

# Date Idea: Picnic with Pals



By [Rachel Sparks](#)

This Labor Day weekend, enjoy the last bit of hot weather by having an outdoor picnic with your loved ones. Create some summertime memories that will last you through the chilly winter. Spend the entire day outside with good friends and fun activities to celebrate the end of the season. This weekend [date idea](#) will get you and your friends feeling the summer vibes way past the end of summer.

**This weekend date idea will be the summer picnic that you won't**

# forget!

Make it a party and ask for a double or even triple date! Pack tons of great snack foods like grapes, cheese and crackers, and a vegetable tray. Don't forget some wine, chilled, of course. It's perfect for sipping on a hot afternoon. Grab a disposable camera and have fun taking pictures as a group for an end-of-summer photo album!

**Related Link:** [Date Idea: Include the Pooch in Your Plans](#)

Pack a deck of cards and play poker or spades, betting on your favorite candy. If you're feeling more active, partner up with your love and play some volleyball. Toss around a Frisbee for less competitive fun. If you're really into sports, bring a baseball and some mitts and batter up together. If there's a lake nearby, bring some fishing poles and catch your dinner. Step out of your comfort zone and try something new – your partner will appreciate your willingness to get a little dirty.

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

When the sun goes down, keep the fun going for your [date night](#). Find a park in your area that has grills and turn your group picnic into a barbecue. Everybody will enjoy cooking their favorite foods and unwinding with their closest pals. Break out the hamburgers and hot dogs and pair them with potato salad, fruit salad, and homemade chocolate chip cookies. You can even treat yourself to some unique picnic cocktails, like mimosas in mason jars, white wine spritzers, fruit-filled sangria or even a vodka-filled watermelon. Be sure to bring extra ice to keep your drinks cold.

Maybe you invited a few single friends too. If so, now is the perfect time to introduce them! Give them cooking duties together or force them to be on the same volleyball team.



Share [love advice](#) with them to help them get back into [dating](#). They will get a chance to know one another in a no-pressure environment. Be sure to bring an extra blanket in case they want to cuddle up under the stars.

**How will you celebrate Labor Day? Tell us in the comments below!**

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## Dating Advice Video: What Men Want You to Know



By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice](#)

[video](#), founder and [relationship expert](#) Suzanne Oshima talks to relationship strategist and coach Cyndi Olin about three things that men want you to know. “There’s a complete disconnect in what women think men want,” Oshima reveals.

## Relationship Experts Discuss What Men Want You to Know in Dating Advice Video

**1. Men are actually very sensitive:** Women often think men aren’t sensitive, but that’s just not the case. “In order to feel connected, they need to feel heard and needed,” Olin shares. “And if they don’t feel those two things from a woman, they’re not going to be fully connected or engaged with her.” As much as you want him to understand you, he wants to feel understood as well. “Be curious about him,” Olin adds.

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

**2. Men want to feel needed:** Expanding on the first secret about men, they also want to feel respectfully needed. “Allowing him to support you is something that fills *him* up,” Olin explains. “It’s so important for women to realize that, as strong and independent as we are, we love a man who can take care of things for us, who can handle things for us,” Oshima says.

**Related Link:** [Relationship Advice: What Attracts a Man](#)

**3. Men want to feel appreciated:** If he feels appreciated for the things that he does, he’s going to do it ten-fold. “In fact, you won’t feel like, in your relationships, you have to do all of the heavy lifting,” the relationship coach explains. “He’s going to do more and more.” Plus, he’ll continue to build you up and support you if he feels like you’re doing the same for him.



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

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# New Year, New You! Dating Advice to Revamp Your Love Life in 2018



By Lori Zaslow and Jenn Zucher for [Project Soulmate](#)  
// Contributing Writer: Shelby King

In just a few short weeks, we'll be entering 2018 (ah!). The past year has been one for the history books. From the presidential inauguration to the total eclipse of the sun, this year has been one of fast-paced news cycles and memorable moments. It's hard to imagine leaving 2017 in the past; however, when it comes to an unsuccessful love life, we can hope for nothing more than that in the coming year. Or maybe you have a good love life, but it's a new year, and you and your partner want to shake things up. Either way, here at Project Soulmate, we have matchmakers and [relationship experts](#) Lori Zaslow and Jenn Zucher to supply you with [dating advice](#) on how to start the New Year with a bang.

## Follow the dating advice below if you want a successful love life in 2018!

### Try New Date Ideas

One sure fire way to revamp your love life in the New Year is to explore unique dating scenes. No more boring coffee or dinner dates – and let's try to drop the bland movie dates, which are terrible if you're trying to communicate with your partner. Instead, try stepping out of your comfort zone with these new and fun date ideas:

**Related Link:** [Dating Advice: When to Say I Love You](#)

**1. Head to a jazz bar:** Going out to see live jazz will let you live your *La La Land* fantasy while also giving you an excuse to dress up. This date idea is for all those cool cats out there that want to sip on their Manhattan and snap their fingers along to a good ol' saxophone.

**2. Try a comedy show:** Unlike a movie, a live performance allows for you to have time to sit and talk and enjoy each other's company. Plus, going to a comedy show can reveal your

compatibility. If both of you are dying laughing, you may have found yourself a keeper!

**3. Go rock climbing:** This one is for you daring romantics. Head to a rock climbing wall at a nearby rec center, and take your relationship to all new heights. This date idea is adventurous and unique, bringing some excitement to any relationship.

### **Shake Up Your Routine**

We are all human, and we all have a tendency to get stuck in a routine. In order to revamp your love life for 2018, it's important to mix things up. There's no need to drop everything you're doing. Rather, focus on implementing small changes in your schedule in order to spend more time on those special relationships in your life.

For those who want to totally revamp their love life and experience more successful dates, try a matchmaking service. At Project Soulmate, the stress of finding someone is alleviated, and you are able to cut down on the time swiping and focus more on finding a true match for you.

Another way that you singles out there can shake up your current routine is by adding some self-love rituals. Make your love life more successful by first loving yourself. Take a few minutes to write some positive mantras on a sticky note for yourself. If you're already in a relationship, you can even do this for your partner! Positive affirmations are a great way to show you care for yourself and for others.

**Related Link:** [Expert Relationship Advice: The Stages of Soulmate](#)

### **Create New Traditions**

Creating new traditions is a third way to shake up the New Year, but where do you start? The first thing you need to do

is choose a regular date night. Whether it's bi-monthly or an annual event, make sure you can stick with it. Then, pick a passion you have: Do you love animals? Or are you a sucker for time spent exploring a museum? Pick something that you feel like you never have time to do. If you're currently single, this tradition is a great opportunity for you to meet people with similar interests to you. If you're in a relationship, it's a great way for you to get to know your partner better.

May you find love and happiness in 2018!

For more [expert relationship advice](#) from Project Soulmate, check out their [website](#).

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## Celebrity Couple The Weeknd & Bella Hadid Are 'Still Totally in Love'







By [Rachel Sparks](#)

Is a reunion of this [celebrity couple](#) on the horizon? We hope so! A source told [UsMagazine.com](#) that [celebrity exes](#) The Weeknd and Bella Hadid “have been talking, texting, and FaceTiming each other pretty consistently” since he and [Selena Gomez](#) broke up. The source continued to say that The Weeknd and Bella Hadid are still in love with each other.

**This recently reunited celebrity couple are finding love once again. What are some benefits to rekindled love?**

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

At some point we all have wanted to get back together with an ex. It's normal. They know you and what you like and they're familiar and safe. While getting back together with an ex doesn't work for everyone, there are times that it can be the

exact romance that you want in life. It all depends on your past with your ex. Was the breakup irreconcilable? You alone know what's best. Cupid has the [relationship advice](#) to help you decide:

**1. You know each other:** The best relationships are the ones where your partner knows you inside and out. They know your buttons and your insecurities, but they love you anyway. They know what makes you happy, how your brain works, your dreams, and how to support you. If your ex was great at all of these things, going back to that relationship can actually be a good thing.

**Related Link:** [Celebrity News: The Weeknd Hangs Out with Justin Bieber's Ex Post-Selena Gomez Split](#)

**2. You're friends:** Romantic relationships work best when there's a solid foundation as friends. Sure, friends becoming romantic partners doesn't always work out, but romantic partners need to be friends through it all. If your friendship never ended with your ex, consider going back. No matter what [dating advice](#) says about dating an ex again, you will know if you're ready for that kind of thing and if it will be good for you both.

**Related Link:** [Celebrity News: Surprise! The Weeknd & Bella Hadid Are Hanging Out Again](#)

**3. A chance at redemption:** We've all messed up at relationships. We've all been too young, too immature, too inexperienced and regretted the outcome. When you go back to an ex, you're still the same people, but a little older and wiser. Sometimes that's all you need to make something a success. When you go back to an ex, make sure it's for the right reasons and that you're fully committed to making it work. Who knows, the person who was once an ex could become the love of your life and your future spouse. Treat them as if they could be.



Have you gone back to an ex? Share your dating advice below!

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# Celebrity News: Kate Hudson Reveals She Met Boyfriend Danny Fujikawa While Pregnant with Son Ryder



By Jessica Gomez

[Kate Hudson](#) and beau Danny Fujikawa have known each other for 15 years, although they made their red carpet debut as a couple in May, according to [UsMagazine.com](#). Celebrating the

couple's first date anniversary, Hudson revealed via Instagram Sunday that she was pregnant when she met her love. "The first time I met Danny I was 23 and enormously pregnant with Ryder," wrote Hudson, along with other sweet details on the [celebrity couple's](#) history before making their relationship official.

**This celebrity news has us wondering about on and off relationships. What are some factors to consider before continuing with this type of relationship?**

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

When in an on and off relationship, you must consider certain things. Cupid has some [dating advice](#):

**1. What's the reason for turning down the heat?:** Is it something minuscule or something worth a break up, like lack of trust? Sometimes an on and off relationship will be just that, on and off all the time. Make sure neither of you are quick to end it, just to get back together right away without fixing a thing – this will make the break-ups seem less serious and will probably make them occur often.

**Related Link:** [Nina Dobrev & Glen Powell Taking Time Apart Amid Busy Schedule](#)

**2. Did the time apart do you both any good?:** If a couple is breaking up or putting things on hold, then they should be growing during that time apart. What's the point of breaking up and getting back together if everything remains the same?



**Related Link:** [How Jennifer Lawrence & Darren Aronofsky's Age Difference Led to Their Split](#)

**3. Can your problems be worked through?:** Unfortunately, not all problems can be fixed. Sometimes, things just don't work out. Evaluate the problems between you and your significant other, and decide together whether your issues can be mended or if the relationship is just too broken.

**Have you ever been in an on and off relationship? How'd it go? Comment below!**

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## **Dating Advice Video: Can I Change a Man?**





By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and relationship expert Suzanne Oshima talks to [relationship expert](#) Iris Benrubi about whether or not you can change a man. "They all come in to change each other," she says of her clients. "Women especially think they can change their man."

## Relationship Expert Iris Benrubi Shares Her Best Dating Advice

**1. You're not his mother:** You don't want to be in a relationship where you're the mommy and he's the child. You have to accept him for the way he is. "You don't get to shape him. You don't have a say in whether he measures up or not," Benrubi explains.

**Related Link:** [Dating Advice Video: How to Find Love](#)

**2. Any change that he makes for you isn't sustainable:** One of the top two mistakes that women make is falling in love with a

man's potential. "If only he would..." If he starts communicating more because you want him to, not because it's part of who he is, it's never going to last. "Have you ever tried to get fit or go on a diet for somebody else?" the relationship expert asks. "It doesn't last that long because the motivation isn't in there." If a man wants to change something about himself, great. Otherwise, accept him where he's at, or move forward if he can't be what you need.

**3. Be clear about what you want:** If a guy who dresses nice is important to you, then make that known. If not, let it go. "You have to decide what you're looking for," Benrubi says. "Are you looking for the external? Or are you looking for the internal – a guy who loves you and accepts you the way you are?"

**Related Link:** [Expert Dating Advice: 3 Tips to Turn Around Your Dating Life](#)

So if you can't change a man, can you inspire him to want to change? Start by telling him how you're feeling – that helps him be receptive to your request. Then, share what you need from him in a way that's respectful. Finish by explaining what this change would do for you. "A good man ultimately wants to make you happy," Benrubi shares.

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

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# Dating Advice: Be a Fantastic Date for Anyone!



By [Whitney Johnson](#)

On this week's Single in Stiletto's [dating advice video](#), founder and relationship expert Suzanne Oshima talks to relationship author Wendy Newman to discuss how to be a fantastic date for anyone and offer their best [expert dating advice](#). Newman shares three ways to present your best self on a date – so listen up!

## Relationship Author Wendy Newman Shares Expert Dating Advice

1. Act as if you already know him and be energetic: Start the



conversation as you would with a best friend and simply ask him how his week has been or how he's doing. "It shows that you're interested in him as a whole person instead of the checklist items you have that you want to check off," Newman explains. "And it has the conversation start so organically that it can go anywhere." Oftentimes, if you zip your lips and just listen, he'll open up quickly and let you get to know him right off the bat. Of being energetic, Oshima adds, "Enthusiasm attracts people – it brings them in."

**Related Link:** [Expert Dating Advice: The Biggest Dating Pitfalls](#)

**2. Focus on broad questions:** Avoid interview questions: Don't ask him how many people he manages or how long he's worked somewhere. Instead, ask questions like, "What do you love about your life?" or "What's coming up that you're really looking forward to?" "Ask really broad questions where he can go shallow or he can go deep," the relationship author says. "And if the answer is 'nothing' to all of those questions, that's really important information for you to have."

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

**3. Give him 30 seconds of silence:** Be willing to be engaged in the conversation, but after he's done talking, give him a little bit of time to see if he has anything else to add. "This is completely counterintuitive to women," the relationship author shares. "Women are squirming in their seats after five seconds, but men's brains are designed differently than our's." If you want him to say more, you have to give him a chance.

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# Celebrity News: The Weeknd Hangs Out with Justin Bieber's Ex Post-Selena Gomez Split



By [Rachel Sparks](#)

After only a week without [celebrity ex Selena Gomez](#), The Weeknd has been spotted out on the town with [Justin Bieber's](#) ex Yovanna Ventura. He was seen holding hands with Ventura while hanging out with French Montana, according to [EOnline.com](#). The Weeknd's partying is the [latest celebrity](#)

[news](#). He's been photographed with other celebrities, such as [Leonardo DiCaprio](#), [Robert Pattinson](#), and Emily Ratajkoski as well.

## Post-celebrity breakup from Selena Gomez, The Weeknd is definitely getting around. What are some ways to recover from a split **quickly?**

### Cupid's Advice:

Post-split is a disorienting feeling. You've lost the person you spent all of your time, likely other friends, and common hobbies. For the sentimental, TV shows, music, video games, etc. that the two of you shared bring back painful memories. Figuring out what to do with yourself after a breakup is hard, but it starts with getting over your ex. Here's our [dating advice](#) for all of you who are newly single:

**1. Actually feel your feelings:** No one wants to feel lonely, guilty, hurt, or betrayed, but pushing all of those feelings aside will only prolong the process of moving on. Grab a friend and bawl your eyes out. Get to the gym and work-out your frustrations. Drink until feel your sorrows, purge them, and move on.

**Related Link:** [Relationship advice: How Do I Know If I'm Rebounding?](#)

**2. Cut them off:** The only way to really get over your ex is to ignore them. Sounds harsh? It's worse being that guy who is stuck in the past. Delete all contact information for your ex, get out of your shared group of friends, and find new hobbies if you shared any with your ex. Finding who you are on your own starts with actually being on your own.

**Related Link:** [Dating Advice for Dealing with the Breakup Blues](#)

**3. Get back out there:** Ok, so one-night stands, flings, and rebounds can happen if you get back in the saddle before you're ready. Prolonging jumping back into the dating pool is just as harmful, though. Even if feel under confident, start flirting with other people until you're ready to start dating again. The fun of flirting, and how good you feel when you receive it, will help you get over your ex that much quicker.

**How have you battled the breakup blues fast? Share your post-split advice below!**

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## **Dating Expert Reveals Why Online Dating Is Better Than Meeting In Real Life**







By [Joshua Pompey](#)

So often online dating is looked upon as a medium that people turn to after running out of options in “real life.” As an online [dating expert](#), I may be a bit on the biased side, but I personally think this is a mindset that officially needs to be put to death. Not only is online dating an incredible opportunity to meet other singles, but dare I say, it’s even better than attempting to meet people out and about. Here are five reasons why:

## Online Dating Advice: Why It’s Better Than Real Life Dating

**1. I don’t have to put on pants to meet someone special:** Okay, so maybe *eventually* I will. But when I’m home on a weeknight, tired, cold, and worn down from my work week, it sure is nice to meet other singles without having to get dressed up, brush my hair, and psych myself into feeling energized for [date night](#). Online dating is always there for me. Rain, shine, morning, afternoon, or night, I can always meet someone from

the very comfort of my own home.

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

**2. There's almost no financial investment:** Going out to meet women isn't exactly cheap, especially in a big city like mine. Between drinks, transportation, and that inevitable late night snack, one night out can easily turn into a 100-dollar investment. Paying a 30-dollar membership to Match or even signing up for a free website provides me with a lot more opportunities to meet people for pennies on the dollar.

**3. Real life makes no guarantees:** Whether you are attempting to meet someone during your daily routine, at a social club, or at a bar, there are no guarantees. If you're lucky, maybe you'll stumble upon someone else who is single that you are attracted to. But how often does that happen? When you are on an online dating site, you are guaranteed to come across other people that are also single and actively looking to meet someone.

**Related Link:** [Dating Advice: 5 Online Dating Photos That Will Instantly Up Your Profile Game](#)

**4. Online dating can be less pressure:** One of the beautiful aspects of online dating is that you already know a fair amount about the other person prior to meeting. Between the profile and the conversations you have via email, you will have a nice insight into that person's likes, dislikes, and personality. That makes the prospect of talking to somebody new a bit more relaxed since you've already had some icebreakers prior to meeting. As an added bonus, you have a nice cheat sheet of topics that you can talk about on a first date.

**5. Online dating is what everyone is doing these days:** There's simply no way around it: Meeting people in real life is great, but with the busy lives we all lead, it's just not as

realistic. Online dating has become mainstream and is, without a doubt, the most common way singles attempt to meet these days. You can't fight progress!

*For more advice from dating expert Joshua Pompey, including how to write [online dating emails](#) with 300 percent higher response rates, visit [this page](#). Or click [here](#) to learn why you aren't getting responses on Match.*

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## Dating & Technology Q&A: How Do I Get My Girlfriend to Stop Posting Racy Photos?







*Question from David T.: I've been with my girlfriend for a long time. We have a great relationship, but she often posts suggestive photos of herself on social media, and it makes me uncomfortable. How can I get her to keep that part of herself between us instead of for all the world to see?*

Dating in the era of social media can be difficult. Parts of your relationship that were once private can now easily be shared online. So what do you do if one partner likes sharing racy photos but it makes the other person uncomfortable? Let our [relationship experts](#) help by offering their best [dating advice](#) for using technology the right way. Learn valuable dating tips from matchmaker Suzanne Oshima and relationship author Robert Manni. Here, they'll answer your question on how to ask your significant other to keep personal parts of your relationship (like racy photos) private. Check out their dating advice below!

## **Dating Advice About Social Media &**



# Racy Photos

[Suzanne K. Oshima, Matchmaker](#): I can completely understand why it makes you feel uncomfortable that your girlfriend posts suggestive photos herself on social media, but I'm guessing that this is something she was doing well before you started dating her. While you can't stop her from posting the racy photos, I recommend just being completely honest with her. Share your feelings with her and let her make her own decision about whether she wants to continue posting the photos. If she doesn't want to risk losing you, I'll bet she'll tone it down a bit, but don't expect her to completely stop posting those types of photos, especially on Halloween!

**Related Link:** [Dating & Technology Q&A: My Partner Fishes For Likes – What Do I Do?](#)

[Robert Manni, Guy's Guy](#): Millennials have little, if any, filters when it comes to posting to their social media pages. Whether they're on Instagram showing their fitness routines and progress pictures or booty shaking on Snapchat, it's all out there for the world to see. And for that reason, and if you and your lady share a clear understanding about your commitment to each other, I do not see this as a major issue. However, if you're uncomfortable with her sharing too many racy photos, ask her why she does this. Is it driven by self-esteem, competitiveness, or narcissism? Or is she simply comfortable in her own skin and wants to celebrate her good looks while she's young and beautiful? Tell her how you feel – because if you don't the world will be watching her while you wait. Good luck.

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

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

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# Celebrity News: Chrissy Teigen Trolls Husband John Legend Over Lack of Baseball Knowledge



By [Karley Kemble](#)

[Chrissy Teigen](#) is no stranger to poking fun at herself or her husband, [John Legend](#). In the latest [celebrity news](#), Teigen took her shenanigans to Instagram and made fun of Legend for his lack of baseball knowledge. According to [UsMagazine.com](#), Legend and a pal attended game two of the World Series in Los

Angeles, and they were photographed sharing spirited high-fives with each other. When Teigen saw the photos, she reposted the image with a hilarious caption: "I'm dying. No one in the world knows less about baseball than these two." Legend hasn't responded publicly to his wife's gags, but we can always count on this [celebrity couple](#) for a good laugh!

## **This celebrity news is making us laugh out loud! What are some ways to keep laughter in your relationship?**

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

Laughter is an important key to a successful relationship. Like they say – the couples that laugh together, stay together. Here are some ways to maintain a happy relationship with lots of laughs:

**1. Know what's funny:** Everyone is different. What you find drop-dead funny might not be the same as your partner. Make sure you know their sense of humor. Once you have it figured out, you have perfect ammunition!

**Related Link:** [Celebrity Couple Fun: Chrissy Teigen Shares Hilarious Post-Thanksgiving Pics with John Legend](#)

**2. Don't take yourself seriously:** It's important to take the joke when you *are* the joke. Obviously, if the joke is bad-intentioned that's a no-no. But, if it's lighthearted, be okay with laughing at yourself!

**Related Link:** [Relationship Advice: 5 Things to Know Before Dating a Funny Guy](#)

**3. Look for the little things:** It's easy to default to



negativity when things are sour. Finding even the smallest ounce of humor in a situation will really change your mood.

How do you keep laughter alive in your relationship? Share your thoughts below!

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## Expert Dating Advice: The Biggest Dating Pitfalls



By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and relationship expert Suzanne Oshima talks to relationship author Wendy Newman to discuss the biggest dating

pitfalls and offer their best [expert dating advice](#). Newman shares the five dating pitfalls that women often fall into and how to avoid them.

## Relationship Author Wendy Newman Shares Expert Dating Advice

**1. Feeling obligated to please a man:** Women often worry about hurting a man's feelings or displeasing him, but it's important to keep your *own* feelings in mind. For instance, say you meet a man on a blind date, and he lied about his age and appearance. Rather than accepting the lie and sitting through the date, reject him graciously. Explain that he lied and that you won't be staying. As Oshima explains, "The one thing you can never get back is your time."

**Related Link:** [Expert Dating Advice: Are You Intimidating Men?](#)

**2. Approaching a man with too much information:** When dating, it's tempting to lead with your end game: that you'll make a wonderful, loving wife someday. But for a man, that's too much, too soon. To start, he just wants to know whether or not you'll be a good friend. "Instead, say, 'This is who I am as an interesting person. Who are you?'" says the relationship author.

**3. Dating only one person at a time:** By limiting yourself to a pool of one, you're comparing that relationship to being alone. "And that's not good. It'll have us miss important things about them or not ask questions and dig in," Newman shares. Plus, dating multiple men at once gives you a better understanding of what you want from a relationship.

**4. Dealing negatively with compatibility and chemistry:** Chemistry is essential to a healthy, happy relationship, but it's not enough. It's easy to become distracted by a handsome face or a successful career, but

don't make excuses for him if he's not the whole package.

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

**5. Trying to be someone you're not:** According to Newman, this is the number one mistake. Don't follow a set of rules or what you *think* you should do. Instead, figure out what works best for you as you're building a relationship and stick with it.

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## Dating Advice for Dealing with the Break-Up Blues







By [David Wygant](#)

Let me explain how I personally handle a break-up and why it's probably one of the most amazing ways to heal. When I experience a break-up with somebody, I want to process through it very quickly. Why? Because to me, life is always about moving on.

When I was 19 years old, my mother and I had a long talk. At that time in my life, Kris, my high school girlfriend, had just broken up with me for the third time, and I was extremely upset. I was full of heartache. I was sobbing. I couldn't believe that this was the *third* time we had broken up.

## Dating Advice from a Relationship Expert

My mother looked at me and gave me some of the best [dating advice](#) I've ever received. She was actually about to divorce my father, although I didn't find out about that until the next day.

**Related Link:** [Dating Advice for the Guys: Why Is it So Hard to Date?](#)

She said, “David, this will not be the last woman who loves you. As a matter of fact, there will be many women who love you. You see, you’ve learned some amazing things. You’ve grown from this relationship, and because of it, you became a better person. Thanks to all the wonderful experiences you had with Kris, you’re going to meet somebody who loves you more.”

Those words of wisdom really sunk in, and because of them, I’ve always been able to process past relationships very quickly. Whether I ended it or they did, I’ve always known that there’s going to be somebody out there who’s going to love me so much more.

Recently, I was with somebody, and I got love bombed. I spent three months with her. It was literally a summer romance; it lasted from Memorial Day to Labor Day. She told me that she loved me 15 times a day. Then, we had a conflict, and after that, we never spoke ever again. She denied all of her feelings and everything that went on between the two of us.

I was heartbroken, but I was also relieved. I truly believe that, when conflict comes up, you get to see someone for who they truly are – not the well-behaved person that they’ve been pretending to be.

So how did I process through the break-up and end up so much stronger, more powerful, and more open to love than ever before? I talked to my friends. I literally spent two days doing nothing but healing. I went to my coach and therapist a few times. I figured out what I learned from my ex. I embraced how much I grew from the experience. I literally thanked the universe for presenting her to me so that I learned another valuable lesson in love.

**Related Link:** [Expert Relationship Advice: You’re in the Dog House...Now What?](#)

After 72 hours, I realized that I am a far better man because of my relationship with her. I was able to be loving and open again, something I hadn't really done for a couple of years. And my experience with her reminded me of the beautiful [relationship advice](#) that my mother gave me years ago. There's somebody out there who's going to love me even more, and I feel so satisfied knowing that. That's why I've always been able to go through a break-up quickly and come out stronger, more open, and more willing to love.

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

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## Expert Dating Advice: The 5 Most Terrifying Words to a Man







By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and relationship expert Suzanne Oshima talks to relationship author Dr. Jed Diamond to discuss the five most terrifying words to a man and offer their best [relationship advice](#). Women are constantly worried about saying that right thing to men, and here, Dr. Diamond teaches you what *not* to say.

## Relationship Author Gives Expert Dating Advice

**Related Link:** [Dating Advice Video: The 5 Stages of Love and Why Many Stop at Stage 3](#)

You've probably uttered them before, but you'll never want to use them again: "Honey, we need to talk." Oftentimes, women use these words because they want to feel heard and connected. You probably think that those five words will bring you closer together and help resolve any problems you may be

facing. However, when a man hears those words, they are like nails on a chalkboard. He immediately feels like he's going to be reprimanded or criticized and is halfway out the door by the time you finish.

**Related Link:** [Expert Dating Advice: The One Thing Men Want More Than Sex!](#)

So what's a better way to approach an important conversation with your man? You want to make sure your partner is open to whatever you have to say, but, according to Dr. Diamond's expert dating advice, you have to remember that men communicate differently than women. As a woman, you're nurturing and often want to sit down and talk face-to-face. But back in the days of hunters and gatherers, men were used to only one set of eyes of being on them: those of predators. So instead, ask him to take a walk and then start your discussion *without* using those five terrifying words.

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

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## Dating Advice Video: 5 Biggest Turn-Ons for a Man







By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and relationship expert Suzanne Oshima talks to relationship author Tinzley Bradford to discuss the five biggest turn-ons for men and offer their best [relationship advice](#). Bradford shares five tips for how to attract men and reveals once and for all what turns a man on.

## Relationship Author Gives Dating Advice

**1. Be confident:** No one will be surprised by this piece of dating advice: If you know your worth and are proud of who you are, men will notice you. They'll be drawn to your positive energy. "I always say, confidence is so sexy in a man or a woman," Oshima adds.

**Related Link:** [Dating Advice Video: How to Tell Him You're Not Ready to Have Sex](#)



**2. Be independent:** Some men may be intimidated by this quality, but the right man will be attracted to you *because* of it. “I think a man just loves a woman who has her own,” Bradford says. You don’t want to run someone away with your independence, but it’s important that you have your own life and own your own car, home, business – whatever matters to you.

**3. Make an effort to look beautiful:** “Men are always turned on by a woman who dresses good, smells good, and keeps herself looking good!” enthuses Bradford. Of course, you have days where you just don’t have the energy to make an effort with your appearance, but don’t get into a rut of wearing sweatpants and throwing your hair into a messy bun. Building off of the first two pieces of dating advice, there’s nothing more attractive than a woman who takes care of herself.

**4. Be smart and witty:** Bring some fresh ideas to the table! Wow a man with your knowledge and what you bring to the relationship. “He looks at it as an added bonus: Not only is she beautiful, confident, has her own, but she’s smart, and she’s bringing something new to the relationship,” Bradford explains.

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

**5. Be polite:** It’s simple: Men like a friendly, approachable woman. Don’t scare someone away with a bad attitude! Instead, stand out in the crowd by being vibrant, positive, and polite. “Always say thank you!” Oshima adds. “When a man takes you out, say thank you. A lot of people forget those two little words.”

And a bonus tip: **Give compliments.**

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# Zayn Malik Opens Up About His Celebrity Relationship with Gigi Hadid



By [Ashleigh Underwood](#)

Being young and in love is never easy, especially for people in the public eye. [Celebrity couple](#) Zayn Malik and Gigi Hadid are no exception. In a recent interview with

[UsMagazine.com](http://UsMagazine.com), Malik opened up about his [celebrity relationship](#) with the model. When asked about how he and Hadid handle the public attention, he stated that the two of them try to ignore all the comments. Instead, they focus on each other and “do right” by one another. He also shared that since they both love to cook, many of their date nights are spent cooking for one another and trying out new meals.

## **We can't get enough of this celebrity relationship! What are some other date night ideas for longtime couples?**

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

When you have been with someone for a long time, date nights can seem tedious: You cook the same meals, go to the same restaurants, and watch the same movies. If you want to spice it up, check out these fun date ideas:

**1. Get out of your comfort zone:** When things start to feel too comfortable in your relationship, do something daring! If you and your partner love to dance, go to a new club. If you end up loving it, you have a new go-to spot, and if it's not quite your thing, you have a fun new memory to share with each other. Or take a cue from this celebrity relationship and simply try out a new recipe – it's as easy as that!

**Related Link:** [Celebrity Couple News: Gigi Hadid and Zayn Malik Love Each Others Clothes](#)

**2. Get intimate:** It is easy to get into a routine with your partner: You come home, eat dinner, watch television, and go to bed, only to repeat it all the next day. Often, we forget that intimacy matters in a relationship. To get back into that romantic zone, try getting a couples massage. This way, you



will be able to relax from the stresses of your life and also feel closer to one another.

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

**3. Get competitive:** There is nothing more fun than beating your partner in a heated round of a board game. While this date idea may be simple, it is also extremely overlooked. Having a game night is the perfect way to show off both your competitive and flirty sides. You could even make it interesting and make bets. Winner gets to choose a romantic dinner destination!

**What are some fun date ideas you have tried? Comment below!**

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## Reality TV Star Dean Unglert Talks About 'Bachelor in Paradise' Love Triangle





By [Ashleigh Underwood](#)

Finding love isn't easy, even for [Bachelor in Paradise](#) contestants. As reported by [People.com](#), during this season's competition, reality TV star Dean Unglert found himself in the middle of a love triangle. He initially pursued a relationship with Kristina Schulman and then showed interest in Danielle Lombard, ultimately leading them both on. Schulman eventually took herself out of the game, allowing Unglert to continue his [celebrity relationship](#) with Lombard. While filming Monday's finale episode, the [reality TV](#) star admitted that he hurt both women throughout the show. "Watching it all play back, it makes me realize that I need to change a lot of things about myself before I can actually pursue a relationship," he shared. "It sucks to come to that realization that what you've been doing is just not right. To see how deeply upset Danielle and Kristina both were, it hurt."

**Dean Unglert realized that he**

# needed to change after viewers saw him involved in a reality TV love triangle. What are some ways to make sure you're ready for a relationship?

## Cupid's Advice:

As Unglert learned, starting a relationship can be stressful. If you are unsure whether or not you're ready to begin something new, answer the three questions below:

**1. Are you comfortable with yourself?** A big part of dating is joining together two lives: your's and your partner's. Before you commit to a relationship, make sure you're happy with who you are and the life you're living. As they say, you must love yourself first.

**Related Link:** [Celebrity News: 'Bachelorette' Castoff Dean Unglert Still Isn't Speaking to Father After Emotional Reunion](#)

**2. Are you a good communicator?** In order to make a relationship work, you have to communicate. When an issue arises, the two of you need to be able to work it out in a healthy way. Make sure you are ready to talk openly and honestly with your partner.

**Related Link:** [Celebrity Break-up: 'Bachelor in Paradise' Star Amanda Stanton Opens Up About Her Split From Robby Hayes](#)

**3. Have you moved on from your past?** If you hope to move forward in a relationship, you need to let go of the past. You cannot be focused on your previous dating experiences and how they ended up. All you can do is learn from your past and concentrate on the present.



Cupid wants to know: How did you know that you were ready for a new relationship?

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## Dating & Technology Q&A: Is It Too Soon For Me To Ask Him To Get Off Dating Sites?



*Question from Adrienne P.: I started dating this guy a few weeks ago, and everything is going great, but there's one thing that bothers me- he still uses Tinder. I know it's early in the relationship and I don't want to seem controlling but I'd still like him to stop. It just doesn't seem like that'll*

*help us advance forward in this relationship. Am I being unreasonable?*

Dating in the era of social media and cellphones can be difficult. Having many options is something daters expect in case things go wrong. With so many people playing the field it can be hard to find commitment. However do not fret, you can have a successful relationship even if your new partner is still on a dating website. Leave it up to our relationship experts who can offer their best [dating advice](#) on using technology the right way. Learn valuable dating tips from Cupid's very own, matchmaker Suzanne Oshima and relationship expert Robert Manni. Here they'll answer your questions on whether you should ask your significant other to get off Tinder.

## Technology dating advice on whether it's time to give up dating apps.

[Suzanne K. Oshima, Matchmaker](#): You've only been dating him for a few weeks, so you're still in the early stages of dating where you're only getting to know each other and determining if you want to take things further with each other. So, it's a bit premature to ask him to get off of Tinder. However, I do recommend asking him what he's looking for, as you will then find out if he's looking to just date around or if he's looking for a serious relationship. Then based on what he tells you, you can determine if it's worth it for you to invest your time into seeing how things go with him. And if things continue to progress on the right path, then you can have the conversation about getting off of Tinder at the appropriate time.

**Related Link:** [Dating & Technology Q&A: How Bad Is It To Send Nudes, Really?](#)

[Robert Manni, Guy's Guy](#): These days, daters like keeping their options open, and with all of the options available there's often a disconnect in how two people define a relationship. The only way to find out where things stand is by asking. Cushioning, maintaining side relations and a constant online presence are standard operating procedure. Tinder is generally viewed as a hook-up app, so if your guy is still active there and you want to move your new relationship forward, ask him if he's open to putting his digital dating presence on hold. If he really digs you, he'll agree. If he rejects the idea or skirts the subject, at least you'll have a better idea where he stands. Since you've only been dating a few weeks, for now he may want to continue playing the field. That's not necessarily a deal breaker. Guys often take more time to "get serious." Regardless, it's better to find out what his intentions are before investing too much of your heart into the relationship. Good luck.

*To find out more about our three dating and technology gurus, click [here](#).*

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

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## Dating Advice: Times Women Say 'Yes,' But Shouldn't







On this week's episode of *Single in Stilettos*, founder and matchmaker Suzanne Oshima talks to relationship expert Duana Welch to offer their best [dating advice](#) on how to stand firm on your beliefs. Find out how you can say no to things you don't want without losing his affection with the following dating tips!

## Dating advice that will save you from making a mistake.

**1. Don't agree to hang out.** You need to show a man how you want to be treated by setting standards. Only say yes when he asks you out on a proper date. Reject all requests that are optional or casual hang outs like "Netflix and Chill." A man that wants you will get the hint and put in the effort for chase. So keep yourself busy until he puts in the work, and only make yourself available for real dates.

**Related Link:** [Dating Advice: What to Do When He Says, 'I'm Not in Love With You!'](#)

**2. Say yes to fun.** Happy couples have more positive interactions than they do negative. Take time to enjoy your time together or else your relationship is doomed to fail. Also try to avoid gridlock, meaning your problems never get solved. If you only get what you want with a threat, it's never going to work. You have to care about each other's happiness.

**Related Link:** [Dating Advice: How to Tell Him You're Not Ready to Have Sex?](#)

**3. Ask if it's worth it.** At some point in the relationship there will be a betrayal. One person will have expectations that aren't met in a serious manner. If you decide you want to salvage what you have together, you need to ask yourself if it's worth the effort before saying yes. You may just realize that it's not and save yourself from wasted time.

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## Dating Advice: The Do's and Don'ts of Online Dating First Dates







By [Joshua Pompey](#)

Ready for your very first online date? No? Well, don't worry. If you're nervous about meeting someone for the first time or simply need some solid [dating advice](#), today, we are going to go over some fundamental first date information that you should abide by when you meet your next online match.

## Online Dating Advice from a Relationship Expert

**1. Do take the time to look your best:** Whether you are meeting straight from work or have had long busy day with your kids and are trying to squeeze in a date, you can't excuse yourself from looking your best. Men especially are very visual, so you need to put in the effort to reveal your best self if you want to impress him. Approach a date the same way you would approach a job interview: Dress for the occasion and take the process seriously.

**2. Don't sexualize the way you look:** Looking your best doesn't



mean letting all your best assets hang out in all their glory. It's okay to show sex appeal – in fact, it's even good. But less is more. Do so in a classy way.

**3. Do meet in a public space:** Safety should be one of your biggest concerns when online dating. Bad incidents are very rare, but they do happen. Always choose a public place that is fairly populated. Bars, restaurants, parks during the day, and coffee shops are just a few of the many domains that will accommodate this concern.

**Related Link:** [Dating Advice: 5 Reasons You Should Consider Hiring A Professional Profile Writer](#)

**4. Don't accept a ride:** Remember, safety first! Meet your date at the initial location that you decide upon and don't accept a ride home on the first date, no matter what. Even if your partner is safe, it still might create an awkward situation at the end of the night. If and when you get to a second date, then you can start expanding your boundaries a little.

**5. Do prepare some topics of conversation in advance:** Nothing is worse than awkward silences on a first date. Even if you're getting along great, it's still common to have lulls in the conversation when you meet someone for the first time. Circumvent this problem by having a few topics ready to go in your emergency conversation bank.

**6. Don't try to take over complete control of the date:** Making suggestions is great; most people will appreciate this effort. But don't try to take control over every aspect of where you go and what you do, or you may accidentally create the impression of being controlling and high maintenance. Instead, being easygoing and open are always two of the most attractive qualities someone can have.

**Related Link:** [Dating Advice: 4 Reasons Younger Women In The City Struggle To Forge Meaningful Relationships](#)

**7. Do touch your date if you are interested:** Yes, you should touch your date. But before you jump on top of him in the middle of dinner, I don't mean in a sexual way! I'm talking about little touches on their arm or the small of their back when making a point. Small touches like that communicate interest and establish a physical bond that will make you feel less like friends and more like potential romantic partners.

**8. Don't start pre-planning future dates:** Sometimes, people get excited about how well the date is going and start suggesting future ideas about where the two of you should go on a second, third, or fourth date. Don't do this. You may accidentally scare off someone who was otherwise interested in asking you out again.

**9. Do text your date after if you had a great time:** If you enjoyed yourself during your date, let the other person know with a text and thank them if they treated you to anything. This small gesture will go a long way towards showing them that you're a good person who is appreciative when someone is kind to you.

Have any more questions? [Contact me](#) here at Cupid's Pulse, and I'd be glad to help out!

*For more information from [relationship expert](#) Joshua Pompey, including six lessons he learned from the world's greatest online dating profile, please visit [this page](#) now.*

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# Dating Advice: What to Do

# When He Says, 'I'm Not in Love With You!



On this week's episode of *Single in Stilettos*, founder and matchmaker Suzanne Oshima talks to relationship expert Jed Diamond to offer their best [dating advice](#) on how to cope without his love. Find out how you can tell him without losing his affection with the following dating tips!

## Dating advice that will help you deal with rejection.

**1. Don't freak out.** It's shocking to hear the man you love doesn't feel the same way, but you need to remain calm and



hear him out. There could be numerous reasons why he is saying this to you and it could be possible he misspoke. It's your job to listen and find out why his feelings have changed.

**Related Link:** [Dating Advice: How to Tell Him You're Not Ready to Have Sex?](#)

**2. Find out more.** Talking it out can be scary, but it needs to happen. The best way to heal is to find out more. You can't take this news as everything being over. He's telling you this information because the relationship means something to him and he wants to save it. Your relationship needs to go deeper to be fixed.

**Related Link:** [Dating Advice: 4 Ways To Make Your Man Happy!](#)

**3. Disillusionment.** This step comes in after the panic and conversation has gotten over. Typically, both parties will acknowledge that the relationship isn't what it used to be and may blame each other. But you and your significant other need to be honest with yourselves and work together to get back on track.

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# Dating Advice: How to Tell Him You're Not Ready to Have

# Sex?



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On this week's episode of *Single in Stilettos*, founder and matchmaker Suzanne Oshima talks to relationship expert Tinzley Bradford to offer their best [dating advice](#) on telling a man you're not ready for sex. Find out how you can tell him without losing his affection with the following dating tips!

## Dating advice that will help you say no means no!

**1. Tell him.** You just need to be honest about how you're feeling. Whether it's due to a spiritual reason, or wanting to take things slow, you have to be open about why you don't want

to have sex. If you don't, the man you're with may think you're not attracted to him. So tell him how you feel before a misunderstanding occurs.

**Related Link:** [Dating Advice: 4 Ways To Make Your Man Happy!](#)

**2. Be careful.** If you go out with him and you know you're not interested in having sex, you need to prevent yourself from entering awkward situations or temptation. This means you may have to decline invitations to spend the night. There's no reason to put yourself in an intimate position if you don't want to go all the way.

**Related Link:** [Dating Advice: Dealing With a Dating Burnout](#)

**3. Find out.** Aside from being honest with a man, you need to find out his intentions for yourself. Ask him how he feels about you not wanting to have sex. This will help you weed out the men who only see you as a booty call. A man that's really interested in getting to know you will put in the effort regardless of sex.

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## Dating Advice: 4 Ways To Make Your Man Happy!





On this week's episode of *Single in Stilettos*, founder and matchmaker Suzanne Oshima talks to relationship expert Robert Manni to offer their best [dating advice](#) on ensuring your man's happiness. Find out how you can have an amazing relationship with the following dating tips!

## Dating advice that will help you keep your man happy.

**1. Men are visual!** Whether you like it or not, men are highly in tune with their visual and sexual side. For this reason, a man is happy when you keep up your appearance and the sex life is fresh. This shouldn't be one-sided however, make sure your man shows you the same courtesy. Just keep up the momentum like it's a new and exciting relationship.

**Related Link:** [Dating Advice: Maximize Your Online Profile to Attract the Right Man](#)

**2. Keep it simple.** Try to engage your man's simpler side. You don't have to cook or dote on him. You just have to spend time with him and partake in his interests from time to time. Whether that's sitting home and drinking or going to his favorite restaurant. It doesn't hurt to share your passions, especially when good food is involved. Who doesn't like to eat?

**Related Link:** [Dating Advice: Dealing With a Dating Burnout](#)

**3. Be supportive.** A man needs you to be there for him emotionally, physically and even when he's pursuing a career. Life is stressful enough, so it's great to have a partner by your side and vice versa. Find out your man's dreams, learn about him and find a way to get behind that so you can help him achieve these desires. It means a lot to support a man on his journey.

**Related Link:** [Dating Advice: The 5 Stages of Love and Why Many Stop at Stage 3](#)

**4. Learn to forgive.** Nobody is perfect, so it's important to give the benefit of the doubt when things go wrong. Just like you, men make mistakes. For this reason you need to know how to forgive. This doesn't mean you have to excuse something big like infidelity, but men need guidance to be the best version of themselves. He'll stumble and fall sometimes, but you can pick him up and make things better.

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# Dating Advice: Maximize Your Online Profile to Attract the Right Man



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert PJ Dixon to offer their best [dating advice](#) on creating an eye-catching online profile that will attract any man on the dating scene. Find out how you can adjust your single status with the following dating tips!



# Dating advice on maximizing your online profile to find a man.

**1. Name your wants.** Your profile statement should not just be about you, but it should also list the kind of partner you're looking for. The statement should have conditions, provide details on what kind of action you want a date to take and clarify your reasoning for wanting these traits. At the end, you can include additional information so a man can get a better idea of who you are.

**Related Link:** [Dating Advice: Dealing With a Dating Burnout](#)

**2. Add a point of contact** Going out on a limb and contacting a stranger on the internet for a date can be a daunting task, so make it easy for a man to reach you by providing a point of contact on your profile. This gets rid of some of the awkwardness in the early stages of dating and allows you both to jump right in and get to know each other. Whether it be a phone number or email, just add something so potential suitors know you're a real person.

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

**3. Pictures are important.** Select about three or four photos where you look your best to add to your dating profile. Try to diversify your images to show your personality and attract the right man. Outdoor shots are good, but make sure you add front-on and dressy pictures that complement your figure. Casual shots with friends also don't hurt, but be aware that men are visual and may have wandering eyes for your good-looking friends.

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