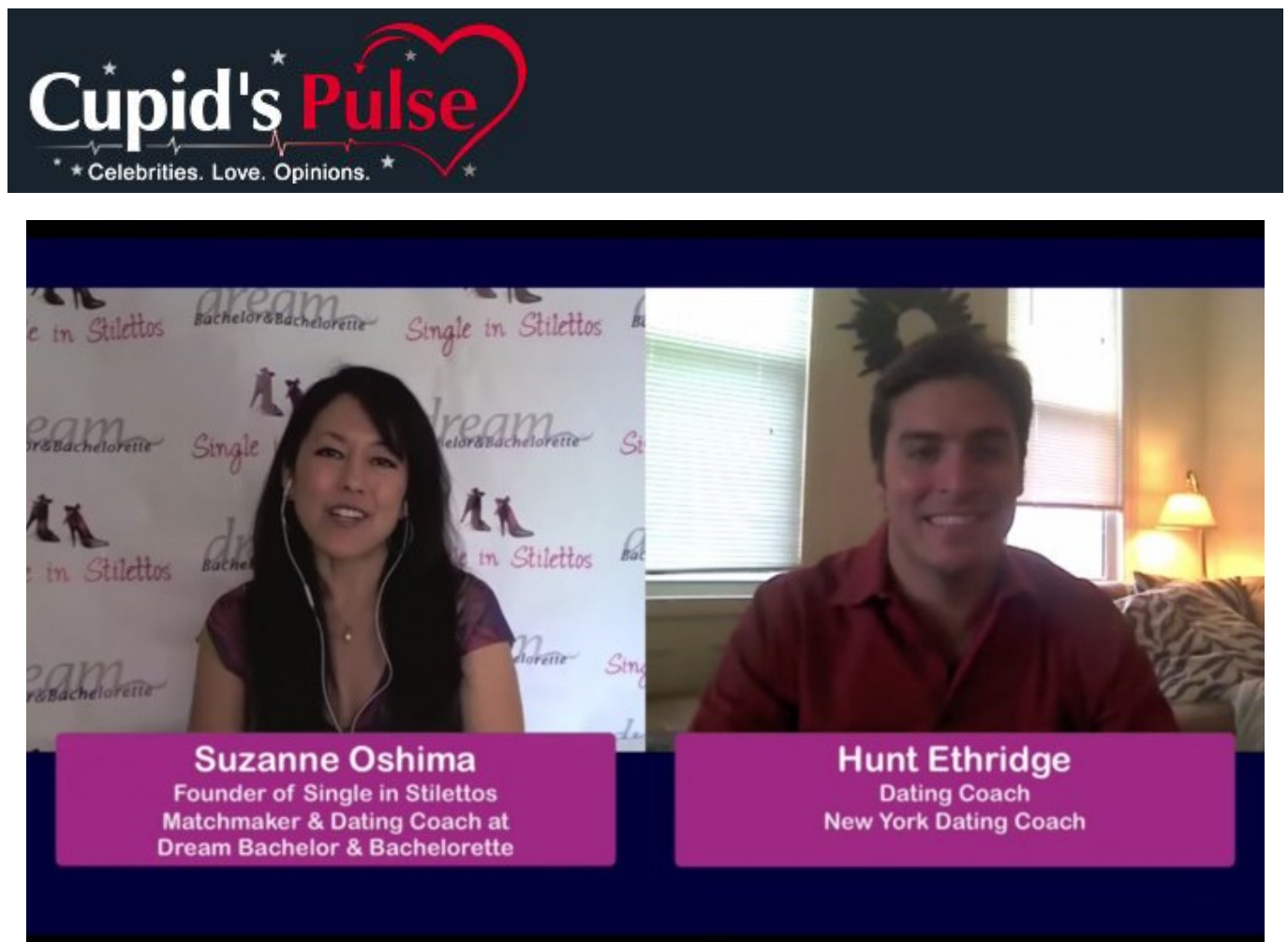
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# Relationship Advice: How to Get Engaged at Any Age



By [Rachel Sparks](#)

On this week's Single in Stilettos [dating advice video](#), founder and [relationship expert Suzanne Oshima](#) talks to love and dating coach Jaki Sabourin about how to get engaged at any age. Watch the video above for their best relationship advice!

## Relationship Advice to Help You Get Engaged at Any Age

Sabourin's four-step process will help you get that rock on

your finger:

**1. First, you need a vision:** Without a vision, we have nothing to strive for. “Get clear about what you want and *why* you want it,” the dating coach says. Why you want something will help you have the strength to overcome obstacles when they come (because they will come).

**Related Link:** [Expert Relationship Advice: Two Things That Make a Man Fall in Love & Commit](#)

**2. Next, you must believe in yourself:** Without believing you can achieve your vision, how will it ever come true? Sabourin encourages you to start building your belief by saying your affirmations out loud – something like, “I have a man who loves and adores me.” Say it again and again until you truly believe it.

**3. Now is the time to take action:** All of the dating advice in the world is useless without action. Where is the best action at? It’s outside of your comfort zone – or the “known zone,” as the relationship expert calls it. “We have to step out of our comfort zone and take more risks, so we can live a bigger life,” she adds.

**Related Link:** [Relationship Advice: How to Emotionally Connect with a Man](#)

**4. Finally, consider your results:** This is the time to evaluate what your vision, belief, and actions have created. If you don’t like it, your vision, belief, and actions weren’t strong enough. Develop a clear image of what you want, and start the process over again until you create the life you want.

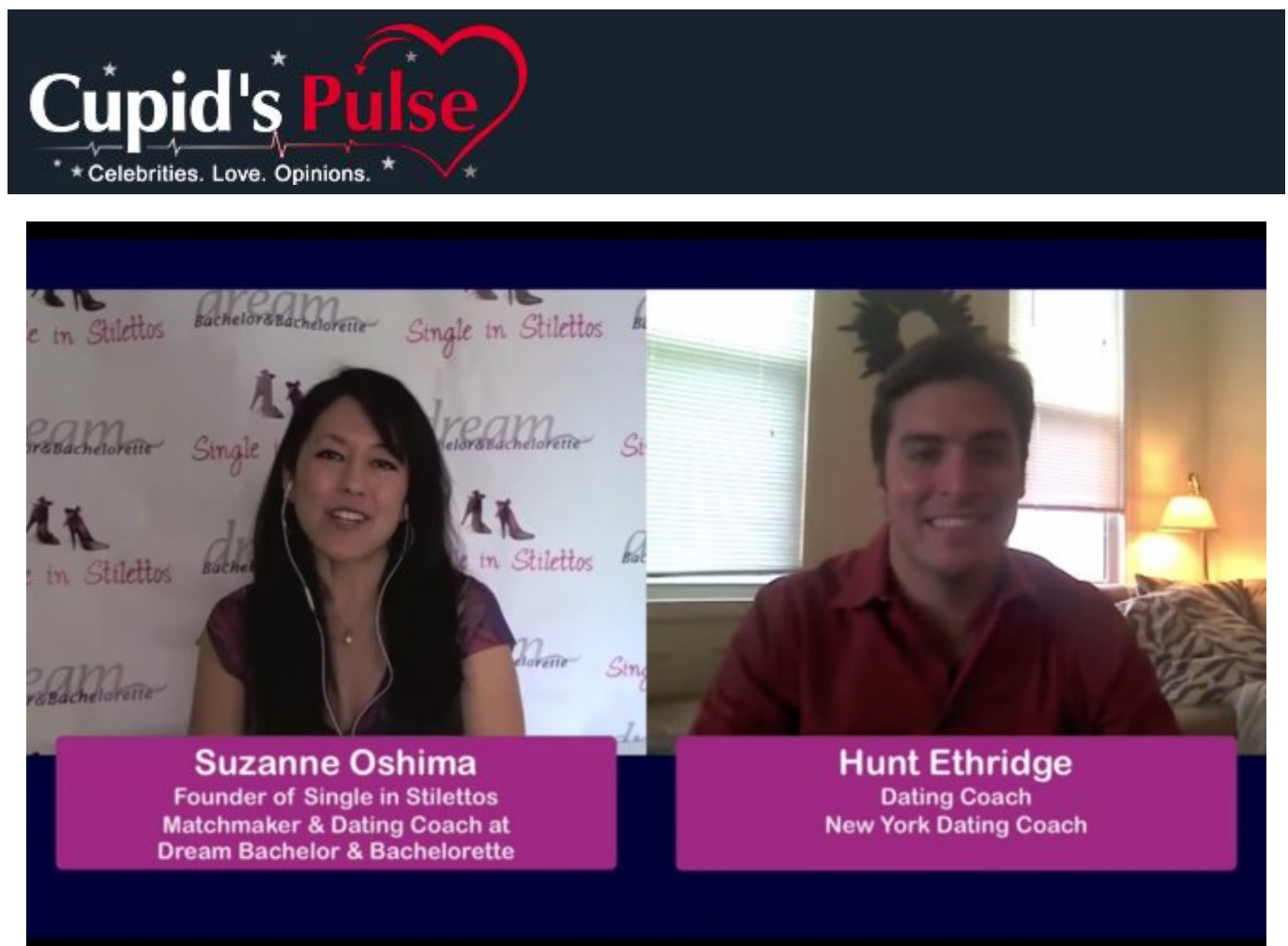
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# Dating Advice for Women: How to Break Your Dating Patterns



By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and [relationship expert](#) Suzanne Oshima talks to relationship strategist and dating coach Cyndi Olin about three ways to break your dating patterns – and every woman has them, so don't think that you don't! Listen to their expert dating advice in the video above.

# Relationship Experts Discuss How to Break Your Dating Patterns

**1. Date more than one person:** “A lot of women don’t date,” Olin warns. “They just get into relationship after relationship.” Instead, date more than one person at a time. Men often do the same thing, but they may not share it with you. Stand in your power and explain your motivations. Say something like, “I like to take my time in important areas of my life, and getting to know someone takes time.” Remember that the wrong guys will walk away, but the right ones will stick around. “Be committed to dating and opening up that journey,” she adds.

**Related Link:** [Dating Advice Video: Beware of These Relationships](#)

**2. Ask for help when it comes to your blind spots:** “You need to get really clear about what you deeply desire in a partnership and what you’re not willing to accept,” the dating coach explains. Think about those fabulous five must-haves that you want in a partner. It doesn’t take a lot of time to figure out if someone aligns with you, but asking someone who supports you for help will make it even easier to see the truth. “It can be very difficult to unfold on your own – it can take some dissecting when it comes to getting clear,” she says. It’s even more difficult if you have a lot of chemistry with someone – you become blinded by your emotions!

**Related Link:** [Dating Advice Video: What Men Want You to Know](#)

**3. Focus on what you want:** If you want big love and a partnership that lasts a lifetime, set that intention, take the inspired action to move forward, and let go of the outcome. “That can be easier said than done, but if you’re following the first two steps, you really can let go,” Olin

shares. “Look at what worked well for you in the past, what didn’t work well. Is there a golden thread in your past relationships?”

“We all have patterns – I guarantee it,” she says. “And they can all be broken.”

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## Dating Advice Q&A: Can Technology Make a Long-Distance Relationship Work?





*Question from Jay E.: My girlfriend and I are about to be separated by an ocean and an 8-hour time difference. Technology has made it so much easier to stay connected, but how can we make it feel genuine in a romantic relationship, especially with the large time gap?*

Long-distance relationships have been made easier by advancements in technology, but it's still important for you and your partner to find your groove and feel connected despite the distance. Let our [relationship experts](#) help by offering their best [dating advice](#) for using technology in the *right* way! Learn valuable dating tips from matchmaker Suzanne Oshima and relationship author Robert Manni. Here, they answer your question about how technology can make a long-distance relationship work. Check out their dating advice below!

## Dating Advice for Long-Distance Relationships

[Suzanne K. Oshima, Matchmaker](#): A long-distance relationship actually takes a lot more work and effort than a relationship



where you both live in the same city. Because you can't see her in person, your only option is to connect with her through virtual forms of communication. While it can be stressful and lonely, technology offers a great way to make it through the hard times.

The great thing is, you both always have your phones on you. So texting is perfect for a quick flirt or to let her know you're thinking of her during your busy work day. However, texting should never be your sole means of communication. To keep your long-distance relationship going, phone calls and FaceTime or Skype are much better for connecting on a more intimate level. Try setting a regular time that works best to have a call. This way, you'll both have something to look forward to that helps make the time apart pass by a little easier and faster

And the truth of the matter is... When it comes to a relationship, no matter how "busy" you both are, you will make time for those things that are important to you! Sure, it may be difficult at first to get past the hurdle of the time difference, but experiment with your communication and never be afraid to try out new things.

**Related Link:** [Dating Advice Q&A: How Has Technology Changed the Way We Date?](#)

[Robert Manni, Guy's Guy](#): Long-distance relationships are tricky, and unique. Technology helps, but time, distance, and presence are the key variables for potential success. Circumspection is a good starting point. Ask yourself the following questions: How serious is the relationship? How far away is s/he moving and for how long? Will s/he be close enough so you can see one another on weekends? If not, how long will you be separated? Is this a permanent move? How badly do you want it to work? And what sacrifices are you willing to make to keep things going?

It's great to be romantic, and Skype certainly comes in handy with long-distance relationships, but let's be practical. If your partner is moving to Australia for five years or more, the odds of staying together are less than optimal. If s/he has been transferred to the Chicago office and you're in New York, the odds of success are better due to proximity. The old saying, "Out of sight, out of mind" often rings true in these circumstances. Long-distance relationships can work, but listen to your heart and your head before committing yourself. Good luck.

*For more dating advice and to find out more about our dating and technology gurus, click [here](#).*

*If you have any questions you would like answered by our relationship experts, please e-mail them to [cupid@cupidspulse.com](mailto:cupid@cupidspulse.com).*

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## Dating Advice Video: Dating After Heartbreak





By [Whitney Johnson](#)

On this week's [Single in Stilettos dating advice video](#), founder Suzanne Oshima talks to [relationship expert](#) Iris Benrubi about dating after heartbreak. First, it's important to note that it's okay to put a wall up. "It's actually a good thing," Benrubi explains. "It's a coping strategy." You've just been hurt, so it's completely understandable that you want to go back into your shell and do some grieving. It can, however, become ineffective if you stay there. Continue reading for three things to know about dating after heartbreak!

## Relationship Expert Iris Benrubi Shares Her Best Dating Advice

**1. Everyone's anxious after heartbreak:** In fact, being anxious is a way of taking care of yourself – it's completely normal. You need to pay attention to how your anxiety shows up in your relationships. "What do you do to keep yourself safe? And is

it working?” Benrubi asks. “You want to see how that anxiety is either moving you towards a relationship or moving you away.” You should be learning to manage your emotions – through breathing or meditation – so that you’re ready to risk your heart again.

**Related Link:** [Expert Dating Advice: How to Find Love](#)

**2. Consider what you learned from your last relationship:** Don’t come from a place of blame, but think about what you were responsible for. Did I speak up enough? Was I too harsh? How can I do things differently in the next relationship? “Our lives are about maturing and growing and evolving,” the relationship expert shares. “As unfortunate as a break-up is, it’s actually an opportunity to become a better version of yourself.” This piece of dating advice is very positive and future-focused – which is a good thing!

**Related Link:** [Expert Dating Advice: 3 Tips to Turn Around Your Dating Life](#)

**3. Be clear on what you’re looking for:** Develop a list of 10 must-haves to give you a solid foundation of what you need in a partner. That way, when you’re dating again, you have a clear picture of whether or not he fits into the future you want. By doing so, you’ll be less likely to get into another relationship that doesn’t meet your needs.

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

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# Expert Dating Advice: How to Handle Heartbreak



By [Megan Weks](#)

Arie Luyendyk Jr.'s point of view on negative commentary regarding his experience on [The Bachelor](#) holds a life lesson we may all be able to benefit from, especially related to finding The One. With regard to facing a backlash from viewers, the [reality TV](#) star tells *E! News*, "It's all about the ending, and finding that person for yourself. That's the important part." The takeaway, then, is that, even though he had to endure hardship, he knew it was all part of the journey to finding his soulmate. This thought process can offer us an intelligent and healthy way to approach heartbreak.

# Dating Advice for Dealing with a Broken Heart

**Related Link:** [Checklist for Dating from Different Decades: Get Love Advice from 'The Bachelor'](#)

It seems as though Luyendyk will be seriously breaking some hearts this season, especially since he destroyed the “I love you” rule by saying that powerful phrase to two women. Still, the expert dating advice here is that you must take a risk to get the big reward in life.

In Luyendyk's case, he risked facing all sorts of negative commentary by living the public lifestyle that is on reality TV. Going on *The Bachelor* was, for him, the ultimate matchmaking experience. He had twenty-nine handpicked women there, all pre-screened to match his criteria. It's a big risk, but if we look at the results, there are a lot of successful love stories created through this process. Choosing the right woman certainly was a tough choice for him, though...

The women were less fortunate, as only one out of those twenty-nine would end up not feeling disappointed. A couple of them would be severely heartbroken. And one of them might feel badly embarrassed (spoiler alert!). When we face these devastating moments in our lives, how can we handle them? What can we do to keep our sanity?

The key is to look at heartbreak as a beginning and not an ending. The more we fight the flow of life, the more pain we will endure. Look for the opportunity in everything. If you were not someone's choice, there is a better choice out there for you.

A couple of months ago, a woman approached me for help with news of a devastating break-up. Upon working together, she decided that it could be an opportunity for her to go out and



get everything she had been dreaming of in a relationship. She wasted no time in her decision to adopt the Manfunnel Method of dating: She quickly put herself back out there and reported back in exactly one month's time that she had met an incredible man. They are now planning their summer trip together with her family. She knew what she wanted and took the action to make it happen.

**Related Link:** [Expert Dating Advice: How I Used a Manfunnel to Meet My Dream Husband](#)

If you're not looking to date right away, that's okay too. What can you do to take even better care of yourself? Perhaps you commit to your yoga mat, get into that infrared sauna, and spend extra time in the steam room. Fill your body with the highest-quality foods. Take time to sort through what might have gone wrong on your end. If you sit still, reflect, and grow from your experiences, you will eventually attract higher-quality people into your world because of your heightened level of awareness.

Your break-up is an opportunity. It happened for a reason. Soon, you will find out the reason. You may end up being delighted and thankful. So for now, just allow everything to unfold as it is meant to.

*For more information about dating expert Megan Weks, visit her website at [www.meganweks.com](http://www.meganweks.com). For more relationship advice articles from Megan, click [here](#).*