

# Signs Your Crush Is Into You



By April Littleton

You're crushing hard on someone, but you're not sure if they feel the same way about you. Could you be misreading the signs? Or does your future boo have the same feelings as you do? To help you out, Cupid came up with a few tips:

**1. Attentive:** Your crush pays attention to you – and only you. If you don't see your potential honey showing interest in anyone else, then he might be ready to make things official with you. Think back on some of the conversations the two of you have had together. Does he show curiosity about your life? What kind of questions does he ask you? He's into you if the two of you can discuss certain topics and situations on a deeper level.

**2. His friends know about you:** Your boo has told all of his friends about you. Most people don't disclose information about their love life to close friends and family unless it's getting serious. Also, your honey is dropping major hints if you actually meet some of the gang.

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

**3. Showers you with compliments:** If your crush is constantly reminding you of how great you look, how funny you are, etc, he feels the same way you do. When a guy says something positive about you, he usually means it. Don't over think it. Just thank him and believe what he says. After all, it's rare to find someone who appreciates the little things about another person.

**4. He's around often:** Wherever you are, your crush isn't too far behind. Your guy is into you if he is constantly asking you out on dates. Does he check in on you via text when the two of you aren't together? How often do you spend time with him? When your new man chooses to be around you even when he doesn't have to be, that's a sign he's interested in taking the relationship a little further.

**Related:** [The Pros and Cons of a Whirlwind Romance](#)

**5. Surprises:** Most people don't go out of there way to make someone smile unless they enjoy their company. If your crush surprises you with flowers or other sweet items, he's trying to show you his feelings without actually saying the words.

**6. Body language:** How close do the two of you get in a private setting? Do you hold hands? Are the hugs he gives you merely platonic, or does the body contact feel a bit more intimate? You can tell a lot about how a person feels based on their body language. Don't let a romantic opportunity pass you by because you're missing the signs.

**What are some other signs your crush is into you? Comment**

below.

---

## Date Idea: Light Up the Night



By Kristin Mattern

Kick start the spark of love this weekend by taking your sweetie to see a laser light show and to play some laser tag. Keep the electric feel going by hitting up a club with your cutie and getting down on the dance floor as the lights flash and the disco ball twirls. You're sure to light up each other's world as the two of you dance the night away on this high amplitude powered date!

**Related Link:** [Date Idea: Dance the Night Away](#)

Light shows are a unique sight to see. Find one near you and watch as the professionals light up the night and the lasers dance to make creatures come to life from thin air. Snuggle up next to your honey while you take in the show. If it's an outside affair, be sure to bring a blanket to sit on and one to wrap around each other. You'll both enjoy being cuddled close while viewing the performance. Share a kiss beneath the warm electric glow.

To keep the fun going, head over to a laser tag arcade after the show and suit up for some friendly competition. Play on the same team and rendezvous for a thrilling moment of stolen intimacy as you strategize your next move. Feel the adrenaline pumping and evade other players together. Or duke it out as you run around in the dimly lit maze and zap each other to see who is the master of the laser tag.

**Related Link:** [Date Idea: Arcade Game Night](#)

With all that wattage running through your veins, the two of you are sure to keep the energy pumping as you head out to a nightclub. Show off your dance moves and dip and sway beneath the flutter of neon lights. Get lost together as the fog machine and strobe lights pulse to the electronica beat. The two of you are sure to feel the tingle of love after this light-filled date!

**Have you ever gone electric with your sweetie? Share in the comments below!**

---



# Single in Stilettos Show: How to Tell If He Likes You



On this week's [Single in Stilettos](#) show, the Professional Wingman Thomas Edwards shares his advice for a woman trying to figure out if a guy likes her in the early stages of dating. Here are just a few of the signs that he recommends you look for: his actions match his words; he acts nervous around you; he makes future plans with you; and he tries to get physically close to you. Watch the video above for more great tips!

**Related Link:** [What Makes a Man Fall in Love](#)

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

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

[channel](#).

How do you know if a guy likes you? Tell us in the comments below!

---

# NoGamesLove Video Dating Tips: Get Over Your Ex



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

# Dating Advice from E!'s *Famously Single* Laurel House on Getting Over Your Ex

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House knows firsthand just how difficult it can be to get over a lingering ex-boyfriend. "Are you having a hard time getting over your ex?" the dating expert asks. "You are obsessing over him; you feel addicted to him – even though you know how unhealthy and toxic that relationship was, you still crave it." In today's video, she shares what she learned from her own experiences to help you move on.

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

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

**Have you ever gotten over a toxic ex? Tell us your story in the comments below.**

---

## Lauren Conrad Makes Time for Date Night





By Sanetra Richards

Things seem to be going quite well for former *Hills* star Lauren Conrad. In the midst of her hectic businesswoman schedule, the 28-year-old still finds a way to pencil her fiancé, William Tell, in. “It’s just like any other couple with full-time jobs,” Conrad explains of balancing career with romance. “You make date night and you have weekends, hopefully. Not [all] weekends, but some weekends. I’m really fortunate in that I get to do things that I love, so it doesn’t feel like work. I think if you’re doing something you love, it’s not a lot. You’re excited every day,” said Conrad in a recent interview with [People](#). The newly engaged couple however prefers to spend their free time being the faces behind the entertainment. Conrad went on to say, “We haven’t been to a club together in a very, very long time, if ever. We probably entertain more than we go out, to be honest. I love just having a couple of people over for dinner. It’s easier for me. I don’t have to wear shoes. Everybody’s happy.”

**How do you juggle a busy work schedule with your relationship?**



## Cupid's Advice:

Your work life and personal life have been clashing lately, and you are left with no clue of how to separate the two . . . or at least try to keep sane. Cupid has some advice to help out in this area:

**1. Balance:** Just as work requires a schedule, so does your relationship (with a tad bit more spontaneity). Set time aside for your partner throughout the week. Do things that the both of you enjoy. Date nights should be nothing less than enjoyable.

**Related:** [Lauren Conrad Celebrates Hoe-Down Birthday Bash with Fiancé](#)

**2. Differentiate:** Avoid constantly bringing conversations revolved around work into your relationship. And if so, share the positive things that are happening, such as a promotion or a good day. You may have had a bad, stressful day at work – do not let the stress linger onto your relationship by taking all of the frustrations out on your partner. He or she should have your undivided attention, which means work is not a part of that equation.

**Related:** [Former 'Hills' Star Lauren Conrad Is Engaged](#)

**3. Vacation:** A getaway trip is what's needed sometimes, whether that be with your significant other or not. Take time to gather all of your thoughts and regroup from that hectic work schedule. This will ease the tension in both your work environment and personal life.

**What are some suggestions on how to juggle work and a relationship? Share your thoughts below.**

---

# How to Get Over the Relationship Blues



By April Littleton

When a relationship goes sour, sometimes it's hard to pick up the pieces and move on. You can be sad for days, weeks and even months. Don't let the relationship blues get the best of you. Cupid is here to help:

- 1. Support system:** The easiest and fastest way to get over the relationship blues is by interacting with another person. Talk to your family and friends about the feelings you're going through. The more natural thing to do is to avoid people, but your problems won't go away if you don't talk about them.
- 2. Get back to normal:** Get out of bed and live your life. Go

back to work. Go out with some friends. Think about getting active at your local gym. The quicker you're back on your feet, the sooner you'll start to feel like your old self again.

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

**3. Laugh:** The best cure for a broken heart is laughter. When you're feeling down, pop in your favorite comedy movie or read a funny book. Rather than focus on all of the negative aspects of your love life, think about all of the things you have to smile about.

**4. Don't give up:** Don't give up at the first sign of trouble. Your last relationship might not have worked out, but you'll have so many other opportunities for love in the near future. Don't write off every new individual you meet. At the same time, don't start up a new romance right away either. Before you put your heart back on the line again, take the time to get back to loving yourself first.

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

**5. Let it go:** You won't be able to move on with your life if you're constantly stuck in the past. You learn to let go of your ex by relieving yourself of any old feelings you might still have lingering. If you don't feel like you received the right closure, let your former flame know and have that final talk. Otherwise, stop thinking about them. Guaranteed they let you go a long time ago – especially if they're the one who called it quits in the first place.

**6. Try something new:** Pick up a new hobby, or change your hairstyle. Many people find that switching things up a little helps them get over any problems they have going on. You don't have to try anything too dramatic. However, it won't hurt to try short hair if you've been rocking long locks since you can remember. You could also do something a little more low-key, like a simple wardrobe change.

**Related:** [The Pros and Cons of a Whirlwind Romance](#)

**7. Music:** Music is the key to the soul – at least for some people anyway. Listen to a song that would describe exactly how you're feeling. If you play yourself, write your own lyrics and come up with your own melody. Music is a great way to express creativity and how you're feeling.

**How did you get over the relationship blues? Share your experience below.**

---

## Cupid's Weekly Round-Up: Building a Bucket List





By Maria Darbenzio

If you haven't already, now is the time to build a bucket list. Not only is it a great opportunity to write down your hopes and dreams, but it can also be a good tool to help couples bond. Check out these five articles from our partners for some inspiration:

**1. Travel:** Why stay in your hometown when there are unlimited possibilities beyond your backyard? Make a list of places that you've always wanted to visit and refer back to it when you need a break from your everyday routine. It can be to a fishing hole that's 20 minutes down the road or a city adventure on the other side of the country. Check out this article to help fulfill your wanderlust. (YourTango.com)

**2. Try something new:** If you've always wanted to be a vegetarian (even if only for a week or two), try suggesting that your partner do it with you. You can support each other and help one another through the tough spots (like that Sunday morning craving for bacon). Who knows, maybe you'll even decide that this lifestyle works for you. After all, there are many benefits to leading a vegetarian life. (YourTango.com)

**3. Change it up:** Everyone wants to change something about themselves at one point or another, and it doesn't have to be drastic to make a noticeable difference. Start off small and switch your hair color! Check out these latest celebrity hair color trends for ideas. (GalTime.com)

**4. Grow a garden:** Gardens are a great way to dive into a new hobby and enjoy healthier, fresher foods. Planting can be an awesome bonding experience for couples or, if you have children, for families. Everyone can help plant seeds and watch the plants spring up from the dirt. For tips on growing your own delicious foods, look no further than this post. (GalTime.com)

**5. Get inspired with a celebrity bucket list:** Heidi Klum tries

to live her bucket list each and every day, and she's always adding activities to it that she can do with her kids. Want to know how she does it? Click through to read what she had to say! (CelebrityBabyScoop.com)

Tell us what's on your bucket list in the comments below!

---

## 'The Bachelor' Star Juan Pablo Galavis Responds to Backlash By Posting Selfie with Nikki



By Sanetra Richards

The leading man of *The Bachelor* season 18 Juan Pablo Galavis can't seem to catch a break! The reality TV star recently posted a photo with winner Nikki Ferrell, and the caption read, "We are FREE @nikki\_ferrell..." after the reunion show. The response to this declaration about his relationship and love wasn't kind, but Galavis isn't going to let it bother him. According to [UsMagazine.com](http://UsMagazine.com), the 32-year-old former soccer player later shared the quote, "Throw me to the wolves, and I'll come back leading the pack."

***The Bachelor* star Juan Pablo Galavis received some mean comments on his Instagram post. How do you keep outside influences from affecting your relationship and love life?**

**Related:** [The New 'Bachelor' Is Juan Pablo Galavis!](#)

#### **Cupid's Advice:**

Outsiders aren't always your best friends. They will nitpick and find every single way to taint the connection between you and your partner. Consider this relationship advice from Cupid:

**1. Maintain a sense of mystery:** Nowadays, many couples share their most intimate moments to complete strangers without even realizing it. From happy times to the occasional arguments, Twitter, Facebook, and Instagram make it easy to reveal all. Instead, keep your feelings to yourself and let others think what they want about your relationship and love.

**Related:** [Former 'Bachelor' Star Kacie B. Is Engaged](#)

**2. Focus on the positives:** You may feel the urge to air your dirty laundry to family and friends, but be careful. Yes, it can be pretty tempting to vent about something your partner did or didn't do, but if you continuously tell your loved ones the negatives, they'll soon forget the positives. Remember to highlight the good times as well as the bad times.

**What are some ways to keep the public out of your relationship and love life? Share your suggestions below.**

---

## **Date Idea: Bar Crawl Party!**



By Kristin Mattern



What would St. Patrick's Day be without a bar crawl? Grab your leprechaun love and something green – because on St. Patty's Day, everyone is a little Irish! Make a day of it and start the morning off by viewing a parade with your sweetie. Then head over to the local strip to tour the bars. Once you and your cutie are tired of the bar scene, head back home to keep the party going with your friends. The two of you are sure to strike a pot of gold with this fun date idea!

**Related Link:** [First Date Outfit Ideas: Dinner and Drinks](#)

Many towns have their own St. Patty's Parade, but if your's doesn't, look up parades in cities nearest you. In Chicago, they even dye the river green for the occasion! What a sight to see. If you're in New Orleans, you might just get a kiss or set of beads from a green-costumed parade goer. Set out for adventure with your love as the two of you get to see bagpipers, leprechauns, all manner of floats, and, of course, men in kilts. Get really decked out with shamrock necklaces and "Kiss me, I'm Irish" shirts. It's the perfect excuse to plant one on your honey as you watch the parade!

After all the floats have made their way to the end of the parade, get your babe and friends together for a bar crawl. Some cities have guided tours you have to book ahead of time. Visit PubCrawls.com to find one in a city near you. The advantage to booking a pub crawl is you and your group are guided around a pre-determined route, don't have to pay covers, and sometimes get one free drink included in the price of the tour. Also, you might be able to avoid some of the longer lines.

**Related Link:** [How to Redeem Yourself If You Get Drunk On a First Date](#)

However, if you like to fly by the seat of your pants and the luck of the Irish is on your side, plan your own bar crawl ahead of time. Map out your route so you know where you and

your cutie are headed. You might even want to call ahead so you know if the bars have covers or if they are only open to tours that day. Then go wild and drink some green beer in honor of St. Patrick! Just make sure someone is the designated driver or you have plans to ride public transportation home.

When you and your crew have sampled all the Irish Car Bombs and Guinness you can stomach, head back home to keep the party going. Play traditional Irish melodies at home, or toss on the Dropkick Murphy's or Flogging Molly to reach your inner Irish Rocker. You and your partner can host an Irish dinner party by serving up some Corn Beef and Cabbage, easy to make in a crock-pot, and provide green cupcakes and other green-dyed goodies for dessert. Or serve up a traditional Irish Soda bread. Make Irish Coffee to compliment your delicious end to your Bar Crawl Party date with your honey.

Erin go bragh to you and your partner on this fun St. Patrick's Day date!

**What are your St. Patrick's Day plans? Tell us in the comments below!**

---

## **Single in Stilettos Show: 3 Biggest Dating Mistakes by Career Women**





On today's [Single in Stilettos](#) show, CupidsPulse.com Executive Editor and Founder [Lori Bizzoco](#) talks to Suzanne Oshima about the the biggest dating mistakes made by career women.

As a single public relations executive, Bizzoco discovered firsthand how hard it was to balance her career with dating. Luckily, she found love in her late 30s; she got married and had two children...all while starting on her own business and growing her reputation as a relationship expert. Through personal experience, she figured out the three biggest mistakes that career women tend to make and realized why having the wrong attitude when it comes to love can actually sabotage your dating life; why you have to leave your job at the office and not bring it on a date with you; and why being "too busy" is keeping you single.

**Related Link:** [Is Your Career Killing Your Relationship?](#)

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 a successful career with your dating life?  
Tell us in the comments below!

---

## Q&A: Is It Bad to Double-Text a Guy?



*Question from Kelsi W.: I've been texting back and forth with a guy I recently met. We'll be having a good conversation, but occasionally, he won't respond to something I say. Is it bad to text him again later on about something else, or should I always wait until he texts me back?*

**Answer from Our Love Experts:**



Suzanne Oshima, Matchmaker: In the early stages of dating, it's a push/pull dynamic, so if you keep trying to pull him towards you, he might start to push you away. If you have a great conversation and he doesn't respond to something you say, then just leave it be. If you text him again, it may come across as a little desperate, and his response might be to ignore you even further.

Trust me, if a guy likes you and is interested in dating you, he will pursue you and text you. But if you're doing all the pursuing...then how can you ever really be sure that he's interested in you?

Robert Manni, Guy's Guy: Not knowing the context of your texts or how many you're sending each day, I sense a bit of insecurity here. Unfortunately, texting has replaced real conversation and meaningful dialogue between two potential partners. I'd give the guy a pass if he doesn't respond to each and every one. He may read them and mentally acknowledge your message before returning to whatever he's doing. If you feel a need to close the loop on each text, I suggest picking up the phone or meeting him in person.

Don't take it personally if you find out that not every guy has the time or the desire to text back and forth until closing each thread. That said, you deserve his respect and shouldn't allow him to blow you off if that's what he's doing. But keep in mind that texting is only one part of getting to know someone. A phone call or a glass of wine are great ways to better connect. And wouldn't you prefer to hear your partner's voice and see his smiling face rather than read his text message?

Paige Wyatt, Reality Star: When it comes to texting, people are often hard to read, especially someone you've just met. Try to get a sense of how he feels about you from the texts you do receive. Does he seem enthusiastic and interested in you? Or is it more of a bland, boring conversation?

If he seems really into you, then he's probably just busy and might to be able to respond. If that's the case, you should shoot him a sweet and simple text just to say you were thinking of him and ask him to text you when he can. If he isn't very into the conversation or seems distant, you may want to wait until he texts you again.

Remember that every guy is different when it comes to texting. Some love to talk all day, while others hate it. It's all a matter of getting to know him and his style of communication.

For more information on 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](#).

**Cupid wants to know: Do you think it's okay to double-text your crush?**

---

## **Cupid's Weekly Round-Up: Preparing for Spring Weather**





By Maria Darbenzio

Whether you're getting married, spending time with your family, or just enjoying nights on the town, we're sure that you're looking forward to the warmer weather just as much as we are. With that thought in mind, we put together these awesome articles from our partners to help you with springtime planning:

**1. Outdoor dining:** As the snow melts and the chill in the air begins to fade, cafes and restaurants everywhere are starting to open their patios. Eating a nice meal in the sunshine is the perfect way to usher in the much-needed break from winter. Try some of these awesome makeup looks as you get ready to kiss the cold goodbye. (YourTango.com)

**2. Picnic in the park:** If restaurant patio dining isn't your thing and you want a more intimate setting, take a trip to your local park and set up a picnic for two. Whether you're married, seeing someone serious, or going on a first date, this is a great way to soak up some fresh air and show your partner how much you appreciate spending time together. For added romance, you can even slip a cute little poem into your

basket. (YourTango.com)

**3. Family bonding:** After being cooped up in your house all winter, it's time to get outside and enjoy nature! Try to plan activities that are fun for the whole family so you can just focus on being happy while staying active. For some ideas, take a look at these great family time suggestions. (GalTime.com)

**4. Green wedding:** If you're set to wed in the next few months, think of all the floral possibilities that this season brings. Use flowers that are available in your area to keep them looking as fresh as possible throughout your big day. For other ideas on how to go green for your wedding, check out these great ideas. (GalTime.com)

**5. Family travels:** It's always fun to take a vacation with your loved ones. No matter where you decide to go, being with your family is the most important part. American skeleton racer Noelle Pikus-Pace and her husband and kids recently spent some time in Sochi for the Winter Olympics. Find out more about their trip here! (CelebrityBabyScoop.com)

**What are your plans for this spring? Tell us in the comments below!**

---

## Date Idea: Take a Shot







By Kristin Mattern

This weekend, impress your cutie with your sweet moves at the bar. Get a little flirty by showing him your pool hall expertise, and then take aim at love as you play darts together. Have a friendly competition while you share wings and drinks for a fun date night.

Your man will definitely appreciate this guy-approved date. Not a pool hall shark? Let your babe teach you how to play. He'll love the opportunity to wrap his arms around you as he shows you how to shoot. If you're aces at pool, step it up and let him see your game face as you play for who pays for the next round of drinks. Or go Dutch and take turns paying for each other. After all, he usually pays for you, right?

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

Play darts against your sweetheart, or team up and invite another couple to play against you. Root each other on as you step up to the line and try to hit the bulls-eye. Celebrate your victory by grabbing a table and enjoying dinner.

Men love wing night; it's just one of those things. If you're up for it, have a contest to see who can eat the spiciest or the most wings. Or just relax and enjoy the different varieties of wings the establishment has to offer. From sweet and savory to red hot and peppery, you and your darling can share the different sensory sensations as you taste your way through the evening.

**Related Link:** [Tease Your Taste Buds on This Weekend Date Idea](#)

To round out the date – and burn some of those recently ingested wing calories, drag your man out onto the dance floor. Shake up the night as you boogie down and show off your sexy moves.

**Ever taken a shot at love in a pool hall? Let us know in the comments below!**

---

## Can You Be Single and Still Have a Soulmate?





By Sarah Ribeiro

We hear it all the time: Your soulmate is out there. You'll meet your Prince Charming some day. Don't give up on finding true love. For single ladies, these statements can be some of the most hopeful pieces of advice...but they can also be soul-crushing to hear. What if you already found The One and lost him? Or what if your perfect match lives halfway across the country – or worse, the world? Is it even possible to be single and have a soulmate? Of course it is. Here are five tips for singles looking for lasting love:

**1. You are loved:** Who says your soulmate has to be a partner or the love of your life in a romantic way? A soulmate is someone who supports you through everything, loves you unconditionally, and would do anything for you – and you are the same to them. Whether this person comes in the form of a significant other, a roommate, a best friend, a sibling, or a parent, you have a soulmate in some form.

As spiritual counselor and transformational healer Audrey Hope

puts it, soulmate love is just a different kind of love. “A soulmate love is not the same as dating. It is a science that requires one to follow higher sacred laws, a system of truth, and integrity. You will find him or her if you do what needs to be done.”

**Related Link:** [Fantasy Dating: How to Play The Game Right](#)

**2. Your love is waiting:** Whether you’re 20, 40, 60, or 80, there’s always a chance that you’ll find the love of your life at an unexpected time. You just need to stop limiting yourself. “The most important element in being single and wanting that soulmate is to be open to doing things differently,” says relationship therapist Denise C. Onofrey, MA, NCC, MFTC. “Be open-minded about who comes your way and have some deal breakers, but don’t be so rigid you miss out on love.”

**3. Don’t be shy about your search:** Onofrey recommends marketing yourself to find love. “Tell friends, family, casual acquaintances, and, if appropriate, your co-workers that you are willing to be matched with someone they recommend.” After all, you can’t find a soulmate if no one knows you’re looking!

**4. Love yourself:** You’re never going to find love if you don’t take the time to appreciate yourself first. Find activities that interest you and do them – even if it means doing them alone. Not only will you better get to know your self, you’ll give yourself the chance to meet new people whose interests align with your own. Who knows? Maybe you’ll find the love of your life while you’re taking trapeze lessons or learning to speak French.

Plus, you may find that you can give yourself the kind of love and entertainment that you’ve always expected from a partner. “Don’t miss out on a great event, restaurant, or holiday party because you don’t have a date,” says Onofrey. “Go anyway! Live your life fully whether you’re partnered or not.”



**Related Link:** [Are You Too Young For Marriage?](#)

**5. You're never alone:** Even if you're single, remember that you're loved, and that "single" is not synonymous with "alone." Plus, you can have more than one soulmate, so stop harping on lost love and look forward to what's yet to come. "The love that is your equal, the love that is necessary for your life and work will always find you," explains Hope. "There's not just one soulmate for each person. There is love that needs to be with you perhaps for a season, maybe a lifetime, or possibly forever, but it will be what serves your highest soul."

**Tell us:** How did you know when you met your soulmate?

---

**'Online Dating Rituals of the American Male' Reality TV Star Marcus Pierce Says Being Yourself is Key to Finding a Relationship and Love**





Interview by [Lori Bizzoco](#). Written by Louisa Gonzales and [Whitney Johnson](#).

Marcus Pierce is no stranger to the online dating world, having been active on sites like OkCupid since 2006. The celebrity trainer and Artist Muse creative director also isn't one to shy away from fun opportunities, so deciding to appear on the premiere episode of Bravo's new reality TV show *Online Dating Rituals of the American Male* was an easy choice to make.

**Related Link:** [‘A Million First Dates’ Offers New Insights About Online Dating](#)

## Marcus Pierce Talks Reality TV and Online Dating

The Los Angeles resident feels like the docu-series came along at just “the right time in my life. I’m kind of at the point where I’ve run out of options. Plus, I’m so busy with work and everything else,” he explains in our [exclusive celebrity](#)

[interview](#). “And I’m always up for new experiences – especially when it has to do with a relationship and love. I feel like you can find it anywhere if you’re open to it.” Along these lines, *Bachelorette* fans may recognize Pierce from the second season of the show, where he was one of 25 contestants vying for Meredith Phillips’s heart.

Despite his personal beliefs, the handsome trainer understands the doubt surrounding online dating. In fact, he hasn’t always been on board with the concept. When he first joined the online dating scene, it was more of a “joke” to him. And he wasn’t the only one with that mindset: “Back then, I think people automatically assumed that, if you were online dating, you were desperate.”

Of course, his opinions have changed since then. “At the time, I was younger and wasn’t working as much as I am now. I had a lot more free time to actually go out and meet women. So, here we are, eight years later,” he says with a laugh. “Now that I’m busier, online dating just makes it easier for me to look for a relationship and love.”

So what can viewers expect when they tune into *Online Dating Rituals of the American Male*? Pierce assures fans that he’s always true to himself as he reveals “the good, the bad, and the ugly” of online dating. “I know who I am, and I know I have to be vulnerable, so I’m always just going to be Marcus,” he shares. “I’m a pretty loving guy. I’m very personable. I’m a communicator. No matter what I get from a girl, I’m still going to be me.”

**Related Link:** [Celebrity Blogger Perez Hilton Talks Online Dating](#)

## Bravo Star Shares Online Dating

# Advice

The reality TV star also hopes that the show will allow people to learn from his experiences. He wants to help both men and women gain a better understanding of online dating, especially when it comes to developing their profiles. "You need to put your best representation forward. You know everybody's got their weirdness and their issues, but you don't want to put that all out there!"

Continuing with this advice, Pierce encourages online daters to show off their best qualities in the beginning and not worry about how you think a potential match will perceive your profile. "Always put up your best pictures. Don't put anything that's unflattering about yourself; let somebody naturally find out those things about you when they take you on a date. You don't need to lay it all out on the table. Include the things that will interest people and make them want to learn more about you."

Just like in real life, online dating matches don't always work out. Still, he doesn't let himself get too affected by rejection – and he advises others to do the same. "Don't think about what the other person is trying to get from you. Just be yourself, be vulnerable, and be open to love. And that person who truly belongs with you, who truly wants you for who you are, will find you."

**Related Link:** [How to Deal with Online Dating Rejection](#)

While he's dealt with heartbreak in the past, Pierce *may* be happily coupled up now. When asked if he was currently single, the reality TV star played coy. It looks like you'll have to tune into the show to find out about his current relationship status!

*You can follow Pierce onTwitter @thefitartist. Be sure to tune into the premiere of Online Dating Rituals of the American*



Male on Bravo this Sunday, March 9th, at 10/9c!

---

# Single in Stilettos Show: How to Ask a Guy Out



Have you ever wondered the best way to ask a guy out? This week's [Single in Stilettos](#) show explores the answer to that question and more. Founder Suzanne Oshima talks to dating coach Hunt Ethridge, who shares his top three tips for asking your crush on a date. He encourages women to understand that men like to be the aggressors and that they enjoy the thrill of the chase. Plus, he reveals his best piece of dating

advice: Just ask him out!

**Related Link:** [How to Flirt with a Guy](#)

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

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

**Have you ever asked a guy out? Tell us in the comments below!**

---

# NoGamesLove      Video      Dating Tips:                      First                      Date Conversations That Will Get You a Second Date





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

## **Dating Advice from E!'s *Famously Single* Laurel House on First Date Conversations**

In this week's [dating advice](#) video, from relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#), find out what first date talking topics and tips will up your chances for a second date. Remember that conversation is a "give and a take," the dating expert explains. "I say something; you respond. You say something; I respond." Listen up for more great advice to win your new guy's heart!

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

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

**What's your go-to topic of conversation on a first date? Tell**

us in the comments below!

---

## Girl's Night Movie Pick of the Week: 'The Single Moms Club'



By April Littleton

Written, produced and directed by Tyler Perry, *The Single Moms Club* follows five single women on their personal journeys of self-discovery. The ladies are brought together by an accident at their children's school. They create a support group that



helps them get through some of life's most challenging situations through the use of comedic relief and the strength they have in each other.

### **Should you see it:**

Tyler Perry fans will be the first in line to see this film, but if you're unfamiliar with his work, take a look at some of the cast. Some well-known faces include Amy Smart, Nia Long, Terry Crews and William Levy. If any of those names ring a bell and you've enjoyed some of their previous work, consider taking a trip down to your local theater when *The Single Moms Club* premieres.

### **Who to take:**

This movie is definitely all about girl power. Grab a group of your best girl friends for a Saturday night of fun. Of course, you can always drag your significant other along if you'd prefer to save this film for a couples' date night.

**Related:** ['Pompeii' is the Perfect Couples Night Movie](#)

### **What are some ways to date responsibly as a single parent?**

#### **Cupid's Advice:**

As a single parent, getting back into the dating world can be hard to do. You have to think about yourself, your new partner and your child(ren). You don't have to give up completely. You can have a romantic life again and still be the best parent you can be. Just listen to your instincts and follow a few tips. Cupid is here to help:

**1. Take your time:** When you're just starting out on the dating scene again, there is no need to rush any potential relationship. Take your time and get to know the other person well before you make any solid commitments. You have a child.

Keep that mind. You shouldn't bring different people in and out of your kid's life. He/she doesn't need to be any more confused than they already are.

**2. Communicate with your kid(s):** Your child(ren) need to know what's going on (if they're old enough to understand) in your life. Before you go out on any dates, explain to them what you're going to be doing and make sure it's OK with them. Reassure them they won't have to worry about having a step parent anytime soon, and you're only trying to get to know someone on a more adult level.

**Related:** [How to Date when You're a Single Parent](#)

**3. Consider feelings:** If you decide to introduce your child(ren) to your new partner, make sure you realize this situation is a new experience for everyone. Your kid(s) and your new boo will need time to adjust to each other. Don't pack on the PDA in front of your family. Help everyone ease into this new relationship by keeping it cool.

**How did you date responsibly as a single parent? Share your experience below.**

---

## Date Idea: Slumber Party





By Kristin Mattern

Go back in time this weekend and invite your cutie over for a good, old-fashioned slumber party! Break out the sleeping bags and grab your silliest pajamas for this fun date night that will have the two of you giggling like a couple of teenagers.

**Related Link:** [How to Get the Best Sleep You Can With Your Partner](#)

Get out the Twister and pour the grape soda because it's time to rock your house like you and your sweetie are high school sweethearts. Pick out fun games for the two of you to play. If you used to love truth or dare, put a twist on this classic sleepover game and make it a bit sexy. For instance, dare your man to kiss you on your shoulder or ask him to reveal his favorite moment that the two of you have shared. If you're a couple of card sharks, amp up the flirty atmosphere with a rousing game of strip poker and make bets about who has to make breakfast in the morning. Top off the night with a pillow fight.

What's a slumber party without munchies? Make some truly sinful snacks that you used to nosh on as teens. Melt cheese over chips for quick nachos, or place cheese, grilled chicken and peppers between two flour wraps and heat it up on a skillet for stuffed tortillas. Maybe the two of you were candy lovers as kids; chew on Airheads and Sourpatch Kids, or scarf down some Sweetarts.

**Related Link:** [Romantic Dinner for Two](#)

After your food-induced coma has passed, share some laughs as you prank each other. Freeze his boxers when he's not looking. Slip a pinch of cayenne pepper into his dinner. Get a little cuddly with a tickle war. Keep it friendly and silly though; you don't want to send him home in the morning with hurt feelings.

When it is time to start winding down, set up your living room like you did when you were a kid prepping for a slumber party. Place the sleeping bags on the floor (yes, the floor!) in front of the television to set the mood. This way, you and your honey can snuggle up next to each other while you snack on popcorn and watch movies. Pick out your favorite films from your youth and have a movie marathon. Or watch your favorite shows together on Netflix – enjoy an entire season of *The O.C.* or *Dawson's Creek*. Snuggle up as you end your teenage dream together on this fun-filled slumber party date night.

**Ever had a slumber party with your significant other? Tell us how your night went in the comments below!**

---



# The Pros and Cons of a Whirlwind Romance



By [Whitney Johnson](#)

Taking a cue from some of our favorite celebrity couples – Kaley Cuoco and Ryan Sweeting, Kate Hudson and Matt Bellamy, and Jessica Simpson and Eric Johnson, to name a few – we thought it'd be fun to explore the benefits and pitfalls of quickie engagements. Plus, it's a topic our executive editor knows quite well: She got engaged to her now-husband after only nine weeks of dating! It's not a decision to make lightly though. Here are three pros and three cons of a whirlwind romance – all important things to consider before giving your heart away.

**Related Link:** [Why Celebrities Fall In and Out of Love So Quickly](#)

## Pros

**1. You tackle the big issues immediately:** Under typical dating circumstances, you may not discuss the serious stuff – how many times your heart's been broken, what you want in a future spouse, how many kids you want – until a few months into your relationship. With a whirlwind romance, you're forced to get down to the nitty-gritty details if you truly want a future together.

**2. There's no time for apprehension:** Every relationship reaches a turning point where it's easy to let fear control your actions. When you're falling in love fast, you tend to focus on the good instead of the bad, running to your destiny instead of away from it. "There's momentum and clear interest," explains relationship expert [Michelle Smith](#). "Everyone loves being loved, so when the feeling is mutual and obvious, sparks are going to fly."

**3. It's a refreshing type of love:** Sometimes, we can get burdened down with the complications that inevitably come with true love. A whirlwind romance, though, offers you a lightheartedness that's a great beginning for any relationship. "This fresh and free perspective is important to note," shares life coach [Kimberly Friedmutter](#). "You're not weighted down by expectations, and it's so much easier to breathe and just enjoy yourself."

**Related Link:** [Dating After Divorce: How Soon is Too Soon?](#)

## Cons

**1. You may not have a strong foundation:** The healthiest relationships are built on a friendship, but if you've only known each other for a few weeks, you may not have that solid starting point. "Relationships should get better over time,

and you should build on the connection you started with,” says relationship expert [Andrea Syrtash](#). “When you immediately relate in a heightened way, it’s tough to build from there. Whirlwind romances that start too fast can sometimes end too fast...”

**2. You miss out on really dating each other:** The first few weeks of a relationship, appropriately dubbed the “honeymoon phase,” are filled with light-hearted and carefree experiences. If you jump right into something more serious, you lose this fun time with your partner. It’s easy to combat this potential pitfall: You should “date” your significant other always, whether you’re newly together, engaged, or married.

**3. You (or your partner) might be in it for the wrong reasons:** If you’re getting over a broken heart or perhaps a bit bored with your current life, it’s tempting to turn to romance to fill that void. After all, there’s nothing like the allure of a handsome Prince Charming and a perfectly-fitted glass slipper! On the flip side, it’s hard to truly know someone you just met, so your partner may be looking for an escape as well.

**Have you ever been in a whirlwind romance? Share your story in the comments below!**

---

# **Couples Therapy: A Way to Rebuild a Struggling**

# Relationship



By Jefferson Singer and Karen Skerrett

Jeanne looked at Barry at the other side of the couch in our office. She asked him if he remembered when they were first married and lived in a horrible one-bedroom apartment that barely had heat. Did he remember how each morning he would make her the worst coffee in the world, using a leaky filter and a banged up metal pot- how he would carry it to the bedroom while she was still just waking up? Barry nodded that he remembered. Jeanne continued to search his face, “Why is it that that coffee tasted so good to me and now we have the most expensive coffee-making contraption that money can buy, and I have to have my coffee just right, and I don’t even want you to touch the pot?”

At the heart of this exchange, Jeanne has told a “we-story”- a shared story between members of a couple that defines and guides their relationship. Jeanne told this story to remind Barry of what they have lost and need to find once more if their relationship is to improve. In our new book, *Positive Couple Therapy: Using We-stories to Enhance Resilience* (Routledge), we provide a systematic approach for helping couples recover their unique we-stories in order to strengthen and/or rebuild struggling relationships.

**Related:** [Cold Feet Before the Wedding? Reasons to Use Your Head](#)

Couples therapy has long focused on the problems or what is wrong with too little attention paid to identifying and cultivating strengths, or what is right in the relationship. As couple therapists with nearly 70 years of combined experience, we have learned the critical importance of redirecting couples’ attention to the affirming qualities of their relationship such as security, empathy, respect, acceptance, pleasure, humor, and shared meaning. We call these the 7 elements of We-ness (SERAPHS) and they are indeed the better angels of our relationships. Couples that feel this shared investment in each other possess the building blocks for healthy and resilient relationships, and this ingredient can be developed by finding and focusing on ‘we-stories’.

Once couples can identify a “we-story”, either recent or remote, they have a foundation that highlights what the relationship has to offer rather than what it lacks. Such a simple story can then become a metaphor, an image of what works between them and can be referred to during times of stress or challenge.

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

*Positive couple therapy: Using we-stories to enhance resilience* provides simple and practical tools for reclaiming positive stories of connection- stories that provide a sense



of hope to relationships that have become distressed. Examples of we-stories can be found on our website: [we-stories.com](http://we-stories.com) or through [Amazon](http://Amazon).

*Jefferson Singer, PhD. is a Professor of Psychology at Connecticut College and in Private Practice.*

*Karen Skerrett, PhD. is Senior staff at The Family Institute/Center for Psychological Study and Associate Clinical Professor, Dept. of Psychology at Northwestern University.*

---

## Single in Stilettos Show: Why Are Men Commitment Phobic?





In this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to dating coach Jonathon Aslay about why men are scared of commitment. Aslay works with women to help them understand men from a "guy's guy" perspective, so it's safe to say he's the perfect expert for this topic! When it comes to commitment phobic men, he encourages women to define what commitment means to them and ask themselves what level of commitment they require. Plus, he discusses the 5 C's to a successful relationship and the difference between a commitment ready man and a commitment phobic man. Listen up for more great relationship advice!

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

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

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

**How do you deal with someone who is commitment phobic? Tell us in the comments below!**

---

# Date Idea: Spa Vacation



By Kristin Mattern

Who says you can't swim in the winter? And no, we don't mean join the Polar Bear Club! This weekend, take your snow bunny for a spa getaway and dive into love. You'll both enjoy this romantic and relaxing date idea.

Rent a room at a hotel with the works and take advantage of the spa, pool, sauna and fancy restaurant. First, have a couples massage and facial with your man, and bond over the shared relaxing experience. Sweat out some sweet romance as the two of you enjoy a steamy sauna session and then cool off

in the swimming pool. You're sure to grow even closer as you take those refreshing laps through the cool water.

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

After feeling truly pampered, get dressed up and head on down to the restaurant with your dear. Order a nice bottle of wine to share over your three-course meal. Splurge on dessert, and then head out to a local nightclub for some classy cocktails and dancing.

If you're at a true health spa, try some organic, whole-food veggie or fruit juice to sip while you and your honey enjoy a detox dinner. Afterwards, catch a late yoga class and really get rid of any remaining tension that the winter months have brought.

**Related Link:** [Exciting and Inexpensive Honeymoon Destinations](#)

Looking to really leave the winter behind and experience true summertime? Take your dearest on a spa vacation to somewhere tropical. Check out sites like Travelocity and TripAdvisor to find some steals for your getaway. Make sure to pick a spot with extravagant pools and beautiful beaches. Pack your favorite bathing suits and leave the cold behind as you escape to an island resort. Enjoy the balmy weather and smooth sand as the spa staff spoils you beneath the warmth of the sun.

Escape the cold this winter and indulge in summer-themed spa date!

**Have you ever skipped out on the snow to relive the summer with your darling? Let us know in the comments below!**

---



# The Prince and The Pauper: Closing the Gap Between You and Your Cutie's Lifestyles (or Wallets)



By Kristin Mattern

Love can cross boundaries, conquer differences, and even span oceans, but being in a relationship with someone who is Cartier when you are simply Kay can be a bit tricky. Maybe you and your partner are on an equal footing in terms of cash, but you're a savvy saver, and he's a spend-thrift. If you and your significant other's lifestyles (or wallets) are on opposite sides of the fence, here are some tips to bring you closer



together.

**1. Show him what you're about:** Money is a sore spot in a lot of relationships. Rather than sweat it out that you don't make enough moola, realize that it isn't the dollars that matter – it's *you* and the role you play in the relationship that counts. Be yourself and show off your unique qualities. Perhaps you're really funny or you always know the right thing to say. Even if you're not bringing in the dough, you still have many other assets that are just as important.

**Related Link:** [10 Relationship Behaviors You Think Are Odd..That Are Totally Normal!](#)

**2. Appreciate his gift giving:** Perhaps you're one of those people who feels uncomfortable when bestowed with gifts. If that sounds like you, figure out why you feel this way. As Dr. Georgina Rose, licensed physician and author of *Are You Ready for the One?*, says, "The moments of joy brought on by purchasing a special present or enjoying a memorable meal are worth more to some than the feeling of a greater security from your bank account." Gift giving is a way for many people to show affection, and showing that you're grateful for his sweet gesture is the best way to return the favor.

**3. You squirrel it away and he spends like it's candy:** It can be challenging to your relationship when you save every penny and your partner spends as if he's the next Rockefeller. "We each have different values when it comes to money and often these are based on our childhood and the way we saw our parents deal with materialism," explains Dr. Rose. "If you realize how insignificant the actual dollars are and try to understand the real value behind it, then your partner's expenses may be justified. Maybe what seems like a splurge for you is in fact a way of enjoying life."

**4. Communicate, communicate, communicate:** Try not to judge your boyfriend for his gift giving, and instead, make an

effort to understand the gratification his spending brings to him. Rather than jump down his throat for making a big purchase when you feel like the two of you should be saving, talk it out. Keep in mind that you can't half listen to his reasons and then have it out with him. *Really* listen to him. Try to understand why it makes him happy to buy you things and then explain how it makes you feel without undercutting his feelings. Communication is the only way to shorten the gap between your different views on how to spend or save.

**Related Link:** [How Fighting Can Strengthen your Relationship](#)

**5. Remember that money can't buy love:** As the Beatles say, money doesn't win hearts. At the end of the day, money issues can actual boil down to a factor of different life values. If you really dislike spending and materialism and your partner is all about the bling, then it might be time for a split. If you can't see eye-to-eye on how to manage your finances, there's a good chance that many other aspects of your life won't line up as well.

Money is always a tricky part of life to navigate. The key is be understanding of why your significant other spends and discuss your own feelings about the subject. In the end, it's a question of values and making sure you are both on the same page.

**How have you handled money troubles in your relationship? Tell us in the comments below!**