

Will You Witness 'The Walk of Shame'?



By April Littleton

Directed by Steven Bill, *The Walk of Shame* tells the tale of a reporter whose one-night stand with a stranger leaves her stranded the next morning. Unable to find her phone, ID or car, she must think fast in order to make it in time for the most important interview of her life.

Should you see it:

If you're into comedies, *The Walk of Shame* will be a refreshing movie to see. Elizabeth Banks and James Marsden star in the lead roles, so expect to be entertained.

Who to take:

This rom-com will be great to see with just about anyone. Take a group of friends, or save this film for a special date night. If you're flying solo over the weekend, treat yourself

to a dinner and a movie.

How do you know when your hookup is turning into something more serious?

Cupid's Advice:

Flings can be fun to have every now and then, but sometimes the person you hook up with may end up being someone you can truly have a relationship with. How do you know when lust is turning into love? Cupid is here to help:

1. Friends: If your friends have met the person you're fooling around with, that may be a sign your hookup is actually turning into a relationship. You're no longer keeping your crush hidden behind closed doors, and he/she is actually interested in getting to know you and more about your life outside of the bedroom.

Related: [Find Out Who 'The Other Woman' Is in Theaters April 25](#)

2. Communicate: The two of you clearly have chemistry, but you might be turning your fling into a little something more if you're having meaningful discussions with each other. Does your hookup ask about your day? Do you talk about important matters with each other? If you do, you're on the right track to starting a real romance.

Related: [Signs Your Crush Is Into You](#)

3. Dates: Let's face it, flings don't normally result in a date. If the two of you are going out together (day or night), you have something more serious going on. If you're ready for a relationship, continue on the path you're on. If not, slow down and keep things more casual.

How did you know when your hookup was turning into something more serious? Share your experience below.

Cupid's Weekly Round-Up: Trends in Relationships



By Maria Darbenzio

We all know that trends come and go. This idea holds true for the dating world too. What you're used to now may not have been the same during the time of your grandparents, and it'll certainly change again when your grandchildren are dating. Still, some things remain classic. We pulled these five articles from our partners to keep you up-to-date on relationship trends:

1. Open relationships: Although most people believe in monogamy, there seems to be a rise in couples who practice an open relationship. Some even think it's a way to keep their marriage from ending in divorce. Experts have used the recent split of Gwyneth Paltrow and Chris Martin as an example. Take a look at this article to find out more. (YourTango.com)

2. Dating through the ages: It's no secret that the rules of dating change as you get older. Looking for love in your teens is radically different than dating in your 30s. Check out this video that explains how age impacts the way people view relationships. (GalTime.com)

3. Baby before marriage: It seems like more and more couples are having children before marriage. Much like Ashton Kutcher and Mila Kunis, the sequence of love seem to have been altered with the current generation. Although plenty of couples continue to marry first, as long as both parents take the responsibility that comes with a child, this alternative approach doesn't seem as harmful to relationships as some may think. (GalTime.com)

4. Going green: Loving the Earth shouldn't be designated to just one day, and Raphael Sbarge feels the same way. As becoming Earth conscious gains popularity, so do the combined efforts of partners looking to lessen their ecological footprint. Whether it's buying cloth diapers for your child, supporting local farmers, or composting for your garden, this is one topic that deserves to stay in fashion. (CelebrityBabyScoop.com)

5. Timeless classics: Not everything needs to change with the time. A simple 'I love you' can say more than one would think. *Breaking Bad* star Aaron Paul knows how to brighten his wife's life – and how to make us fall more in love with him! Check out how he makes Lauren feel like a queen each day. (YourTango.com)

What are some other trends and/or timeless classics when it comes to relationships? Share in the comments below!

Single in Stilettos Show: What Attracts a Man?



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to dating coach Mr. Locario about what attracts a man. A self-proclaimed serial dater, he started out by helping his friends and family with their love lives – and now, he's here to help you! We all know that every man is attracted to different things, but there are some qualities that catch the attention of all guys. For instance, men like women with positive and pleasant attitudes as well as women who are independent and have their own lives.

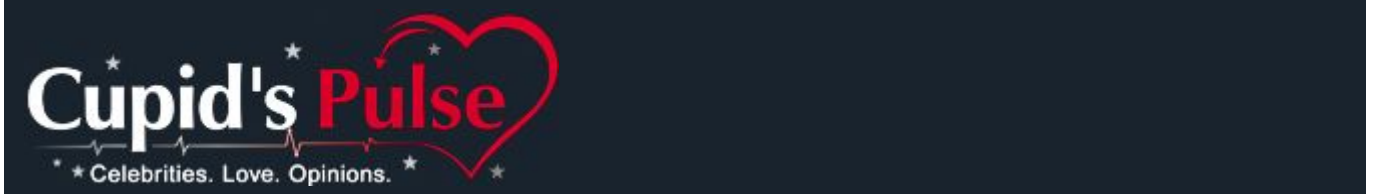
Related Link: [What Women Don't Know About Men](#)

Listen up for more great dating tips!

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

What do you think is the #1 trait that attracts a guy? Tell us in the comments below!

A Hole in My Heart



By Patricia Bubash

for [Hope After Divorce](#)

A June wedding invite came in the mail for my husband and me this week. Ahhh, I think June is still the month for weddings, although I have read that October is quickly matching it for the month chosen by brides.

I met the groom-to-be a couple of years ago at a film festival where the documentary produced by him was being previewed. Dan and the other two creators of the film *Give a Damn* had decided in their mid-twenties to travel to one of the poorest countries in Africa. This film was to bring awareness to the world, to encourage those who saw the film to be proactive, to become involved in whatever manner they chose to be involved.

The three filmmakers would make their way from the Midwest to Europe feeding themselves on only \$1.25 a day for each. When

they could, they hitchhiked; flights to Europe and Africa came out of fundraising money. Once there, they shared lodging, food, living arrangements with the poorest of poor, constantly filming, telling a story for the world. I watched in amazement, awe, and great respect what they had documented, their immersion into extreme poverty.

At an age when most young adults are just beginning their careers, these three chose to live in uncomfortable, unpleasant, inconvenient, and even horrific circumstances and conditions. I wanted to hear more of their story, so I arranged to have breakfast with the two who were available. Dan arrived before David, and as we chatted, we discovered that he had attended a school where I had counseled part-time. He told me that he had also attended Rainbows, a divorce group for kids within the school. It was a program that all the counselors in the district utilized.

He went on to share that he was an only child, and in the fifth grade, his parents divorced. Not an unusual story, but what has transformed a first time meeting, a casual relationship, into an ongoing friendship, a wedding invite, is Dan's following words: "I was very close to my mother, and when she divorced my dad, she just left, went away. It left a hole in my heart."

Although Gwyneth Paltrow has been getting a lot of publicity with her "conscious uncoupling" approach to divorcing when children are involved, it does not take away the pain and sadness that kids feel when their parents breakup. They have feelings too, and their feelings are often not considered nor are their voices heard.

Related Link: [The REAL Reason that Gwyneth Paltrow and Chris Martin Split](#)

I have listened to many children's stories, wiped their tears, and reminded them that "things would get better" as they coped

with their parents' divorce. Dan's words reached such an emotional cord with me. Before me sat a young man who had been part of an extraordinary project, was way past fifth grade, did not know me, and had shared something so personal.

I felt that I had been gifted with his openness. He went on to tell me that he had participated in counseling beyond the Rainbows into his adult years. He had found his niche through church and his church friends. They were his support and his family.

Finding a faith, friends, a church family, and a cause had been Dan's personal "hope after divorce." I have always been bothered by adults who express that kids are resilient, that they will be just fine with the divorce, remarriage, or blending families. No matter what age, children are emotionally affected by the end of family composition as they have known it. It shakes their sense of security and stability.

They often fear that one parent will no longer be in their life. They worry that they will have to move, lose their friends, will have to change schools, and like Dan, feel a hole in their heart.

Related Link: [To Move or Not to Move? Why This Decision Is Tough on Kids](#)

I have often reflected back on our conversation, as a counselor and a divorced mother. I wondered if my kids were in conversation with Dan, would they share the same feeling of loss at the time of my divorce from their dad? What I do know is that I am so grateful for my relationship with Dan and for the compliment of an invitation to his wedding. I think Dan is quickly – and effectively – filling the hole in his heart.

The sharing time I had with Dan really did touch my heart so deeply. He is marrying a young woman who has a child – and I think he will be good at filling her little boy's heart.

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



Patricia Bubash received her M.Ed. in Counseling from the University of Missouri, St. Louis. Working with students and families has been her true calling for over thirty years. For more than twenty years she has presented workshops at the community college on a variety of topics relating to parenting issues, self-esteem and issues relative to divorce. Patricia is a Licensed Professional Counselor in the state of Missouri and, a Stephen Minister. She submits a variety of articles related to relationships, marriage and divorce to several internet sites, and, frequently, is interviewed on internet radio stations. Volunteerism, writing and family are most significant in her life. Patricia writes for DivorceSupportCenter.com, HopeAfterDivorce.org, CupidPulse.com, andFamilyShare.com. She can be reached at patriciathecounselor@successfulecondmarriages.com. Follow Patricia on www.facebook.com/patriciathecounselor.

Find Out How Strong Women Can Find Love in 'The Alpha Woman Meets Her Match'





By Brittany Stubbs

Although the 21st century has made it seem like ambitious women often end up alone, Dr. Sonya Rhodes assures us that this message is completely false. In her new book *The Alpha Woman Meets Her Match: How Today's Strong Women Can Find Love and Happiness Without Settling*, the relationship therapist argues successful, modern, career-driven women can meet The One without changing – and she shows them how.

Rhodes advises women to look past the overly competitive, domineering alpha male and instead find a man who's in touch with his inner beta qualities – someone who is communicative, responsible, thoughtful, and collaborative. Demonstrating that most people are a combination of *both* sets of qualities, she includes a revealing test to help readers define where they (and their partners) are on the spectrum.

First of all, what inspired you to write about this concept?

I was finding more and more of my clients were identifying themselves as alpha women. Most had devoted their twenties to their education and careers, and they now wanted to shift their focus to dating and finding a life partner. They were very daunted by the messages in the media, saying that it was too late for them and that they should've married sooner, and they panicked.

This idea is actually nonsense though. When I started doing research to help them, it turns out that women are getting married between the ages of 30-45 now more than ever before. They haven't missed the boat! And furthermore, even better news, you decrease your chance of getting divorce for every year you delay marriage.

Another aspect that inspired me to write this book was identifying one of the main problems my female clients were having: They were going for the alpha male. They thought the macho, traditional, breadwinning guys were the right matches for them. But that's not the case, because these strong women need a *partner*, not a boss.

Related Link: [Avril Carruthers Reveals How to Maintain 'Freedom From Toxic Relationships'](#)

So you encourage your clients and readers to look for a beta man. Can you describe the beta man and tell us why his qualities are important for an Alpha woman?

The beta man is accommodating, not compliant. He is assertive but not confrontational. He has a strong work ethic, but he's not a workaholic. While alpha men are often threatened by strong women, beta men aren't. Their egos are strong enough that they can support ambitious women, which is why I've begun to refer to the beta man as the "new catch" for the alpha woman.

When it comes to dating, females are often told to "be the woman" in the relationship. What is your response to the advice that you have to act like a "lady" in order to get a "gentleman?"

The term "act like a lady" is so retro because what it means to be feminine today has changed. In 97 percent of the cities in America, single, college-educated women under the age of 30 are making more money than men. This is not only a startling and inspiring statistic for women, but it shows that the

feminine role is no longer a narrow, scripted identity. Similarly for men today, they're becoming just as comfortable changing diapers as women. So the whole gender role dynamic has changed; no one has to fit into a box anymore.

When it comes to how to act in a relationship, don't hide who you are. There's nothing wrong with showing that you're a strong woman. The guys who are scared off or intimidated by successful women are not the guys for you. Of course, there's a point where you can become a negative alpha, which I talk about in the book as well, where you're too bossy and domineering...but this behavior is not desirable in women or men.

Your book includes a quiz that allows readers to determine what level of alpha or beta they are. Why did you feel it was important to include that in the book?

I developed the gender neutral continuum quiz to help you find out what ratio of alpha and beta you are because everybody is a mix of alpha and beta characteristics. There are two major purposes for this graph: First, it informs you of what your personality traits are and helps you improve yourself. If you rank as a very high alpha, you can develop your beta more. It gives you the tools to help you grow.

Second, it helps you choose a partner who is a good fit for you. If you're very alpha, you want a partner that balances you out by being more beta.

Related Link: ['A Million First Dates' Author Dan Slater Offers New Insight about Online Dating](#)

We often think of alpha women as the ones that have that have the corner office and successful career. Can you still be an alpha woman if you choose to *not* be the breadwinner of your family?

Absolutely. These women are all over, whether working in an

office, organizing the PTA meetings, heading up volunteer work, or running their families. The alpha title is not limited to career women but to strong, confident women who stand up for what they believe.

To learn more about strong women finding love, purchase The Alpha Woman Meets Her Match. To get more advice from Dr. Rhodes, check out her new Huffington Post Blog, www.huffingtonpost.com/dr-sonya-rhodes/.

Cupid's Weekly Round-Up: Preparing for Parenthood



By Maria Darbenzio

Spring has always been known as a time for new beginnings. If you and your partner are expecting a baby, it's best to be prepared in every sense of the word. Whether this is your first or fourth child, it helps to read up on pregnancy and

parenting. We pulled together five articles from our partners to help you on the journey ahead:

1. Go green: Earth day is right around the corner, and these celebrity moms are doing everything they can to do their part. Whether it's eating organic or purchasing recycled goods, every little bit can help protect Mother Nature, so why not get your children started young? Simple choices, such as cloth diapering, can go a long way. (CelebrityBabyScoop.com)

2. Stay active: Being the healthiest you can be can be incredibly important to both you and your unborn child. While you won't be able to go hard at the gym anymore, that doesn't mean you have to give up your workout altogether. Check out this set of pregnancy friendly exercise moves to keep you active and moving. (GalTime.com)

3. Break from routine: When it comes to raising a family, it's easy to get comfortable and find yourself in the same routine. In order to become a better parent – or person in general – sometimes, you need to break from that routine and walk a different path. This can include anything from physical activities to expressing unique ideas and opinions. If you're confident in yourself, your children will grow up with you as a role model and structure themselves in the same way. (YourTango.com)

4. Sleep train your infant: It's no secret that the first few months are going to be full of sleepless nights, but at four months, the baby is developmentally ready to be put on a schedule. That means sleeping peacefully through the night for both you and your little one. What parent doesn't want that? Take a look at this article to find out more! (GalTime.com)

5. Live your dreams: Some people put a lot of focus into becoming a parent. Comedian Mike Myers was no different. In the previous years, he stated that fatherhood was something he always dreamed of. His wife has made that possible for him –

not once, but twice. The couple welcomed a son in 2011 and a daughter earlier this week. (YourTango.com)

In what ways did you prepare for a baby? Let us know in the comments below!

Date Idea: Get Off the Beaten Path



By Gabby Robles

Grab your honey and get environmental! Our Earth is so beautiful, but with our busy schedules, we can forget how amazing it actually is. Lace up your sneakers and get ready for a good old-fashioned clean up with your man.

Related Link: [Date Idea: Volunteer Your Time Together](#)

This date can really bring out the fun, romantic, and

philanthropic side of your beau. It'll open your minds as a couple and help you see all the beauty that's in the world. You'll both notice the little things and experience something wonderful while also helping the green environment for the better. With the crisp, fresh air and the regrowth of plants all around us, we can really feel the need to give back to our planet, and now is the perfect time to do it!

Thanks to Earth Day on April 22nd, there will be plenty of organized clean ups taking place. Some areas focus on hard trails, while others prefer sunny beaches. The choice is your's, and once you both decide where you want to go, search for a nearby spot. A company like CleanUpTheWorld.Org is very helpful for finding activities and events in your area

But don't just go and get dirty! Scope out some future date spots too. You might find that you like that quaint area of the park or a sweet part of the beach. When you expand your horizons, you'll discover new things about yourselves, and doing this activity together will help you grow as a twosome. You might even want to continue joining clean ups after Earth Day! Maybe you'll make it your new "thing."

Related Link: [Jay-Z and Beyonce Raise \\$1 Million at Fundraiser](#)

You'll be starved afterwards, so grab some lunch with your sweetheart at a local restaurant. While there, talk about more ways you can help the environment and about your favorite part of today's clean up.

There are other, simpler ways to take care of the environment too: You can donate your recyclables or plant some fresh trees at a city park. The sky's the limit – just be sure to keep it clean!

We want to know: How are you spending Earth Day this year? Share with us below!

Screwing the Rules Video Dating Tips: Communicating About Tough Topics



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

Dating Advice from E!'s *Famously Single* Laurel House on Talking About the Tough Things

Related Link: [Dating Power Tools](#)

In this week's [dating advice](#) video, dating expert and E!'s *Famously Single* dating coach, [Laurel House](#) helps you

answer the age-old question: Are you good in bed? If you're not sure, the best thing to do is just ask. The key, though, is removing your ego. "This is not about blowing smoke. You're not fishing for compliments. You're looking for constructive criticism," House shares. "But if you can't handle the truth, don't ask for it."

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

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

Cupid wants to know: How do you approach the tough topics with your partner?

Singles in Stilettos Show: Are Men Intimidated By Independent Women?





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to relationship strategist Joe Amoia about whether or not men are really intimidated by strong and independent women. While that may be the case, there's a chance that you're making the biggest and most common mistakes made by career women, including: acting too self-sufficient, bringing masculine energy on a date with you, lacking vulnerability, and more.

Related Link: [Joe Amoia Reveals Quick Fix Dating Tips that Don't Work](#)

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

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

What's the most common mistake that career women make? Share your thoughts in the comments below!

Inexpensive Ways to Say 'I Love You'



By Maria Darbenzio

You don't have to break the bank to show your significant other how much you truly care about them. When it comes to money, let's face it, not everyone has a chunk of extra spending money on hold for elaborate gifts. There are plenty of ways to say 'I love you' inexpensively or without spending anything at all. Keep your relationship and bank account in check with some of these ways to express your love and appreciation.

1. Alphabet of appreciation: Take the time to write down the ABCs of love for your partner. All you need is a pen and a piece of paper. For each letter, list something that you love about your sweetie until you've gone through all 26 letters. At the end, sign it with a kiss and leave it somewhere you know he'll see it.

Related: [5 Ways to Have a Stress-Free First Date](#)

2. Mirror messages: Before your sweetie wakes up to take a shower, take a q-tip and Rain-x anti-fog to write a cute message on the mirror. When they step out, the fog will form everywhere except your little note, leaving them with a nice little surprise to start their day. If you have no use for the Rain-x afterwards, you can go a more traditional route instead with the use of lipstick writing. It may be a bit on the messier side, but it gets the point across just the same.

3. Post-it notes: Much like the alphabet of appreciation, write down what you love about your partner or how much you can't wait for them to get home from work. Slip them into their wallet, in their car, or into their briefcase. Spread them around so they can keep finding them throughout the day. It's an easy way to keep a smile on their face all day long.

4. Romantic dinner: Everyone loves a nice romantic home cooked meal. The time and effort alone shows just how much you're willing to do for your significant other. Whether you chose to cook together as a couple, or you surprise you hunny with a hot meal as they walk in from work, it's a classic way to show your love. Don't forget to light some candles and grab a bottle of wine to tie it all together.

Related: [Find Out What Romantic Thing Aaron Paul Tells His Wife Every Day](#)

5. Rent a movie: In the age of Netflix and On Demand television, "renting" a movie has never been easier. Cuddle up with a blanket, and your sweetheart, on the couch and pick a movie you've both dying to see. If you're up to date with the latest films, why not take a jump back in time to watch some of the romantic must-see movies. Grab some popcorn and watch the romance between Tom Hanks and Meg Ryan blossom in *You've Got Mail*.

What are some inexpensive ways you show your love? Tell us in the comments below!

Date Idea: Take a Virtual Vacation



By Gabby Robles

Just because you can't go on vacation this spring doesn't mean you can't still enjoy a much-deserved break. First, pick an interesting country and research it online with your honey. Set your wallpapers on all your devices to photos of the hotspot and check out some of the country's facts and famous tourist attractions to learn more about the locale.

Related Link: [Travel Abroad Without Leaving the Country](#)

This date idea is a great opportunity to learn together. Maybe you want to explore each other's heritages and expand your knowledge about each other's families in a deeper way, ultimately developing a stronger connection. The more questions you ask, the more stimulating the conversation will

be.

Perhaps one or both of you has never been out of the country. So why not make an adventure out of this pretend trip? Or if you have plans to take a real trip in a few months, you can use this virtual vacation as a test run.

If you want a real-life experience, do some digging to find a museum near you that celebrates the culture of the country of your choosing and head over there for some educational, relaxing fun. If you're in the New York area, take a trip to the American Museum of Natural History. If you're in L.A., check out the Natural History Museum of Los Angeles County and see different countries habitats and the animals that inhabit them.

Related Link: [Date Idea: Stroll Through a Museum](#)

After your trip to the museum, find a restaurant that specializes in the dishes of your country and enjoy a night out with your love. You can both take a step out of your comfort zone and try something new. While you wait for your delicious food to arrive, ask what his mom used to make for dinner, what his favorite ethnic food was growing up, and what he enjoys now. You two may share the same favorite dish and not even know it!

It may be fun to teach each other some phrases from your country's native language too. You can hold simple conversations with each other and make some memories. Who knows, you might even find a new catchphrase!

Be sure to jump into this date with excitement and have an open mind.

Cupid wants to know: Where would you go on a virtual vacation?

Single in Stilettos Show: How Do I Find Love and Balance My Career?



Finding love is hard enough, but when you're working overtime and never leave work on time, it can seem impossible. For this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to life stylist and mind body coach Diana Antholis about how women can succeed at the office and still meet their soul mate.

If you're facing this dilemma, she recommends that you identify your priorities and make time for what's important; be open and tell people you're looking for the right man; pick something new and step out of your comfort zone; indulge in "me" time; and indulge in doing an activity that gives you good energy.

Related Link: [Diana Antholis Explains Why He Can't Love You if You Don't Love You](#)

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

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

How do you balance love with your career? Tell us in the comments below!

Top 3 Mistakes Women Make in Relationships



By [Marni Battista](#)

As much as we'd like to think of ourselves as relationship experts and place all the blame for failed attempts at love on pure male stupidity, women may unknowingly make crucial slip-

ups that land them back in the singles pool time and time again. If you find yourself chronically heartbroken, it's time to take an objective look at your past relationships and 'fess up if you've been guilty of making some of these common missteps. To help you do so, here are the top three mistakes women make in relationships and how to avoid them.

Related Link: [Cupid's Weekly Round-Up: Fixing Your Relationship](#)

1. Trying to Change Him: We've all heard the age old saying that loving someone makes you want to be a better version of yourself, which is often misinterpreted and manifests itself as the number one mistake women make in relationships. We have a tricky habit of seeing men for the way they could be and not the way they are...and then we give ourselves the mission of being the one who helps them bridge that gap.

If you find yourself inclined to guide your man down a path you've envisioned for him, pause to analyze what small stuff you can let go or gently encourage. Ultimately, if you're wanting to drastically change someone, this isn't a good relationship for you in the long run anyway.

2. Acting Passive-Aggressive: Conflict is bound to arise in even the happiest of relationships, and unfortunately, some of it could leave you feeling upset or put out by your significant other's words or actions. Many of us are guilty of employing the old standby silent treatment or just responding with curt answers, all the while assuming he knows exactly why you're angry and impatiently waiting for a heartfelt apology.

While it can be comforting to a bruised ego to let him sweat it out, squirm, and press for what's bothering you, passive-aggressive behavior will ultimately lead to a loss of respect or a fight without the issue really getting resolved. If you're hurt or have a problem that needs discussing, be straightforward and address it head on.

3. Not Giving Him Space: In a relationship where you're feeling either particularly lovey dovey, you can easily slip into the habit of insisting on spending all your time with your man. In the case where you simply cannot get enough of him, remember that you'll appreciate the time spent together so much more if you maintain an active social calendar outside of your relationship. Furthermore, having your own activities and hobbies that you participate in independent of him will make you that much more appealing.

If you're feeling especially drawn to him because he's been withdrawing from you, it could be that he's needing to sort through an internal issue unrelated to the relationship. Men are wired differently and prefer to deal with tough issues on their own rather than reach out to others for help. If his seclusion is isolated to within your relationship, it's time to open the lines of communication and air out whatever it is that isn't working. Smothering him without addressing the heart of the matter will only drive him further away.

Related Link: [How to Listen to Your Heart and Take Back Control of Your Love Life](#)

If you have a tendency to make any or all of these three mistakes, it's time to take a dating break and look at what fears or insecurities are behind your behaviors. Often, trying *not* to make these mistakes can feel akin to a Monday morning diet promise: easily made but rarely implemented once we get triggered. Forgive yourself for the errors you've made and give yourself an opportunity to change-up your dating game. The result will be worth it, of that we are sure!

[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.

Date Idea: Take a Charity Walk



By Gabby Robles

Charity walks are perfect for this time of year. The sun shines brightly, and the air is a bit cool, so being outside is particularly enjoyable. Throw on a pair of leggings and a sweater (or a t-shirt if your hometown allows) and grab your man for the walk!

Finding a charity walk is simple. If one of your Facebook friends isn't posting about it, check out local listings on your own. If you live in New York City (or nearby), why not do the Parkinson's Unity Walk? If you're in the Los Angeles area, look into the Relay For Life walk.

Related Link: [Celebrity Couples Who've Made the World a Better Place](#)

If you want to choose a cause that's close to your heart , search for events related to that cause and see if there's a walk going on. For instance, runs that fund breast cancer, leukemia, and poverty are pretty common everywhere. The two of you can talk about what charities are important to you. Make it a real discussion; this conversation is the chance to deepen your bond. Plus, it'll open you both up to each other.

Doing a charity walk not only promotes and helps out the charity, but it's a great way to do a fun workout with your sweetheart. Usually, these walks are at least a 5K, so you'll be able to replace that day's gym time. Even if you opt to walk rather than run, as many people do, you can have some alone time with your guy while simultaneously making some new pals by talking to those around you.

Or invite your own friends and family! This is a great opportunity to get close to your guy's loved ones or vice versa.

Related Link: [Date Idea: Volunteer Together](#)

One of the best parts of this date? The aftermath. Since most walks take place during the early morning, you can stop at a your favorite diner or a nearby restaurant for a delicious brunch. As long as you have a charitable mind, you'll have a great day with your date!

Tell us: Have you ever done a charity walk with your man?

Single in Stilettos Show: Why

Men Disappear



On today's [Single in Stilettos](#) show, founder and matchmaker Suzanne Oshima talks to dating and relationship coach Jonathon Aslay about why men disappear. Have you ever been happily dating someone when he suddenly stops texting and calling? It can leave you feeling hurt, vulnerable, and confused. You may blame yourself (as many women do), but Aslay wants you to know that it probably has nothing to do with you. A man may disappear because of his own issues.

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

Listen up for more great advice!

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How do you handle a guy who disappears? Share in the comments

below.

5 Ways to Have a Stress-Free First Date



By Melanie Mar

Butterflies in your stomach, questions running through your mind, and nervous energy are all natural reactions before heading out on any first date. The first date is an icebreaker, not a marriage interview, so sit back and enjoy! The beauty of a first date is that, if it goes poorly, you will most likely get over it quickly. Remind yourself that your best self is relaxed and confident. Follow the tips below to reduce your first date anxiety and set yourself up for fun.

1. Keep it short and sweet: The focus of your first meet-up is getting a feel for the other person, so stick with the basics. A first date is like an appetizer, not a main course. Don't go

into every detail of your past relationships, be too flirty, or reveal too much about yourself.

A good rule of thumb is to keep your date to a maximum of two hours; a lot can be covered in this short amount of time. An hour at the local coffee shop with a short walk afterwards, a shared dessert at a fun new spot, or an early dinner are all simple ways to keep things light. Always leave the other person wanting to know more about you!

Related Link: [Five Tips for Falling in Love in 2014](#)

2. Have fun: Lighthearted conversation is key. Just enjoy the time as you would with a new friend. You certainly don't need a super extravagant or creative plan for your first meeting. Try to look at the person across from you from a place of playfulness. Laughter is very attractive! This is a new, exciting stage in your life, so focus your intentions on having fun.

3. Just breathe: Your mind is naturally going to be overactive with pre-date jitters. Listen to some upbeat music, go shopping, or even exercise beforehand. This activity will help get rid of all your restless energy. Getting your body and mind centered is a big part of feeling mentally prepared for your date. Plus, people are their most authentic selves when they're relaxed. Go with the flow, breathe, and take it slow. By learning to have a nice, stress-free time, you will allow the true you to come out naturally, making you even more beautiful and attractive.

4. Be the natural you: When you're concerned with finding the right partner or overly-focused on making a good first impression, you often end up being awkward. Trying too hard results in a false sense of self. When you feel comfortable with yourself, others will feel at ease with you too.

One of the biggest reasons people are anxious preparing for first dates is because they are overly concerned about how

they will be perceived. You think, “Will this person think I’m funny or attractive enough?” Remind yourself that the someone who is meant to be with you long-term will like you even if you show up a little nervous!

Related Link: [Why Looking for Love Is Like a Job Search](#)

5. Be realistic: It’s easy to get carried away by a fantasy you have created in your head. Thinking of this new person as a potential fiancé or even marriage material can set you up for a total letdown. A date that has had too much pre-conceived thought or imagination added to it is almost certain to disappoint you. We’re all human and far less than perfect, so try to keep an open mind and heart.

It can be easy to waste time worrying about going out on a first date, whether it’s with someone you’ve met online, have been talking to over the phone, or have even already met in person. Try practicing some or all of these tips the next time you prepare for a first date, and you’ll feel more confident and relaxed as a result!

[Melanie Mar](#) is a celebrity relationship specialist, matchmaker and life coach.

Miranda Kerr After Split With Bloom: “This Is My Time to Explore”





By Louisa Gonzales

Miranda Kerr did a **revealing** photoshoot and interview for the May 2014 issue of *British GQ* magazine. According to UsMagazine.com, Kerr not only graced the cover of the mag wearing nothing, but a pair of thigh high stockings, she also delved into steamy details of her life following the split with her husband of three years, Orlando Bloom. Kerr, 30, is reportedly enjoying the single life, open to dating and confessed to the magazine, as she gets older she is becoming more confident in asking for what she “enjoys” in and out of the bedroom. Kerr also **revealed** that she is **open to explore** whether it be with men or women.

How do you join the dating world after splitting from you own long-term relationship?

Cupid's Advice:

Once you split with the person you've been with for a long time, it can be hard to even think of putting yourself back out there and be **open to explore**. Getting back into the dating game after being in a long committed relationship can be fun and exciting if you let yourself go there. Cupid has some advice on how to join the dating world after a long-term relationship:

1.Reinvent yourself: Nothing says starting fresh, than

reinventing or re-evaluating your life and it's priorities. You don't have to drastically alter yourself or your looks, but this can be a good time to maybe try something different with yourself or consider trying new things. It can be anything whether it's you buying a new outfit or wardrobe, changing your hairstyle, or experimenting with new things.

Related: [Orlando Bloom Says He and Ex Miranda Kerr 'Love and Cherish Each Other'](#)

2. Join a dating website: Sure, the thought of having to resort to online dating can be disappointing, but not if you look at it in a positive way. Think of it as a way for you to meet new people and maybe find someone you can connect with. The truth is online dating is not the taboo it used to be, many people do it these days and many people who have joined them have found love.

Related: [Miranda Kerr and Orlando Bloom Reunite in NYC with Son Flynn](#)

3. Think of it as a new adventure: Life is full of surprises and unexpected journeys. Think of the end of your long-term relationship as the beginning of a new and exciting chapter of your life. Don't be afraid to put yourself out there, **explore** new options and take a chance because you never know when you'll meet the next love of your life.

How would you join the dating world after a long-term relationship? Share your tips in the comments below.

Screwing the Rules Video Dating Tips: #1 Sexiest Trait that Attracts Any Guy



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

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) shares her thoughts on the sexiest trait that attracts any guy. "Did you know many of my clients who are seemingly the total package can't get a guy to ask them on a fourth – or sometimes even a second – date? Do you know why?" the dating expert asks. "It's actually the most important thing when it comes to attracting a guy." It's not about looks or even being the total package; it's a trait that's available to average or even below-average women.

Dating Advice from E!'s *Famously Single* Laurel House on Sexy Traits

Related Link: [First Date Conversations That Will Get You a Second Date](#)

So what is the sexiest trait that attracts any man? Being alluring. Listen up for advice on how to channel this power and get the guy you want!

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

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

What do you think is the #1 sexiest trait to attract a guy? Tell us in the comments below!

What Do the Drinking Habits of Singles Reveal?





By Liz Kim

Sometimes, you just need a little liquid courage to go over and talk to the blue-eyed Adonis you've been staring at all night. A bar is a convenient place where single people can let loose and have some fun. But while bars attract singles like moths to a flame, if you're looking for a long-term relationship, your local watering hole may not be the best place to find Mr. or Mrs. Right. U.S. dating site PlentyOfFish conducted a comprehensive research study and found that the drinking habits of single people are very much correlated to whether or not they are looking for true love or a casual fling.

Related Link: [What Does Your Date's Drink Say About Him?](#)

The dating profiles of 11 million U.S. singles between the ages of 21 to 50 were examined, and the study revealed what most of us probably already knew but didn't want to admit was true: The more alcohol a single person drinks, the less likely they are to be in a serious relationship. In fact, men who want to marry are 82 percent more likely to be non-drinkers and women are 73 percent more likely. Men looking for a casual relationship are 55 percent more likely to drink often, and women are 80 percent more likely.

The study also examined how much singles tend to drink on a first date. Even before they go out, 36.4 percent of singles

admitted to having a drink to calm their nerves. During the first date, nearly 50 percent said they had 2 or 3 drinks. These were the beer-with-a-burger, glass-of-wine-with-dinner type of people who knew their limits and didn't overdo it. But sometimes, your best judgement decides to stay home; you find that the night is young, and the pitchers miraculously keep filling up. The survey found 19.1 percent of single men and 16.8 percent of single women have actually gotten drunk on a first date.

So now that we know how much singles are drinking, what does your drink order say about you? Surprisingly, the survey found that what you order can affect how attractive your date thinks you are. And no, we don't mean beer goggles. According to the survey, over 26 percent of men think that the most attractive drink for their date to order is red wine, while over 23 percent of women think that the most attractive drink for their date to order is a pint of craft beer. These women may not be too happy to find out that male beer drinkers are 55 percent less likely (than the average male user of PlentyOfFish) to be looking for marriage.

On a side note, whiskey lovers can rejoice because male whiskey lovers are 76 percent more likely to want non-serious dating and female whiskey lovers clock in at 74 percent more likely.

Related Link: [Focus on Friendship for a Peaceful Dating Experience](#)

The education levels and jobs of singles were also strong predictors for how heavily they drank. Women with a high school education are 26 percent more likely to not drink, and men with a high school education are 17 percent more likely to not drink. One statistic that particularly stood out was that women with PhDs are more than twice as likely (111 percent) to drink often, while men came in at only 51 percent.

While there is nothing wrong with letting your hair down and having enjoying a drink or two, anything that impairs your judgement and prevents you from operating heavy machinery isn't something you want to be relying on when looking for someone to spend your life with. A mere 14.1 percent of singles think that the most attractive drink for their date to order is something *without* alcohol – and maybe they're on to something. You might be surprised at how much fun you can have while still remembering what you did last night!

What do your drinking habits say about you? Tell us in the comments below!

How to Prevent Yourself from Rushing into a Relationship



By April Littleton

Rushing into a new relationship is never a good idea. You

don't know the person you're dating well enough for a commitment, and you'll just end up right back where you started shortly after attempting the new romance. Take a step back from the dating scene and reevaluate what you want out of a partner. Cupid has some advice:

1. Really think about your feelings: Before you put yourself into a new relationship, take some time to really think about what you want. Are your feelings for the person you're interested in real, or are you just rushing into something new because you can't stand the thought of being alone? Some individuals jump into one relationship after another because they're not used to being by themselves.

Related: [How to Get Over the Relationship Blues](#)

2. What you're looking for: What are you looking for in a partner? Are you looking for someone who makes you laugh? How important is trust and honesty to you? How well do you really know your new significant other? In order to really get to know someone and their intentions, you need to take the necessary time to feel each other out. Don't settle for anything less than what you want. So, if your new partner doesn't fit the bill, there's no need to be in a relationship with them.

3. Keep dating: Let the person you're interested in know that you will continue to see other people, and they should do the same. Be direct about what you want. If your new honey was hoping for something a little more exclusive, then make what you want out of a serious relationship clear before you commit. Until then, continue to get to know other people and have fun being single.

Related: [Can You Be Single and Still Have a Soulmate?](#)

4. Don't worry: Don't spend every waking minute thinking about dating. Instead of going out with a potential partner every

Friday night, spend some time hanging out with your girls or family members. Now is the time to really enjoy some “you” time. Get comfortable in your own skin, and realize you don’t HAVE to be in a relationship with anyone until you’re fully ready. When the time is right, your epic love will be waiting for you around the corner.

5. Get to know yourself: Don’t lose sight of yourself. Take up some of your old hobbies, or pick up some new ones. Do things for yourself that don’t involve dating. Some individuals forget who they are while in a relationship. Don’t let that happen to you. Besides, independence is a turn-on.

Related: [How Weight Can Affect Your Love Life](#)

6. No future talk: Avoid talking about any future plans with your potential honey. There shouldn’t be any conversations about marriage, family, moving in together, etc. Take your relationship slow. Conversations about kids and long-term commitment might scare the other person off. Plus, you’re more than likely not ready for that kind of relationship anyway.

What are some other ways to prevent yourself from rushing into a relationship? Comment below.

Cupid’s Weekly Round-Up: Love Is In the Air





By Maria Darbenzio

Warmer weather is upon us, and as the flowers begin to bloom, so does romance. Take this time to focus on incorporating new and interesting things into your relationship. It can be as extravagant as a new vacation spot or as simple as showing support for a good cause. We pulled together these five articles from our partners to help give you some ideas:

1. Break away from reality: You don't have to be a college student to go on spring break. You and your partner deserve a vacay just as much as anyone else! There are plenty of romantic getaway spots that are perfect for kick-starting this spring with your sweetheart. (GalTime.com)

2. Inspire your love: Turn your typical movie night into a time to take notes and make a list of ways you can spice up your love life with the help of the classics. For instance, if you're a fan of *Dirty Dancing*, try incorporating some of those dance moves into your night – a simple yet fun way to add some excitement to your at-home date. (YourTango.com)

3. Get involved: Once it warms up, there are tons of options for walks and events that raise money for various organizations. Pick a cause that both you and your partner want to support and do it together. Not only will it give you a chance to bond, but you'll feel good about making a difference. For inspiration, check out how Bobbi Brown Cosmetics is giving back to the community.

(CelebrityBabyScoop.com)

4. Control those allergies: No one wants to sniff and sneeze their way through a date. This spring, take control of your allergies and don't give them a chance to ruin the memories that you and your honey want to make. Take a look at how you can kiss those itchy eyes goodbye! (GalTime.com)

5. Express your love: As you're spring cleaning your house, leave little notes around for your partner, letting them know how much you love them. Don't live with your sweetheart? No problem! Sneak something sweet into their wallet or briefcase to make them smile when they find it during the day. Here's a list of other ways to share your love. (YourTango.com)

How are you going to get in the springtime spirit? Tell us in the comments below!

Date Idea: Go For A Ride





By Kristin Mattern

Spring is in the air. Take advantage of the warming weather and hit the road with your man. Head to the racetrack to enjoy the fresh air and excitement with your dearest, or get a little romantic and go for a trail ride. However you welcome the new season, you're sure to feel the love blossom.

Related Link: [5 Ways to Know if Your Relationship is More Than Just a Spring Fling](#)

Dig out your big hat and cutest sundress before heading to watch the ponies with your partner. You and your cutie can share the excitement as you watch the jockey's push their thoroughbreds to victory. Spend the extra money and get in to view the horses before each race. This way, the two of you can see the horses up close and get a sense of how each of them is going to perform. Guess which horse you think will do the best with your sweetie. Bring some brews with you to sip while you watch, or treat yourselves to a fancy meal at the track. Be sure to set a price cap so the two of you don't go overboard.

After a few hours at the racetrack, it's time to grab the reigns yourselves. You and your baby can catch up and enjoy some alone time as you trot down the trail together. If you're near a beach or shore, see if you and your honey can have a race down the beach. The two of you will love the feel of the spring wind in your hair as you speed down the coast. Whoever

loses can pay for dinner!

Related Link: [Date Idea: A Day in the Hay](#)

To end your big day, head to a sports bar that plays the races. Sit back and relax with your sweetie as the two of you recount your fun day day and enjoy one another's company.

Have you ever headed to the race track for a date? Tell us about it in the comments below!

Single in Stilettos Show: Quick Fix Dating Tips Don't Work!



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks with relationship strategist Joe Amoia about why

quick fix dating tips don't work. He believes that the reason they don't work is because they're just that – a quick fix! They won't give you the long-term results that you want when it comes to your love life. Instead, you need to explore the true cause of your dating problems. Look inward and try to identify repeating patterns or issues that always come up.

Related Link: [Stop Wasting Time Dating the Wrong Men](#)

Watch the video above for more great dating advice that will transform your love life from the inside out!

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

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Why do you think quick fix dating tips don't work? Tell us in the comments below!

Neon Trees Singer Tyler Glenn Comes Out as Gay





By April Littleton

According to [People](#), the lead singer of Neon Trees Tyler Glenn opened up about his sexuality, revealing that he was gay. He started sharing the news with loved ones last October. Glenn grew up in a Mormon church and says he's dealt with a "complicated relationship" with religion. "I've always felt like I'm an open book, and yet obviously I haven't been completely," he told *Rolling Stone*. Glenn also explained how he's been inspired by current sport figures openly discussing their sexuality. "I appreciated [that] Michael Sam was like, 'I want to be able to go to the movies and hold hands with my boyfriend.' Even hearing him say 'boyfriend', I was like, 'that's cool.'"

What are some ways to tell your loved ones about the one you love?

Cupid's Advice:

You have someone new in your life, but you're not sure how your family and friends will react to the news. You don't want to avoid telling your loved ones about your new significant other – especially if they might find out the news from someone else. Cupid is here to help:

1. Ease your way in: Don't just blurt out the news about your new partner right away. Have a general conversation with your

family like you normally would do. Ask about their day, tell them how you're doing, etc. When you feel like the discussion is going well, then bring up your love life.

Related: [Austin Mahone Denies Dating Selena Gomez](#)

2. Remain calm: The worst thing you can do is freak your family out before even sharing the news. Keep a cool, calm attitude toward them. All you have to do is tell them you're seeing someone new. Yes, you might feel a little nervous, but your loved ones shouldn't have the feeling that something is wrong.

Related: [Taylor Swift Says She Doesn't Write Songs About Every Guy She Dates](#)

3. Talk positive: Once you've told them the news, let them know how happy you are with your new love. The only thing that should matter to your family and friends is your happiness. If you're enjoying the time you spend with your new partner, they should be OK with the relationship.

What are some other ways to tell your loved ones about the one you love? Comment below.