

Should You Date Your Brother/Sister's Best Friend?



By April Littleton

So you've discovered you have a crush on your brother or sister's best friend. Every time that person enters the room, your heart starts to beat just a little faster. What if your crush is reciprocating your feelings? Dating a family member's best friend can turn into a complicated situation. Sure, the two of you could really hit it off, but there's also the possibility of a horrible breakup. In a situation like this, you can't just think of yourself because one way or the other, your sibling will be involved in this romantic rendezvous.

Here's some advice:

Consider your sibling's feelings

Before you make the final decision to give romance a try with your brother/sister's best friend, you need to think about how your sibling will react. You could be creating an awkward situation between the two friends by changing the relationship dynamic between the two of you. If your family member isn't supportive of the two of you potentially becoming a couple, he/she might become resentful toward you and your new boo – which could ruin all three relationships.

Related: [Who Gets Custody of the Friends?](#)

Think about the possibility of a breakup

It may be too early to think about the end of a relationship, but in this case, it's a necessity. If you and your new love end up calling it quits, your sibling will be put in the middle. He/she will be torn between staying loyal to his/her best friend and remaining a supportive family member. The friendship between the two buddies might diminish if your ex ends up talking badly about you. Who wants to hear someone talk trash about a relative? If the two of them do manage to remain friends, you'll have to deal with the fact that you'll still have to see your ex on a daily basis.

Three's a crowd

Dating your sibling's best friend won't just complicate things between the two of them, but also the relationship between you and your brother/sister. Think about it. The best friend turned boyfriend can't be there for the both of you at the same time. Sooner or later, you're not going to want to share his time with anyone else. Your [boo](#) might want to spend some time playing video games with his best friend all day or he might want to have a cuddle session with you. Eventually, this

tradeoff will grow tiresome and you will find yourself at odds with your sibling.

Related: [Can People Really Fall In Love Too Fast?](#)

There's no right or wrong way to handle a situation like this. Just keep in mind that whatever decision you make, your sibling will always be involved in the equation. If you can find a way to follow your heart and keep all three relationships intact, then you should give the budding romance a shot. Ultimately, it's up to the three of you to find some common ground and see what works best for everyone.

Do you think it's a good idea to date a sibling's best friend?
Comment below.

Robert Pattinson: Dating Elvis' Granddaughter?





By April Littleton

According to [People](#), the *Twilight* actor, 27, has been spending some time with Riley Keough, the daughter of Lisa Marie Presley and granddaughter of Elvis Presley. Pattinson was spotted driving around Los Angeles this weekend with the up-and-coming actress. Keough is friends with Pattinson's ex, Kristen Stewart (to whom he split with this spring) and was briefly engaged to English actor Alex Pettyfer.

How do you start dating after a long-term relationship?

Cupid's Advice:

Your last long-term relationship didn't go as planned and you've spent some time thinking about what you really want in a romance. You've stopped moping around the house, your appetite is back and you're feeling energized. Have you starting thinking about dating again? Do you already have your eye on someone new? Cupid has some tips:

1. Don't rush: It's great that you're finally over your old flame, but don't go out every night with the sole purpose of finding your next "true love." Rushing into another relationship will only cause trouble for you and whoever you have your eye on. Instead, go out on a few casual dates – keep the situation light and fun. Just enjoy the fact that you are able to spend time with another person without thinking of your ex. Besides, the best romances happen when you least expect them.

2. Hang out with friends: While you were coming to terms with your breakup, you might have lost touch with some of your friends. Call them up for a night on the town. If you feel like dancing, go to the hottest club you know. If you prefer to do some catching up with your buddies, go out to dinner at a place all of you will love. You never know, while you're making up for lost time, your soulmate may be just around the corner.

3. Don't settle: Just because you're single doesn't mean you have to cling to whoever comes your way. Keep your options open. If the next person you date isn't really what you're looking for in a partner, break things off before it gets too serious. Dating is all about meeting new people, so test the waters a little. Don't settle for the next person just because you think you won't be able to find anyone better.

**How did you start dating after a long-term relationship?
Comment below.**

QuickieChick's Video Dating

Tips: 'Bachelorette'-Based Ways to Know If He's Using You



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

Dating Advice from E!'s *Famously Single* Laurel House on How to Tell if Someone is Using You

If we've learned anything from this season of *The*

Bachelorette, it's that men are pretty good at faking their feelings and only pretending that they're into you. Poor Desiree Hartsock has been fooled by not one but *three* contestants so far: Brian had a girlfriend at home; Bryden left because he wasn't "feeling it;" and James was only on the show because he hoped to be the next *Bachelor*. So how can you tell if your guy is just using you? In this week's [dating advice](#) video, dating expert and E!'s *Famously Single* dating coach, Laurel House offers her tips for figuring out what men are genuine and what men have crummy intentions.

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

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

Have you ever been used by a guy? Share your story in the comments below!

How to Celebrate the Fourth of July With Your Guy





By [David Wygant](#)

The Fourth of July is upon us – can you believe it? Before you know it, Labor Day will be over, and just as you start to catch your breath from that, it's Christmas time. An important part of any happy relationship is celebrating the holidays and enjoying your special traditions. So how do you start a new Fourth of July tradition that your man will remember for years to come?

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

First off, it seems like everybody looks for a neighborhood barbeque or hot party for this summer celebration. For me, that's a bit of a cliché. You need to do something fun and different with your guy, something a little more private but still patriotic.

Maybe start the holiday off with breakfast in bed. Then go for a swim or a hike, an activity to get your heart pumping. Men

love to show off their athletic skills, so take advantage of an extra day off from work and explore nature together.

At night, find a place that you can watch fireworks and bring a blanket and picnic basket filled with his favorite food. As the saying goes, “the way to a man’s heart is through his stomach.” Don’t forget to pack a bottle of wine or champagne too!

Once you head back home, light some candles to set a romantic mood. Give each other massages as you talk about your favorite part of the busy day. Now, it’s time for the real fireworks. I truly believe that, in a loving and passionate relationship, the fireworks should be in the bedroom and not in the sky. How about getting things started by being that sexy little Miss America he always wanted?

Related Link: [David Wygant’s Book ‘Naked’ Teaches Us How to Reveal Ourselves When Dating](#)

By sharing such a special date together, you really connect emotionally. Think how fondly people remember certain Christmas or Thanksgiving traditions. These things are emotionally engraved in our hearts, and you want to make sure you’re engraved in your man’s heart.

I promise you – plan this date, and he’ll do pretty much anything you want until Labor Day!

For more information about David Wygant, click [here](#).

Date Idea: Color Your Love in

Red, White and Blue



By Sarah Ribeiro

You and your sweetheart have been together for every holiday so far, and now for the Fourth of July, you're ready to take a unique approach. Celebrate in a non-traditional way by making everything red, white and blue. The easiest way to set up this color spectrum date is to split it into thirds. Decide which part of the day will be linked to which color, and go from there.

Start your morning with red. Get up before the birds, hike up to the tallest point in town and cuddle with your man while you watch the sunrise. Then, share a breakfast picnic made out

of red foods: pack a fruit salad with seasonal favorites like strawberries, cherries, blood oranges and red grapes, or make some roasted red breakfast potatoes. You can even allow yourselves a bit of red wine to drink during the sunrise.

Then, have a white afternoon. Rather than picnic-hopping all day, throw a “white party” with your love. Invite all your friends and family to come over wearing only white. To set the mood, rent some white tents, tables and chairs. Encourage your guests to bring a white food, such as vanilla ice cream, white chocolate-based desserts, grilled cheese sandwiches on white bread and risotto. Serve “white” drinks like cream soda or a white wine sangria. You can also provide small splashes of color by making red, white and blue jello shots or having a red-and-blue candy bar in the midst of all of the white.

Once the sun starts to set, get in a blue mood. Put on your best blue outfit and get red-carpet ready with your honey. The two of you can head to a blues club to spend the night in each other’s arms, sipping on Blue Hawaii’s and reflecting on an especially great holiday.

Have a unique Fourth of July date idea? Share it with us below.

The Good, Bad and Ugly of Dating Advice Guides





By Sarah Showfety

What can be gained from reading twelve dating advice books in a row? Some valuable insights, actionable information and after a while – a headache.

After years of false starts and flame-outs, I decided to give myself a dating education, buying half the self-help section at Barnes & Noble to try and change my luck in love. I thought quick salvation lay in their pages. I thought if I put on my Love Lab Coat and followed instructions, fruitless years of speed, blind and online dating would be swiftly rewarded with a marriage-minded man.

Wrong! The books did work, but not in the way I thought they would.

The Upside of Dating Advice

How did these dating books help? For the first time, I saw

clearly the mistakes I kept repeating. These included being overly available, letting things ramp up too quickly and intensely (hence, the aforementioned flame-out), reacting emotionally if a guy pulled a Houdini and then reappeared, and pretending I was content to casually hang out when I craved a committed, exclusive relationship.

They gave me a toolbox of quick, easy tips to increase the quantity of men in my life. I learned where to go, how to use body language, what (not) to say. I learned to flirt better, keep first dates short, go places without a girl posse and decide what time I'd come home before a date started.

The books also flipped my usual story on its head. Through them, I saw that my poor track record wasn't due to the scapegoats I'd grown fond of blaming (men, "the scene," my parents). The responsibility lay with me – my self-perception and my choices. These were two things I could change.

Related: [QuickieChick's Video Dating Tips: Summer Love](#)

Too Much of a Good Thing

Of course, there were drawbacks, too. The more I looked outside myself for answers, the more my self-doubt grew. *Did I say what I was supposed to say? Was giving him shrimp off my plate too girlfriend-y??*

I got overly focused on following a formula and trying to do it "right." But the fear I was doing something wrong—that perhaps I was incapable of long-term romance—was the real issue. The very act of trying to "fix" myself reinforced the false underlying belief that something was wrong.

Related: [4 Steps to a Stronger Long-Term Relationship](#)

The Takeaway

What I really needed was to trust my own value – only then would I stop compromising what I wanted. So after months of

following textbook rules, I *stopped* trying so hard. I let go of the pursuit and gave up worrying I'd said too much or texted too soon.

Instead, I took care of me. I meditated, hiked, swam and went to outdoor concerts at Coney Island. Only after I cultivated my own joy was I ready and able to meet the man for whom I'd been looking. More than all the techniques, I had to love me and my life first. (Which is the primary message of all the books – though it took me a while to listen).

So, do I recommend dating guidebooks? Yes, so long as they're not used as weapons of self-destruction. Skills and knowledge are important, but no amount of dating tricks will get you what you want unless you believe you deserve it.

*Sarah Showfety is a New York-based life coach and author. You can read about her experiences taking dating advice in her memoir *Dating by the Books: One Blundering Singleton's Search for Love in the Self-Help Aisle*. Connect with Sarah at her website www.straightupyou.com.*

Date Advice: 5 Conversations Every Couple Should Have Before Getting Married





By Mark B. Baer ESQ.

While it may seem odd receiving marital advice from a family law attorney, remember that people retain us to assist them in dissolving their marriages. Although the people and situations may differ, the reasons marriages fail tend to be rather consistent. We are therefore in an excellent position to give marriage advice. Here are five conversions every couple should consider having before tying the knot:

1. Communication

Poor communication happens to be a major cause of divorce. Since you are planning on marrying, you should already be familiar with each other's communication style. If you believe that your fiancé could use some improvement in that regard, it is advisable that you address that concern before marriage. After all, if the problem exists before marriage, what makes you think that it will improve with marriage?

Related: [How to Communicate to Get What You Need](#)

2. Finances

Before people marry, they have little need to discuss their relationship with money because it is not of particular importance. After all, as long as each person is pulling their weight financially in whatever manner is acceptable to both, there is no need for any discussion. However, as Harvey A. Silberman, family law judge for the Superior Court of Los Angeles County, in California likes to remind people, "Getting married in and of itself creates a pre-marital agreement – the *Family Code*." In other words, the terms of your pre-marital agreement can either be the terms set forth in the *Family Code* or terms that you specifically negotiated as part of the pre-marital agreement. What do pre-marital agreements address? They address financial issues. Therefore, you automatically become financial entangled with each other just by virtue of getting married. The failure to discuss such issues before marriage is a major regret for many. Such conversations should include the nature and extent of your respective pre-marital assets and debts, your values and beliefs with regard to spending and saving, expectations you each have with regard to the source of money to be used to pay for marital expenses, and many other such issues.

Related: [Celebrity Couples Who Let Money Ruin Their Relationship](#)

3. Commitment

Marriage is a wonderful institution that affords couples significant psychological, emotional and financial benefits, in addition to being a commitment of their love to each other. Problems ensue when the couple's level of commitment are not aligned. How will this play out if one spouse is a workaholic? Are you committed to the marriage if you are disrespectful of your spouse? A conversation on the issue of

commitment would be wise.

4. Expectations

People's expectations for themselves, their spouse and their marriage change over time. Those with the most successful marriages share these expectations with each other.

5. Human Nature

Rounding off the list is human nature. People don't change and nobody is perfect. The question is not whether you can change someone, but whether you will be happily married to them warts and all. This requires a conversation because one might expect to change the other.

Enjoy a happy and healthy marriage.

Mark is the owner of Mark B. Baer, Inc., a Professional Law Corporation. His is a Family Law Attorney, Mediator, Collaborative Divorce Practitioner, Author, Lecturer, and Keynote Speaker. He has been licensed to practice law in the State of California for over twenty years.

Dating Advice: 10 Tips to Being Successful With Online Dating





By Sarah Ribeiro

Do you constantly find yourself telling your friends “there are no good guys?” You’ve gone on a million dates on every dating site and you just can’t seem to find the one. It’s true, online dating is tricky. It’s a grueling process to deal with searching through thousands of profiles, hoping to find your true love in a mass of duds. Plus, you deal with the awkwardness of sitting with a stranger who’s a complete creep or is nothing like you hoped. However, if you do it the right way, you can skip all the awkward uncertainty and find your perfect match in no time. Here are some tips for being successful with online dating:

1. Take everything with a grain of salt: Recognize that your date may not be entirely truthful on his profile. Before you head out with an expectation of that tall, dark and handsome doctor, consider the possibility that he may be posting an older photo, or that he may work in a hospital – just not as a

doctor.

2. Be true to yourself: If you're not honest on your dating profile, you can't expect anyone else to be. Be sure to upload a recent photo and keep your information up-to-date so there's no surprise on your end.

3. Fill up your profile: The best way to avoid awkward silences on your first date is to have a lot to talk about. Upload plenty of photos and include all of your interests to easily initiate conversation.

Related: [Four Dates and a Wedding](#)

4. Don't write a novel: While you want a lot of information about yourself that will reveal your personality, no guy is going to read an 800-word description. Stick to the basic information like your job, hobbies, and interests and limit yourself to five sentences per category.

5. KeepItSimple101: A complicated or inappropriate username may keep the good ones away. Stay away from a confusing and random username or one that is too suggestive and stick with something simple and straightforward, like your name or your favorite sports team.

6. Know your limits: Limit yourself in every aspect. First, don't share too much information. Your date doesn't need to know every detail about your ex-boyfriend. And, of course, don't overindulge. Drinking too much makes you a sloppy date and will likely end the night early.

7. Keep it on the DL: A 5-star restaurant probably isn't the best idea for a first date, never mind a blind date. Skip the luxury and head out to a café or a free concert in the park so you don't have to spend money on someone you'll never see again.

Related: [Online Dating Isn't a Threat to Monogamy – It's a](#)

[Blessing](#)

8. Utilize multiple sites: The best way to find the perfect guy is to widen your scope. Make multiple profiles, mixing free sites like OKCupid or Zoosk with paid memberships on sites like Match.com and Chemistry.com to give yourself a bigger population to pick from.

9. Don't talk for too long: While you want to get a good idea of a guy before you date him, try to limit your messaging to about five days before you establish a place to meet. Any longer than that, and he may grow bored with the chitchat and move on. Remember – you're both still actively looking for a partner.

10. Relax: The biggest date-killer is your own lack of confidence. Stop worrying about having the perfect night and instead walk into your date with your mind set on having fun. Once you stop focusing on everything that can go wrong, you can start focusing on everything that's going right.

How have you succeeded in online dating? Share your tips with us in the comments.

Date Idea: Celebrate Half-Christmas





By [Sarah Ribeiro](#)

It's been six months since the cuddling and gift-giving time of year, and you're running out of summer date ideas. This weekend, ditch the summer activities and celebrate the half-way point to Christmas with your love.

Start by decorating your home like it's Christmas: hang garland, lights and maybe even mistletoe in every room. You can even get a little crafty and make paper snowflakes or a DIY Christmas Tree. Try involving every sense so that it really feels like the holidays. Light an evergreen tree-scented candle and pop some gingerbread in the oven, making your whole place smell like Christmas. You can even turn up the air conditioning just a bit so you can wear your favorite Christmas sweater (ugly or not).

Plan a holiday feast that you and your beau can make together. Make the traditional holiday foods, such as stuffing, turkey, ham, sweet potatoes and roasted vegetables. This half-

Christmas is also a chance to try out unique and innovative recipes in advance of the next holiday. Try a color-themed menu of red and green foods, including baked apples filled with brown sugar, butter, and cinnamon, an egg frittata with green spinach and red or green peppers, kale soup or cherry pie.

Don't forget the holiday beverages. To cater to the warm summer weather, try making frozen hot chocolate. Serendipity sells a mix with directions to make things easy for you and your sweetheart. Sip on some eggnog while you bake cookies for Santa. Be sure to play some holiday carols on your iPod while you cook and bake!

After dinner, you and your partner can watch one of your favorite holiday movies. If you're in the mood for something classic, watch 'It's a Wonderful Life' or 'Miracle on 34th Street.' Or go for a more contemporary film, like the Jim Carrey adaptation of 'The Grinch' or the hilarious holiday favorite 'Elf.'

Then you and your honey can swap gifts. Maybe you just want to fill your stockings with little presents for each other. Plan in advance whether you will be buying something serious or a gag gift. Either way, be sure to set a price range.

Wrap up the night with an all-time favorite Christmas activity. Get that gingerbread out of the oven and build a house with your sweetheart! For something simpler, you can build marshmallow snowmen. You can even plan ahead to next Christmas, thinking up early gift ideas for family and friends and going so far as to design your own wrapping paper.

How do you celebrate half-Christmas? Share your ideas in the comment section below!

Dating Advice: Top 10 Things to Know About Hiring a Matchmaker



By Melanie Mar

A matchmaker works on behalf of a client to set that person up on dates and ultimately find them a happy and healthy relationship. In today's society, more and more people are turning to matchmakers as they look for a qualified mate

for a long-term, committed relationship that may eventually lead to marriage. Below are ten things that you should know about hiring a matchmaker:

1. Your time is premium. A matchmaker acts as a personal agent for your love life. You can go on with your busy day-to-day schedule, while matchmakers like myself are working behind-the-scenes to find your other half. It's an effective, timesaving approach.

Related Link: [What Does Unconditional Love Look Like?](#)

2. A professional matchmaker has the intention to orchestrate *quality*, not quantity, introductions. They only select matches that offer you the maximum chance of success. Identifying mutual compatibility in important areas such as religion and children help them decide who your potential matches are.

3. Your safety is of paramount importance. Matchmakers' clientele are screened for your security, allowing you to feel confident meeting the individuals selected for you.

4. Matchmaking is offline and highly personal. Matchmakers get to know you and find out what you think is most important in an ideal mate. All potential candidates are interviewed in person too. After all, you are hiring a professional to handpick someone who is perfect for you.

5. Matchmakers elicit feedback from both parties after each date, allowing them to better understand what you are looking for and to refine their search. They'll also gain insight into behavior patterns that you may not be aware of.

6. They keep your privacy in mind. Most matchmakers do not post your photographs or personal information on the Internet. Unlike online dating websites, it is a discreet way to handle your private life.

7. Matchmakers generally have a higher caliber of clientele.

People who pay to enroll a matchmaker's services are serious about relationships and not interested in wasting anyone's time.

Related Link: [Don't Settle: Get Him to Commit](#)

8. A matchmaker will coach you through the whole first date process, from what to wear to breaking the news to your match if you didn't feel that crucial connection necessary for a relationship. Chemistry is the only thing a matchmaker cannot guarantee.

9. Matchmakers specialize in the different needs of you, the client. Whether you are retired, religious or gay, find a matchmaker who caters to your very specific requirements.

10. Matchmaking services, especially those designed to be boutique or elite like mine, do not necessarily take every paying client who is interested in working with them. They have to feel that they will be able to match you and that you will meet the high standards of their current clients.

Once you have made the decision to hire a matchmaker, choose someone that you can truly trust and be honest with when it comes to what you want. Finding true love is one of the most important things in life, and emotions will be involved. Therefore, you must feel safe enough to share your feelings. Open your heart and mind and let your matchmaker guide you, even if they sometimes lead you down the road less traveled. Most importantly, remember that love is waiting for you; you might just need a little help finding it.

Melanie Mar is a celebrity relationship specialist, matchmaker and life coach. For more on Melanie, you can follow her on [Twitter](#).

QuickieChick's Video Dating Tips: Summer Love...



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

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House talks about summer romance!

Dating Advice from E!'s *Famously Single* Laurel House on Summer Love

Have you ever had a summer romance? QuickieChick and lifestyle coach Laurel House has – and she says it enriched her summer and made it that much more memorable. Unfortunately, it ended up being only a fling that left her broken-hearted. Lucky for you, in this week's video, the dating expert shares some tips for making the most of your summer love. Your inhibitions are down; your energy is up, and the heat is on. It's time to have some casual and carefree (but still safe) fun!

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

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

Have you had a summer romance? Share your story with us in the comments below.

Is Your Perfect Man Criteria Keeping You Single?





By [Whitney Baker Johnson](#)

When you're looking for love, it's tempting to want to find the "perfect" man, someone who embodies all of the qualities that are on your checklist. In truth, doing so could be detrimental to your love life. You may end a relationship with that nearly perfect guy because you're so focused on the one thing he's missing. By the time you realize it, chances are he's already moved on to someone who loves him and thinks he's enough. Here are five reasons why your perfect man criteria is keeping you single:

Related Link: [Why a List of Requirements Won't Get You Mr. Right](#)

1. You focus on the wrong things. "The fact is that you're not looking for a walking list. You're looking for a feeling," explains dating mentor and QuickieChick Laurel House. "With your list, you're essentially putting blinders on." Instead, look for someone who brings the best out in you, who makes you

feel happy, fulfilled and who is a true-life partner.

2. You lose sight of what really matters. You automatically assume someone isn't the right fit for you because he's got dark brown hair or he's not at least six feet tall. Maybe's he been married before and you never saw yourself with a divorced guy. Ask yourself this question: In ten years, are those things really going to matter? Open your heart up to every possibility, and you may find a man with qualities you didn't even know you wanted.

3. You put too much trust in "paper perfect." Sure, you've had an idea in mind – and maybe you even put it down on paper – of your perfect man since you were a little girl. You pictured meeting him when you were 23, getting married a few years later and starting a family shortly after that, but reality doesn't always live up to expectations. As House says, "Like when a smile doesn't touch the eyes, just 'paper perfect' sometimes doesn't touch the heart."

4. You miss out on the good parts of love. We all know that nothing is perfect, yet we want a perfect connection, a perfect partner and a perfect relationship. By trying to make your love life flawless, you fail to truly take in those moments that make finding The One so special. Without the negative experiences and broken hearts, you'll never know when you come across that one guy who makes you feel just right.

Related Link: [Finding Your True Destiny After Losing Love](#)

5. You begin to veer away from "must-haves" when developing your list. It's easy to get caught up in superficial desires rather than only including your "can't live without" qualities. If you must have a list, it should focus on your belief system. "At the end of the day, what matters is if your core values mesh. You may find your 'paper perfect' man some day, but you'll be disheartened if your morals don't match or if you have zero chemistry," House shares.

Don't set yourself up for disappointment. Instead, throw away your list – or at least whittle it down to only a few “must-haves” – and let your heart lead the way.

Are your standards too high? Share your experiences below.

Date Idea: Summer Sightseeing



By Sarah Ribeiro

Every town, no matter how small, has special hotspots. Some cities have historic sites that draw crowds or a landmark

that's famous nationally. Others just have beautiful locales in the nooks and crannies of town that only the locals know about. This weekend, you and your sweetheart can see the sights as an insider without having to leave your hometown.

The first step for this touristy date is to find out what's unique about your hometown. Does it have a factory that specializes in a weird or impressive trade? Is the water there bluer – or browner – than anywhere else in the country? Check a Tourist Directory to see what attractions are in your town or nearby. There may even be something that you and your partner have never visited or even heard of before.

Then, take on the role of the tourist couple. This date requires a bit of acting skill, but it's worth the fun. Pretend you and your love are new to the area and have never been to any of these sightseeing spots. You can even grab some friends who aren't familiar with the area to add on to the illusion of being a visitor to your town.

Grab a camera and head to your nearby tourist attraction. If it's a sightseeing location or a physical landmark, you and your partner can take turns posing in front of the spot and get a few shots of the two of you as a couple. You can also soak up the beautiful scenery. Some great sightseeing sites are lighthouses, rose gardens, rivers, or even weird monuments, like Muffler Men or the Jolly Green Giant statue in Minnesota.

If you're hitting up a historic site, try and get a guided tour. Places like the Freedom Trail in Boston offer guided tours with a thematic twist – all the tour guides dress up as historical figures or as colonials. It's worth the money: not only will you learn a lot, but you and your honey won't have to worry about getting lost as you wander around a historical neighborhood.

The best part about this date is that you don't have to travel

too far. It's a great way to explore your hometown and learn about where you live while spending an entire day doing something new with your significant other.

Have you ever taken a tourist-style date in your own hometown? Share your comments below.

Reducing Dating Anxiety In 5 Ways Or Less



By Dr. Tranquility – Lydia Belton, PhD, Ct. H.A.

Let's face it, dating can be stressful but "participatory anxiety," as we say in the mental health community, is completely normal. What's important is that you deal with this anxiety in a healthy manner. That's why, I've provided some tips below to alleviate dating nerves.

Step 1: Focus on all of the things that make you the unique, wonderful person that you are. We are all beautiful in our own way and we should accentuate those features that make us feel good about ourselves. For example, if a favorite outfit or blazer brings out the best in you, then make sure you wear it on your date. Doing so will help ease your nerves and remind you of how attractive and amazing you are. Confidence is always sexy!

Related: [Single Advice: Can You Handle Casual Dating?](#)

Step 2: Take the time to get to know your prospective partner by calling him or her up before the date. A pre-date phone conversation can be a laid-back way for you two to chat about your shared likes, dislikes, hobbies, favorite foods, sports teams and so on. This can be a crucial conversation that sets the foundation for the date itself- especially if you have never met yet. Think of it as a crash course in getting to know each other. You won't have to worry about running out of things to say on your date if you've already established mutual interests and favorite topics of conversation. If you've utilized Date Therapy, your date will be someone who is right for you on all levels, someone with whom you share similar values and beliefs. Established sexual boundaries and similar expectations can (though don't always) determine if your date is a one time thing or the beginning of a new relationship.

Step 3: Take time to prep for your date. Make sure that you choose your outfit and get your hair and nails done ahead of time- especially if your date is scheduled right after work.

During your pre-date phone call, it's also helpful to decide on the location of your date so that you can prepare to dress appropriately. A pre-planned outfit will alleviate some of your pre-date jitters and ensure that you are confident and comfortable.

Step 4: As many of you know, boundaries are a favorite topic of mine because they're so important. Healthy boundaries are a necessary component of a good relationship. You should always be true to yourself and partake in activities that make you feel comfortable. If you find yourself feeling pressured to be someone that you're not, then you need to seriously reevaluate who you're with because something isn't right.

Step 5: Have fun! Dating is a process. Not every date will be "the one." Dating is about gaining confidence, meeting new people and enjoying yourself. Lighten up on yourself and others and get out there! Above all else, remember that every date offers us the opportunity to grow in self-confidence and maybe even make a new friend. Friendships can evolve and are often the foundations for strong relationships later on down the road.

Developed by Lydia Belton PhD, Ct.H.A., Date Therapy® is an effective protocol that helps people get in touch with their criteria for an ideal mate. DrTranquility's protocols® have been featured most recently on Forbes.com & Yahoo, ABCNEWS.com, ABC's the View, KISS FM, CupidsPulse.com, Metromix for the Chicago Tribune, British Glamour, REDBOOK, Cosmopolitan Magazine & promoted by Match.com.

Are You Dating Someone with Narcissistic Personality Disorder?



By Tina Swithin, HopeAfterDivorce Expert

The term, “narcissist” seems to be spreading through the world like an out-of-control wildfire. The term itself doesn’t always have a negative connotation since, ironically, we are all narcissistic by nature and there actually is a certain degree of self-love that is healthy. However, there is a line that separates healthy confidence from the Å¼ber toxic Narcissistic Personality Disorder (NPD). That’s what we need

to be mindful of when we date someone.

The celebrity world seems to be brimming over with unhealthy narcissism. The spotlight that shines in Hollywood is highly attractive to a person with NPD. Celebrities are equipped with fame and power, which feed a narcissist's ego. While many celebrities forge a balance through grace and humility, there is a significant number who bathe in the spotlight in complete self-indulgence.

Related Link: [Short Term Celebrity Marriages \(Learn From Their Mistakes\)](#)

In 2006, Dr. Drew Pinsky and Mark Young conducted a scientific study with over 200 celebrities using the Narcissistic Personality Inventory (NPI). The results showed that celebrities are 17.84% more narcissistic than the general public. It isn't surprising, given that most aspiring celebrities are driven by fame, money, and admiration. What better place for a narcissist to be than in the limelight? It's the equivalent of flipping on the porch light and watching moths come to life!

There are a vast number of celebrities who display many characteristics of narcissism (if not full blown NPD) such as Tom Cruise, Paris Hilton and Kim Kardashian. While many people enter the celebrity arena with pre-existing characteristics of NPD, their egos balloon to extreme levels with every flash of the paparazzi camera, VIP entrance admission, limo service, and autograph request. These things often lead to a sense of entitlement as Reese Witherspoon displayed during her husband's DUI arrest.

Related Link: [Reese Witherspoon and Jim Toth Arrested and Jailed for DUI and Disorderly Conduct](#)

When it comes to the business world, narcissists are generally successful individuals. This is why the political arena and corporate scene is another area with a high concentration of

NPD. These individuals generally attract their mates with their charisma, larger-than-life persona and their successful careers. Those with extreme NPD believe that they are the best, and such confidence can certainly be attractive. Narcissists consider themselves special and those who are accepted into their circle *must* be special by default.

Prince Charming

In 2000, I met a charismatic man named Seth who offered me the world on a silver platter. There were times in which I questioned whether our courtship was too good to be true. His parents had been married for 25 years, he was on his way up in a very promising career and I felt like I was living a fairytale. Seth told me all of the things that I wanted to hear and showered me with poems, flowers, shopping sprees, and vacations. My friends and family stood by in awe as this modern day Prince Charming wooed me and everyone around me. While there were red flags, the good outweighed the bad in the first few years and I swept my concerns under the rug and left them there.

Six years into our marriage, I sat on a therapist's couch and confided in the woman sitting across from me. I told her about Seth's lies and the manipulations which included financial schemes, stealing his parent's retirement savings and racking up 1.6 million dollars in debt – much of this was done behind my back. I described Seth's lack of remorse and his inability to show empathy. I explained that I had never felt so alone and unloved in my life. In a six-year period of time, I had been reduced to a shell of my former self. When I looked in the mirror, I was ashamed of the fake life that we were living. To those around us we were the golden couple, but behind closed doors my life was a living hell.

My therapist walked across the room and handed me a book from her bookshelf. The words seemed to jump off of the page, "Narcissistic Personality Disorder." To my naïve mind, it was

thrilling to have a name for the hell that I was living. With a name, there was hope, or so I thought. My therapist went on to explain that NPD is not curable and that, in fact, most mental health professionals will not treat those with this personality disorder. Her next words stung, "You either learn to live with this or you leave. There is no cure."

Related Link: [Finding Your True Destiny After Losing Love](#)

I spent the next year and a half trying to block out my therapist's words. However, our marriage finally ended in 2009. In short order, I discovered that the only thing worse than being married to a narcissist is divorcing a narcissist. I quickly went from a 4,000 square foot luxury home to a local women's shelter. From there, I spent two years fearing for my life, sleeping with a hammer under my pillow and holding a can of mace in my hands as I made scrambled eggs for breakfast. I jumped at every noise. My modern day Prince Charming was actually a modern day Dr. Jekyll and Mr. Hyde.

Part of my healing has come from educating others on the red flags that I chose to ignore in the beginning of our relationship. I have listed them out for you below:

10 Red Flags

1. Excessive charm: Question a person that seems too good to be true. Narcissists are masters at wooing their targets. If you are receiving tickets to your favorite ballet and bouquets of flowers larger than your Christmas tree before the third date, you may be dating a narcissist. Offers to whisk you away to Paris for New Year's Eve are fabulous but could be considered odd behavior if you just met last week and don't know his middle name!

2. Overly confident: A healthy dose of self-esteem is a good thing, but remain cautious if he seems to be the president of his own fan club. In short order, you are likely to become the secretary of that fan club.

3. Haughty: Pay attention to elitist comments and general arrogance toward those who are “beneath” him. Narcissists will often put down co-workers, friends, and even family members. People with NPD are skilled at making you believe that they are superior. If you find yourself in their chosen circle, this attitude can rub off. Being chosen by someone so superior must mean that you too are superior, right? Wrong. That feeling will be short-lived. Trust me.

4. Bragging: Narcissists do not care about your feelings, views, or opinions. Narcissists are generally too obsessed with telling you how great they are to even ask about you. Their bragging rights carry over to a wide variety of topics including their family, heritage, money, cars, physical appearance, elite gym memberships, clothing and shoes.

5. Grandiosity: Narcissists seem to live by the phrase, “Go big or go home.” They like to be seen and known. Grandiosity is often their middle name. A narcissist will pick up an enormous group drink tab or buy everyone in the bar a round of shots. Their motivation is to be showy and to attract attention. These gestures could be easily interpreted as kindness, but this is the furthest thing from the truth. While a narcissist is signing the tab for drinks, he is also scanning the group to take inventory on how he can personally use each person to maintain his inflated self-image.

6. Success: There is a reason why the political and celebrity arenas are brimming over with narcissists. Narcissists are often found in leadership roles where they have free reign to dominate and dazzle those around them. They flourish in big cities where there is less accountability and less risk of developing a reputation that will haunt them.

7. The Band-Aid: Narcissists are professional Band-Aids. They will seek out your weaknesses (abandonment issues, poor self-image, etc.) and will morph themselves into your savior. Whatever voids you have, they will fill. This may sound great,

but it will not last. Once you are hooked on them, they will rip off the Band-Aid and leave you bleeding.

8. Hypersensitivity: Fluctuations between extreme confidence and extreme insecurity seem to be a common trait with narcissists. They will often perceive non-existent criticism and will respond by shutting down and sulking, or acting out in a rage. Any interpreted attack or criticism against the narcissist is dealt with in an unhealthy manner. In his mind, you are either with him or against him; there is no gray area.

9. Moving Quickly: Narcissists have a tendency to move at the speed of light. Has he extended an invitation to meet his parents after the second date? Did he have towels monogrammed with your initials as a gift for your first sleepover? These are red flags. By the way, beware of the monogrammed towels. I haven't found any studies to back my claim but there is something very suspicious about people with their initials sewn into hand towels!

10. Lying: You may initially notice a few white or grey lies. Take stock of these. Expert manipulators are well versed at twisting reality until you find yourself doubting reality.

Anyone in the dating world should be well versed on the red flags of Narcissistic Personality Disorder. Dr. Craig Malkin, author, clinical psychologist and Instructor of Psychology at Harvard Medical School provides a list of five early warning signs to watch for in his recent article in the Huffington Post which discusses narcissism in the dating world. "In real life, the most dangerous villains rarely advertise their malevolence," states Dr. Malkin. This could be why narcissists are commonly known as wolves in sheep's clothing.

Tina Swithin is the author of "Divorcing a Narcissist: One Mom's Battle" and the popular blog, "One Mom's Battle". Tina is a Huffington Post contributor. She is also a contributing writer and expert for HopeAfterDivorce.org and

FamilyShare.com, LAFamily.com, and CupidsPulse.com. Tina's writing covers sensitive topics including, how to navigate your way through a high conflict divorce. She is a family and child advocate. Tina is happily married, and resides in sunny California with her two daughters and three-legged tortoise named, Oliver.

Don't Settle: Get Him to Commit



By [David Wygant](#)

How do you get a man to commit? This is the one million dollar question I get asked every single day.

My answer is that first off, you need to make a commitment to yourself because it all starts from knowing and loving who you are. You can't get a man to commit until you've accomplished this and until you've worked through any relationship issues. This includes dealing with all of your past relationships and knowing exactly what makes you happy.

How can you get a man to commit if you don't really know what makes you happy? The biggest mistake women make is that they don't know what they want from a relationship. They don't understand their own needs and desires. So ask yourself, what are your needs, wants, and desires?

Related Link: [What Does Unconditional Love Look Like?](#)

One of the biggest questions that I help women answer during my seminars is how do you want to be loved? You really need to think about this question. Take a moment right now and write down exactly how you want to be loved. What would it feel like to be with your perfect man? How do you want to be touched? How do you want to be held? How do you want to be listened to? What's the sex like? Write down every single detail about how you want this relationship to feel in your heart, because that's the key to understanding what type of man you want.

If you don't figure this out first then you're going to end up trying to get the wrong man to commit to you because you'll be dating men based on potential. Let me tell you, this is a huge mistake women make and they do it all the time. They think he's going to be more loving when he stops working or that he's going to be more attentive when he has less stress. Forget the excuses, forget what it will be like after. You need to know how you want to feel right now because that's the

most important thing in the world.

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

So, how do you get the right guy to commit once you know these things? You satisfy his needs, wants, and desires. You find out exactly how he wants to be loved. What's important to him? How does he like to be talked to? What's important to him sexually? What's important to him mentally? What's important to him emotionally? Then, you ask yourself can you meet those needs? Can you actually look this man right in the eyes and know that you can fulfill him and every desire he has?

A man commits to a woman when that woman fulfills his needs. One of the key things is that you need to love somebody the way they want to be loved and not the way you want to be loved. True love is allowing yourself to step outside of your boundaries. To step outside of your comfort zone and not be afraid to love them based on their needs, wants, and desires.

Related Link: [Is He In It for the Long Haul?](#)

As a man, I have no problem committing to a woman that will satisfy my needs, wants, and desires, because that's what I want to do for her and she should expect it from me. That's how simple this whole thing can be. That's how easy it is. That is how you meet each other's needs, with an open heart.

You'll know when a guy doesn't want to settle down with you if he's not trying to satisfy you on all levels and if you're constantly battling him to love you the way you want. Listen, relationships should be easy and fulfilling. You shouldn't settle for a boyfriend that gives you anything less. After all, why would you? The next time you're in a relationship if he's not satisfying you then he obviously doesn't want the same things as you. Maybe he's not ready to be in a committed, healthy, loving relationship. And if he isn't, why waste your time with him?

You deserve that healthy, committed, loving relationship that's going to make your heart pound; a relationship that's going to satisfy you; and above all a relationship that's going to make you feel complete.

David Wygant is a dating coach and author of Always Talk to Strangers and Naked. For more relationship advice you can follow him on Twitter @DavidWygant, facebook.com/therealdavidwygant, or check out his website <http://www.davidwygant.com/>

Wait To Marry Until You Are At Least Old Enough To Legally Drink!





By Susan Trombetti, CEO of Exclusive Matchmaking

Before you take the loooong walk down the aisle, make sure you are mature enough to make that commitment for better or for worse! Miley and Liam have been getting cold feet for years. Now, and before you warm up to the idea of getting hitched, hear matchmaker and relationship expert, Susan Trombetti's reasons why you may want to say "I don't" until you are older.

Top 5 Reasons Why Not to Get Married So Young:

1. Money Matrimony Mess

Unless you have a decent savings account, think twice before you book that chapel. Money is the number one reason couples divorce, so take some time to allow yourself and your hedge fund to mature. It is sad to say, but financial stability usually leads to marriage stability. No money, no fun.

Related: [Can People Really Fall In Love Too Fast?](#)

2. Room For Growth

Don't go straight from living in a room in your parent's house to sharing a space with your spouse. Learn to live alone! Learn to live independently first before you wind up dependent on someone else.

3. Love Yourself Before You Love Someone Else

Get to know yourself. You may not reach your full potential as a person if you have obligations to a spouse and a family. Live *your* life. You need to get out there, let your hair down, have fun and experience the world. There is a greater chance you will change as a person and your priorities will change if you and your partner don't change together... this spells a relationship disaster!

4. 'Till Death Do You Part With Your Problems

Remember, marriage is supposed to be a lifelong commitment. Yes, there are the good times, but with those times do come some bad patches. If you marry someone too young you may not have the maturity to handle such a serious commitment and navigate the pitfalls.

Related: [What To Know Before You Say 'I Do'](#)

5. Stop In The Name Of Love Before You Become A Statistic

Unless you want to end up like Kim & Kris in a 72 day divorce debacle... think twice and then a third time before you say "I DO". Bottom line, divorce rates are higher among younger couples... and no one wants to end up on the receiving end of a Taylor Swift song.

Susan Trombetti is an expert matchmaker and relationship expert. She is CEO and founder of Exclusive Matchmaking and a certified executive member of the matchmaking institute. She has helped many upscale, discerning singles discover long-term relationships and partnerships that are both rewarding and

fulfilling through her business, Exclusive Matchmaking. She has also been featured several times in Cosmopolitan, Shape, MSN and many more. You can find Susan sponsoring local charity events or scouting for matches for clients at A- list parties and events.

Rom-Com ‘Finding Joy’ Is a Journey



By April Littleton

In this film directed by Carlo De Rosa, Kyle Livingston (played by Josh Cooke) is a self-absorbed writer until he gets the chance to rediscover all aspects of his life through the meeting of Joy Bailey (played by Liane Balaban). Joy is a spirited woman who helps Kyle come to terms with himself and guides him on the journey to happiness – all the while asking him to write her obituary.

Should you see it:

If you're a fan of independent films and seeing fresh faces up on the big screen, this is the movie for you. If you enjoy the work of Nicholas Sparks, Rob Reiner (think *When Harry Met Sally...*) and Cameron Crowe, *Finding Joy* will surely make you gush and maybe even cause you to tear up a bit as well.

Who to take:

You should take someone who appreciates the occasional indie film. This movie is perfect for a night out with a hot date, or can be viewed with a relative as a little afternoon splurge. *Finding Joy* is both romantic and family-oriented, so it can be enjoyed with an array of people.

Related: [Chris Pine is Spotted with Swimsuit Model Amanda Frances](#)

When is it time to change your ways for a new love interest?

Cupid's Advice:

No one is perfect, but there are times where a person's flaws or behaviors can cause a new relationship to self-destruct. It's even worse when your partner is the type of person who doesn't tell you exactly what they want – they just hope change will eventually come. If that's the case, it's up to you to take responsibility and make some changes for the sake of your new relationship. Cupid has some advice:

1. Change will help you improve: It's time to make some changes for yourself as well as for your significant other when you know it will help you become a better partner and become a happier person. Don't be resentful toward your love, especially if you know your bad behaviors are not only causing damage to your relationship, but also harming you internally as well.

2. Your partner is threatening to leave: If it's the early stages of relationship and your new boo is already threatening to call it quits, you may need to think about what you could be doing to cause your partner to feel this way. Communication is key in all aspects of a relationship. You want to show your significant other the best and worst side of you, but if your worst is just too much to handle, you may need to tone it down.

Related: [What Does Unconditional Love Look Like?](#)

3. You're ready to be committed: You think to yourself "This is it. This is 'The One.'" You're ready to fully commit to another person and you want to make sure you do all you can to keep your partner happy. If you're aware of the not so desirable traits you have, find the tools you need to improve on yourself and become a more capable person. Seek outside help, do whatever is necessary to make your new relationship last. Show the person you love you're ready to become the person they know you can be.

**When did you know you had to change some of your bad habits?
Comment below.**

5 Ways Your Relationship Can Overcome His Loss of Ambition



By Ashley DelBello

All relationships struggle at some point and in many cases more than once, but it puts even more of a strain on it when your significant other loses his focus or sense of purpose. It's 2013, but most men still have that "provider of the family" mentality and feel it's necessary to be the one – for lack of a better term – "bringing home the bacon." So, what happens when your boyfriend or husband loses their job and doesn't have it in him to move on?

First, figure out if you're in it for the long haul.

Typically, new relationships won't succeed in this type of environment, but whether it does happen with the new guy you're dating or your husband of five years, you will need to decide if this is something you're able to help guide him through while he figures things out. You also need to examine what you're looking for in a relationship if this has been an issue between the two of you for some time. His laid-back attitude may compliment your more assertive, goal-oriented personality and you may enjoy taking the lead in the relationship. However, if you're looking to be a part of a power couple, then this will be an ongoing source of disappointment and frustration for you.

Related: [7 Things NOT to Do in a Relationship](#)

Support, support, support.

There has to be that balance between support and pushing too much. You can want the best for someone, you also have to understand that they will also need to want it for themselves. You need to keep that in mind as you both navigate through this situation.

Suggest starting over professionally with an internship.

Maybe his lack of ambition is stemming from a lack of passion for what he's doing. If he or as a couple you can afford it, see if he would be interested in looking into internships to explore where he wants to go next in his career. We've seen it happen in Hollywood and while it may seem unrealistic, the storyline is coming from somewhere real so if nothing else works, then why not try something that could help lead him to finding something he gets excited about.

Guy time. As well as girl time.

Any activity that gives you both some time away from each

other on a regular basis will be beneficial to the both of you so the focus isn't always on your relationship. It also allows the both of you to talk candidly with your friends – as with everything, venting is healthy in moderation.

Professional counseling.

It's OK to seek outside help – they provide an objective third-party perspective and are also trained to help you both figure this out.

Related: [The Key to a Lasting Relationship](#)

Last of all – know that it might not be possible to move forward with your relationship. When you feel like you have given it everything you have and don't think you can continue with the way things are, recognize that it's OK to walk away. It's not a decision to be made lightly or quickly, but sometimes approaches to life are just too different for relationships to work well on a long-term basis.

Have you been in a similar situation where your partner lost his ambition? If so, what did you do to overcome this and keep your relationship on track?

5 Cue Cards for New Couples





By Christina Steinorth MA MFT

Here's a piece of folk wisdom nearly every newlywed has heard: "If you can survive the wedding, surviving the marriage will be a piece of cake!" Weddings are indeed stressful because they involve a massive amount of planning, cooperating/compromising with your spouse-to-be, the convergence of diverse family and friends, decisions about religion and family traditions, and of course, lots of money.

After the wedding, many newly married couples experience what social scientists call "the honeymoon phase"—a period of several months in the beginning of marriage, characterized by passionate love and intense happiness. But in my experience working with couples, I've found that new marriage also comes with new stressors.

To sail through the first few months of marriage with minimal problems, here are 5 Cue Cards, or quick behavioral prompts, to help you navigate around the most common obstacles to

newlyweds' happiness.

Cue Card #1: Managing your own family is *your* job.

Even in well-adjusted and accommodating families, social slipups will occur. You or your spouse will inevitably get your feelings hurt by someone in your extended family or your partner's family. If your relative acts in a hurtful manner, it's your responsibility to address the issue with the offending family member and, if warranted, to ask that person to apologize to your spouse. When you manage your family, you show respect for your love partner.

Related: [What To Know Before You Say 'I Do'](#)

Cue Card #2: Keep disagreements between you.

When you have a disagreement with your spouse, one of the best things you can do for your marriage is to not talk about it with your family of origin. Families can be a wonderful source of support, but in new relationships it's essential for a couple to establish an identity that's separate from their respective families. This engenders trust in one another, strengthens your bond and helps you make decisions that are right for the two of you, free of outside meddling and the resentment that can create.

Cue Card #3: Establish your own family traditions.

When holidays come around, it's normal for new couples to grapple with whose family they'll visit, which traditions to adopt and how to juggle in-law demands. A good solution is to choose one holiday a year to establish your own tradition, and then alternate other holidays between families. This way, everyone gets to spend equal time with you. You can avoid the stress of having to travel to multiple holiday events. And it gives you an opportunity to create a holiday that's all your own—with the food, friends, fun and rituals you get to choose

together.

Cue Card #4: Don't take it personally.

One of the best ways to get your marriage off to a good start is to practice this one behavior over and over, and master it: Pause before you take what he or she said personally—it's usually not about you. When your partner is angry, sullen, or rude, stop and ask yourself, "Did she/he do or say this to be mean or to hurt me?" It's not easy to do, but if you can get good at controlling your knee-jerk reaction, it gives both of you the opportunity to find out what's really going on, and to talk about it calmly and with genuine concern.

Related: [Why 'Bachelor'-Inspired Values Matter In Relationships and Marriage](#)

Cue Card #5: Let unimportant things go.

Before you engage in an argument, try to stop for a moment and ask yourself, "How important is this?" It's inevitable that you'll get on each other's nerves. And it's common to want to control your partner's behavior. But try to put the issue into the context of your entire relationship and then pick your battles wisely. This single piece of advice will help you minimize the number of arguments you have, and you'll learn how to love each other for who you are and the way you are.

*Christina Steinorth MA MFT is a psychotherapist and a popular relationship expert on radio and in print. Her advice has been featured in publications such as The Wall Street Journal, USA Today, Woman's Day, Cosmopolitan, and The Chicago Tribune, among many others. Her new book is **Cue Cards for Life: Thoughtful Tips for Better Relationships** (Hunter House, 2013). Learn more at www.christinasteinorth.com.*

Q&A: Should I Let My Girlfriend Look at My Phone?



Question from Colin B.: *I'm very territorial about my property and am very particular about the fact that no one looks at texts and e-mails on my phone, including my girlfriend. She and I just got into a fight over this issue, and she's calling me paranoid. Am I taking my privacy too far?*

Answers from Our Love Experts:

Tristan Coopersmith, Love Stylist: There is a big difference between giving your girlfriend carte blanche access to your personal belongings and her snooping. Snooping undermines trust, while giving access builds it. By being territorial, you're telling your girlfriend you have something to hide and don't trust her – and these two things are not good foundational elements to a healthy relationship.

So ask yourself: do you have something to hide? And do you distrust her? If you answer yes to one or both questions, this relationship needs help. If you answered no to both, then I recommend working on your own issues of vulnerability, which you are calling territorialism, so that you can create space in your relationship for trust and true connection to blossom. Good luck!

[Suzanne Oshima, Matchmaker](#): No one should ever go through their significant other's phone without asking them first. It's just a matter of respecting each other's privacy. If your girlfriend is snooping through your phone because she doesn't trust you, then that's a sign you have an unhealthy relationship.

Now, that being said, I would question why you're making such a big deal about it. If you would prefer she not touch your phone, then just explain it to her. Don't get into a huge fight over something so trivial. Blowing it out of proportion like you have only makes her think you're hiding something.

Paige Wyatt, Reality Star: You are not taking your privacy too far. It's important to have some boundaries and it's also important to be sure that you two have your own lives. If you don't, your relationship could suffer. Keeping your phone private is not being paranoid, it's just you keeping your space. Your girlfriend may not understand this so she's most likely thinking there's something sketchy going on and unless you've given her reason to feel this way, it's something she is going to have to figure out how to deal with. Help her if

you can, but don't give in, it will set a bad precedent.

For more information on our three relationship gurus, click [here](#).

If you have any questions you would like answered by our experts, please submit them on our [Contact Page](#).

Tell us: Are you paranoid about people looking at your phone? Why or why not?

Jennifer Aniston and Justin Theroux Attend Lake Bell and Scott Campbell's Wedding





By April Littleton

[People](#) reports the appearance of Jennifer Aniston and Justin Theroux at Lake Bell's and Scott Campbell's wedding Saturday at the Marigny Opera House. Aniston was spotted wearing a short, floral print summer dress, while her fiancé kept things more formal in a gray suit with a black-and-white tie. Theroux is good friends with Campbell, a tattoo artist and fine artist, and attended the wedding as one of the groomsmen.

What are some ways to make a wedding the perfect date?

Cupid's Advice:

Wedding can be the perfect place to get to know a significant other a little better. The love surrounding the atmosphere and the all around positive vibes are contagious. You would be crazy not to want to share such a lovely experience with your partner. However, there are some do's and don'ts when it comes to taking a date to such a sacred ceremony. Cupid has some

tips:

1. Help your date fit in: Don't just leave your date standing out in the cold. Show off your significant other. Introduce him or her to some of your friends and see how they get along. It's more than likely that your date will only know you at this event. So, it's up to you to make your lover feel as comfortable and as entertained as possible.

2. Sneak in some alone time: Take advantage of the romantic scenery and slip away with your date somewhere. If the location of the wedding happens to be outdoors, find a secluded spot and have a conversation. Ask your partner how they feel about the wedding so far. If you envision things going further between the two of you, it may even be a good idea to discuss the future of your own relationship.

3. Don't flirt: Most guests see a wedding as the perfect opportunity to flirt with other people and find their next potential boo. If you're serious about the person you're investing your time with, don't give anyone else the type of attention your partner deserves from you. You shouldn't engage in any flirtatious banter with anyone else but your date, especially if you want to continue seeing them after the wedding.

How would you make a wedding the perfect date? Comment below.

Can People Really Fall In Love Too Fast?



By SMF Marcus Osborne for GalTime.com

All of our lives, we're advised against allowing ourselves to fall in love too fast. They (whoever "they" are) tell us love should happen deliberately, gradually, over a moderate amount of time to have truly legitimate long-term potential. That certainly sounds like sound advice. A cautious approach to new love is never in any way inappropriate. Better safe than sorry.

The problem is that even though this sounds like the right thing to do – *feels* like the right thing to do – it seems to me that there's very little control over our emotions. Yet there are those who truly believe we have some kind of real power and control over our feelings. Whenever I've heard

someone proclaim they wouldn't "let themselves fall in love" with someone, I can only laugh. Certainly, as human beings we have the ability to make choices. As people, we can acknowledge feeling a certain way without acting upon whatever powerful emotions may be brewing.

Don't get me wrong, it's not easy.

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The experience of falling in love with someone is extraordinarily powerful – almost impossible to resist. We have no ability to just turn it off. If we could do that, there wouldn't be nearly so many shallow husks of decayed relationships strewn across the ages. But this notion that we can fall in love too quickly – that we somehow will fall in love too soon if we don't exercise some sort of discretionary power over that emotion, I theorize that has been all wrong for years.

I posted a question on my Facebook fan page asking the question, "On average, how soon after you begin seeing a new suitor do you realize that you're falling for them?"

The overall response was generally in the range of 3 to 7 dates. Now this was a small sample size so it's hardly scientific, but I think it's indicative of something nonetheless. It may indicate that most people fall in love far sooner than we would care to admit and definitely sooner than we would like.

Think of your current or past relationships. How many of them took you more than a few dates before you felt the opening pangs of what you would eventually come to realize was you falling in love?

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When you really fell for someone, how long did it take?

Probably much sooner than you think. How many times have you heard people in successful relationships tell the story of how they “just knew right away?” I use myself as an example of this. My ex-wife and I moved in together two weeks after we met. We were together for the next ten years. Have you ever started to fall someone after more than ten dates? I’m guessing no. I theorize most of us know fairly quickly, in spite of how we’re all told we *should* feel.

There’s always that awkward period where you’re each waiting to see who says “I love you first.” You want to say. You want to tell that person what you’re feeling, but you can’t, right? Why is it awkward? Because we’re told not to. Too soon. May scare him off. May not feel the same way. Which may possibly be true in any given situation. But life is filled with risks. By the way, research shows that generally guys are the first to drop the L-bomb.

I guess my point in all this is that sometimes trying to adhere to conventional wisdom may not be the best route for you to take in a fledgling relationship. You should be cautious, but you can be cautious and still embrace the fact that you’re falling for someone without concern over some artificial timetable. All these rules take the fun out of new love!

But I ask you again: How soon do you know you’re falling in love?

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

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How do you make a good first impression on someone new? Tell us in the comments below.