

Cupid's Weekly Round-Up: Dating a Co-worker



By Shannon Seibert

In-office dating is risky. On the outside, it looks like a wild thrill ride that involves a lot of stolen glances, secret flirting, and sneaking around. Truth be told, your co-worker is still a person with dating potential. We've snagged these five articles from our partners to show you the most important points about dating in the workplace:

1. Despite the warnings, it *can* work out: Relationships are tough as it is, and when you factor in the stress of the workplace, things can get pretty intense. An in-office romance can challenge people to test boundaries that they haven't before, but by pushing these limits, couples can also

live their fairytale. Ginnifer Goodwin found her love story on the set of *Once Upon a Time*, where she literally fell for Prince Charming, played by Josh Dallas. (CelebrityBabyScoop.com)

2. Secrecy can lead to hotter sex: Keeping secrets can be fun! Subtle touches and hidden jokes within conversation create sexual tension unlike any other. The forbidden fruit always seems to be the ripest, so go ahead and pick it. Plus, it's an added bonus when you catch him checking you out in the break room; it gives you something to look forward to when you clock out at the day's end. (YourTango.com)

3. There are a new set of rules: The dating game becomes a little more complicated when it comes to courting a colleague. For the sake of being professional around your boss and for the courtesy of others, keep public displays of affection to a minimum. They can hinder your work as well as jeopardize your position at the office. You'll have direct contact on a daily basis, so just remember to toe the line from nine to five. (GalTime.com)

4. It may become big news: In the office, all personal relationships are hot gossip. When you really start to fall for a co-worker, people will know just by looking at you. Some industries are more accepting of colleagues seeing each other romantically. Actors date other actors all of the time! In fact, Katie Holmes is allegedly dating her co-star in *The Giver*, Alexander Skarsgard. (CelebrityBabyScoop.com)

5. It can lead to a serious connection: Colleagues tend to develop strong bonds due to the common ground of their work. You understand the day-to-day grind, and you run in the same circles. This allows two people to know each other in more ways than ones. The way he deals with being stressed, flustered, or successful demonstrates a lot about his character. Seeing these sides of each other can lead to greater intimacy and understanding of one

another. (GalTime.com)

We'd love to hear your in-office dating stories! Share with us in the comments below.

Pregnant Mila Kunis Goes On Burger Date with Ashton Kutcher



By Sanetra Richards

Mila Kunis is comfortably eating for two. The 30-year-old actress was spotted out in a nice black tank top and blue

jeans with fiancé Ashton Kutcher as they finished grabbing a bite to eat at The Counter, a burger restaurant located in Studio City. The former costars announced a couple of months ago that they are expecting their first baby together. In the photo, Kutcher was seen opening the car door for the mommy-to-be. It's no surprise that Kunis has been dining out as of lately – she is indeed a growing woman. According to UsMagazine.com, a source said the *Jupiter* star enjoyed a meal with her mom at Blu Jam Cafe in Sherman Oaks, as the two watched the final World Cup game. “I eat sauerkraut all day long,” the actress spilled about her cravings in an interview with Ellen DeGeneres. “[It’s] the worst craving to have because sauerkraut smells and so every time you open up a jar, it just reeks in the whole kitchen...It’s not like ice cream where everything smells lovely.”

What are some ways to make a mundane date special?

Cupid's Advice:

When going on dates becomes a regular thing and the excitement begins to slowly fade away, a problem has surely presented itself. If you sort of shrug your shoulders at those “regular” dates, it is time to put the spark back into it. Cupid has some ways to turn your boring dates into what they used to be:

1. It's not all about the location: It's more so about who you are with. The date can be at burger shack (like Ashton and Mila), or it can be at a five star restaurant. No matter which end of the scale, the date can go either two ways: really good or really bad. The five star restaurant can be a disaster. The burger shack date can leave you with butterflies and a lifetime memory. It is indeed all up to you and your date to make worth each other's while. (Who wouldn't smile at a heart made of fries?)

Related: [Mila Kunis Enjoys Her Sweet Pregnancy Cravings](#)

2. Have a little life in you: Do not be the person who is equivalent to a brick wall during conversation. If the dialogue does not just flow like in some instances, find topics to talk about. Seem intrigued! Ask them about their day, or what is it they may like about the location of the date . . . something. Show that you are made up of emotions, one being excitement. Also, remember your inner child – act a little silly every now and again. You will keep things interesting.

Related: [Mila Kunis and Ashton Kutcher Go On Movie Date](#)

3. Spice it up: Even if you are going to that burger shack as mentioned before, maybe dig out an outfit from the back of your closet, spray on your once in a lifetime perfume, and apply your favorite lipstick. The date will take you back to your first, and you and your partner may even spend a few moments reminiscing on the past.

How would you turn a mundane date into something special? Suggest below!

Single in Stilettos Show: How to Get a Man to Open Up





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima speaks with women's dating coach Jonathon Aslay about how and when to approach your honey with tough conversations. Aslay shares the key skills every woman should practice when trying to get her man to open up.

Related Link: [Jonathon Aslay on Why Men Are Commitment Phobic](#)

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

How do you get your man to open up? Tell us in the comments below!

Online Dating: Are Pictures

Worth 1000 Words?



By [Marni Battista](#)

As much as we may try to seem above it, there's no denying that photos are a major factor when choosing whom to pursue in the online dating world. While I always encourage women to look beyond a man's physical characteristics and delve deeper to determine overall compatibility, online dating presents a whole different animal.

Other than the mysterious algorithm working behind the scenes, most online dating sites give you a guy's stats, a few sentences, and a gaggle of photos to base your first impression on. It's only natural – and wise – to read into the pictures these potential men choose to provide. So that you don't step on any online dating landmines, here's a Dating

with Dignity guide to potential photo faux-pas:

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

Obviously Outdated

It's tempting for us all to pick the fit, tanned photo from senior year sorority formal over the slightly paler and softer-around-the-edges candid photo from brunch last weekend. But the most secure and successful daters realize the value in posting something more recent and realistic. Guys who've posted something clearly from decades past are cause for a red flag. There's something on the outside or the inside that they haven't quite come to terms with.

Angles and Filters on Filters on Filters

Women have long been accused of using "the angles" in online photos, but just as many men are guilty of snapping profile pics from unnatural vantage points that put their most flattering face (or body part) forward. Popular apps such as Instagram add a whole other layer to the problem: This and other photo-editing apps can make any average Joe look like an A-list Hollywood stud.

Again, when you encounter someone who feels as though they need to dramatically alter their photo in order to appear attractive to potential women, you're likely dealing with someone who carries a level of insecurity, narcissism, or some combination of both.

Related Link: [How to Be Successful with Online Dating](#)

Another Lady

It blows my mind when I hear of men posting photos with significant others, whether past or present, to their online dating profiles. However, it's not uncommon to encounter men online who have purposely included photos with girlfriends, wives, fiancées, or even blatantly exposed wedding rings. Some

dating apps, such as Tinder or Hinge, pull profile photos directly from Facebook, inadvertently including cuddly couple pics from profile pictures past. But beyond that, there isn't much of an excuse for this kind of online dating behavior. Guys with other girls have got to go!

No Picture at All

A man who foregoes photos doesn't constitute an automatic deal breaker, but proceed with caution. Reasons abound for choosing to remain physically anonymous on an online dating site. Perhaps he's new to the concept or simply hasn't yet taken the time to upload any.

If a photoless gent reaches out to you and the conversation flows freely or something in his profile piques your interest, be sure to ask for a photo or at least a last name for a Google background check before meeting in person. But if his words aren't impressing and he balks when asked to put a face to the name, it's time to move on to someone who isn't afraid to show his true self.

[Marni Battista](#), founder of Dating with Dignity, is an expert dating and life coach with a 10-step system to manifesting love for your self and others. You can contact Marni at marni@datingwithdignity.com.

**'The Bachelorette' Andi
Dorfman Eliminates Chris**

Soules After Admitting Her Feelings Aren't as Strong



By Laura Seaman

In the latest celebrity relationship news, reality TV sensation Andi Dorfman has narrowed it down to two men on [The Bachelorette](#). [Chris Soules](#), a farm boy from Iowa, was eliminated after his date in the Dominican Republic. Soules told Dorfman that he loved her, but according to [UsMagazine.com](#), the reality TV star didn't feel the same way. "I don't think it's fair to make you sit here for days and wait for a rose ceremony," she said. "I just think I'd rather be honest with you and tell you that I'm trying and trying, but it's not there..."

How can you manage your relationship and love when your feelings are different from your partner's?

Cupid's Advice:

It can be extremely awkward when one person's feelings don't quite equal their partner's. If don't think you're quite ready for the level of intensity that your partner is, don't worry. There are plenty of ways to handle this issue in relationships and love, and they don't involve running in the opposite direction:

1. Be honest, and tell them to be patient: Don't just let them continue thinking you're more into them than you really are. It's letting them believe in a lie, and it's no better than just outright lying! The further apart your feelings get, the further apart you will grow as a couple, and if you don't fix it soon, the distance may become too much.

Related Link: [Eric Hill's Death Casts a Shadow on 'Bachelorette' Hometown Dates.](#)

2. Ask them to double-check their feelings: Some people might want love so desperately that they trick themselves into feeling it when it's not really there. Make sure you're not a recipient of these fake feelings, and ask your significant other to really think about what they're feeling. This could bring them back to your level and give the relationship a more solid foundation.

Related Link: [How Not To Scare a New Man Away](#)

3. Take a step back and start from the beginning. If you've just been going along with their strong feelings, maybe you're

taking steps you weren't really ready for. This might mean moving in together, talking about future plans, or just saying things you don't mean. Ask them to take a step back and start again a few steps back.

How have you gotten on the same page as your partner in your relationship and love? Let us know in the comments below!

Mother-Daughter Duo Talks Life and Love in New Book 'Have a Nice Guilt Trip'



By [Sarah Batcheller](#)

Growing up and growing older offer a variety of challenges, including the guilt imminently packaged with being a mother or daughter. *Have a Nice Guilt Trip* is the fourth book in its series from this lovable and popular mother-daughter duo and details their journey in vibrant colors. Filled to the brim with witty, hilarious, and heartwarming anecdotes, the authors have mastered the art of tugging at your heart strings and putting a laughing cramp in your side simultaneously. Lisa Scottoline and her daughter Francesca Serritella share the pages, decorating them with the stories of their lives and loves. CupidsPulse.com had the pleasure of interviewing both authors about their new collection of tales, which was released on July 8th.

We love the title *Have a Nice Guilt Trip*! What inspired the two of you to co-author this book?

Lisa: What inspires me is my daughter. I love being her mom, and we've evolved into being best friends. Plus, we both like to make people laugh. By the way, the credit for the title goes to Francesca – she thinks of them all!

Francesca: Now that I'm an adult, our mother-daughter relationship doesn't always take place in the same room, but you always carry your mother's voice with you, either in your head or calling you three times a day on the cell phone. This book is about the ways we stay close and find our "space" across state lines.

Being that losing and finding love again is a significant theme in your work, what lessons do you think are most important when moving on from a failed relationship?

L: As Francesca will tell you, I think my motto in life is "move on." It's really important to not get stuck in relationships or in any situation generally, and I think that

stasis is really the enemy of growth and creativity. As I've gotten older, I become more able to take risk and embrace change, and I think it's all for the better. I used to think it would be terrible to be divorced twice, and now, I think it's wonderful. Everyday, I wake up, and I am living the life that I truly want to live.

F: I don't think there are any rules about how much time there should be between relationships, and we rarely have as much control over it as we'd like. It's a feeling, a sense of security in yourself, that tells you you are really ready to move on. My mom always taught me to be financially and emotionally independent, to try and build that wholeness in myself first—she's been a great model of that for me. It isn't always easy, but I think it's an essential pre-requisite for any new relationship.

Related Link: [Beauty Expert Kym Douglas on Falling in Love](#)

There seems to be a debate of what it means to define a woman as independent. How would you describe an independent woman?

L: I think it's about maintaining control. We used to talk about the life you lead, and I think about that phrase a lot. More and more, I try to lead my life; that is, I try to steer it or run it in a positive way according to what I want to accomplish. This is not the same thing as control, but it is really a change for me. I think it's a really good thing for women to try to do. We are so often asked to meet the needs of others that we have defaulted to thinking of ourselves second. I say to myself that we should all be the stars in our own lives. That doesn't mean that we're selfish, but it means that we shouldn't negate our own wishes and desires and subordinate them to someone else's. I was a single mother my whole life, and the only person who deserves to be placed above me was my child.

F: An independent woman isn't looking for someone to complete

her. She isn't looking for someone else's goals to give her purpose, and she doesn't need a man to validate her life choices. An independent woman loves herself, even if she struggles with not *liking* everything about herself. She has her own goals and agenda, even if they're flexible or changing, and she's looking for an equal partner.

Lisa, in the "Homely Remedies" section of this book, you find yourself apprehensively conforming to Mother Mary's old tricks of the household, but you still find your own way to do things. What lessons would you like to pass on to Francesca?

L: Believe it or not, I'm not a big advice giver as a mom or as a best friend. So in a paradoxical way, if I pass on any lesson, it's that there are no lessons to pass on and that every woman needs to make her own way in the world, find her voice, and give herself the permission to meet her needs and fulfill her desires. Your time belongs to you and no one else – until you give it to them – and the same thing goes with your money. My only lesson is to trust yourself and find your own way.

Related Link: [Comedian Julia Sweeney Discusses Love and Family in Memoir 'If It's Not One Thing, It's Your Mother'](#)

Is there a specific message you hope readers take away from reading this book?

L: It's an entertaining book and one that makes you laugh out loud, but it also has moments of deep poignancy. I'm not sure that it's a message per se, but I think our love of family comes through loud and clear in this book. I think the message is that family matters, and that's much more than lip service with the flying Scottoline/Serritellas!

F: I hope the message is that a mother-daughter relationship is something that can evolve over time and that finding that adult friendship is worth the occasional scuffle.

Pick up a copy of Have a Nice Guilt Trip today!

Is Your Wardrobe Preventing You From Meeting a Partner?



By Ashley Martini

It probably isn't the first thing that comes to mind when we're seeking love. Usually, we're wondering where we should be hanging out and where all the single people are. We shouldn't care what other people think; right?

Wrong...because it may be preventing us from meeting our potential significant other. Clothing is a way to show off our

personalities; however, we don't want to come off misconstrued.

Nowadays, perception is reality, and quite often, books are judged by their covers. Clothing plays a huge role in our lives and is the armor we put on every morning before we head out into the world. We don't want our clothing to potentially mislead someone from coming our way. We can all be intimidating or maybe not so fashion savvy. Keeping what we wear in mind and being open-minded may help us meet the right someone. Of course, always keep setting and dress code in mind.

Ladies and gents, not to worry! I've provided a few basic tips will keep you in the safe zone. Once you meet him/her...you're on your own! Till then, let these tips guide you to your next relationship!

1. Grooming. Grooming is essential: Clean hair, a good scent, freshly washed clothing, and a manicure will keep you looking fresh! This is such an easy way to complete your look and one of the most important!

Related: [Giveaway: Reese Witherspoon's Sexy Sophisticated Style](#)

2. Over dress rather than under dress: This will seek positive attention and a bit of a mystery in a more casual environment. Looking sharp all the time is the way to go.

Related: [Zoe Saldana's Laid-Back Style](#)

3. Statement pieces: Let your statement piece show off your personality. Let it be something special. Ladies, maybe it's a studded clutch or jeweled necklace. Gentlemen, maybe it's your watch or a great pair of aviators. This is a great way to show who you are without having to have a conversation.

4. Identify your body type and go through your closet to see

what's most flattering on you: See what colors work best for you. When you look great, you feel great, and in return, do great things. Don't worry about current trends, worry about what makes you look amazing.

5. Last but not least, smile: This is most likely your best asset. Happiness and positivity will put you in the right direction and will attract other people in great spirits.

A few small tweaks and you're on your way to meeting "the one." Don't forget to invite me to your wedding!

Ashley Martini, styling consultant and founding member of Martini Fashions, LLC, discreetly assists both men and women in unearthing and exhibiting their inner beauty through style, fashion, and the top trends. Ashley is the author of the new book on style, "Styletini: Shake Up Your Style, Stir Up Your Confidence".

Victoria's Secret Model Lindsay Ellingson Marries Fiance Sean Clayton





By Shannon Seibert

Congratulations to the Claytons! Lindsay Ellingson married her fiancé Sean Clayton this past Saturday in South Carolina. The pair got engaged last Thanksgiving after Clayton's beautiful snow-proposal, adorning his bride-to-be with a custom oval diamond. The couple decided to have an intimate ceremony at The Inn at Palmetto Bluff exchanging "I dos" in front of less than 100 guests. The Victoria's Secret model gushed to UsMagazine.com about her man having "the biggest heart" and how she is ecstatic to be married to her best friend.

What are some ways to determine the location of your wedding?

Cupid's Advice:

Location, location, location! The venue of your wedding has a lot to say about you and your partner as a couple. Whether it's inside, outside, in a garden, or in a church, each wedding is unique to the couple that is being wed. You want to select a place that is special to you as well as your relationship. When selecting the location of your special day to take place, here are three things you should consider.

1. Consider the size of your guest book: You don't want to be cramming over 100 people into a small garden, or sharing an intimate wedding in a large church. When deciding where your wedding will take place you want the size of your venue to match the size of your attending guests. This way you can fit your guests comfortably, and you won't have to worry about overcrowding or spacing out.

Related: [Adam Levine on His Upcoming Wedding: 'It All Feels Very Natural'](#)

2. Consider the weather that time of year: If you are planning a summer wedding things can get a bit hairy if you want the ceremony to be outdoors. Select a flexible venue so if the skies launch into a torrential downpour, you're prepared to relocate inside. Same thing for a fall or winter wedding. You don't want your guests to freeze, so an indoor wedding may be more optimal. This day is all about what you want your wedding to be, so time of year and weather are definitely factors to consider.

Related: [Blind Wedding: 'Bachelor' Alum Jamie Otis Marries Doug Hehner on New Reality Show](#)

3. Pick a place of significance: For some a wedding venue is just a place, but for most their wedding venue holds a significant memory for the couple. It can be a beautiful church they visited in their days of dating, a lovely landscape that lies behind a family home, or a fairytale-esque ballroom that they've found after several months of searching. No matter the place, after the wedding this place will be a haven for memories for the bride and groom, so make it count.

What helped you decide where to host your wedding? Share with us in the comments below!

Cupid's Weekly Round-Up: Dating as a Single Parent



By Shannon Seibert

When you're dating as a single parent, each date seems to be the equivalent of a job interview. *Will he get along with my kids? Does he mind me having kids? Does he even like kids?* All of these questions are rational worries that every single mother faces in the dating game. We've pulled these five articles from our partners to help you play your cards right and find a love that's worth it:

1. Realize that it's okay to be dating: Single mothers often

fear their children's reactions when they start dating. They don't want their kids to get attached to someone who may only be temporary or, even worse, hate someone who they want to be permanent. Relax and remember that this is about your happiness too. Soon, you'll find a man who will make you eternally happy like Savannah Brinson and her star-studded hubby LeBron James. (CelebrityBabyScoop.com)

2. Consider online dating: Online dating is very convenient for single parents. It allows you to create a profile that will highlight all of your expectations for a mate. You'll be able to state whether or not you've been previously married, that you have children, and if you're looking for a long-term meaningful relationship. This will also allow you to check out your matches' profiles to see whether or not he'd be a good fit for you and your family. (GalTime.com)

3. Make it fun: Finding love as a single mother is hard enough, so you might as well not add to the pressure. Stay light on your feet and be prepared for anything. Though it may feel like a job interview, it's important to not treat it like one. You'll find out more about your partner by interacting with them in atypical environments, so feel free to be spontaneous with him. (YourTango.com)

4. Combining families is a wonderful thing: Dating someone else who has children can also work to your advantage. You both will understand that introductions may be delayed until you feel comfortable with one another and that your children are your first priorities. Guy Ritchie and fiancée Jacqui Ainsley are welcoming their third child together, making Ritchie a father of five. (CelebrityBabyScoop.com)

5. If you're looking for long-term love, tell him: By being up front about what you want, you put the ball in his court. Establishing this desire early on in the relationship is a confident move that he'll either admire or run from. His reaction will show you what kind of man he is or the kind of

man he *could* be. Be patient and understand each other's needs from the get-go. (GalTime.com)

What's your best tip for dating as a single parent? Share in the comments below!

'Bachelor' Alum Jamie Otis Marries Doug Hehner on New Reality Show



By Sanetra Richards

A new reality show is taking the saying "love is blind" to an

entirely new level. As revealed by UsMagazine.com, Bachelor alum Jamie Otis recently married a complete stranger on *Married at First Sight*. The show includes a line of experts – a sexologist, a spiritualist, a psychologist, and a sociologist – who pair participants with their “ideal” romantic partners. To add to the mystery, the contestants are completely unaware of who their future spouses are until they are introduced at the altar. On Tuesday’s premiere episode, Otis was set to marry software salesman Doug Hehner. Before the nuptials, she was all for finding her soul mate from the experiment – that is, until the moment of truth arrived. “She was freaking out. And it seems like she doesn’t know what’s going on,” the 31-year-old groom said “It was a tense moment.” In the meantime, there were a number of thoughts going through the 27-year-old’s head. “I’m getting married right now to someone I don’t know,” she said in her voice over. “I’m thinking I just made the ‘worst decision of my life’. I am so scared.” Viewers will have to watch next week to see how the rest of their “blind wedding” turned out!

What are some perks to going on a blind date?

Cupid’s Advice:

Going on blind dates may seem kind of taboo in today’s world. However, with the right attitude, you may just find yourself up for the idea. Below, Cupid shares a few benefits that are attached to blind dates:

1. You have no preconceived notions: Typically, when you’re going out with someone for the first time, you already know *something* about your date, whether it be because you’ve met, talked online, or simply Googled him. But in this case, you probably don’t know anything about your potential partner. Go into the date with an open mind – you never know who you might meet!

Related Link: [Why a Blind Date Might Be Good For You](#)

2. You can put your best foot forward: Now is your chance to make a great first impression. The person sitting or standing across from you has no idea what you're like – they may not even know your last name! So show off your best characteristics and really impress them.

Related Link: [Celebrities Who Met on Blind Dates](#)

3. It makes a good story: There are two reactions to the people who go on **blind** dates: You either laugh at the disastrous horror stories they share, or you “aw” at the romantic endings that sometimes result. Whichever one your **blind** date ends up being (or if it's somewhere in the middle), your closest friends will be excited to hear the details.

Have you ever been on a blind date? Share your experience below.

Date Idea: Try Something New





By Maria Darbenzio

The summer weather won't last forever, so take advantage of it while it's still here! This weekend, learn a new skill with your honey with this fun date idea. Think of something you've always wanted to try and conquer it as a couple.

Related Link: [Date Idea: Light Up the Night](#)

If you live by the ocean or are willing to take the trip, you and your sweetie can get adventurous and go scuba diving. If submerging yourself among the brightly colored fish isn't your idea of a fun time, try your hand at deep-sea fishing instead. Both options are great ways to make lasting memories and to experience the ocean in its most beautiful moments. After your long day, sit back and relax on the beach as the sun sets over the water.

If you're not near the ocean, you and your partner can learn how to skeet shoot or maybe even go rock climbing. There are a number of classes available for both activities, and they'll be even more fun to take with your partner.

If you have a larger backyard or can visit a nearby park, you and your significant other can play disk golf. Learning together will turn confusion into laughter, and in the end, if you still don't understand all the rules, at least you had fun trying.

Related Link: [Date Idea: Plan a Walk Around Town](#)

To finish off the romantic weekend, turn your attention indoors. Take a cooking class with your partner to broaden your skills in the kitchen. If you don't want to take a class, you and your love can just prepare a meal at home using a new technique, like making your own pasta or cooking with curry. You never know what you might learn, and you may even discover new dishes for future date nights.

What new skill would you like to learn with your partner? Tell us in the comments below!

Justin Theroux Says He Fell in Love in a “Real, Legit Fashion”





By Sanetra Richards

Believe it or not, according to UsMagazine.com, Justin Theroux says he fell in love in a “real, legit fashion” with Jennifer Aniston. They have a normal, romantic relationship. In the August issue of *Details*, the 42-year-old *Leftovers* actor revealed they connected immediately just by reminiscing on a few memories of the “Waldorf grade-schooling they both received.” The two met back in 2007, when mutual friend Robert Downey Jr. introduced them to one another: “He and Jen fell in a real, legit fashion,” the actor told *Details*, “and he was willing from the jump to make sacrifices.” Since then, Theroux has been sure not to let the attention influence his ego or his relationship. “It doesn’t feel like a hardship; it doesn’t feel difficult,” he explained. “It can be an annoyance, but it’s not the end of the world. You have to center on what its core thing is, which is that you met someone you fell in love with. “

How do you know that you’re truly in love?

Cupid’s Advice: Finding love is one of the greatest feelings of all time. You’ve had your fair share of admirers in the

past, but now, you think this special someone is here to stay. And guess what? You may actually be in love! Cupid has some ways to tell if you're feelings are real:

1. Nothing feels better: Your head is up in the clouds; your heart flutters every time you see them; and you can't stop daydreaming about the future – all of these feelings are undeniable. A relationship has never felt so great before. So what truly makes this time different? Ask yourself a few questions to see if you have indeed been shot by Cupid: What will I sacrifice for my partner? Do I see a future together? Is commitment an issue? Your responses will let you know if you're in love or not.

Related Link: [Jennifer Aniston Reveals Her Romantic Traditions with Justin Theroux](#)

2. You have a strong connection: You and your partner have developed a foundation that you're continuing to strengthen. You share the same morals and beliefs, and your bond is unbreakable. If this describes your relationship, the love bug may have bitten you!

Related Link: [Jennifer Aniston Throws Birthday Bash for Justin Theroux](#)

3. There are no comparisons: If you can't even fathom being with another person and no one else can make you happier, the answer is quite simple. You're in love!

Tell us about a time that you knew you were truly in love! Share below.

Single in Stilettos Show: How to Be Successful with Online Dating



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to dating coach and author Robert Manni about how to be successful with online dating. He answers the following questions: What are the three main things men look for in an online dating profile? What should you do if you're not getting a response? How can a woman contact a man without seeming desperate?

Related Link: [Robert Manni on 5 Ways Women Sabotage Themselves with Men](#)

For more information about Single in Stilettos shows,

click [here](#).

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

What is your best online dating tip? Tell us in the comments below.

How Soon Is Too Soon?



By [Melanie Mar](#)

When is the right time for the first time in a new relationship? Yes, I'm talking about sex. There is no right answer to this question. Ask numerous people, and they will

each tell you a different story: “We had sex the first night we met. It was meant to be a casual encounter, but we’re still going strong nine years later,” or “We waited five months to have sex and then broke up two months later.”

Related Link: [How to Turn Your Spring Fling Into the Real Thing](#)

So there’s little wonder that many of you are confused on this topic! Below, I’ve outlined three points to consider when deciding to have sex for the first time in a new relationship:

1. Never assume: Unless you’ve had a conversation with your new partner about exclusivity, then you can’t presume that having sex will automatically make you a couple in a monogamous relationship. This is not true in most cases, and it can be very hurtful when you discover after the fact that you’re not on the same page in regards to what you want and expect in the relationship.

2. Premature sex: Having sex early on isn’t usually a good idea if you are seeking a long-term relationship. You are most often best served by investing time and energy getting to know the person *before* becoming sexually intimate. This enables you to discover if your new partner has good intentions and high integrity and is capable of making and keeping their commitments. These things are impossible to know on the first few dates but are crucial if you want a future together.

3. Oxytocin bonding: Oxytocin is biochemical that is released during sex that creates a feeling of attachment. Unfortunately, you may experience it with someone you’re not at all compatible with, but this bonding effect can override your logical sense of judgment and keep you in a relationship with a person who is completely wrong for you – another reason to not have premature sex!

Related Link: [10 Signs That You’re in Love](#)

There are no hard or fast rules, and there will always be exceptions. By having an understanding of the basic principles above and being smarter in your choices, you can protect yourself from potential heartbreak. High sexual chemistry is difficult to contain, and it's very easy to get carried away with intense sexual desire, so don't put yourself in situations that make it harder to refrain. Keep your dating to public places, and let your hearts and minds be aroused before your body. Talk about intimate things and allow the relationship to turn you on mentally; the better connection you have out of the bedroom, the better connection you'll have in it. Enjoy!

Melanie Mar is a celebrity relationship specialist, matchmaker and life coach.

Screwing the Rules Video Dating Tips: Dating Red Flags Revealed on Facebook





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

Ever wonder if social media can reveal red flags when it comes to that new guy you're dating? In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) believes it can! If your partner asks you to unfriend your cute male friends or feels uncomfortable with you maintaining contact with your ex, it's time for a conversation. "It can really be the ruin of relationships if you let it be," she explains.

Dating Advice from E!'s *Famously Single* Laurel House on Social Media Red Flags

When it comes to *your* feelings about your partner's social media habits, it's important to trust them until you have a reason not to. If you continually fail to trust them, the dating expert says "pretty soon, that person is going to start acting in a way that's not trustworthy. You're blaming them

for something they haven't done."

Related Link: [How to Get a Guy to Commit](#)

Watch the video above for more great dating tips!

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

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

How to handle social media issues with your new guy? Tell us in the comments below.

How to Turn a Friendship into a Relationship





By [Courtney Omernick](#)

You're out and about with your friend, and you start to notice a funny feeling in the pit of your stomach. No, don't worry, it has nothing to do with what you ate; it's probably butterflies. If you've been thinking about your interactions with this person for awhile, it's probably a good idea to assess whether or not you want to turn what you have into something more. And, if you do, Cupid has some food for thought.

1. Increase the physical contact: You might already be affectionate towards one another, but now it's time to dial up the flirtation without being too physical. For example, set a goal to touch the other person at least three times when you're together. Make sure that the touch lasts no longer than two to three seconds and that you're only touching the shoulder, neck, or hand.

Related: [Date Idea: Look For a Sign](#)

2. Leave them wanting more: Spending a lot of time with them lately? Try intervals. For example, spend a lot of time with them, then none for awhile, then more again. While you're gone, your friend has a chance to think about and miss you. Also, remember to include the flirtation and physical contact while you're with them.

Related: [Single in Stilettos Show: How to Be More Than a Fling to Him](#)

3. Avoid the 'friends with benefits' situation: Some individuals think that if they apply this concept, it will be a quick transition from friend to a relationship. However, this situation only proves to the other person that you're a fun, casual fling, and they won't take you seriously.

Have you ever turned a friendship into a relationship? Share your story in the comments!

Cupid's Weekly Round-Up: First Date Ideas





By Shannon Seibert

First dates are both nerve-racking and exhilarating. You want to impress the new person you're seeing while feeling them out to see if there is potential for something more. Unfortunately, the typical nice dinner can get old after a while, so we've pulled these five articles from our partners to help you pick out a fun idea for your next first date:

1. Go to the beach and have picnic: Picnics have an intimate setting without being super serious. The causal atmosphere with a scenic view will give you and your new guy a chance to catch a glimpse of nature's paradise while bonding over homemade sandwiches. You can take long walks along the water and even plan for future outdoor activities. (GalTime.com)

2. Go to a ball game: America's favorite pastime can set the scene for your first date together. Whether it's a local team or a professional one, the competition will liven up your day. He'll feel in his element, and you'll be able to be comfortable with him cheering on your favorite team. (YourTango.com)

3. Go on a double date: Double dates are the magical answer to any first date nerves. You'll have two extra people to act as a buffer just in case you can't find anything interesting to say. Plus, double dates allow you to split into teams for something like a flirty game of laser tag with women versus men. Then, you can celebrate your victory over a group trip for ice cream. (GalTime.com)

4. Go to the fair: The fairgrounds are a great place for fun and for feelings to grow. You can really get to know someone during an aggressive bumper cars match or while chatting over gooey cotton candy. The playful atmosphere will encourage easy conversation and allow you to be yourself. Kourtney Kardashian and her beau Scott Disick enjoyed time together at the fair this past week with their son Mason. (CelebrityBabyScoop.com)

5. Go see a romantic comedy together: Yes, it's a typical movie date, but you can put a twist on it by sneaking in your favorite snacks. Make a game out of making weird candy-snack combinations and see who can come up with the best movie treat, such as M&Ms and popcorn. The comedy will have the two of you laughing all night, and you won't have to worry about awkward silences. (YourTango.com)

What's your favorite first date idea? Tell us in the comments below!

Single in Stilettos Show: Do You Push for Commitment Too

Soon?



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to dating coach Sandra Fidelis about signs that you may be pushing for commitment too soon. Don't worry – we've all done it! In fact, the top reason why a guy ends a relationship after only a few months is because he's simply feeling too much pressure. In order to not make this mistake, you need to first understand *why* you're pushing him so hard. You may be feeling pressure from your friends, family, the media, or even yourself, thanks to your biological clock.

Related Link: [Lori Bizzoco: My Biological Clock is Ticking Away!](#)

Next, Fidelis shares four ways to avoid pushing for commitment too soon: Remain present in the moment; make sure you have

your own life; don't think so far ahead; and establish clear boundaries.

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

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Cupid wants to know: How do you avoid pushing for commitment too soon?

Q&A: Is It Okay If My Boyfriend Texts His Ex?





Question from Alex S.: My boyfriend and I have been dating for almost six months. Every once in a while, I'll see a text on his phone pop up from his ex. He says they're just friends, and he's even introduced me to her before, but my girlfriends tell me that it's weird and that I should ask to read their messages. What do you think?

Answer from Our Love Experts:

[Suzanne K. Oshima, Matchmaker](#): If you ask to read the text messages, it's going to be a red flag to your boyfriend. You're basically saying that you don't trust him and that you're insecure about your relationship. It's going to be a huge turn-off to him, especially if there's nothing going on with his ex. Honestly, I think it's far more important for you to find out about his past relationship history and how it ended. Is she trying to win him back after he broke up with her? If so, then it is an issue that he's still communicating with her. Or did they both mutually decide to end the relationship and really are just friends? Believe it or not, it is possible to be friends with an ex. I'm actually friends with a couple of my exes, and believe me, nothing is going on!

Paige Wyatt, Reality Star: A lingering ex-girlfriend is never a comfortable situation, but sometimes, men don't feel negatively about their exes. Men hate drama, and one surefire way to get involved in drama is being rude to their ex. Instead, they figure they'll just be nice and friendly, and it won't be a big deal.

Unfortunately, they have no idea how uncomfortable it makes *you* feel as their current girlfriend. The only way to resolve this issue is to talk to your boyfriend about it. Let him know what you're thinking and try to make him understand from your point of view. Otherwise, he'll never know it bothers you. If he's really over his ex, he'll understand and find you and your feelings more important than talking to her.

[Robert Manni, Guy's Guy](#): Although social media plays a prominent role in relationships, every situation is different, so there's no definitive answer. However, communicating clearly and honestly with your partner is always recommended. In Alex's case, I suggest she forget about asking to read the texts. Her boyfriend responded when asked, and it could be an occasional harmless exchange.

Let's address the real issue. Alex is uncomfortable, and she doesn't understand why it's important for him to stay connected to his ex. That's a fair question. If her boyfriend knows she feels this way but insists on keeping constant contact with his ex, that's a warning sign. He needs to man up and let Alex know if his priorities are with the past or the present. And Alex needs to determine her course of action based on his response.

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](#).

Do you still text your ex? Why? Let us know in the comments

below!

5 Creative Fourth of July Proposals



By [Whitney Johnson](#)

According to WeddingWire, about one third of engagements in the United States happen between Thanksgiving and New Year's Day. So guys, if you're ready to pop the question, why not surprise her with an engagement ring on the Fourth of July instead? Make your own fireworks on this red, white, and blue holiday with one of these five creative Independence Day

proposal ideas:

1. Throw a party: If you want to include your friends and family in your engagement, throw a party to cover up your true intentions. As the sun sets, head to a spot nearby – private enough so that the two of you can have a special moment but public enough so that everyone can still see you. Wow your partner with a sweet speech, get down on one knee, and ask her to be with you forever. After she says yes, you'll love being able to celebrate your big day with all of your loved ones!

Related Link: [How to Celebrate the Fourth of July with Your Partner](#)

2. Take your love on parade: Invite her to your city's Fourth of July parade, but make plans for you to be in the parade instead merely a spectator. Jump on a float with a banner that asks that all-important question, and as you drive by your lucky lady, walk over to her with the ring in hand. Then, you can spend the rest of the day celebrating more than America's birthday.

3. Plan a Fourth of July picnic: This laidback holiday is the perfect time to sneak away for a private lunchtime picnic. Fill your basket with red, white, and blue-themed foods. For an appetizer, grab a bowl of red pepper hummus, a thick slice of Dubliner, a bunch of red grapes, and some crackers. For lunch, make each other's favorite sandwiches (keeping the color-theme in mind if possible). For dessert, pack some strawberries, blueberries, and whip cream. As you finish up your romantic meal, pop the question and watch the sparks fly!

4. Go on a scavenger hunt: To make your proposal even more personal, plan a scavenger hunt that takes her through your love story. Hide the first clue at the café where you met each other, the second clue at the spot where you had your first kiss, the third clue at your favorite date night restaurant, and so on. When she gets to the last clue, be waiting for her

on bended knee.

Related Link: [How to Celebrate a Fourth of July Themed Wedding in Style](#)

5. Wait for the grand finale of the firework show: She'll feel brighter than the sky when you whisper "Will you marry me?" in her ear at the end of the fireworks. You can even use the gorgeous light display as inspiration for your proposal. Tell her that she lights up your life and you can't imagine being without her.

What's your favorite Fourth of July proposal idea? Tell us in the comments below!

Cupid's Weekly Round-Up: Why You Argue with Your Man





By Shannon Seibert

Couples don't seek out arguments, but they are bound to arise from time to time. Many different factors come into play during a fight, and a healthy relationship is all about being able to handle them in the best way possible. We've pulled together five articles from our partners to explain why you and your love may be arguing:

1. You're hearing what you want to hear: Sure, you're hearing them speak, but that doesn't necessarily mean that you're listening. You have to consider the emotions behind the words. For instance, your man may be saying that his boss is unfair, but what he's *really* saying is that he wants to feel like his work is appreciated. So pay attention and be the shoulder he can lean on. (GalTime.com)

2. You're using the wrong tone of voice: What you say and how you say it go hand in hand. Your tone of voice can add a multitude of connotations to a single phrase. Couples tend to misinterpret the different tones in the heat of the moment, but then they fail to talk about it. Open communication with your love is one of five important steps to

a strong relationship. (YourTango.com)

3. You're asking already answered questions: Nothing is worse than asking a question that's already been answered, so sometimes, it's best to refrain from asking questions at all. If he's upset about something and you can't quite understand what he's saying, let him finish telling you what's wrong. Or just take a cue from Kanye West, who supports his wife Kim Kardashian in everything she does, including throwing their baby an over-the-top birthday party. (CelebrityBabyScoop.com)

4. You're avoiding the root of the problem: He's probably not picking a fight about dirty dishes just because he despises your lack of care for clean cutlery. There's usually a deeply-rooted problem in disagreements that a lot of couples fail to address. Try finding the source of the problem before the tension becomes unbearable. (GalTime.com)

5. You're having the same unresolved arguments: You're going to keep fighting about the issue until you come to a conclusion. As a couple, you need to sit down and discuss what's really going on. Make sure you're on the same page at the conclusion of the discussion so it won't happen again. (YourTango.com)

How do you handle arguments with your man? Share your stories with us in the comments below!

Date Idea: Tour a Chocolate Factory



By Leslie Chavez

Chocolate and romance are two things that go together oh so well. The sweet, dark candy is considered to be an aphrodisiac and can add a little passion and sensuality to any relationship when used correctly. If you have a sweet tooth, these chocolate-filled date ideas are sure to satisfy it!

Change your general romance routine by spending the day at a chocolate factory. Most visits include a short tour of the chocolate factory and free tastings of a variety of the company's most popular chocolates. There might even be a chocolate-making demo included with the tour.

If you're interested in getting a more hands-on approach, try taking some classes at a chocolate school. You can learn how to manufacture chocolate, produce candy and confections, use chocolate molds, and create professional chocolate recipes.

Have fun with it! Tease each other and flirt your way to the best chocolate soufflé you've ever made.

Related Link: [Love Your Mate With Food](#)

Take the skills you learned in your chocolatier class and use them at home. Spending the night with your love baking, drizzling, and melting the decadent treat is a perfect way to add romance to the date. Make some chocolate-dipped strawberries, white chocolate fudge, hot cocoa, or truffles. And don't worry about making a mess – you can clean it up later!

Not only can you treat your stomach to a chocolate treat, you can also treat your body, mind, and spirit. Visit a chocolate spa where you can experience the latest in massages, skincare, and other chocolate-based services. There are a number of spas that have these options, but the most popular is – where else? – Hershey, Pennsylvania. There, a cocoa massage, whipped cocoa bath, and a chocolate bean polish are offered.

Related Link: [Relax With a Spa Day at Home](#)

If you can't make it to Hershey this weekend, you can always make your own **chocolate romance** bath for two. Now, all you need is a little champagne and some chocolate-scented candles for a scrumptious evening at home.

This weekend, forget the diet and indulge in a sugary treat with your man. As if you needed another excuse to eat chocolate!

What sort of chocolate-filled date would you enjoy? Tell us in the comments below!

Single in Stilettos Show: Where to Meet Men



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to Ms. Solomon, dating coach and founder of TheDatingTruth.com, about where to meet men. Ms. Solomon is a proactive dater herself, so she knows the best spots to find a good guy. She even plans specific activities with the intention of meeting someone new! She encourages you to head to the following three places: the men's department at local stores, hotel bars, and the gym.

Related Link: [Jonathon Aslay: Where Are All the Good Men?!](#)

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

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

Where do you go to meet men? Share in the comments below.

Screwing the Rules Video Dating Tips: 'The Bachelorette' Way to Date Lots of Guys



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

Dating Advice from E!'s *Famously Single* Laurel House on Dating Lots of Guys

If you're a fan of *The Bachelorette*, then you know the formula is simple: the Bachelorette (currently Andi Dorfman) starts off dating 25 guys before whittling the group down to her final pick. Using the show as inspiration, in this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) shares her best advice for dating a lot of guys. As the dating expert explains, "If you want to find your perfect mate, you need to date multiple people at once. How are you supposed to make a decision if you don't have any choices?"

Related Link: [Video Dating Tips: 'Bachelorette'-Based Ways to Know If He's Using You](#)

Listen up if you're ready to date more than one guy in order to meet your soulmate!

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

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

What are tips for dating lots of guys at once? Tell us in the comments below.