

# Dating Advice: Something's Off About Him – Should I Trust My Intuition?



By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and relationship expert Suzanne Oshima talks to [relationship author](#) Duana Welch about whether or not you should trust your intuition when you feel like something is off with your new partner. The short answer is, "Yes." Watch the video above to understand why!

## Relationship Author Duana Welch Is Interviewed in Dating Advice Video

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

“I recently heard that there’s research that shows that we actually have a nerve that connects our stomach to our brain that gives us a true ‘gut feeling,’” Welch shares. “And what I know for sure is that people *report* that feeling and that their intuition leads them to good things.” Expanding on this idea, the relationship author says that we have a side of our brain that is unconscious and gives us information that we don’t have access to when we’re conscious.

We also have an adaptation. “An adaptation is something that has evolved,” Welch explains. “It’s a spontaneous genetic change that happened in antiquity and was favorable enough that it gave that organism’s offspring better odds of surviving, creating, or both.” For example, all bucks have antlers – because if they don’t pass that gene along, they won’t be able to survive.

**Related Link:** [Dating Advice Video: Why Smart, Successful Women Can Fail at Love](#)

So the question, then, becomes: Why would nature give us all of these gifts and not give us a way to be able to tell when we are going to be prey? “I think we can all think of a time when we thought, ‘Oh, this guy – there’s something off about him, but I’m not being fair right now. I’m just going to learn more about him until I find out if my intuition is right,’” she reveals. “Well, some women don’t survive to find out that their intuition was correct.” In fact, the number one cause of murder or violent death to women between the ages of 15 and 50 is a male partner who got jealous or was controlling.

Welch concludes, “If your gut is telling you that this guy is dangerous, do not collect more data. *Don’t*. Just stop seeing him.”

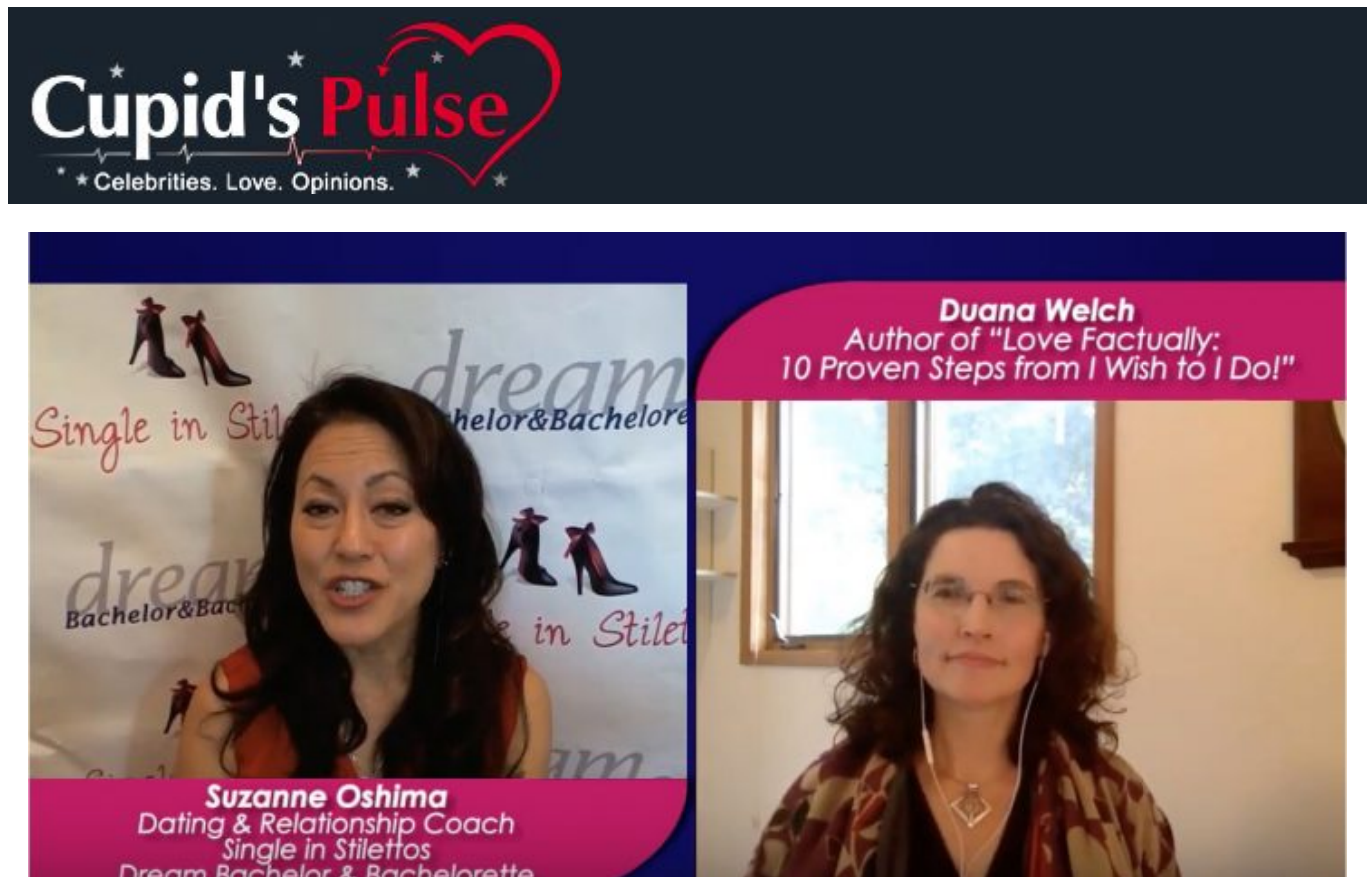
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## Date Idea: Deck the Halls



By [Jessica Gomez](#) and Kristin Mattern

Deck the halls with the one you love! With November dwindling, it's time to pack up the turkey-inspired décor and look towards the end of the year. Spend quality time with your honey this weekend by decorating the house and stirring up some holiday spirit. Wear ugly sweaters, put some holiday tunes on, and get the garlands out for this heart-warming date.

**If you're prepping for Christmas:** Put on Santa hats and get ready to rock around the Christmas tree as your sweetie and

you put up ornaments from your childhood. You can also make homemade ornaments that celebrate your relationship and add them to the tree. Get creative and cut photographs of each other into snowflakes, or decorate ornaments with each others names as keepsakes. Place snowmen statues, reindeer decorations, and whimsical elf figures around the house. Get the dinning room looking festive with a red tablecloth and green runner. Place candlesticks with gold candles on the table and an evergreen centerpiece in the middle to top off this chic holiday spread.

**Related Link:** [Date Idea: Take a Trip Down Memory Lane](#)

**If Hanukkah is right around the corner:** Place the menorah where everyone can see. If you and your significant other are artistic, buy blank wooden dreidels and decorate them yourselves using wood paint. The two of you are sure to have fun as you craft and reminisce about playing with dreidels as children. Place your homemade dreidels on your table as decoration, add a blue tablecloth and silver runner to amp up the elegance. You can use a silver menorah as a centerpiece.

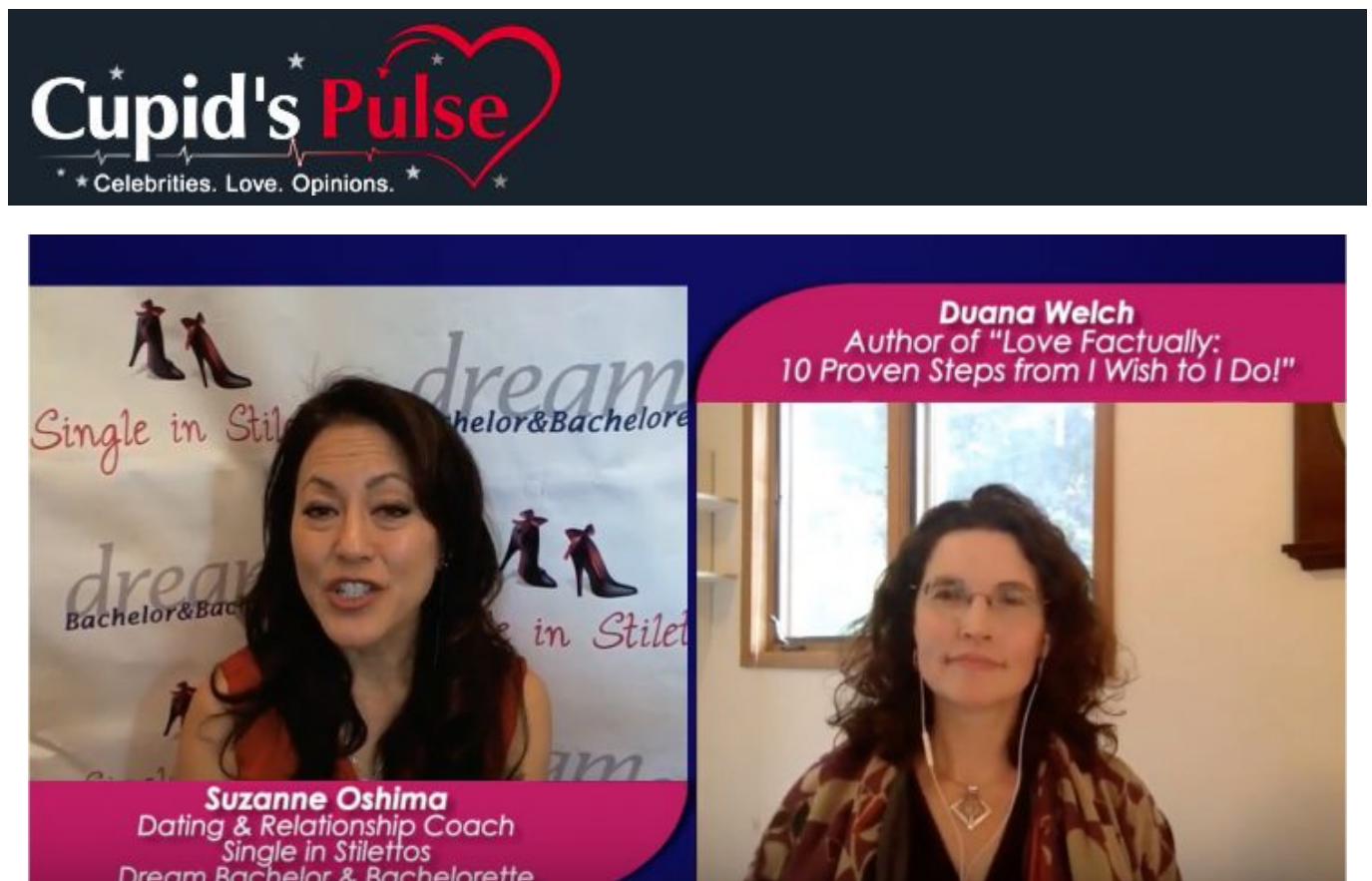
**Related Link:** [Date Idea: Indulge In a Night of Laughter](#)

**While decorating:** Listen to your favorite holiday music. Take a dance break from decorating and sway along together to the music for an intimate moment. Or put on a classic holiday movie to watch while your partner and you deck the halls. The background music will add to the ambiance and get the two of you in the holiday mood. Feel free to make some holiday goodies in the oven as well.

**Ever decorate for the holidays with your honey? Tell us about your holiday dates in the comments below!**

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# Expert Dating Advice: 3 Dating Myths Busted



By [Whitney Johnson](#)

On this week's [Single in Stilettos dating advice video](#), founder and relationship expert Suzanne Oshima talks to relationship author Wendy Newman to prove three dating myths wrong and offer their best [expert dating advice](#). "I think a lot of people believe things that just aren't true," Oshima shares.

## Relationship Author Wendy Newman Shares Expert Dating Advice

**1. Women only date to find a partner, and men just date for fun:** "The root of this myth comes from the idea that women and men approach dating differently – and I've got to tell you, I think men have it right," Newman explains. Women lead with the

end game in mind, while men just want to figure out if they want to spend time with their date. It's that simple for them! "Men will talk about who they are as an interesting person, usually highlighting something fun – and they wish that we would do the same thing," the relationship author adds. Before they jump ahead to the future, men just want to know if the two of you will get along – not because they're not serious but because that's really the most important thing early on.

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

**2. Men are non-committal:** "They commit all of the time!" Newman says with a laugh. It does take men longer to commit than women, but there's a good reason for that: Men are naturally accountable, so they're not going to say "yes" unless they're willing to be on the hook for all of it. "Women will commit to a partner, but there are going to be things about him that they want to change," she explains. Men, however, will sit back and assess the situation first; when they commit, they're committing to the whole package.

**Related Link:** [Dating Advice Video: Don't Be a Rules Girl!](#)

**3. You slept with him at the wrong time and blew it:** It's tempting to think you waited too long and he lost interest or you did it too soon and he thought you were easy, but know that men don't think like that. "They think sex is a fun thing to do with someone they really like, care about, or love. They don't think it's the hinge that makes the relationship happen or not happen," Newman reveals.

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

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# Expert Relationship Advice: Is It Lust or Love?



By [Joshua Pompey](#)

The first few weeks of dating can be so exciting: the laughter, the new experiences, and, of course, the physical connection. But how exactly do you know if the chemistry you're feeling should be attributed to blooming love versus something that is merely an intense physical attraction? If you are attempting to determine whether it's lust or love, try asking yourself the following questions:

## Dating Expert Shares Expert

# Relationship Advice

**1. How excited are you to see each other when you are outside the bedroom?** Sure, it's easy to get excited when you're about to get physical. But how motivated are you to hang out when it isn't late at night or only because all of your other plans fell through? Love is when you are dying to just be *near* that person, regardless of the circumstances or whether or not there is a physical interaction on the horizon.

**Related Link:** [Expert Relationship Advice: 4 Reasons to Avoid Matchmakers](#)

**2. Are you having romantic thoughts?** If you're in love, you will most likely go out of your way to make the other person happy on an emotional level. Your thoughts and [date ideas](#) will have a little extra romance infused into them. With love, you don't just want to make the person happy in order to get them into bed. You want to make them happy because it genuinely makes you feel good to see them smile.

**3. Would you be willing to go months without sex?** Ask yourself: If your partner suddenly decided they wanted to wait a few months before having sex again, would you stick around? If the answer is yes, you are definitely leaning in the direction of love.

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

**4. Do your conversations constantly default back to sex?** When I was involved in mini relationships that were mainly focused on lust, the conversation would more often than not turn sexual or revolve around physical flirtations. On the flip side, when I genuinely connected with someone, sure, there was sexual flirtation, but there were also conversations that probed towards getting to know the other person on a deeper level. If you are moving towards love, topics that hold more

weight should be a part of your daily interactions.

For more expert relationship advice from [dating expert](#) Joshua Pompey, including how many online dating photos you should have in your profile, click [here](#).

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## Love & Libations: Heat Up Your Relationship with a Date Night in the Kitchen



by [Yolanda Shoshana](#)

Preparing a nice home-cooked meal on a [date night](#) with your partner is one of the sexiest things that you can do together. It's also important to pair your food with the right spirit or

wine. There are some [celebrity chefs](#) who have the perfect libations to add a sensual touch to your dinner table.

## Ideas for Date Nights at Home

If you are a foodie, you have probably already gone to an Alain Ducasse restaurant. The celebrity chef has around 19 Michelin stars under his belt. Ducasse partnered with Grey Goose to create the first gastronomy vodka called Grey Goose Interpreted by Ducasse. Basically, the vodka was made to pair with food. Since it has notes of coffee, chocolate, and vanilla, it would be great to pair with something from the slow cooker on a night that you and your partner plan to stay in. It would be particularly wonderful with a mole sauce.

**Related Link:** [Romantic Cocktails for Winter Date Nights](#)

If anyone should be in the libation business, it's Martha Stewart: She shows us how to cook and entertain better than anyone. She finally got into the wine game by creating a wine club with some of her favorite picks. Joining the club could be a great way for you and your boo to plan your meal based on wines from around the world. Stewart has plenty of aphrodisiac recipes available to whip up that can go with your wine choice. Don't forget to try new dishes! It adds to the excitement.

If you are into Italian wines, then chef Lidia Bastianich has the right wine for you. Besides hosting a television show, Bastianich is a restaurateur mainly on the East Coast, but she has a spot in Kansas City too. She founded the Bastianich Winery in 1997 in the Friuli-Venezia Giulia area of Italy. Since she has various cookbooks, you and your partner could select one of her recipes and pair it with one of her wines. If white wine is your choice, the Bastianich Vespa Bianco would be great with fish. On the flipside, the Bastianich Vespa Rosso is the perfect selection for a red sauce dish –

and just because red wine is sexy.

**Related Link:** [Date Night Ideas Inspired by Celebrity Red Wines](#)

Wolfgang Puck is known for his extravagant dinners and his work with celebrities. Did you know that Puck also has his own wine? Luckily, they're very affordable: There are both red and white selections in the 12 to 15 dollar range. The wine was created to celebrate family, friendships, and hope. If you wonder what to pair his wines with, go with pizza. Everyone knows that Puck loves pizza, and he has a pizza dough recipe that makes people salivate. Plus, pizza and wine are the perfect pairing for a night of romance.

*For more Love & Libations date night ideas and [celebrity couple](#) predictions from Yolanda Shoshana, click [here](#).*

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## Date Idea: Fall in Love with Falling Leaves





By [Jessica Gomez](#) Kristin Mattern

We bet you remember the sheer thrill of leaping into a pile of earthy leaves as a child, the joy of tossing the motley colors up into the sky over your head and watching them fall around you. Relive that magic this weekend with your sweetheart and rake your way to the perfect fall date.

**Here are some [date ideas](#) that involve colorful, crispy leaves:**

**Offer to help your honey rake his or her yard...and then jump in:** See who can make the biggest pile or who can rake the fastest – making things into a competition get some couples going. Rate each other's leaf jumps: Who made the biggest mess? Who fell in the funniest or more gracious way? Use your phone to record the jumps so you can compare. Maybe even post some awesome action shots to Instagram or Facebook.

**Related Link:** [Date Idea: Keep It Exciting During New Venue Night](#)

**Make a scrapbook with the leaves:** Leaves are for more than just jumping in. Document the different leaves you and your

significant other find along the way. Compare colors, shapes, and sizes. Take a moment to marvel at the wonders of nature. Create a scrapbook together where you add all the really beautiful leaves you find or add photographs of the beautiful views. If the leaves are supple enough, you can even make leaf rubbings together. Take a piece of paper, place it over the leaf, rub a naked crayon the long way against the paper over the leaf, and voila! You have a commemorative etching of your fall romp.

**Related Link:** [Date Idea: Best Shows to Binge-Watch With Your Partner](#)

**Cuddle up and enjoy the gorgeous fall foliage:** After all the leaves are raked, the pile jumping has ended and your apple pie has been consumed, you and your honey can cuddle up under a blanket or recline against a tree in the yard and take it all in. Check out your state's peak foliage [here](#).

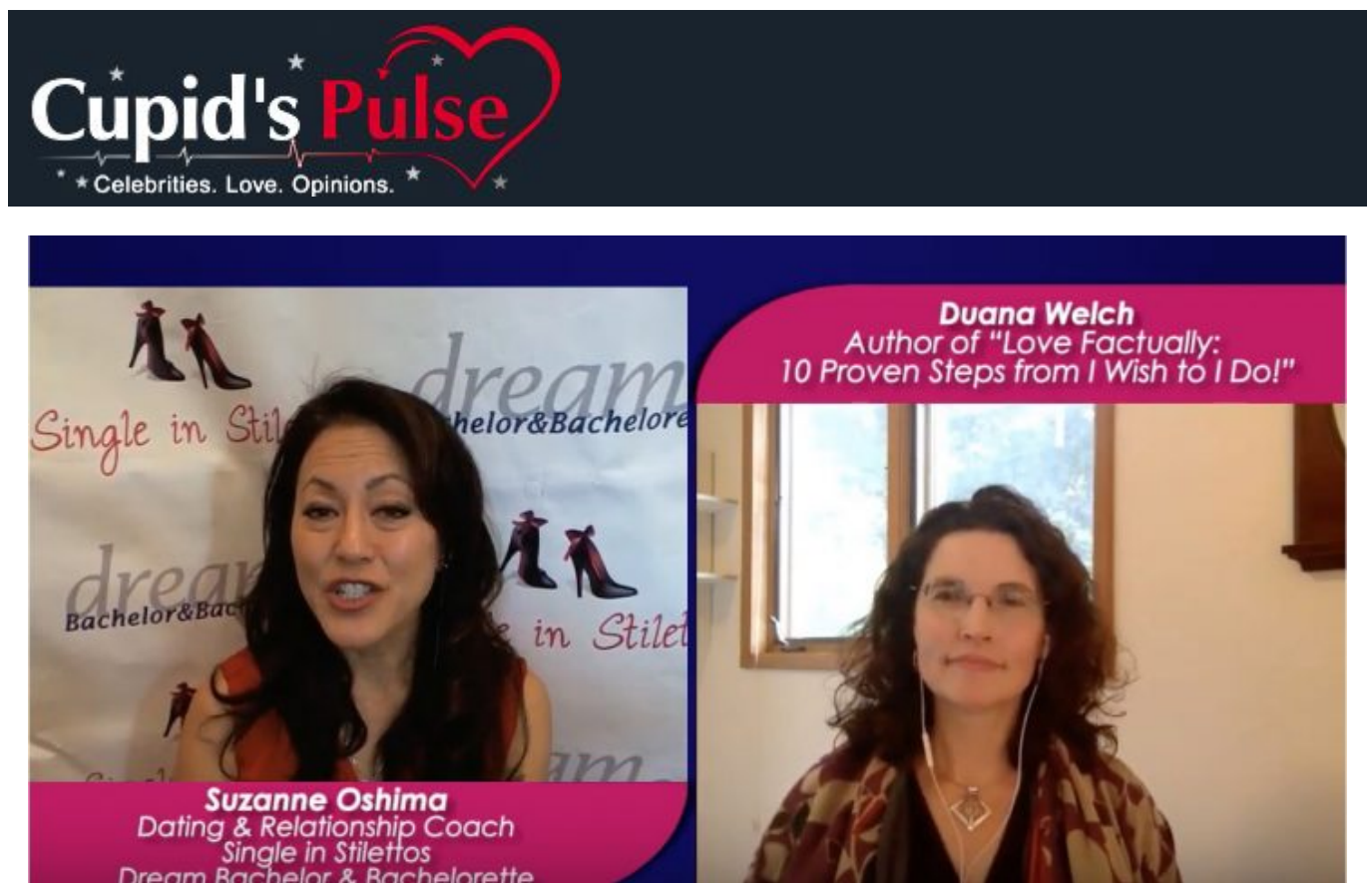
Now it's time to get out there and make some magic fall moments with your honey! If you want to spread some extra love, help your parents or elderly neighbors clean up their yards too. Build up some good Karma together – and hey, you never know, the person you helped out might just give you an apple pie or some hot cider when you're finished.

**Have you shared some fun fall moments with your love? Share below!**

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## **Date Idea: A Day with Your**

# Pumpkin



By [Jessica Gomez](#) and Shannon Seibert

Sure, picking and carving pumpkins is a fun date idea, but sometimes we want to change it up. Outdo yourselves and head to a pumpkin festival or to a fall fair. Really breathe in the autumn air and experience the season's spirit together. Participating in this unique [weekend date idea](#) can do wonders for your relationship because of the bonding.

**We have a date idea for you and your “pumpkin” this season. Check it out:**

Go to a fall fair as a date! Fairs are a great date spot because there is something new to discover around every corner. Whether you view the festivities from the heights of

the Ferris Wheel or chow down on goodies, it's always eventful. Hop on a hayride together and listen to ghost stories with your bae. Chase each other through a corn maze and challenge each other to some carnival games. Fall head over heels for your boo thing as you're both whipped around on the fair rides. Classics such as "The Twister" and bumper cars will bring out your sense of adventure and have the both of you laughing and screaming with joy.

**Related Link:** [Date Idea: Keep It Exciting During New Venue Night](#)

After you play, check out some of the fair's shows. Usually, there are monster truck rallies, tightrope walkers, and even magic shows that will captivate you and your love. Be sure to get good seats because you're about to be amazed!

At the end of your fair-a-polooza, have your partner pick out a winning pumpkin to take home. Together, carve out the insides and remove the seeds. Then, bring your pumpkin to life with creative designs.

**Related Link:** [Date Idea: Indulge In a Night of Laughter](#)

For a delicious snack, gather the seeds and wash off the pulp. Preheat your oven to 350 degrees and place the seeds on some baking sheets. For a more classic snack, coat them in a light glaze of extra virgin olive oil and sprinkle them with salt. If your pumpkin is looking for a more tropical taste, glaze the seeds with coconut oil and a hint of pineapple juice. Heat the seeds for fifteen to twenty minutes or until golden. Yum!

**Related Link:** [Date Idea: Take a Trip Down Memory Lane](#)

End this date idea by grabbing a quilted blanket and a cup of hot cocoa and heading to your couch. Munch on your pumpkin seed goods and pop in a Halloween movie. If your honey is a horror fan, you can never go wrong with old classics, such as *Friday the 13th* or *Halloween*. These films will give you an excuse (not that you need one) to hold on tight to your other

half because the films will scare you senseless.

How do you and your sweetheart get into the fall spirit? Tell us in the comments below!

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## Date Idea: Haunt Your Honey



By [Jessica Gomez](#) and Kristin Mattern

Halloween is the perfect day to shake things up a bit and have a date that fits the holiday! Get into the spirit with your sweetie and dress up as a couple: go for goofy, serious, or sexy. However you switch it up for this haunted holiday, take advantage of the spooky atmosphere and do something different together.

**Halloween is an exciting time of year, and we have some love and dating advice. Here are some [date ideas](#) for those of us who love feeling the spooky spirit:**

**Get scary and venture into a haunted house:** Looking for the scariest haunted houses around? Check out [America Haunts](#) or [Haunt World](#) for the freakiest attractions across America. Hold tight to your honey as you walk through enchanted rooms and possessed houses. Share some laughs over who screams first or loudest.

**Related Link:** [Date Idea: Get Out Of Your Comfort Zone](#)

**If fake horror isn't enough, find a real haunted property and check it out:** Take photographs as you walk around – you never know when you might catch a ghost on film. However, remember to make sure you aren't trespassing. You can visit this [site](#) to find some real haunted houses to tour on Halloween. You can also opt to have a Halloween picnic at a nearby graveyard and enjoy the scary scenery; just remember to always be respectful.

**Related Link:** [Date Idea: Indulge In a Night of Laughter](#)

**A romantic and scary movie date:** If at home, curl up together on the couch and watch some horror classics or go for the recent and new. The choice is yours. If you want to do a real Halloweeny-flick, you should watch all three Halloween films by director John Carpenter. For more suspense and intrigue and less scare, put on The Twilight Zone. Discuss your favorite kinds of Halloween movies, and don't forget to bake some Halloween-themed snacks to enjoy. Feeling lazy? Buy the snacks. For more thrills and chills, make your way to your

local theater. If you don't want to stay home, catch the latest horror flick or thriller at the movies, then sit back and prepare for the scare-a-thon as the cinematic magic takes you and your date on a roller coaster of gut-wrenching emotions.

Halloween is such an awesome holiday! Always remember to get a little wild and have a spooky good time with your sweetie!

**Have you had a freaky date on Halloween? Share your chilling tales in the comments below!**

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## **Dating Advice Video: Stop Settling for Men Who Don't Deserve You!**





By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and relationship expert Suzanne Oshima talks to [relationship author](#) Tinzley Bradford about how to stop settling for men who don't deserve you. Here, Bradford shares three signs that you're with the wrong man.

## Relationship Author Reveals How to Stop Settling in Dating Advice Video

**1. You're unhappy:** "If you're constantly unhappy with how you're being treated, you're settling," Bradford shares. "Love and a healthy relationship does not create confusion or make you feel unhappy, unstable, or even uncertain." You should be in a relationship with someone who brings out the best in you and makes you feel good about yourself.

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

**2. Your relationship isn't reciprocal:** "It takes two to tango,

baby!” Bradford exclaims. If you’re always giving but never getting enough back, you’re settling. You deserve a man who loves you just as much as you love him. “He’s got to be doing his part in your relationship,” the relationship author adds.

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

**3. You feel guilty for being you:** “If you’re in a relationship with a guy who’s competing against you, belittling your dreams, and not being excited about your success, you don’t need to be with that person” she shares. You should never be with someone who makes you feel guilty for wanting to shine.

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## Dating Advice Q&A: Should I Remain Friends with My Ex Online?





*Question from Sonya M.: Facebook is the official/unofficial way of announcing a relationship. Is it too vindictive to unfriend an ex, or is that the right move when you enter a new relationship?*

Social media is a fun way to share your relationship with friends and family, but if that relationship ends, the waters can get a little murky. Let our [relationship experts](#) help by offering their best [dating advice](#) for using social media in the *right* way! Learn valuable dating tips from matchmaker Suzanne Oshima and relationship author Robert Manni. Here, they answer your question about whether or not you should unfriend your ex after a break-up. Check out their dating advice below!

## Dating Advice for Unfriending Your Ex on Facebook

[Suzanne K. Oshima, Matchmaker](#): When it comes to dating after a break-up or divorce, it's important to know that removing all traces of your ex on social media isn't about being vindictive – it's about moving on.

This is the last step at the end of your relationship, so now

is the time for some “spring cleaning.” Daily reminders of him won’t allow you to move forward with your love life, so remember the saying “out of sight, out of mind.” This will remove any temptation to cyber snoop or check in on what he’s doing and who he’s dating. All in all, if you continue to stay connected, then you’re holding on – and this can hold you back from moving forward into another relationship.

**Related Link:** [Dating Advice Q&A: How Can You Tell Red Flags From Online Dating?](#)

[Robert Manni, Guy’s Guy](#): Even though people have become too reliant on social media as their main form of communication, announcing a new relationship on Facebook can feel great and be validating. It’s a nice way of putting something out there about yourself that you feel good about for the people you enjoying sharing with.

On the other hand, if you no longer have an offline connection with an ex and do not feel comfortable posting about your new relationship for them to see, it’s perfectly acceptable to unfriend them. However, if you remain on good terms and they’re cool, there is no harm in staying connected with an ex on Facebook.

There are no strict rules or protocol about this. Listen to your inner compass and do what feels best for *you*. Good luck.

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

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

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# Date Ideas: Be a Sweetheart



By [Jessica Gomez](#) and Shannon Seibert

The saying goes that the best way to a person's heart is through their stomach – and we agree! Take this weekend to satisfy your sweet tooth with some new recipes and fun in the kitchen. With these delicious date ideas, you and your significant other can indulge in sweet treats – and in each other. It's time to get sweet with one another! Get creative and bake something special. Surprise each other with samples of your favorite desserts and be sure to try them all.

**Remember all of those Pinterest recipes you've "pinned for later"? Well, now is the time to bust out**

**your best Betty Crocker moves to impress your partner and add a new dimension to your relationship! Here are some yummy [weekend date ideas](#):**

**If you need a little baking inspiration, you can never go wrong with chocolate:** Brownies, cookies, cakes, or any other treat – chocolate is always the answer! You can bring a little extra something to your batch of brownies by putting crumbled Oreo pieces in the batter. You can also bury your honey's favorite candy bar in the cake batter for a sweet surprise. If you aren't a fan of chocolate, there are plenty of other sweet options on the web that you can whip up to satisfy that sweet tooth.

**Related Link:** [Date Idea: Lift Your Love To New Heights](#)

**Play with your food:** Consider this dating and [love advice](#). Sure, you've always been told not to play with your food, but it's time to bend some rules. After all, we're adults! Make an assortment of yummy treats and blindfold your bae. Feed them one bite at a time and have them guess which one he's tasting or even the specific ingredients. If they get it right, then it's your turn to be blindfolded! If you're feeling a little adventurous on this weekend date idea, bring out your inner six-year-old and start a classic food fight. Flick a little flour their way, and before you know it, the both of you will resemble the inside of a mixing bowl. If you don't mind the mess, it's a fun way to pass the time while waiting for your goodies to bake.

**Related Link:** [Date Idea: Stay Indoors](#)

**Decorate your tasty treats:** After all, icing is just a step up

from Crayons. Write your baby a sweet message on a decorative cake to show them you care. Something as simple as “glad you’re mine” or the traditional “I love you” can make them smile. Afterwards, pair a glass of Sherry with your favorite dessert, and enjoy sweet conversation with each other.

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

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## Date Ideas: Love is Magic



By [Jessica Gomez](#) and Shannon Seibert

Magic isn't just for kids, and it can be more than silly card tricks or a rabbit hopping out of a top hat. In fact, love is an indefinite form of unexplained magic. The feeling of love is a magical mystery that can give us reasons to believe in

something greater than ourselves.

**This weekend, you and your sweetheart should leave your predispositions at the door and become enchanted by the power of magic all over again. Here are some magical [date ideas](#):**

**Have a magic movie marathon:** There are so many movies that will have you two love birds wanting to learn a few tricks of your own. Get some popcorn and other munchies to set the “movie marathon” mood and snag a couple of cheap bottles of wine while you’re out too to prepare. Then, get ready to snuggle close together and watch recently released magic movies and the classics! [Netflix.com](https://www.netflix.com) has a whole category of enjoyable magic-based movies, so that you and your honey can have the pick of the litter.

**Related Link:** [Date Idea: Lift Your Love To New Heights](#)

**Check out a local magic show:** Buy some tickets or even go out and watch street performers in the park – magic can exist anywhere. Tour your local area to see if you can catch any of your city’s hidden talent. There are also plenty of night clubs and venues that showcase magical talent. During the show, try to make guesses about how each trick is executed and compare theories. Some magicians incorporate the audience in their tricks, so get yourselves involved! Maybe being “sawed in two” will actually end up bringing you and your other half closer together.

**Related Link:** [Date Idea: Indulge In a Night of Laughter](#)

**Look up magic trick tutorials:** Do it separately, and then try them on each other. This will be a cute bonding experience and you'll learn some new tricks – plus the ones you can teach each other as well. You give a little and get a little. Learn a couple, learn a bunch – up to you. Embrace your inner child and go nuts!

**Have any other ideas on “magical dates? Share with us in the comments below!**

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## Dating Advice Video: How to Get Men to Pursue You Like Crazy



By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and [relationship expert](#) Suzanne Oshima talks to relationship strategist and coach Cyndi Olin about three ways to get men to pursue you like crazy. Listen to their expert dating advice in the video above!

## Relationship Experts Discuss How to Get Men to Pursue You in Dating Advice Video

**1. Smile:** With this piece of expert dating advice, Olin reminds us of the saying, "Your presence is a present." Walk out the door, be present in your body, and smile – and you can attract men like crazy. Eye contact and compliments pair well with a smile. "That's like a 'come over' signal," she explains. "90 percent of the time, a man will approach you and at least start talking to you. It's all about your energy."

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

**2. Engage with them:** "There's a lot of advice out there, including to let a man lead," Olin shares. "While I believe that, men are confused when it comes to modern dating." Men are often very careful as a way to ensure that they're respecting you. Have a belief deep down in your soul that men are good people, and make an effort to get to know them. Remember: Your vibe attracts your tribe.

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

**3. Let go:** After you smile and engage with them, let them be the one to pursue you, to call you more. "You're not pursuing. You're a friendly receptor of light," Olin says. "You want him to pursue you, and he's looking for permission to do that."

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

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# Relationship Advice: How to Stay Confident in a Long-Term Relationship



By [David Wygant](#)

In order to feel confident in a long-term relationship, you need to be in the *right* long-term relationship for you. If you're not safe and you don't feel like you're being heard,

then you're in the wrong partnership. There's no way in the world you will ever thrive in a relationship where you feel judged and evaluated at all times. For me – and I've been in many long-term relationships – the ones that I always felt most confident in were the relationships where I was actually seen for who I am. If a woman is trying to change you, if she's trying to make you into someone you're not, you're never going to feel confident.

## Long-Term Relationship Advice from Relationship Expert David Wygant

**Related Link:** [Expert Relationship Advice: How Can I Change My Dating Tactics for the New Year?](#)

Long-term relationships are some of the most beautiful things you can ever experience, but the only way to have a successful one is to truly communicate who you are. As a [relationship expert](#), I believe that the beginning of a relationship is when you have the opportunity to be who you are and expose yourself. If you're going to give her a false version of yourself, then her expectations are going to run rampant. And when her expectations run rampant, you're not going to have a successful long-term relationship. That's the biggest mistake most people make.

Most people make this mistake because, over and over again, they think they need to misrepresent themselves to “get” the relationship. To me, I expose it all – *everything*. I reveal all my fears and insecurities because I'm looking for a real relationship, a long-term relationship where I'm able to grow.

A strong long-term relationship is a relationship that's a mirror. You literally reflect each other each and every day. By doing so, you will show each other exactly what you need to learn. A great relationship will reflect that right back at

you. The best relationships are when you grow and when you get out of your own story and are able to create new stories together.

**Related Link:** [Dating Advice for Dealing With the Break-Up Blues](#)

So my best [relationship advice](#) for feeling confident is to be ready to express yourself. If you're not able to talk about who you are and what you want, then you're not in the right long-term relationship. Now, I can sit here and write another 25 pages on this topic, but the reality is, in life, we need to keep things more simple. And the simple dating advice that I can give you today is that you need to communicate all your needs, your wants, and your desires at the start of a partnership to be fully accepted and heard. Once you do, you'll feel confident in your long-term relationship.

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

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

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## Dating Advice: Survey Results Are In! What Does it Mean to

# be Single in America?



By [Jessica Gomez](#)

What does it mean to be single in 2018? The dating climate has changed. Being single has a whole new meaning. For some, it's horrible, and for others, an absolute thrill. Whichever side of the spectrum you may fall, you can count on fun surveys to tell you what people are thinking. Norms have changed between men and women due to the internet and technology affecting the way we feel and act when it comes to sex, relationships, and love – and this [survey](#) confirms it.

**A 2017 study on singles in America, conducted by Research Now and funded by Match, depicts surprising**

# **data on the evolution of the dating scene and there's [dating advice](#) in there, too:**

Both present dating statistics and the future of dating were among the information gathered from the survey: What's been going around the internet lately is the invention of sex robots. Are they going to replace us as sex partners? The survey, based on 5,000 people, shows that one in four singles would have sex with a robot. And, nearly 50% of singles would consider it cheating if their partner had sex with one.

The study also found interesting information on what women want and do not want on a first date, along with what's acceptable and expected in the dating scene. 94% of women want their date to compliment her appearance, to be waiting for her when she arrives (90%), to hug her (82%), kiss her on the cheek (71%) and insist on paying the bill (91% of women approve of this, however 45% think it's appropriate to split the bill), according to the study. And the most inappropriate thing to do on a date is checking your phone regularly – only one in 10 women think this is appropriate!

That is some of the juiciest information, but check out the rest of the survey's information [HERE](#).

**Are you thinking like most singles and taking into consideration the dating advice of your peers? Comment below!**

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# Celebrity Couple News: Lady Gaga & Fiance Christian Carino Share Kiss Backstage at Grammys 2018



By [Jessica Gomez](#)

In [celebrity news](#), [Lady Gaga](#) and her fiancé Christian Carino were photographed sharing an endearing kiss backstage at the 2018 Grammys on Sunday, according to [UsMagazine.com](#). Gaga was nominated for Best Pop Vocal Album for "Joanne" and Best Pop Solo Performance for "Million Reasons." The pop star did not win either award, but she did preform a fusion of both nominated songs. And, her future hubby was there to support his lady. Let's keep our ears open for their [celebrity wedding](#) date!

# This newly engaged [celebrity couple](#) are very much in love. What are some ways to support your partner in his or her professional endeavors?

## Cupid's Advice:

Supporting one another in a relationship is a given! Cupid has some relationship advice on ways to support your partner's journey toward their career path:

**1. Be their cheerleader:** Sometimes when following your dreams, things can get rocky, and what we really need is a support system. Be respectful of their feelings and listen to them. Show your partner you understand, support them by acknowledging their negative feelings and encouraging their positive ones. Don't forget to cheer them on as well. Lift them up when they're at their lows and their highs. Words of encouragement go a long way.

**Related Link:** [How Jessica Biel & Justin Timberlake Keep Their Marriage Strong](#)

**2. Offer help:** Sometimes your partner may need an extra mind, a different perspective. Sometimes a shoulder to lean on. Discuss the obstacles and the solutions to those obstacles together. Helping them in any way you can in any aspect of their life can help their career one. Be on the lookout and see what your partner may need. You both are a team, and you have to be in it together to win it.

**Related Link:** [Shailene Woodley Makes Relationship with Rugby Player Ben Volavola Instagram Official](#)

**3. Stay involved:** While being a cheerleader and offering help to your partner, you of course have to stay involved. Keep yourself updated with their journey and what's going on with them mentally and emotionally, and vice versa. Neither you or your partner should become isolated from the other. Pursing a career can take up a lot of time and effort, but staying involved with one another is also important when in a committed relationship. Keep lines of communication open at all times, and keep up with as much optimism as possible!

**What ways have you encouraged and supported your partner during their journeys? Comment below!**

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## **Dating Advice Video: Why Smart, Successful Women Can Fail at Love**





By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and relationship expert Suzanne Oshima talks to [relationship author](#) Duana Welch about why smart, successful women can fail at love. "I was in grad school getting a doctorate in the social sciences, and I realized that I was pretty good at that, but I really wasn't good at love," Welch shares. "I knew there was something that I was doing wrong – because the common denominator in all of my relationships was me." Here, she shares three reasons why succeeding at love is hard for so many women.

## Relationship Author Duana Welch Is Interviewed in Dating Advice Video

**1. The things women do to succeed at work don't work in the world of dating:** At work, women are told to put themselves forward, pursue what they want, and lead their co-workers, but in a relationship, those qualities are often unrewarded. "Research shows that women who routinely pursue men are seen as low-status and not good wife material," Welch explains. "I hate that!"

“If I liked a man...I was kind of shoving myself down his throat,” the relationship author adds of her own dating mishaps. “Of course, I didn’t see it that way. There’s never been a perfume called Desperation, and there never will be. But in the world of work, that stuff works.”

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

**2. Some men hold a woman’s success against her:** There was a study done where researchers put up two identical dating profiles. One emphasized the woman being young and beautiful, while the other focused on her being an educated, high-powered attorney. Unfortunately, it’s no surprise that the first profile got a lot more hits. “One reason is because men respond to youth and beauty, but it’s also because men are intimidated by women who have achieved more than they have,” Welch explains.

**Related Link:** [Expert Dating Advice: Times Women Say ‘Yes’ But Shouldn’t](#)

**3. We have a confirmation bias:** In other words, we see what we want to see. “You fall in bed and fall in love, and then you find out the dealbreakers,” Welch shares. Instead, spare yourself the pain and take early action to determine your must-haves and dealbreakers. Then, you’ll be able to make a more informed decisions about your emotions.

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

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

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# Checklist for Dating from Different Decades: Get Love Advice from 'The Bachelor' Star Arie Luyendyk, Jr.



By [Megan Weks](#)

There is a bit of a buzz going on about the age gap between some of the contestants and the leading man on season 22 of *The Bachelor*. Is it really a big deal? After all, significant age differences are often common in [celebrity relationships](#). A notable one is Mary-Kate Olsen and French businessman Olivier Sarkozy, who is seventeen years older than the fashion designer. Celebrity couple Hugh Jackman and Deborra-lee Furness also seem to be handling the test of time: She is thirteen years his senior, and they have been married for nearly two decades.

# Love Advice from *Bachelor* Star Arie Luyendyk Jr.

What should we look out for if we are dating someone from a different decade? Since Arie Luyendyk Jr. seems well-prepared to qualify the candidates on *The Bachelor*, we might be able to get some great [love advice](#) from his experiences. He has self-proclaimed “baby fever” and is therefore seeking a match who is ready to tie the knot and start a family.

**Related Link:** [Celebrity News: ‘Bachelor’ Star Arie Luyendyk Jr. Justifies First Impression Rose Pick](#)

A good relationship starts with good intentions – which means, if both people know what they want out of life and have similar values, there is a much better chance for success, regardless of a difference in age. Luyendyk knows what he wants, which will make it easier for him to see if the intentions of the women he meets match his own. When people do not have clarity on what they want out of life, they can easily veer away from one another on the path to self-discovery.

Regarding his decision-making process with regard to age, according to *The Hollywood Reporter*, Luyendyk said, “I only really addressed that if I felt it was an issue – if there was some immaturity or if I questioned whether they were really ready for marriage. It’s more about readiness and about being able to take that next step.”

Realize that, if you choose a mate from a different decade, there will be things you don’t have in common. My husband, who is ten years older than me, has different musical interests and grew up knowing different movies and shows. However, since I had an older sibling and am a person who likes all the arts, we find similarities among our tastes. This difference could become frustrating, however, for those who cannot connect

through the arts because inevitably, you'll be spending time listening to music and watching movies and shows together. Therefore, it's ideal to be able to find some common ground in media that you can enjoy together.

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

Another thing to look out for: Either you or your partner will be aging at what seems like a faster rate. Your partner may be reaching the next stage of life – middle age or elderly – before you. This difference might start to be more noticeable for you if you're the younger half. You'll want to be sure you have enough of a soul connection that this situation won't matter to you.

Overall, if your goals, values, and soul connection are intact, then age truly is just a number.

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

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## Dating Advice from a Seasoned Vet: 4 Reasons to Avoid Matchmakers





By [Joshua Pompey](#)

I've been in the game of helping men and women find relationships for a long time – almost a decade to be exact. And while I have learned a lot as a [dating expert](#), if there is one fact I'm certain of, it's that single men and women should steer clear of traditional matchmakers. Why? Well, I could go on for pages with [dating advice](#) about this topic, but here are four reasons why I strongly advise that you avoid going down this path.

## Dating Expert Shares Why You Should Avoid Matchmakers

**Related Link:** [Dating Expert Reveals Why Online Dating Is Better Than Meeting In Real Life](#)

**1. They give you false promises:** Over the years, I have met a lot of men and women who were promised nothing but wonderful, high-quality matches when they initially contacted their matchmakers. Remember that when something sounds too good to be true, it usually is.

It turns out that it's a game of bait and switch. More often

than not, the quality members you are promised when signing up are suddenly unavailable once you have made your first payment. That's when the bait and switch occurs, leading many clients to feel extremely disappointed, frustrated, and scammed.

**2. Chemistry can't be determined on paper:** Let's use online dating as an example. If I were to log on right now, at least 50 percent of the profiles I read would seem like great matches for me. If I were to then meet them in person, the odds of having face-to-face chemistry, let alone everlasting love, fall off a cliff.

Even if matchmakers had other members that seem like great matches on paper, the odds of you hitting it off one-on-one are still very slim. The problem is that most memberships only provide you with a handful of dates (or less), making it extremely unlikely that you will be a success story.

**3. There's a lack of real world success stories:** You know how we know that Apple products are great? Because millions of people use them and rave about them. You know how we know that Match.com works? Because there are statistics and studies that show a vast amount of members finding love.

Matchmaking on the other hand? Well, how many couples in your life have actually met through a matchmaker? That says a lot about how relevant the industry is in today's world.

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

**4. The cost is high:** Matchmakers will do anything to get you on the phone or meet with you in person. I actually know some wealthy men and women who've told me that matchmaking recruiters flew overseas just to pitch them because they could smell the money potential. Many of them went through with it due to the excessive flattery, only to regret it later on.

Once these recruiters fill your head with hope and incredible promises, the fees are anywhere from 1,000 dollars to as high as 75,000 dollars, depending on who you use. Even worse, I've had clients who told me the highest-priced services are no better than some of the lower-priced services.

At the end of the day, you just have to ask yourself: Does throwing mass sums of money towards a relationship equate to a better chance of success? When it comes to love, the answer is usually no.

Want a great solution to matchmaking and finding love? Visit [my website](#), where we combine traditional matchmaking with the modern world of online dating for the ultimate recipe of success. Click [here](#) to learn more.

*For more advice from dating expert Joshua Pompey, including how to write [online dating emails](#) with 300 percent higher response rates, visit [this page](#).*

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## Dating Advice Q&A: How Do I Get My Husband to Disconnect From His Phone?





*Question from Rachel S.: My husband is a general manager, so even when he leaves work, he's still working from his phone. He doesn't mean to, but lately, he's been so wrapped in his phone that he ignores me when I talk. He seems genuinely apologetic and interested when I get his attention, but it's getting it that's hard. How can I get him to disconnect from his phone at the end of the day?*

Technology makes our lives better in so many ways, but it can also be a distraction, especially if you or your partner has trouble unplugging at the end of the work day. Let our [relationship experts](#) help by offering their best [dating advice](#) for using technology, like your cell phone, in the right way. Learn valuable dating tips from matchmaker Suzanne Oshima and relationship author Robert Manni. Here, they answer your question on how to politely encourage your significant other to disconnect from their phone. Check out their dating advice below!

## Dating Advice About Unplugging

[Suzanne K. Oshima, Matchmaker](#): When it comes to technology, its biggest strength is also its biggest weakness: It connects us, but it also disconnects us from the ones that are standing

right in front of us. Your husband may not be intentionally trying to hurt or ignore you, but in this age of technology and mobile phones, it's easy to get lost in multitasking.

My recommendation is to share with him how his constant connection to his phone makes you feel unimportant and disconnected from him. Then, just ask him to put away the phone on date nights so that the two of you can spend quality time together, uninterrupted by a flurry of notifications and messages. It's the perfect way to reconnect with each other emotionally and romantically after working all day.

**Related Link:** [Dating & Technology Q&A: Is It Weird If He Doesn't Call Back After a Date?](#)

[Robert Manni, Guy's Guy](#): It all comes down to communication. In today's culture, we are are tethered to work 24/7, and you may not be aware of some job pressures your husband is experiencing but not sharing. Getting him to open up about work may be a good way of broaching the phone issue.

Another angle is stressing the positives – how much you and your family value your time with him and how important it is for your husband to invest as much energy in you as he does in his job and his phone. A healthy balance between work and home life is critical to any marriage.

A third, wild-card approach is planning a night planned by you featuring some good old-fashion seduction. If that doesn't get him to put his phone down, you may have a bigger issue on your hands. Good luck.

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

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

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# Dating Advice: How to Fall In Love with Dating



By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and relationship expert Suzanne Oshima talks to relationship author Tinzley Bradford about how to fall in love with dating. Here, Bradford shares three pieces of [dating advice](#) to help you go into dating with a positive attitude so that you actually enjoy it.

## Relationship Author Gives Dating

# Advice

**1. Fall in love with yourself first:** “A lot of times, we go into a relationship thinking that we’re ready,” Bradford says. “In order for you to be healthy and find excitement and joy in dating again, you must first find excitement and joy in yourself.” Once you’re in a good place both physically and mentally, a man will be able to instantly see that you’re the total package and gravitate towards your energy. Oshima adds, “Be the best version of yourself.”

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

**2. Give it a shot:** You can’t fall in love with dating if you don’t try! Every date in your past wasn’t a horror story, right? “Think of the ones that were good,” the relationship author explains. “Pay attention to the signs in the early stages of a relationship.” Don’t let previous romantic failures keep you from truly giving dating a shot. “Do what you need to do to get out there,” Oshima says of this dating advice.

**Related Link:** [Relationship Advice: Signs You’re Settling for the Wrong Man](#)

**3. You have to trust the process:** If you have trust issues, dating will be hard. “Trust, trust, trust that starting fresh will make you feel good,” Bradford shares. Remember that all men aren’t dogs – trust that the next one you meet will be worth your time.

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

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

# Celebrity News: 'Bachelor' Arie Luyendyk Jr. Justifies First Impression Rose Pick



By Rachel Sparks

This [celebrity news](#) is stirring up some fire! Bachelor Arie Luyendyk Jr. chose who to give his first rose to, and according to [EOnline.com](#), his choice made a lot of people mad. Single mom from Maine Chelsea threw insults around, upsetting the other women and the viewers, but to Arie, she was taking the initiative he wanted to see. Arie is confident that viewers will change their mind about Chelsea; he hasn't yet!

# **This celebrity news has us in Arie's corner. What are some ways to know if someone appreciates you with no ulterior motive?**

## **Cupid's Advice:**

We all dream of being on the 'Bachelor' and being handed that rose, but like Arie, there are many times we can doubt the true intentions of someone. A lot of people will try and use someone in Arie's situation for their own personal gain, so how can you remain secure in others' advances? Read Cupid's [dating advice](#):

**1. They seek you out often:** Arie was driven by Chelsea's relentless pursuit of him. It's confidence-boosting when someone keeps coming after you. How do you know they're doing it for the right reasons? Pay attention to when and how they seek you out. If they're gaining a lot of attention for it, the situation is less about you and more about them.

**Related Link:** [Celebrity News: Peter Kraus Speaks Out About Arie Luyendyk Jr. Becoming 'The Bachelor'](#)

**2. They ask the right questions:** Dating is prying in the beginning, but what kind of information someone is digging for makes a big difference. Asking someone about their interests and aspirations is a genuine connection-forming question, rather than asking about money or how luxurious their home is.

**Related Link:** [Celebrity News: Arie Luynedyk Jr. Hands Out First Impression Rose on Season Premier of 'The Bachelor'](#)

**3. They listen:** Listening is one of the most crucial parts to building a strong foundation of communication, and as any [relationship advice](#) will say, communication is key. If they

listen to you and genuinely respond, you know you've found someone who's main interest is you.

How do you know when someone is being genuine with you? Share your dating tips below!

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## Celebrity News: Brad Pitt is Casually Dating as He Adjusts to Single Life as a Dad



By [Rachel Sparks](#)

According to [E!Online.com](#), the [celebrity news](#) is that [Brad Pitt](#) is slowly dipping his toes into the [celebrity dating](#) pool. The 46-year old actor is adapting to being single and

seeing his family. Pitt stays busy by meeting with his large group of guy friends, none of them in the business, riding his motorcycle, and having regular dinner and lunch meetings. Though Pitt doesn't see his six kids as much as he wants, he has been filling his time with family, including going back to his Missouri and Oklahoma roots. As far as dating? This recently [divorced celebrity](#) says it's complicated and not a priority.

## **This celebrity news shows us celebs aren't immune to having to adjust. What are some ways to know you're ready to get back into the dating scene when you have kids?**

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

Balance is key when you're a single parent. You have to make sure you balance the demands of your career with the demands of your family. Maintaining a house, both the operations and finances, alone can be a challenge. Somewhere in there, of course, you need to be able to take care of yourself. Here's Cupid's [dating advice](#) to help you get ready for dating again:

**1. Balance career:** If you were the main bread-winner, maintaining the house and investing in your family was on the back burner because you had someone else helping you. When suddenly your support is gone, having the mental and physical energy to still invest in your career in addition to your new responsibilities can be daunting. Make sure your career is in a place where you can take some focus away and instead invest in yourself and a relationship.

**Related Link:** [Former Celebrity Couple Angelina Jolie and Brad Pitt Agree to Seal Divorce Documents](#)

**2. Are your kids ready:** With a large brood of kids like Brad Pitt, getting back into dating can be a lot harder. Each age range of childhood processes divorce differently, so each child will vary on their resistance to a parent returning to dating. As a parent, be ready for that resistance, but make sure you're caring for your children, too.

**Related Link:** [Celebrity News: Angelina Jolie and Brad Pitt Are Talking Again](#)

**3. Length of relationship:** Depending on the length of your marriage, you may need more time to cope post-divorce. Shared affairs, such as mortgages and finances, can be hard to unravel and separate. Aside from that, the emotional aspect of becoming suddenly single can be a shock. As fun as dating can be again, if you're looking for something more serious, consider giving yourself the adequate amount of time to heal and the appropriate length of courting before claiming a relationship is serious.

**As a single parent, how have you decided when it was the right time to start dating again? Share your dating advice below!**

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## **Expert Dating Advice: How Can I Change My Dating Tactics for the New Year?**





By [David Wygant](#)

This is going to be the shortest article I've ever written because, if you are like most people, you're going to think that next year will be different because it's a different year. In reality, it will be exactly the same *unless* you change the way you do your life. So how do you change your dating tactics for the new year?

## Relationship Expert Shares Expert Dating Advice for 2018

It's really simple. You actually start to date. Because if you need to change your dating tactics, it means you're not dating enough, and if you're not dating enough, it means you're not putting enough energy or effort into your search for love.

**Related Link:** [Expert Dating Advice: Should I Drop All The Other People I'm Interested In?](#)

As a [relationship expert](#), I've always believed dating is massive action, massive results. The more you put yourself out there, the better chance you're going to have of actually meeting somebody fantastic. But how do you do this massive

action, massive results?

Well, first off, you've got to get dates. In order to get dates, you've got to get on the apps. From Bumble to Tinder to any other app, you need to put yourself out there. And you need to accept the fact that it's going to take you a lot of un-swipes or swipe lefts to find a mutual swipe right. Don't take anything personal.

The dating apps are only part of it. You also need to go and join a dating website. Join a site like match.com and go out and meet people. You can even make one night per week a "going out" night. Don't just have text or e-mail relationships.

You should also keep another night free for any potential dates that may pop up. Why? Because if you free yourself and you allow yourself to go out on dates, you're going to meet people. And if you meet people, you're going to be more successful when it comes dating.

**Related Link:** [Relationship Advice: Don't Let Him Be the One Who Got Away](#)

I'm not asking for a lot from you right now because I know you're crazy busy during the holiday season. What I truly want to do is wish all of you a very merry Christmas and a happy New Year. Get ready for prosperous 2018!

Keep it simple. The above information I gave you is uncomplicated, and I did it for a reason. Uncomplicated [expert dating advice](#) is what you truly need. Just remember: Without massive action, you won't get massive results and find your next great relationship.

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

*globe.*

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