

Date Idea: Go Black Friday Shopping



By Samantha Mucha

If you go out for this crazy, corporate holiday, then why not do it with your lover? This experience can be very frustrating when done alone, so why not take your favorite person along and make it a more enjoyable experience? Your partner could be the perfect addition and it will certainly be an interesting way to measure the strength of your relationship.

Black Friday begins a lot earlier than it ever used to in the past with merchants beginning on midnight or earlier on Thanksgiving eve. So, after your Thanksgiving dinner stay up and watch movies until it's time to go, and then hit the

stores. End the early morning hours with breakfast and a nap.

Shopping with your partner allows you to test your relationship to see how well you two work as a team under the pressure of all the great deals. As well as, see how well you know each other. Find out if your partner cracks under sleep deprivation or if he knows your family well enough to help you select the perfect gifts for them.

To add more pressure to Black Friday, make a competition with your beau. Whoever completes the most shopping and gets the best deals for their purchases wins! The loser has to make breakfast, or doesn't get to nap until after they give the winner a foot massage.

Be sure to map out your route, and scan online to find the best deals before heading out at the crack of dawn. A smart game plan will give you an edge over your sweetheart (and everyone else standing in line to buy that new flat screen television for \$99.99) and of course it will make the whole experience run a lot smoother.

How do you spend Black Friday? Let us know below.

Q&A: Where Does Social Media Draw the Line on PDA?





Question from Sarah J.: *I've been really annoyed by the amount of relationship pictures showing up on my News Feed – all I see are photos of couples kissing or cuddling! Where does social media draw the line on public displays of affection (PDA)? How much relationship sharing is too much?*

Answers from Our Love Experts:

Tristan Coopersmith, Love Stylist: Social media is a weird space. It's a space that encourages us to be friends with strangers, over-share personal details and solicit opinions and validation from random people... all things we clearly know *not* to do in real life. Social media is desperate for those unspoken rules of "too much information" that the real world instinctively knows. So how much skin, how much gush, how much intimate sharing is too much?

Well, in my opinion, although showing your affection for your loved one is sweet, and friends and family do enjoy seeing how blissful you are, quantity and quality should be considered. When it comes to quantity, one post a day **maximum** should do it. Your friends and family have other stuff they are

interested in beyond the inside jokes between you and your sweetheart. When it comes to quality, follow the rule that, if there is a slight chance your viewers would tell you to “get a virtual room,” your online PDA is too much. This means no tongue kissing, no cleavage, etc. If not for the sanity of your followers and their over-cluttered feeds than for the sake of your relationship’s pure need to have private boundaries, remember that less is more!

Suzanne Oshima, Matchmaker: You will always come across couples on social media who share way too much information about their relationship because they want the world to know about their happiness together and love for each other. But the good news is that you don’t have to see it if you don’t want to. With social media, you can always hide their news feeds or unfriend/unfollow the couples who annoy you.

Now, while that will solve your problem, I think the more important question here is: why does it really bother *you* so much? Is it because you’re jealous you’re not in a relationship too? If that’s the case, then I wouldn’t focus so much on the couples sharing annoying photos. I highly suggest you start working on getting out there and meeting the right person for you. Then, you can become a couple on social media who *doesn’t* share too much information.

Paige Wyatt, Reality Star: When it comes to PDA, there is a very thin line between cute and sweet and just plain nauseating. The quick smooch or cuddling pictures are pretty tolerable when they’re only posted every now and then, but I think the constant full-on make-out photos are where I draw the line. Some people don’t know social media etiquette, and that’s when they tend to post the uncomfortable status updates and pictures. One thing to consider: think about exactly who is looking at what your posting – like your boss, teacher or even mother dearest.

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](#).

How do you feel about PDA on social media sites? Tell us below!

Does Your Past Interfere with Your Present?



By Relationship & Sex Talk, Jane Greer, Ph.D., for GalTime.com

how past betrayals can hurt new relationships

Did Eva Longoria's recent breakup with Mark Sanchez have anything to do with the memories of Tony Parker's infidelity?

There didn't seem to be any indication that they were having trouble, but sometimes there is nothing to see because it is what's going on below the surface that can cause the problem. For many, it's hard to start over, especially if you've been betrayed in a previous relationship. All of the anger, suspicion, and fear come through and can affect your current romantic situation.

You don't have to be a celebrity to ask the question: is your past interfering with your present?

Sometimes all it takes is one betrayal in your love life to leave you so devastated and reeling that it becomes a challenge to trust future partners. If you have experienced deception, it is not unusual for your reaction to that to be unwittingly repeated with new people even if they have done nothing to deserve it.

Take my patient Hillary, for example. Her boyfriend had been cheated on by his previous girlfriend. He always wants to know where Hillary is, who she is talking to. She has no intention of hurting him or being with another guy, but his demands and constant questioning make her feel boxed in. The other day, when an old friend called, she didn't tell her boyfriend, not because she had anything to hide, but because she was afraid of how he would react. He found out later and blew up, saying she didn't tell him so how can he trust her? There was no actual problem, but he was creating one. His jealousy and accusations were perpetuating the very thing he was looking to avoid.

Try your best to take your partner at face value. If Hillary had been able to explain it was just an old college friend who had called, and her boyfriend had been able to listen and believe it, things would have been smoother.

Look at the consistency between what someone says and what they do. My patient wasn't making any moves to elude him, or attempt to be with someone else. If he hadn't been carrying over the fear from his last heartbreak, he would have been able to see that things were good between them.

And most important, focus on the present, not the past or what scary thing might happen in the future. That way, you can stay connected and work toward building your own, strong relationship.

Justin Bieber Vaguely Speaks Out About Split with Selena Gomez





By Nic Baird

Pop star Justin Bieber and actress Selena Gomez split on Halloween, according to UsMagazine.com. "I don't know what to say," the tween idol said in an interview with Open House Party, Nov. 10. "I don't know what's going on in my life ... To even assess that it doesn't make sense 'cause I have not made any comment." Since their Oct. 31 breakup, Gomez has been keeping a low profile. However, a Gomez insider saying the couples' challenging schedules and trust issues were at the core of the breakup. The couple had been dating for two years.

What's the best way to begin coping with a recent breakup?

Cupid's Advice:

The sense of loss and loneliness that washes in post-breakup can leave you fragile and bitter. Don't reminisce about the good times. There's no point in dwelling on someone who doesn't want to be a part of your life. Cupid has some advice:

1. Forget the past: While this person may have been important to you only days ago, it's hard to accept that they've lost

all relevance to your life. If you saw this person as your partner, and now they can't fill that role, trying to figure out a new dynamic or identity is useless and painful. Don't weigh yourself down with issues that aren't your problem anymore! Move on, and find someone better.

2. Focus on yourself: People always say this, but what does it mean? Basically 'be the person you want to be.' Your sense of worth and purpose are being challenged by this recent breakup, don't let it dominate your self image. Put more into your life, and that void will start to close up. Sports, exercise, art, music, new skills, new projects, new friends, old friends, and anything to take up your time. Here's your chance to do the things you've always wanted to do without needing your partner's approval. Take advantage, especially if they were the bossy type.

3. Socialize: Olivia Wilde had this to tell *British GQ* about her divorce from Tao Ruspoli: "it's never easy... And anyway, you fall in love again. Oh God, to think that you only fall in love once in your entire life is such a depressing thought." Thanks, Olivia, for reminding us that whatever your feelings are for your ex, they'll soon be overshadowed by a fresh love. Go out and have fun! Rekindle old friendships! Explore your options thoroughly as a newly single bachelor/bachelorette. This doesn't mean start looking for a replacement, instead establish your power as a single individual.

How have you dealt with a recent breakup? Share your experiences below!

Emily Maynard Is Spotted Rebounding with Nascar Driver Jason White



By Nicole Weintraub

Bachelorette's Emily Maynard has moved on from her former fiancé Jef Holm with Nascar racer Jason White, according to UsMagazine.com. The single mom has denied her rebound with White, though recent photos have been revealed showing Maynard and White getting cozy. The pair went to a Carrie Underwood concert and then they ventured to a club together. "They were all over each other," said an observer who noticed the two. Maynard has a six-year-old daughter with Ricky Hendrick who was also a Nascar racer, so this is not Maynard's first racing beau. She was also, back in 2006, with Dale Earnhardt Jr.

How do you know if someone you meet right after a relationship ended is a rebound?

Cupid's Advice:

It can be very enticing to start dating right after a relationship ends – especially if you miss being in a relationship period. Here are some ways to know if you are rebounding:

1. Slow it down: There is no need to jump into another relationship after just getting out of one. Take your time before deciding to get involved with another person. You need to get over your past relationship before starting a new one.

2. Get to know each other: When you're rebounding, you want to jump into what you know. Though, before you decide whether or not you truly have feelings for someone, get to know them. Go out as friends for a few times first.

3. Be careful: No one wants to admit when they're rebounding with someone. Just make sure to be honest with yourself. You want to be fair to both your new love interest and yourself.

What are some signs when someone is rebounding? Share your thoughts with us in the comments below!

**Date Idea: Document The
Romance With A Flash**



By Steven Zangrillo

Even for the strictest of mathematical minds, creating art is one of the most rewarding experiences. Making photo memories with your soul mate distinguishes you as a couple and supplies physical proof that you are meant to be together.

Pick a location for the shots, be it the nearest park, museum or beach. If there's a place of value to the both of you – the place where you met, a place you love to visit together – head there first. Start snapping away pictures, capturing images and new memories one click at a time.

There are many easy-to-use photo-editing programs available online. You can download them through the Mac App Store, Amazon, or purchase them at your local Software store. Once you load you upload your photos, you and your partner can hang out and edit them together. There is even new social media, like Instagram and Hipstamatic, that let's you edit straight

from your phone or tablet. You'll be learning a new skill as a couple. Learning together is an incredibly important component to growing closer with your mate.

So, start snapping away. Let your creative minds take care of the rest.

What has been the most unique and creative photo capturing location for you and your honey? Let us know below.

Predict the Future of Your Relationship And Love with Celebrity Astrology





By Teresa Lopez

There are two things that every girl loves: horoscopes and checking out [celebrity couples](#). We've put the two together, as we are going to be looking at some of the hottest Hollywood couples and what their star signs have to say about their relationship and love. From polar opposites to people born on the same day, we've got it all! So, here's a taste of celebrity astrology that may help you predict the future of your relationships:

Related Link: [Top 5 Celebrity Couple Predictions](#)

What The Stars Say About Relationships And Love

Kristen Stewart and Robert Pattinson: Although they've experienced a few rough patches in the past, this famous couple has amazing compatibility when it comes to their charts. Both have an ascendant sign that is almost close to identical. Although this is questionable because of how uncommon it is, if it is the case, it means that this couple

will have very similar world views. Not only are their ascending signs in conjunction, but they also have conjunct Mercuries, which means that they think alike as well! Similarly there are positive signs of strong sexual attraction and romance: Stewart's Uranus is conjunct to his seventh house, which means that they are both very romantic and inclined to please. Although they may have been rocky before, these two have all of the makings for a long lasting relationship and love.

Catherine Zeta Jones and Michael Douglas: Because these two share the same birthday, their charts are almost identical. The only differing aspects are caused by location and time of birth. Almost everything is compatible here, except for Zeta Jones's Mars being conjunct to Douglas's moon. This can be extremely stressful on a relationship, despite the fun energy that it can provide for a short period of time. Because of this, we believe that this relationship may last for several years but will subsequently end in a celebrity break-up due to stress and potential hardship.

Related Link: [Five Reasons Why Opposites Attract](#)

[Brad Pitt](#) and [Angelina Jolie](#): Oh, Brad and Angie! So many of us were curious how they were going to work out when their celebrity relationship first started – they seemed so opposite! Turns out that it's not just their personalities that are juxtaposed but also their horoscopes. Many of Pitt's planets fall into Jolie's sixth house, the one that indicates work relationships and services, such as charity. Obviously, this speaks worlds to Pitt's commitment to adoption and community service that coincided perfectly with the beginning of this relationship. Although it can be difficult to say what drives the very private pair, this Hollywood couple's major aspects are usually opposite each other: They have sun opposite sun, and Venus and sun opposite ascendants. Many of these opposite aspects can cause stress and negativity in a relationship, although keeping things fresh and unique. It is

important that as much excitement as they may find that they realize that they need to be cautious around such harsh juxtaposing aspects. We may see, in the future, this fiery relationship and love fizzle out and die.

This post was written on behalf of Hollywood Psychics. If you want to learn if you and your partner are as compatible as Kristen Stewart and Robert Pattinson, start a live psychic chat today!

Date Idea: Take An Autumn Stroll



By Samantha Mucha

Now that the leaves have changed colors and the intense summer heat has died down, take a walk hand-in-hand with your lover. This Friday night head out together and chat about your tedious workweek. Relieve the stress and unwind as you stroll through your neighborhood park in the crisp autumn air. Romance doesn't have to be intense and fiery, so take this time to let go and let yourselves be present with one another.

Going for a leisurely walk has plenty of perks. You get to catch up with your sweetheart, swapping stories you didn't get a chance to share before your morning commute, or late dinner.

It's also the perfect way to squeeze in a little exercise that you may be skipping over now that it's getting chillier outside.

The best part about this date idea is that it's free! You and your partner can enjoy bike trails, paths, parks and walk along the waterfront for absolutely nothing. The bigger the park the better, the more free space you get to enjoy. If you are in New York, Central Park may be exactly what you're looking for to leisurely get away. If your mind is set on something a little less crowded, then check out the High Line for a cozier, more scenic route.

If you are not near New York or any city in general, casually stroll through your neighborhood, or a hiking trail near your home. The walk you take doesn't have to be complicated; it's all about spending valuable time with your sweetheart and getting to know them even better.

The less of a plan you have the better. Start walking and talking and see where you end up, you just may find a new special spot. Throw on your jacket, grab your lover and head on out.

What date ideas do you have planned for November? Tell us below.

Is Your Career Killing Your Relationship?



By Relationship & Sex Talk, Jane Greer, Ph.D., for GalTime.com

is your career your first love?

Russell Crowe and his wife of nine years, Danielle Spencer, have separated, according to Australian news sources. The two were on opposite sides of the globe when the news broke, she

in Australia shooting *Dancing With The Stars*, and he in Los Angeles shooting the film *Noah*.

Like many other split couples with big careers, extensive travel schedules and calendars packed with commitments, could their whereabouts be an indication of what went wrong with their marriage? Did their careers take priority over their love lives?

Have you ever asked yourself this question: Which comes first my love life or my career?

Most of the time, there's no easy answer. For celebrities, the choice can be particularly hard since their work often takes them far away for long periods of time. But you don't have to be a star to grapple with this tug-of-war. At some point, if you have a career, you will be forced to make tough decisions when your job and your relationship collide. While having a career should not preclude being in a relationship, the questions often become: How much is too much? And how much of a toll does it take?

If you're the one left alone on a Saturday night (as one of my patients was when her boyfriend couldn't make it to her sister's wedding because he had to work) what is important to keep in mind is to not take your partner's working overtime personally. It is easy to fall into the pattern of feeling they are choosing the office over you, while they may just see it as their professional responsibility. If this is going on for you or the person you're seeing, what you can do is look to put some checks and balances in place. If it's the sixth night in a row that you haven't been home before midnight, it may be time to have a talk with the boss and set some boundaries.

The other thing you can do if you know you are going to be overwhelmed with work and anticipate being exhausted is to give your partner fair warning. That way, they can make other

plans and not feel ignored or abandoned.

You want to preserve the emotional intimacy you share with your partner because that can ultimately help sustain you as you make your way in the world. If you work to balance it you can maintain your career and your love life, rather than ending the relationship as Russell and Danielle have done.

Falling In Love: When to Say the L-Word for the First Time



By Sarah Ribeiro

You and your significant other have been together for quite

some time now. You've experienced great dates, bad dates, and more romantic adventures than most couples you know. You've met the parents, made plans for the future, and have even discussed living together. There's just one thing you haven't done, and it's a rather large elephant in the room: said "I love you." Both you and your partner have likely contemplated saying it, and it might have **almost** slipped out more than once, but you're unsure whether you're ready to say it. If you need some help on knowing when it's time, here are some ways to know you're ready to say the L-word for the first time:

Related Link: [Letting Go of Past Loves](#)

1. You've made the commitment: If you and your partner are attached at the hip 24/7 (yes, that includes overnight), are making plans for "what's next" and both envision a future together, it's safe to say "I love you." After all, you must love each other to make these commitments, and to be with each other through good and bad.

2. You trust each other: When it comes to love, trust is a make it or break it kind of thing. Telling your beau you love them conveys that you trust them not only with your heart, but with the most important parts of your life. The L-word is a promise to be there for each other in the toughest of times and to care for each other – even when it's hard. A promise like that can't be made without trust.

Related Link: [Shrinkwrap: When Are You Exclusive?](#)

3. You're able to communicate: Communication is key in any good relationship, but you can't be completely open with your partner if you don't have the traits mentioned above. Communicating with your love is all about commitment and trust. If you're able to commit to and trust your sweetheart, you can be open with each other and explore each other's feelings, needs, and desires. Understanding and appreciating what your honey has to say, and being able to say what you

want without fear of them running out is a sure sign that you can say “I love you” to them and mean it.

When do you know to say the L-word for the first time? Share your comments below.

Date Idea: Hang Out At a Haunted House



By Steven Zangrillo

Don't let the kids fool you: Halloween is a time for grown-ups, too. Even though adults approach this day differently, there is no excuse for us to restrict our inner child to

dormancy. Don't let yourself and your sweetheart yawn yourselves into a stupor at another monotonous Halloween cocktail party. Readjust your weekend plans for some scary, romantic excitement. Grab your honey and head to the nearest Haunted House.

Haunted Houses, mind you, are more than just a bunch of scary rooms. There are hired actors to guide you along the journey to provide an experience that is sure to bring you into a horrifying, almost-too-real adventure. Rural areas are known to feature haunted hayrides, forest walks, or even creepy farm houses. Those couples who are closer to urban areas will be pleased to find huge, multiple floor walk-up living nightmares. Take to Google and search out the best-reviewed offerings in your area. Wear something comfortable, because if this Haunted House is worth the trip, you two will be snuggling – or clinging – to each other.

The hired actors for these productions are an absolute riot. In some Haunted Houses, you might find yourself in a room full of vampires trying to seduce you and your man. You'll make it out alive, and maybe even a little flattered!

Where is the scariest haunted house you've ever been to? Let us know below.

QuickieChick's Video Dating Tips: How to Avoid the

'Boyfriend 15'



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

Dating Advice from E!'s *Famously Single* Laurel House on Avoiding 'Boyfriend 15'

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House addresses the issue that your girlfriends *never* bring up in conversation: those few extra pounds you have put on since spending time with your new man. Whether you've already put the weight on, or afraid of gaining some in the future, our dating expert gives you advice on how to lose and avoid the dreaded 'Boyfriend 15'. Time to take notes, ladies!

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

Tell us: How do you avoid gaining weight in a relationship?

Trick or Treat: How to Celebrate Halloween with Your Man



By Courtney Allen

Halloween is the sweetest celebration of them all, but there are ways to make it even sweeter. Switch things up from all

the Halloweens spent with your girlfriends thinking of ways to stock up on addicting Nestle chocolate goodies or endless Laffy Taffys and Sweet Tarts. Spending Halloween with your partner will end in out of the ordinary fun and leave you with the sweetest treat of them all. Embrace the spookiest night of the year with your man by planning a night that involves one or more of these activities:

1. Good ole trick or treating: If Halloween is known for anything, it's trick-or-treating. Keep things traditional with your sweetie and go out for a fun night of trick-or-treating. Trick-or-treating with your man will be nothing like doing it with your best friends. Dress up as killer Chucky and his bloody bride or the infamous Bonnie and Clyde. Collect goodies with your other half until the AM, leaving just enough time to catch Jason and Michael Myers on your favorite movie channels while snacking on all your sweets and cuddling up to your man.

Related Link: [10 Ways to Impress Your Date on a Budget](#)

2. Tour a haunted house: Nearly every city holds a haunted house come Halloween night. Be daring with your significant other and take a tour of a haunted house while getting spooked by the scariest Halloween characters. If you get too scared, grab hold of your honey's hand and let him guide you through the seemingly cursed house. The goal is to make it out alive... but anything is possible with your man by your side.

3. Go through a corn maze: Spend Halloween among humongous stalks of corn with the company of the love of your life. Get lost in the darkness of Halloween night as scarecrows and creatures jump out from behind the corn to scare the both of you. Grab tightly onto your man's arm as you work your way through the corn. Have the time of your life as you try to make your way out of the maze before the sun comes up.

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

4. See a movie at the drive-in: Going to the drive-in movie makes Halloween a little more special than your usual dinner and a movie on the couch. Catch some of the spookiest Halloween favorites with your love on the big screen. Cuddle up with your honey in your car, snack on jumbo popcorn, fizzy sodas and sweet treats while watching people fight for their lives on the scariest night of the year. Watch fictional characters go wild on-screen while making memories off-screen.

How do you want to celebrate Halloween with the man in your life? Share your stories with us.

Date Idea: Coffee House Cider and Pumpkin Pie





By Steven Zangrillo

Sometimes you and your babe need to have a sweet snack, and it doesn't really matter in what form. It was once described to me as "the need to pour a bag of sugar in a bowl and eat it." Since it's culturally reprehensible to eat like that on a date, you may want to take your loved one for some hot apple cider and pumpkin pie instead.

A low-key, cozy coffee house setting will do this idea justice. You could go to Starbucks any day. Instead, try to find a place that's off the beaten path. A fun fact about this type of date is that it is also cost effective. Cider and pie can be cozy and romantic while costing less than a mere \$20 dollars.

Don't be shy. Cuddle close to each other and share a slice of pumpkin pie, carrot cake, or whatever your tastes call for. Many of these coffee shops have love seats and couches. You can kick back and relax, sipping gently as the quirky, coffee house world buzzes around you. If you're lucky, they will have booked some acoustic entertainment for the night. Do you two

have a “song?” Request it secretly, if you can. Watch your sweetheart get all giddy when it starts to play.

Overall, this is the kind of date that is light on your wallet and heavy on the good vibes. Dig in.

Tell us about your last date at a coffee house by sharing your feedback below.

QuickieChick's Video Dating Tips: Moving In With Your Man



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

Dating Advice from E!'s *Famously Single* Laurel House on Moving In Together

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House will be sharing her secrets and tips for dealing with those common dating dilemmas and relationship woes. For the dating expert's first video, she tackles the tricky subject of moving in with your man, answering questions like: How do you keep the spark alive? How do you forge a deeper bond with your partner? And how do you avoid becoming just roommates? Time to take notes, ladies!

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

Tell us: What did you learn after moving in with your man?

Kim Kardashian Says She Can't "Imagine Being With Anyone Else" Other Than Kanye West





By [Jessica DeRubbo](#)

It looks like Kim Kardashian and Kanye West are getting pretty serious, according to [UsMagazine.com](#). In the November issue of *Tatler* magazine, Kardashian opens up about her strong romance with West. She says, “It’s so nice to have a best friend in this game who understands everything you’re going through. Being with someone I’ve known for so many years is comforting.” Kardashian, who has been married twice before to Damon Thomas and Kris Humphries, is certain the West is “the one.” “I can’t even think about being with anyone else than the man I’m with,” she says.

How do you know when you’ve found “the one”?

Cupid’s Advice:

Dating around can get confusing, and it’s sometimes hard to know when you’ve found the person you’re meant to be with long-term. Cupid has some advice:

1. The spark doesn’t fade: Even after months of dating, you still get butterflies in your stomach when you go to see your

partner. That's a sure sign that the connection you have is likely not to fade for some time.

2. You feel secure: Security is a great thing in a relationship. If you don't feel as if something small could throw your relationship off, it shows that you're committed to making your relationship work far into the future.

3. You trust each other: Part of security means trusting one another. You should have no doubt that your partner will never cheat on you, for one. If you question it, you may want to re-think whether he/she is "the one."

What are some other ways to know you've found "the one"?

Date Idea: Seasonal Ale-House Excursion





By Steven Zangrillo

The first weekend in October whips in on the back of those brisk Fall gusts, blowing leaves past you and your partner as you stroll down a block of your favorite city. Where are you two lovebirds headed? The nearest Ale House, of course. October is the time of year when the best micro-breweries from around the country release their Autumn-themed lagers and ales. It's about time you two pulled up a stool and enjoyed a frosty brew together.

The last decade has yielded a bountiful assortment of new specialty breweries, taking American beer and morphing it from a pale swill into a flavor culture with an intricate identity. Try a multitude of options and compare them with your significant other. You can even consult your server about the best beer and food pairings. There's nothing wrong with learning something new together, right? You can choose from pumpkin spice, fresh hop, or the various Oktoberfest varieties.

The best part of all, of course, is the opportunity for you

two to relax together on your date. Some of the best conversations start with a smile, a laugh, and a clink of the glass.

You might call it just “going for a beer,” but relationships are rooted in friendship. This kind of excursion can strengthen your foundation and leave you with great conversation that will create memories for years to come.

What is your favorite type of Ale? Send us your thoughts in the comment section below.

Q&A: How Can Social Media Help My Long-Distance Relationship?





Question from Tara M.: *I just moved a couple states away from my boyfriend for a new job. We're having trouble adjusting to the distance and need some new ways to keep in touch and keep our relationship strong. How can social media help my long-distance relationship?*

Answers from Our Love Experts:

Tristan Coopersmith, Love Stylist: Ok, so maybe there's no app (yet) to teleport couples to each other in a time of need or desire, but these days, technology truly is a long-distance relationship (LDR) couple's best friend! Since you have probably already exhausted phone, texts and Gchat, here are a few more inventive ideas to try.

1. Send your honey an evite for a TV night. You can watch a show together via Skype, while munching on your favorite treats. During commercials, catch up on your day.
2. Use Google Hangout to arrange for double dates with other LDR couple friends.
3. Play a game together like Words with Friends, Scramble or

Gems with Friends. You can even create a weekly game night and play all night together. Don't forget to send cute chat messages in between plays!

4. Create a photo calendar where each day has a theme, such as silly picture day or naughty picture day.

Don't forget though, too much technology can get burdensome and boring, so be sure to take a tech break once in a while. Instead, send an old fashioned letter or care package.

Suzanne Oshima, Matchmaker: A long-distance relationship can be tough on both people, but with technology and social media today, there are so many creative options to help you keep the relationship alive and going strong.

Let's start with texting. A simple "good morning" text is the best way to start the day, and a sexy, steamy "good night" text is a great way to end it.

When you can't see him in person, there's nothing better than Skype. Be creative and plan a dinner date night over Skype. You can make dinner together, catch up on each other's day and then sit down to a candle-lit meal. It's one of the best ways to remain a part of each other's daily lives.

During the day, when you don't have time to talk to each other, just send him a sexy voice note or quick video to let him know your thinking of him. Trust me, it will make his day!

And lastly, when it comes to Facebook and Twitter, posting a "thinking of you" status update or photo can light up his day...but one word of caution: don't go too overboard, or you will become that annoying couple to all your friends.

Just remember, if you're creative at utilizing social media and technology, it can actually bring you closer together as a couple, making you feel like less far apart physically.

Paige Wyatt, Reality Star: The first thing that comes to mind

is video chat! Video-chatting with your boyfriend gives you two a whole new means of communication. It allows you to actually see each other, which is sometimes exactly what you need. It's much more personal than just talking on the phone and definitely more personal than talking through text. When you video chat with your boyfriend, make sure you have enough time to devote to him and your conversation. Get rid of any potential distractions, and you should be golden!

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](#).

Are you in a long-distance relationship? How does social media help you? Share your story below.

He's Texting His Ex: Should You Be Worried?





By Whitney Baker

When it comes to your boyfriend and his ex, be sure not to let your own insecurity and jealousy make you crazy with worry. If you trust your boyfriend, you should trust him until he gives you reason not to – and texting his ex may have a perfectly acceptable explanation. Did they remain close after they broke up and before you came into his life? Do they share the same group of friends and often hang out in groups? Does he always tell you where they're going and what they're doing – and even invite you too? If so, you may need to accept her role in his life and not let it ruin your own relationship with him.

Of course, there are a few situations that warrant your worry. If any of the circumstances below sound familiar, it may be time to have a heart-to-heart with your boyfriend about his ex and their texting habits.

Related Link: [3 Times in Your Relationship When It's Better to Be Safe Than Sorry](#)

1. He is often unreachable or cancels your plans without a

good excuse. Honesty and good communication are two markers of a strong relationship. If your partner is being completely open with you about his friendship with his ex, then you have no reason to worry. However, if he starts to hide details about their time together or acts elusive about his activities, it may be time to have a chat.

2. He seems distant and uninterested in your relationship.

Regardless of your boyfriend's ex (or exes), your relationship should be his number one priority. Sure, he once loved her, but that doesn't give him the license to forget about the special connection that you share. If you're starting to feel like the third wheel, remind your guy of how great you are together: surprise with him a home-cooked meal and nice bottle of wine, and over dessert, let him know that you feel like you're drifting apart and want to do whatever it takes to keep that spark alive. Maybe a gentle reminder from you will keep his ex off his mind – and his list of texting buddies– for good.

Related Link: [Is Dating Your Ex Off Limits?](#)

3. Your friends have started to notice his interest in her and have expressed their concern. It's understandable that you don't like when a third party butts his or her head into your life and interjects unwanted opinions. Even so, when it does happen, it usually comes from a place of love. If your friends are worried about your relationship, there's a good chance you're acting too lenient when it comes to your man's ex. After all, you want her to stay in his past, not become his present.

Before you get too bothered by your boyfriend's behavior, it's important to remember one thing: most guys are going to have ex-girlfriends. While you may not like the fact that they're friends, it's ultimately his decision. Plus, he is choosing to date *you*, so don't spend too much time worrying about *her*.

Tell us: What would you do if you caught your man texting his ex?

Patti Stanger Has Three Tips for Making Up After a Break Up



By Nicole Weintraub

Relationship expert, Patti Stanger recently revealed some tips on how to make up after a break up, especially if infidelity is involved, according to [People](#). Focusing on the recent

breakup and cheating scandal of Rob Pattinson and Kristen Stewart, Stanger shares three tips on how to move forward in a relationship. First, you have to ignore your heart and trust what your brain is telling you. The second step is to get comfortable again. You will have to renegotiate boundaries and sort out what makes the two of you comfortable around each other once more. Once you are comfortable, you will be able to start to trust one another again. The *Millionaire Matchmaker's* third and final step is to talk to an expert – a therapist that both partners trust. An unbiased third party will help to reconcile any issues that the couple may have.

What are some ways to be friends after a split?

Cupid's Advice:

Is it possible? Can you be friends with an ex after a breakup? Here are some tips on how to make it happen:

- 1. Let bygones by bygones:** What may have happened in your relationship are no longer bounds in your new friendship. One of the toughest things is transitioning from lovers to friends. Be careful not to cross the line between friends and lovers.
- 2. Tread lightly:** It may be difficult at first to decide what is appropriate behavior and conversation in your new friendship. Monitor how open you are with your ex because there may still be some hard feelings there.
- 3. Patience is a virtue:** You will become better friends and more emotionally connected in due time. At first, it may be a rocky friendship but it will become easier in time.

Are you friends with an ex? Share your stories with us below.

Date Idea: Travel to the Orchards for Fruit-Picking with Your Partner



By Megan McIntosh

Summer may have ended, but it doesn't mean your outdoor dates should stop. This weekend, do something unique and head out to the country to go fruit-picking with your partner. It may sound a little odd at first but once you experience the road trip (if you're from the city), the sweet smell of fruit around you and walking hand-in-hand in the fields, you will realize that this type of romantic adventure can enhance

your relationship.

Head out to an orchard with your sweetheart for an exciting day of picking apples, strawberries or blueberries. Depending where you live will determine the type of fruit you have access to. Do a bit of research before you arrive and search for recipes that you can make in advance. Having an idea of what type of dessert you'd like to make will determine the type of goodies you should bring home.

Speaking of recipes, the berries you pluck with your mate can also come in handy when making smoothies. They're not only delicious; they're healthy too. If you're looking for a guilty treat, go a step further by making chocolate fondue or create your own wine after spending a day picking grapes.

After a day in the fields, you and your partner should take the rest of the afternoon to relax. Pack a picnic and spend some quiet time together in each other's arms as you watch the sunset before summer ends.

When was the last time you went fruit-picking? Share your story with our readers by commenting below.

Breaking Up Without Breaking Down





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

While breaking up is a part of dating, going back to a single life can be scary. It's time to stop worrying about lost love and start taking care of yourself. By enjoying life and staying positive, you'll climb out of this rut in no time. As Russell Brand told host Liz Hayes. "Sometimes it goes well, sometimes it don't. But if you sort of sense there's an incompatibility, then in any relationship, regardless of the status of the individual, it kind of is best to go separate ways."

Here are four tips to help you get back on the horse and have fun while doing it. Let's start with our post breakup tips.

Related Link: [Letting Go of Past Loves](#)

1. Don't call them under any circumstances

Once more, don't call them under any circumstances. If you're a woman – and you know who you are – just say no. We have a need to communicate our feelings. It is our way of processing. This is not as true for men. Write a simple e-mail, which

states your feelings factually without gushing. Keep it as short as possible. Using bullet points can be helpful to keep you on point. If it truly has been a loving relationship they will eventually call you, if only to say hello and wrap up any loose ends. At this point, you may be concerned it will be too late. You will be looking ahead to a new relationship. It may very well be too late. That is their problem, they blew it. This is why you don't sit around pining!

Related Link: [6 Things Women Should Never Do In A Divorce](#)

2. Occupy your darn time

Book yourself up continuously. Now is a great time to hang with friends, go to dinner, go to the movies, stay home and watch your favorite show with the girls and, even better, popcorn. Try wine tastings, spas and gallery events. You name it! It's also good to hang out with your male friends. Get some of that testosterone energy to keep you strong and reduce the sobbing. You will be less tempted to call him as well.

3. Date like crazy

Dating like crazy accomplishes two goals. One, it keeps you busy. Two, it releases PEA and endorphins. This works particularly well for women. You'll feel more secure, sexy and desirable. This shifts your attention off of him and back to you where it belongs. You will do far less pouting, and because your self esteem is stronger, you will get over your old flame far more quickly. So log into a dating site, go see a matchmaker, write a personal advert and let all your girlfriends know you are single so they can fix you up. Now, you may not be that attracted to some of these guys. Some you may not like that much, and a couple not at all. The point of this exercise is to get you out and about again. One thing I can promise is if you sit at home pining the only men you are going to meet are doing pizza and Chinese delivery. Even if your former romance is gorgeous, he's probably not the one for

you.

4. Take advantage of quiet time

Know there will be some quiet times. When you find yourself with peaceful moments, try meditation on for size. Do this whenever possible and visualize positive thoughts: times and relationships that are supportive and loving. This past one wasn't, or you would still be together. Having more time with your thoughts isn't bad!

Remember, you deserve to have someone in your life who is caring, honest and faithful to the terms of your relationship. Take solace in the fact you're free from guy problems for awhile. You are now set to find the right person and have a good time finding him.

Developed by Lydia Belton PhD, Ct.H.A. of DrTranquility.com, 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.

Zoey Deschanel Attends Emmy Awards with New Beau Jamie Linden



By Nic Baird

Actress Zooey Deschanel attended the Emmys with new love Jamie Linden on Sunday, according to UsMagazine.com. The *New Girl* star lost her Outstanding Lead Actress in a Comedy series trophy to Julia Louis-Dreyfus in *Veep*. As the category was announced, Deschanel cozied up to screenwriter Linden. The two clasped hands during the award's presentation. Linden has written the scripts for the films *10 Years*, *Dear John* and *We Are Marshall*. The Hollywood couple have been dating for three months.

How do you celebrate an achievement with your partner?

Cupid's Advice:

Your admiration means everything to your partner. Even if it doesn't seem that way, remember that we all want to impress our significant other. It's why boys get into so many fights.

Do these things to show how your romance's achievements impress you:

1. Make it a special event: Your partner won't always think to celebrate their own successes with you. By suggesting a special meal, a vacation, or just getting drinks and talking about their achievement, it shows that it matters to you.

2. Build their confidence: Compliment their talents and skills. Find specific details to admire in their success. Ask them about their future plans and goals. Encourage them to speak with ambition and determination about their next step.

3. Admire their effort: Don't focus your flattery solely on their accomplishment. Make sure most of your admiration is on the effort or process that led up to it. By complimenting their labour, you encourage them to keep trying. And maybe next time if they don't meet success, you can still compliment their hard work.

Why are you proud of your partner? Share how you let them know below.

5 Red Flags to Be Aware of In Your Relationship





By Grace Pamer

I am a fan of the show *Dexter*, and was probably just as surprised as everyone else that the two stars, Jennifer Carpenter and Michael C. Hall, filed for divorce. The couple appeared happy, like best friends, being married and working as a team on the award winning show. When Michael C. Hall was diagnosed with cancer, Carpenter was at his side helping him through it all. But later, Hall's break trust via rumors of infidelity made their way into the relationship, resulting in its dissolution.

We may, as a society, idolize stars and follow the ups and downs of their relationships. But the truth is that their partnerships are very similar to us "normal folks," minus the millions. We may be in shock when a famous couple that appeared so committed announces their divorce, but it can happen to any couple at any time. Though couples are, by definition, a team – they are also two unique individuals, with their own thoughts, feelings, experiences and emotional baggage.

The seemingly best relationship can go wrong, even mine. Noticing that there might be trouble is the key to trying to work things out before it is too late. Keep in mind that there can be valid reasons for the following relationship warning signs and that they in no way are intended to imply certain doom. There can be stress at work, grieving a loss, a family member moving in or a health issue that appropriately explains away any concerns in the short term.

Related Link: [Demi Moore Proves There's Hope After Divorce](#)

But sometimes there are no valid reasons for the following five red flags, which can appear in even what seems to be the healthiest relationship:

Red Flag 1: Losing Trust

If we find ourselves beginning to doubt our partner's honesty, we need to listen to our inner voices. Whether catching a mate in frequent, little lies is the trigger or there is a bigger concern because our lover is keeping longer hours and coming home late each night, losing trust is a signal to us that something could be wrong.

Related Link: [Red Flag or Quirk? How to Tell the Difference](#)

Red Flag 2: Avoidance

If we begin to see our partner less and less, without explanation, this is another red flag. It can spell trouble when rituals such as watching favorite shows on weeknights, doing crosswords in bed, eating meals together or weekend date nights begin to disappear. Keep in mind that avoidance doesn't have to equate to infidelity – it could signify fear and distraction over a health concern, depression and a host of many other things.

Red Flag 3: Acting Guilty

Humans are curious creatures and sometimes, without even

knowing it, their actions speak much louder than words. A lover who traditionally was never one to bring home flowers or expensive gifts, if feeling guilty, might subconsciously begin to do just that.

Red Flag 4: Less Intimacy

If we notice less intimacy, that could also be a warning sign that there is an underlying problem. Intimacy isn't just about making love, though that is a big part in healthy relationships – it is about touching a lover's shoulder when we walk by, holding hands when taking a walk, massaging feet when lying on the couch. If usual intimacy levels begin to decline, we need to recognize the warning sign that something is awry.

Red Flag 5: Lack Of Respect

Respect is so important in any successful relationship. Being respectful is when we don't ridicule our lover for having his/her own opinion. It is about sharing the load and responsibilities of daily life. Respecting a mate also involves making sure both people's needs are met, not just our own. If the partner begins to criticize, ridicule or take the other for granted, there could be an underlying problem.

Aside from the red flags mentioned above, we need to simply be aware of any unexplained changes in the relationship. The goal here isn't to play detective and "catch" our partner in a misdeed, going on the offensive. That could backfire because an innocent partner being accused of guilt could cause irreparable damage. Consider how a lover would act if he or she didn't want to burden us with the stress that there are rumors of layoffs at the workplace. There can be many valid reasons why a person starts acting differently.

It is our job to simply communicate our concerns in a peaceful, loving manner – stating only how we feel, not criticizing behaviors. When red flags appear, the only goal should be to find a block of time in a quiet environment where

open, honest communication can take place. Behavior changes aren't always about infidelity and red flags aren't always bad – they can actually lead to a healthier, more stable relationship, because they force us to put our love first.

Grace Pamer is a work from home mom and author of www.RomanceNeverDies.com which provides a resource for all those seeking romantic ideas and inspiration whether for a date, a marriage proposal or in a long term relationship.