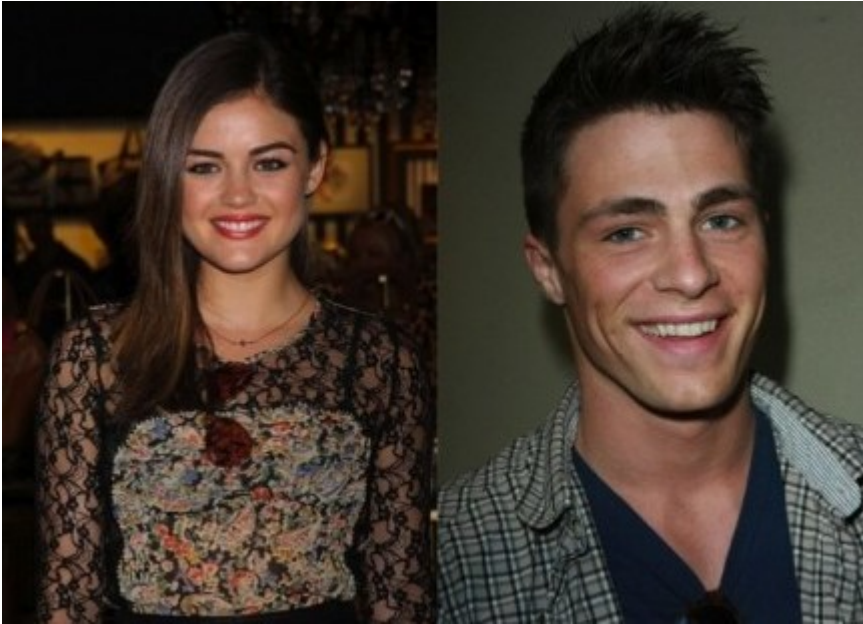


Lucy Hale Insists She's Not Dating Colton Haynes



By Erin Minty

Lucy Hale, the 23-year-old star of *Pretty Little Liars*, puts the rumors to rest about dating the hunky *Teen Wolf* actor Colton Haynes. After the two arrived at Mr. C Beverly Hills September 15, reports UsMagazine.com, many people suspected that the friends had become more. However, Hale denies these rumors, saying, "He's jut a friend here tonight. Although, I would be very lucky to have him on my arm! We're just friends." She adds that Haynes, who is currently single, "could have anyone!" Hale herself is taken, though, as she's dating *American Horror Story* actor Chris Zylka.

What are some ways to keep your relationship under wraps at first?

Cupid's Advice:

Sometimes, you may want to keep a new relationship away from the public eye. Cupid has some advice on how to keep your relationship under wraps at first:

1. Be discrete: Having a relationship in secret can be hard work, but there are ways to keep it out of the public eye. Meet in private locations, don't act too lovey in front of others and don't talk about your mysterious partner to anyone until you want them to know.

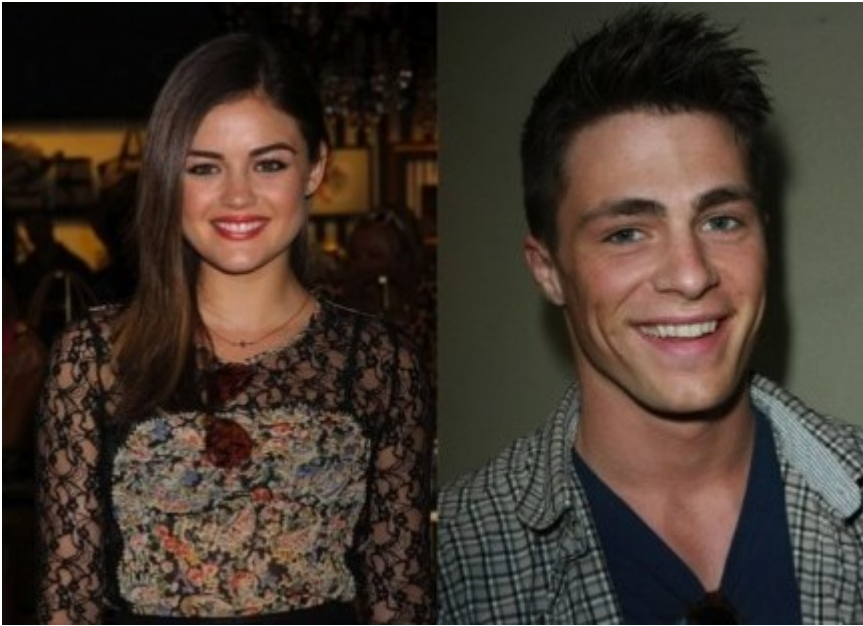
2. Don't ignore your friends: If you are repeatedly busy whenever your friends want to hang out, it will be a huge warning sign. Make sure you leave equal time for your relationship and your family and friends.

3. Be on the same page: in order for any secret to stay a secret, you need to make sure you and your partner both agree. If someone tells one person, who tells another, and so on, the secret is out and it will be too late. Make sure you are both on the same page regarding who to tell and not tell.

**How did you manage to keep your relationship under wraps?
Share your advice below!**

'Bachelor Pad' Stars Blakely and Tony Get Engaged on the Show's Finale





By Jennifer Ross

In the season finale of *Bachelor Pad*, it was Nick Peterson that walked away with the \$250,000 jackpot, leaving his partner, Rachel Trueheart, empty handed. However, Peterson was not the only one to come out a winner. A surprise ending to the show happened when Tony Pieper proposed to his girlfriend and partner, Blakeley Jones. It appeared as if both Jones, 28, and Chris Harrison, host of the show, were unaware of Pieper's, 30, plans. According to [People](#), Jones has been reported saying that although she knew she would marry Pieper someday, she had no idea when it would happen. Let's hope their marriage is not as fast as their dating relationship.

What are some very public ways to propose marriage?

Cupid's Advice:

Almost every man, at one point in his life, will have to answer that day old question – "How should I propose to the love of my life?" From the simple to the over-the-top plan, Cupid's Pulse has a few ideas for you to consider.

1. K.I.S.S.: When in doubt, **Keep It Smart and Simple**. While being proposed to can make a person feel like No. 1, not everyone enjoys being the center of attention. A good way to

propose low key at home is to remove all her jewelry from her jewelry box and replace it with just the ring. Then, wait for her surprise reaction when she finds it as she is getting dressed.

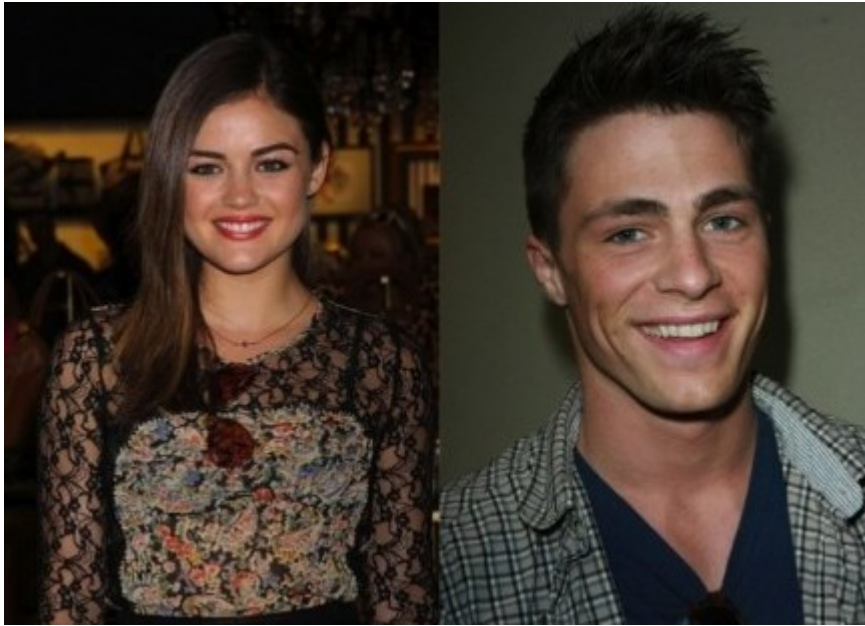
2. Spell it out: Another great idea is to get the loved ones involved in helping you propose. Plan a party, inviting all your friends and family. Recruit some of the attendees to wear a T-shirt bearing one letter of the phrase, "Will you marry me?" Then, as soon as you two walk in, suggest a group photo and let the shirts speak for themselves.

3. Look up: For an outrageous idea, why not propose surrounded by thousands of your "closest friends" and your favorite team! Many sporting events allow bookings for your proposal to be shown on their scoreboard or big screen arena-boards. Just be sure to book it days or weeks in advance, depending on the popularity of the game. Another benefit is the booking fee usually goes towards the team's foundation.

How were you proposed to? Have a great proposal story for us? Tell us below!

5 Things You Should NEVER Say on a First Date





By Jennifer Oikle,

PhD for GalTime.com

tips for that first date conversation

The night you've been waiting for is finally here. You're going out with HIM! You're so eager to get to know him better. Let's be honest... you want to let him experience the real you. But hold on; It's make it or break it time. You only get one, somewhat delicate, chance to make a first impression so he needs to meet the best you.

To ensure he sees your most excellent, beautiful self shine through, you'll need to watch your words. They can have a way of hanging you when you least expect it. To stay in the safe zone, be sure never to utter one of these five things on your first date:

Impression Buster 1: "Doesn't dating (online) suck!"

Singles often say this to build rapport and it can feel chummy to share dating war stories. However, in the back of his mind, you've already planted a little negative seed that says, "I look on the dark side." Now, he will be waiting for it to sprout into a full downer.

Impression Booster: Instead, build a real and positive connection by asking what he's passionate about. Also, share your most meaningful thrill too.

Impression Buster 2: "You should know, I have this condition, baggage, big fat hairy issue..."

Shouldn't you just come out and share all of the potential deal breakers right off the bat? No! When you make it past the first three-crucial dates, there is plenty of time to share the full, naked truth. Telling him right now, without knowing more about you, he'll probably press the reject button. However, if he likes who you really are at first, there is a lot he'll accept, including your otherwise lovely self.

Impression Booster: Why not highlight reasons why you are a total catch? Share a few stories that show your "great catch" qualities in order for him to get a sneak peak into your true self.

Impression Buster 3: "My ex was such a jerk."

Any talk of your past relationships on a first date is a big turn off. Playing the blame game is the biggest no-no of all. This shows that you aren't mature enough yet to take responsibility for your behavior. He'll wonder just how long it will be until you blame him for everything.

Impression Booster: If you must explore previous relationships on your first date, try asking him what he learned about himself the last time he was part of a couple. This will encourage him to show you how he's grown as a partner! In return, you can share the same about yourself.

Impression Buster 4: "Waiter, I can't believe this soup is cold. Get me another!"

He's watching your every move to get a sense of how you will treat him over time. Even if you're sweet as sugar to him,

once you indulge in impatient, unkind, or rude remarks to other people, he will not be able to trust you. He'll know there is a monster lurking and ready to attack him at any moment.

Impression Booster: When things do not go perfect or as planned, show him you can stay calm, friendly, and gracious under stress. That's the kind of partner he knows he'd be lucky to land.

Impression Buster 5: "My place or yours?"

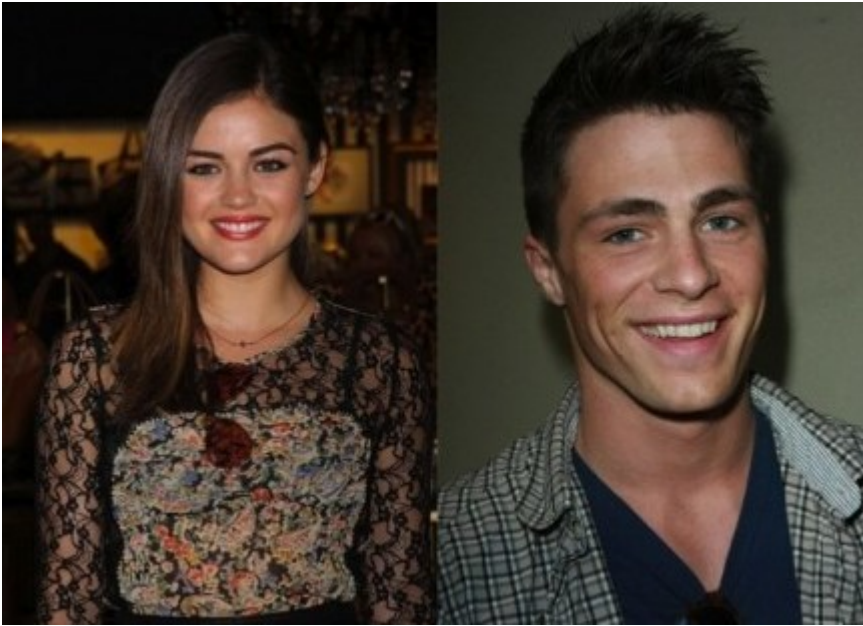
If you really like him, leave a little mystery by making him wait to discover more of you. Building intrigue and allowing time for a real bond is the only way to avoid a crash-and-burn first date.

Impression Booster: Keep it simple by saying, "You seem like a great guy. I can't wait to learn more about you soon," as you smile and head for the door.

By watching your words and staying positive, you can create a great first impression, which will spark in him the desire to see you again.

Ryan Lochte Confesses to a Crush on Blake Lively





By Nicole Weintraub

While Blake Lively may be newlyweds with Ryan Reynolds, there's another Ryan who has an eye out for her. Olympic gold medalist Ryan Lochte admitted to [People](#) that the *Gossip Girl* star "makes my toes curl". Though the two have not officially met yet, Lochte admits that he would break his diet just for her since Lively has a weakness for homemade goods. Lochte is attracted to women who have a similar style as Lively in the sense that they have a versatile fashion. Ladies that can go from wearing a dress out on the town one night and then wear laidback jerseys make his heart skip a beat.

How do you make first moves on a crush?

Cupid's Advice:

Here are some tips on how to make the first move on your new crush:

1. Flirt it up: Send those sly messages, especially if you want the other person to know how you feel. Be sure to pay attention to what your crush is talking about so they know you are listening.

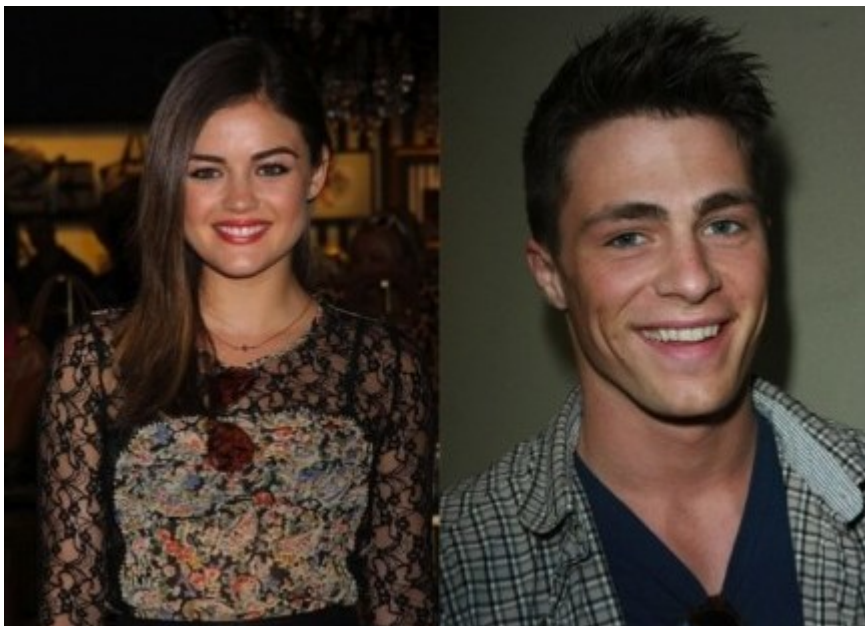
2. Go out as a group: The best way to get to know someone better is by spending time with them in a group setting.

Socialize with everyone but be sure to spend some alone time with your crush to have some one on one bonding time.

3. Spend time as friends: The more time you spend together, the more you will be able to get to know one another. Go out for coffee or visit a local museum. The more you two talk, the higher the chances of something happening.

Have you ever made the first move? Share your experiences below.

After the Split: Get Past It in 4 Steps



By Marni Battista

for GalTime.com

How to heal after a breakup

We've all been there. You just broke up with a boyfriend, husband, or long-term partner. Whether you thought he was "The One" or the one of the month or year, it never feels good.

Breakups are always hard because they represent the loss of a shared commitment. Even breakups that make logical sense are still emotionally painful. Moving on can be difficult. However, there are essential steps to getting past this that can ensure less time to move from breakdown to breakthrough.

Here is the Dating with Dignity, "Break Over," 4-Step Program to help you heal post-split.

4 Steps for Getting Past a Breakup

Step 1: Give yourself permission to grieve the loss of your relationship.

Even if it was the "right choice," it still sucks. Whether it's writing in your journal or talking with your sister, expressing you're emotions will help you feel less alone. However, this does not mean that you should dwell on these negative feelings forever. Remind yourself that the end goal of your grieving process is to move forward.

Mentally check in with yourself while you're feeling low. Ensure that you're taking care of your basic needs (sleeping, eating, and exercising), maintaining friendships, and living your life while you're healing. If you feel paralyzed by your emotions, or have a thought that you'll never get out of the depression, you may want to seek professional help. This is a totally normal experience. Remember, YOU are your priority.

Step 2: Don't go through your breakup alone.

Support from friends and family is a big key to getting past

your breakup. Spend time with people who value you. Even though you may want to be alone, separating yourself from friends and family is not the way to go. Keep in mind that many people have gone through a painful breakup. Therefore, your friends can help you get there and remind you that you will heal. Surrounding yourself with love and positivity is an excellent way to heal from this painful breakup.

Most importantly, make sure your ex isn't part of this "Break Over" support system. Often it can be alluring to put him in the "friend" category prematurely because he "knows you better than anyone else." However, avoid the temptation and create as much distance as possible.

Step 3: Learn important lessons through your breakup. Every "ex" is the next right step toward a better relationship.

Although it might not seem like it now, moving through a breakup can be among the best ways to grow as a person. You can choose to come out of this experience as a stronger woman who now knows infinitely more than before the breakup.

It's important to fully understand the part you played in a breakup so you can ensure you don't make the same mistakes again. Even if he was the biggest jerk EVER and it seems like the bad ending was entirely his fault, you will best serve yourself by looking at your role in the relationship. Did you choose someone who wasn't good for you? Did you allow him to take advantage of your generosity? Did you ignore the signs that he really wasn't ready for a long-term commitment? Are you repeating the same mistakes over and over again in your relationships? Are you confused about what you really want from a relationship? Now is the time to look back at these things and clearly define what your relationship goals truly are. Take steps to change what's not working for you, and shift your energy so you can attract someone new (and better) to love.

Step 4: Take care of yourself and stop playing the victim.

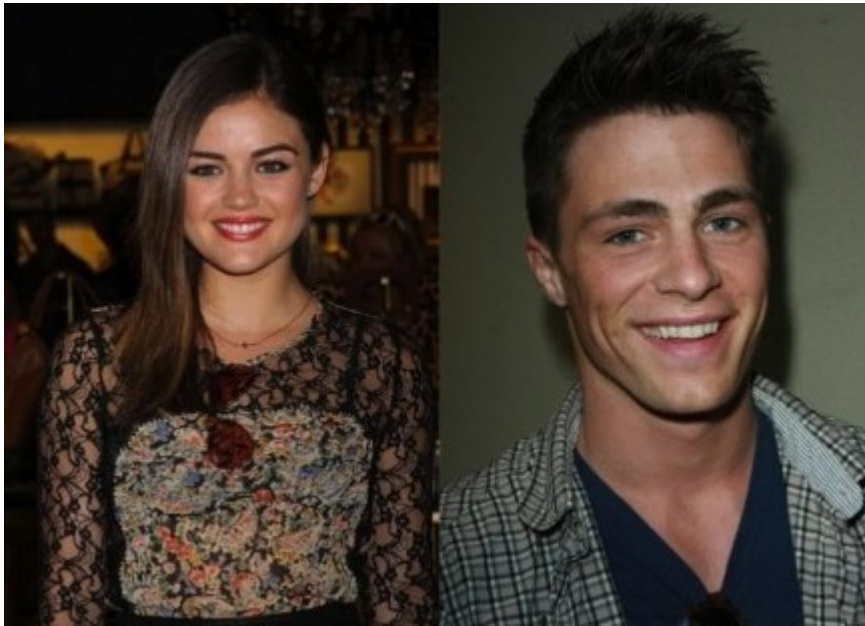
The breakup didn't happen TO YOU. Choose to see yourself as something other than a victim and begin to see the pain as an opportunity to learn, grow and get closer to finding your best match.

Once you embrace this mindset, the fun can begin. Make every day a time to nurture yourself. Savor your coffee in the morning; take a relaxing yoga class or enjoy being outside. Don't lose your healthy routine; make sure to keep eating balanced meals and regularly exercising. Take this time to possibly find a new hobby and explore new interests.

Also, while a breakup signifies an end, it also indicates a new beginning. Take a little time out; don't make any major decisions such as getting a new job or moving to a new city. And remember: you are not alone. You can make this time as fulfilling as the time you were in that relationship. There is a reason it ended, and you're going to be just fine.

Although it might seem like you may never get over a painful breakup, you can and you will. The Dating with Dignity, "Break Over," 4-Step Program is a great place to start taking care of yourself. Getting over your painful breakup can start today.

Prince Harry Emerges for First Time Post-Photo Scandal



By Jennifer Ross

Prince Harry is out again; this time with clothes on! After his scandalous Las Vegas trip, where he posed with all his glory, the royal red-head, 27, has made his first public appearance at the WellChild Awards on Monday that was held at the Intercontinental Hotel in London. The Prince currently serves as patron of the charity and was in attendance to give a speech at the ceremony, according to [E! Online](#). Seeing as adults are not the only ones watching the Prince, let's hope he has learned his lesson. After all, not all things stay in Vegas.

What are some ways to keep your intimate details to yourself?

Cupid's Advice:

With today's technology allowing every experience to go virtually instantly into the world, some moments are best kept private. Here are a few tips on how to stay low key:

1. Electronics free: In entertaining situations with friends

and loved ones, who doesn't like to snap a few photos to reminisce about later or post via Facebook? However, when the party gets down and dirty, it is time to put the electronics to bed. Especially when the alcohol is flowing, be sure to keep the smart phones put away.

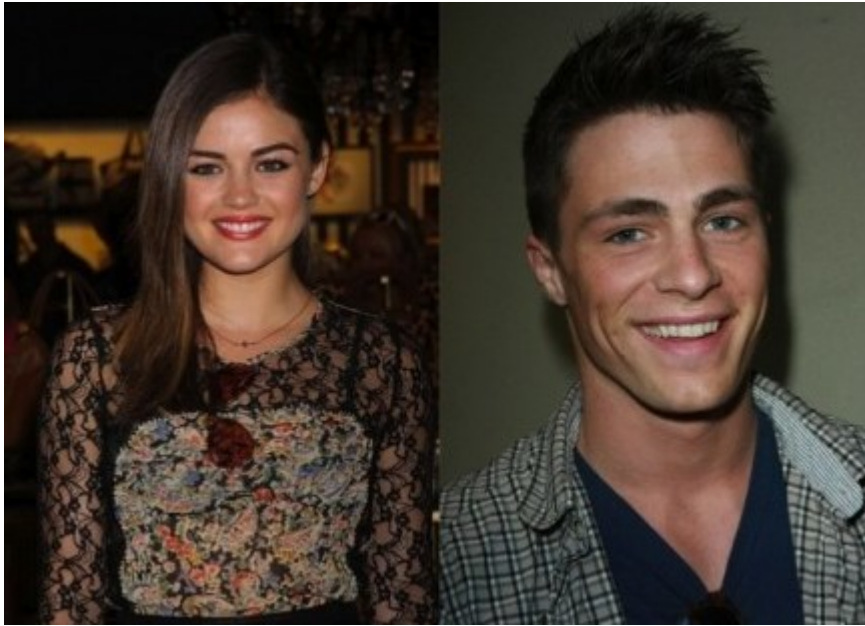
2. Trust is No.1: When having fun at a party, it can be easy to let loose with your words, among other things. This is where you must be certain to know who's around you first. Surrounding yourself with close friends that always have your best interest at heart is a good way to insure embarrassing moments won't travel far.

3. Keep it sealed: In the event that you find yourself mingling with new acquaintances, less is more. It does not matter how cool or funny they seem, they are not your best friend! Therefore, the only way to avoid a regrettable tomorrow morning is not to share anything you wouldn't want the world to hear or see.

How do you keep your personal moments private? Comment below!

Do You Have To Kiss A Lot Of Frogs To Find Your Prince?





By Dr. Jane Greer

for GalTime.com

learning from failed relationships

Jennifer Aniston has finally found her prince, and it wasn't easy. After several failed, and very public relationships, she has found love. Jennifer's boyfriend Justin Theroux, whom she had dated for fifteen months, asked her to marry him. And she accepted.

Now clearly John Mayer, Vince Vaughn and the other men she was involved with were anything but frogs; however, they were not the right guys for her, or the answer to her finding happiness. They were, though, testimony to her willingness to break out of her comfort zone and explore different types of men. She didn't allow herself to fall into the habit of typecasting a boyfriend, repeating the same negative patterns and thinking there was only one kind of guy for her.

I recently talked to one of my patients about the ending of her long-term relationship. She was in that difficult place that follows the aftermath of a break-up. She did, however, do something that she never would have done before. She was willing to take the chance of going on a blind date. Much to her surprise it went well, especially because she told me he

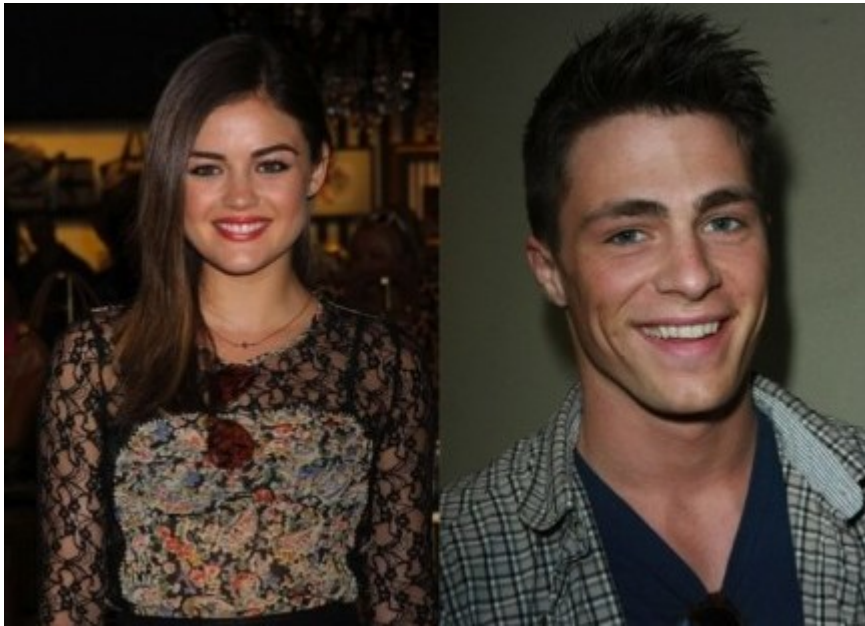
was so different from the kind of guy she would usually consider dating. She is now in a new, exciting relationship. This reminds me of Jennifer, who remained open, rather than closing off her options, by dating various kinds of men as she searched for her dream guy.

Throughout dating different guys, Jennifer Aniston held onto her vision of what she was looking for and seeking in a partner. To put it another way, she had a clear image of her prince. In 2011, she told People, "I'm really picky. When I feel it, I feel it." She knew he was wandering around out there somewhere, and she wasn't willing to settle. Ironically enough, she connected with Justin Theroux on the set of *Wanderlust*, a movie they were filming together. Her instincts were right on target. Because she never gave up, even when confronted with the intense betrayal and heartache she suffered along the way, she was finally able to find the soul mate she was seeking.

Jennifer is a great role model for any woman who has experienced betrayal. Despite the hardships she's endured in her various relationships, she was able to learn and grow from them. She persevered and remained optimistic in the face of the heartbreak and the disappointment she sustained. She rose above public judgments thrown her way, and instead stayed true to herself, trusting her own judgment. Because she had the courage of her convictions and gave herself the room to explore, she was ultimately able to heal from her pain and find her true love.

May they live happily ever after.

6 Things Women Do that Scare Men Off



By SMF Marcus

Osborne for GalTime.com

Don't make these mistakes

We over at Your Straight Male Friends never claim to be relationship experts. But we are *dude* experts. We've got you covered there.

I have an inbox full of emails from ladies trying to understand the men in their lives. As I recently sifted through them, I noticed one particular question over and over again: **Why do guys seems to vanish after a few dates?** Well ladies— sometimes it IS something that you are doing or saying that makes a man want to run for the hills.

Related Link: [Top 5 Truths About Women, According to Men](#)

Here are some potential early-in-the-relationship dating fumbles that set an alarm off for most guys. Stop yourself before you make one of these mistakes with a man you just started dating.

1. Ex-Talk – Ex-boyfriends will come up. And from my perspective, exes *should* come up. I've always found that knowing a little bit about the ex and why that relationship didn't work out is healthy and informative. You can learn a lot about a person by listening to how they talk about their former partner. But when that "talk" makes it obvious that you are still carrying a torch for your ex-boyfriend– or worse, you show symptoms of stalker-like aggressiveness, you won't be getting a call back. What you should be getting is therapy.

Related Link: [Top 10 Things Guys Wish They Could Say...](#)

2. Baby-Making – Sure, it's perfectly reasonable to want kids. But no guy wants to be sized up for fatherhood at the outset of the courtship. There's a hint of desperation in bringing up the topic too early. Even if you're THINKING about babies, keep it to yourself. Let me be totally honest here. Those first few weeks of a new relationship, men are thinking about two things: "Do I like and respect this woman enough to pursue a long-term relationship... and when are we going to be intimate?"

3. Meeting The Parents – Parental introductions are a major step. Nothing puts the exclamation point on the statement, "We're a couple!" quite like meeting mom and dad. And most dudes are not down for that with just a few dates logged in. Don't push– it comes off as desperate and manipulative, especially within the first few weeks of dating.

4. Being Controlling – Some people can't help themselves. They just have to manage every situation. That behavior repels guys, in particular. Don't try to dress him, don't try tell

him what to eat, don't try to get him to exercise... or to get a job. You started going out with him in whatever state he was in, accept him or move on. Don't fall into the typical trap, "He'd be perfect if I could just get him to change...."

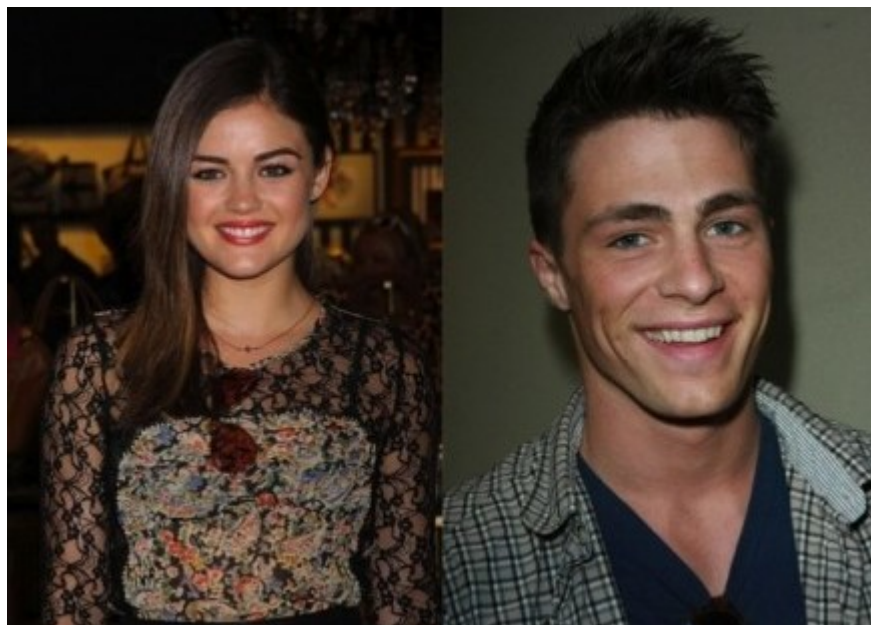
Related Link: [When You Should Treat a Man Like a Woman](#)

5. Claim-Staking – You're not a couple until you're a *couple*! Four dates in and you're changing your Facebook relationship status? That sound you hear is the screeching rubber and a sonic boom as that guy cracks the sound barrier trying to get away from you. Have "the talk" about where the relationship stands at some point, but give yourself and him the time and space to enjoy the launch of this blossoming romance. It'll all happen in time. Or it won't.

6. Sharing Past Relationship History Too Soon – This is a delicate subject, so tread lightly. This conversation can be uncomfortable to most long-term partners, imagine how odd it is to the new guy to be getting grilled about his previous relationship history after just a few dates. It's an absolute requirement to have this talk at some point, but it's got to be handled delicately. And whatever you do, unless he's asking, do not offer up the intimate details of your physical and intimate exploits... the dude does not want to hear it. And he'll make sure he won't by not dialing your digits again. Ever.

What are some other dating don't's you have experienced?

5 Ways to Bond with Your Partner



By Jessica Nappi

It's Monday morning and your alarm clock goes off just as it does every week. You still have to shower, pick out an appropriate outfit and, with luck, even squeeze in some breakfast. But before you find the strength to start your day, you feel a slight tug on your arm. A longing pull from your beau followed by a whisper so soft you can barely make it out makes you want to stay in bed for the rest of your life. "Stay with me," your partner says. Of course, even the most romantic words often can't overshadow the piles of work you have waiting for you on your desk. If you're tired of your daily routine and stressed about missing out, consider these five ways to put your life on hold and keep your partner in bed:

Related Link: [Reduce Stress and Maximize Romance](#)

1. Convince your partner it's 'World Stay in Bed Day': 'World Stay in Bed Day' is an actual holiday that falls on September 25th, but most people don't know that. This sounds like a legitimate enough of an excuse to stay in bed, and even if you don't have the exact day, it can be a little secret for you and your partner. Everyone deserves to stay in bed in for an entire day once in a while, and a day named after this guilty pleasure is the perfect way to justify it.

2. Date idea: Time spent together in bed can be far more romantic than any date night out, and much cheaper to boot. Lure your partner to stay and cuddle by making them breakfast in bed, but don't just stop there. Treat yourself and your partner by eating all three meals in bed, and even throw dessert in there to assure that neither of you want to set foot out of bed. Plus, when you're in your bedroom, you don't have to worry about too much PDA.

3. Movie marathon: Everyone needs an occasional movie marathon day. You can get your work done later. Consider buying or renting both movies that you and your partner enjoy and some new ones the neither of you have seen. That way, you can recite lines and bond over the movies that you love, but also keep your interests peaked by watching movies you've never seen.

4. Plan ahead: The more you plan, the better off you will be. Call in sick the night before, or use that precious vacation time. Either way, an excused day off will clear your mind of everyday stresses, whereas an unplanned absence leaves room for feeling tense. You and your significant other need to take the day off together, and pack on the overload of affection and cuddling in bed.

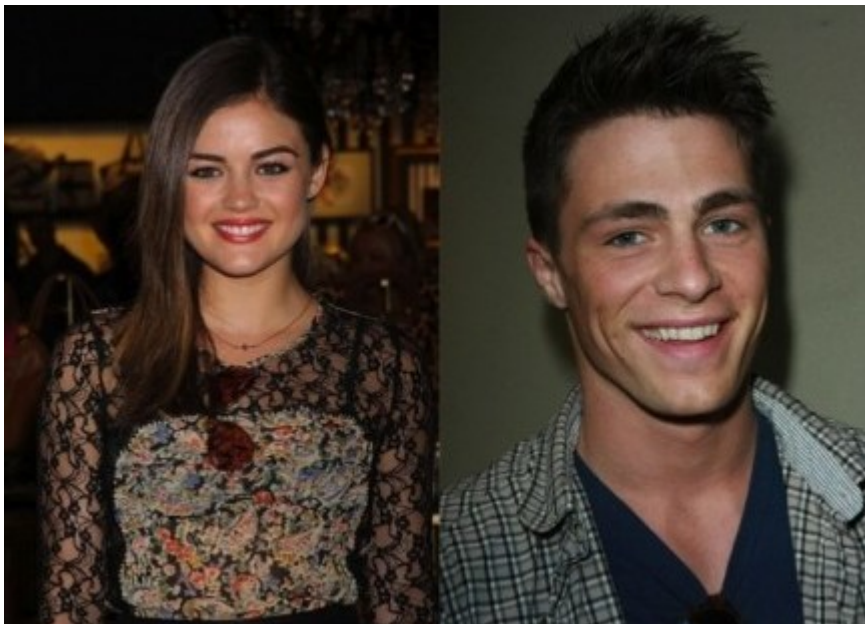
Related: [Five Signs He's Not Ready to Commit](#)

5. Massages: As relaxing as a day in bed is, a massage can make it even more soothing. Take turns giving each other

massages and focus on the areas that bother you most. After a massage, you'll be incredibly calm, and neither of you will want to leave your bed. To top it off, massaging is a guaranteed way to raise oxytocin levels in the bloodstream, which is a bonding hormone that will make you feel closer as a couple.

How would you keep your partner in bed? Tell us below.

Date Idea: Giddy Up at the Rodeo



By Ché Blackwood

Put on a pair of Daisy Dukes, tie a cute flannel shirt above your belly-button and giddy-on up to a rodeo this weekend with your love. Whether you're looking forward to the clowns, the

bulls or just an excuse to be outside, you won't ever forget a fresh outdoorsy day with cowboys (and your sweetie.)

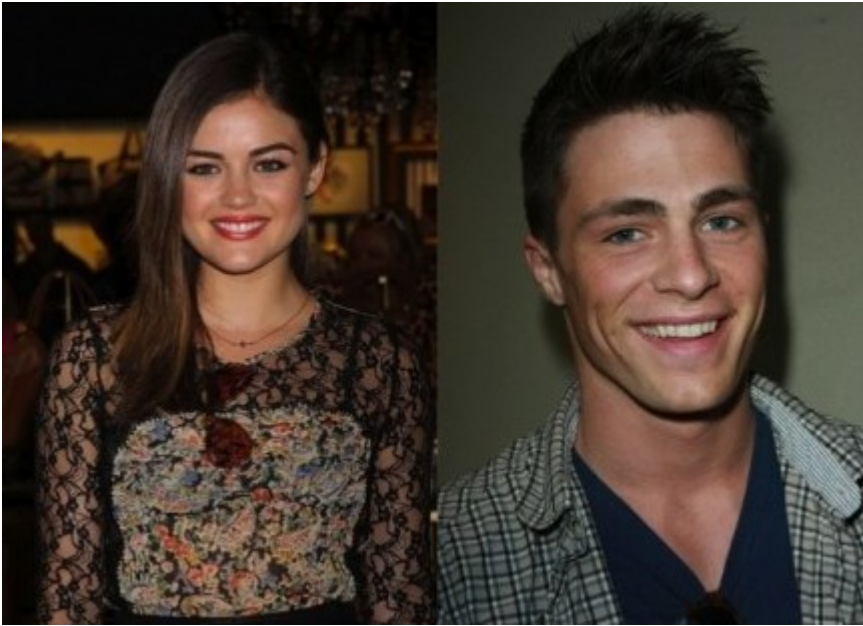
Start the day off with a delicious BBQ. Make pulled pork sandwiches and ribs with your honey, both ensuring you'll stay full while sticking within a western theme. Or, buy lunch at the rodeo, taking the opportunity to strike up conversation with the workers and other visitors. You may be surprised to hear the traveling life of the food vendor, or intrigued by the mother of one of the riders.

After the show, make sure to take a chance to pet the horses or see the bulls close up. You and your beau will have the chance to learn more about these animals we so rarely get to see, while also making one unforgettable memory together. Whether you love it or decide to never visit again, a rodeo date is not only a guaranteed fun time, but it will leave you with something to talk about for years to come.

What's the most unique date you've ever been on? Confess to us in the comments below!

Can You Be 'Just Friends' After Dating?





By Matthew Sullivan

Many different writers and relationship experts, not to mention everyday people, have pondered the dilemma of whether or not two people can remain friends after they've dated. Clearly, this question has no easy answers. Whether or not a couple can remain friends after their exclusive relationship has ended depends on a host of different factors, especially the personalities of the individuals involved. In order to accurately answer this question, it's important to look at and consider the different scenarios that might lead to a friendship:

Related Link: [Five Ways Being Friends With Your Ex Can Ruin You](#)

1. Your relationship was very casual: Sometimes two people date fairly informally before coming to the mutual conclusion that a relationship simply isn't in the cards. In this scenario, a friendship is a distinct possibility. For example, Kylie Minogue and French actor Olivier Martinez were courting back in 2007. Their relationship did not have much time to mature and they decided to split, however to this day they remain good friends. Casual courtships like this can easily turn into a solid friendship as long as both parties agree that a continued dating relationship is not the best idea.

It's always easy to still be friends when deep romantic feelings emotions have yet to develop between two people.

2. Your relationship was more serious: When relationships develop beyond the casual stage, a friendship becomes much less likely. Many people have attempted to befriend their exes, but it's rare that they have any long-term success. In many cases, this is because breakups in serious relationships are rarely, if ever, mutual. The idea of friendship serves as a consolation prize. The party that agrees is in the midst of being broken up with and eagerly agrees in hopes of hanging on and winning their lover back. When the two parties are operating on these different wavelengths, the new friendship rarely works.

3. Neither party was wounded: Of course, as with all things in life, there are always exceptions to that rule about serious relationships. Actors Bruce Willis and Demi Moore were married and had three daughters together, but their break up did not appear to be dramatic and they were further bonded in friendship by their responsibilities to their daughters. This made their separation one of the most amicable among celebrity couples. In fact, when Demi Moore later broke up with Ashton Kutcher, Bruce Willis was quite supportive of Moore. In the case of Willis and Moore and many similar situations, neither party was wounded from the breakup, meaning there are few lingering thoughts to make a new relationship with the ex.

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

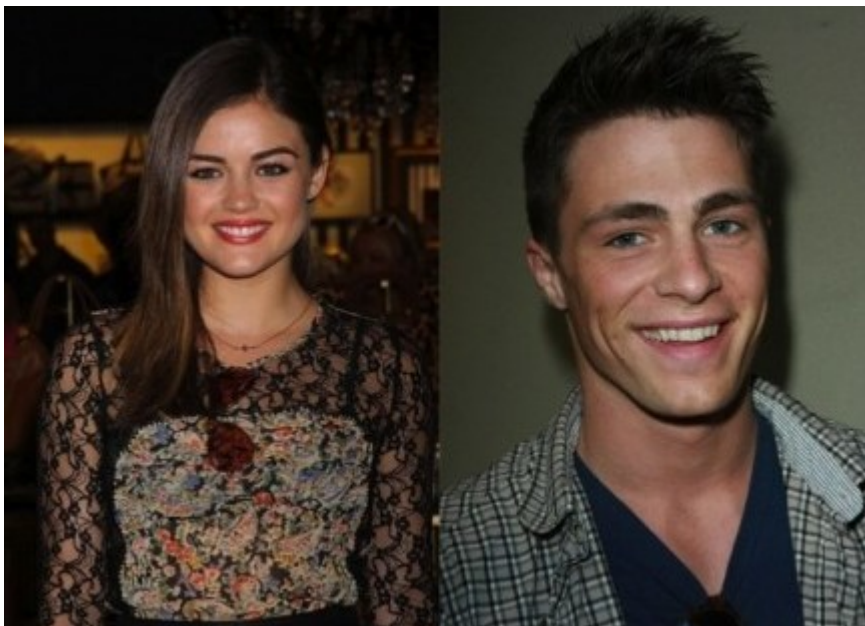
4. You've taken your time: In order for a friendship to legitimately grow out of a romantic relationship, time is essential for both parties to heal and for the emotional connection to dissolve. A solid six months in which the former lovers do not speak is often necessary for the emotional wounds to heal and for each person to decide if a friendship would be helpful. After that period, the two parties can come together and attempt a friendship. However, even in that

situation, you can never guarantee success.

Remember, none of these scenarios are guaranteed to work out in these ways. Even more importantly, there isn't one answer that applies in all scenarios. It's best to know yourself when figuring out whether or not to try.

Matthew is a freelance writer and lifestyle coach. He enjoys writing on various online lifestyle publications, including the DatingWebsite.com.

Q&A: Am I Being Too Untrusting?



Question from

Kirsten B.: *My boyfriend always logs into my Gmail account to get access to YouTube, but lately, he's been asking for my*

Facebook and Twitter passwords too. I'm just not comfortable letting him have access to those accounts. Am I being too untrusting?

Answer from Our Love Experts:

Tristan Coopersmith, Love Stylist: In my honest humble opinion, it isn't a matter of your level of trust but rather motive on his part to access your accounts AND motive on your part for wanting to prevent that access. Why does he want in? Has he been accusing you of naughty online behavior? Or does he just look at a password swap as a rite of relationship passage? And for you...why are you withholding? Do you have something to hide? Want to keep your electronic flirting options open? Or is it just a matter of wanting to preserve your independence and privacy? Once you determine both of your motives, I think you will gain clarity on your choice to give up the passwords or not.

Suzanne Oshima, Matchmaker: No, you're not being too untrusting at all! There isn't any reasonable explanation as to why your boyfriend needs to have access to your Gmail, YouTube, Facebook and Twitter Accounts. If you don't give him your passwords, he will probably try to spin it and say that you're hiding something from him. However, it appears that your boyfriend is the one who is insecure and doesn't trust you. I always tell my clients: if you feel the need to "spy" on your boyfriend or girlfriend through their email or Facebook accounts, then that's a clear indicator that it's not a healthy relationship. When it comes to relationships, trust is the true foundation of a good one.

Paige Wyatt, Reality Star: You are not the one that's being untrusting; he is. I'm sure he has his own Facebook or Twitter account, which means he's only using your's to spy on you. He probably doesn't care what your friends are doing; he wants to know who you're talking to, what you're talking about and if

there's any reason that he should be worried. Invasion of privacy is a big red flag in a relationship! You have a right to keep your passwords private, and by wanting access to your accounts, he's violating that right. If you two are in a serious, healthy relationship, you should be able to talk to each other and share your concerns rather than spy on each other. Ask him why he wants the passwords; be understanding, open and honest with each other. A lot of times men aren't trying to be offensive or untrusting; they are just a little insecure, and it's our job to relieve those worries.

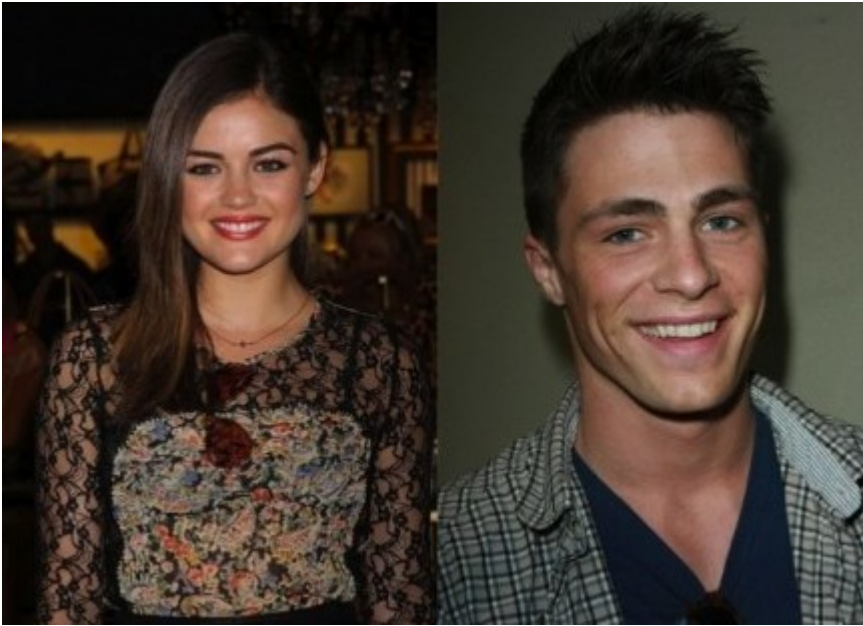
For more information on our three relationship gurus, click [here](#).

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

Have you ever been too untrusting with your partner or vice versa? Share your story below.

Anna Post Talks Etiquette Rules for Dating





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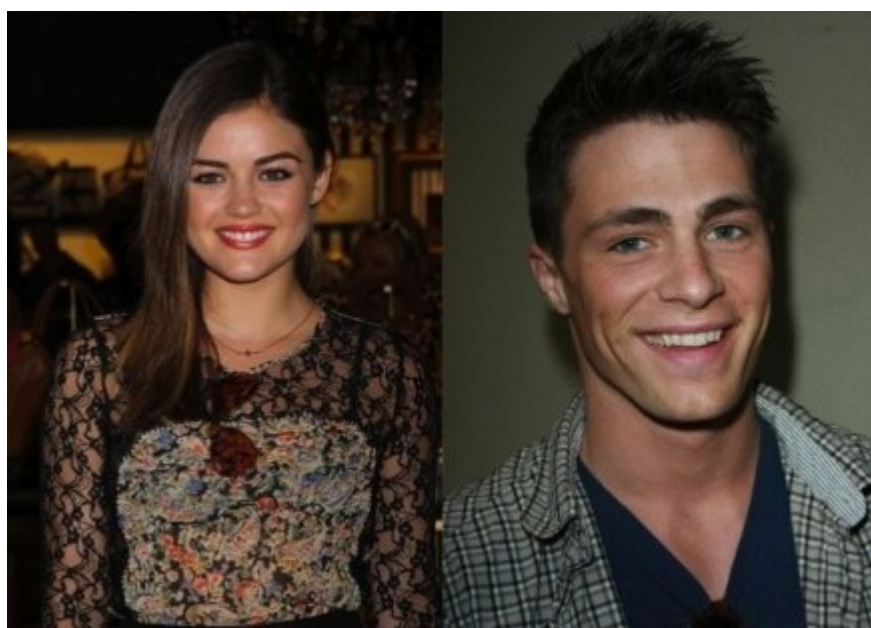
Oh, you think you've found the perfect man, haven't you? Everything is going swimmingly right up until... he lets off a biblical belch right in front of your friends. Or maybe he isn't entirely courteous to your server at the dinner party you planned with four other couples. Even worse, his sense of style leaves you cringing at the thought of anyone seeing the two of you together. Deal breakers or bad habits? Whatever the case may be, Anna Post, the great-great-granddaughter of etiquette queen Emily Post, knows what the books say about bad manners, and now, she's teaming with Ponds to help women put their best face forward.

What's great is that Anna is also up-to-date when it comes to technology etiquette in the dating world. For example, is it right for a man to ask me out via text? When should you change your Facebook status? To gain perspective, we chatted with Anna about the small behavioral details that add up to big relationship problems. From eating with your mouth open to digital dating techniques, Anna sheds insight on all of the things you may need to know.

To get more tips from etiquette expert Anna Post and join the beauty conversation, log on to www.facebook.com/PONDS.

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

Date Idea: Have a Dinner Date at Three Different Venues



By Ché Blackwood

Spoil you and your partner this weekend by indulging in an untraditional three course meal, at three different restaurants. After a long workweek and a definite lack of quality time together, bond with your lover while experiencing the cuisine and atmosphere of the best restaurants your town has to offer. Plus, with a constant change in scenery, you're more likely to stumble across a few memory-worthy moments.

If you're a reserved couple, scope out your local eatery scene and plan out the night in advance. For instance, try that new tapas bar for a drink and an appetizer, head to a swanky steakhouse for dinner and then jet by a quaint coffee house

for desert. By planning your night ahead, you won't waste time deciding on venues before you go. Plus, you'll have the luxury of making reservations, ensuring your night goes according to plan.

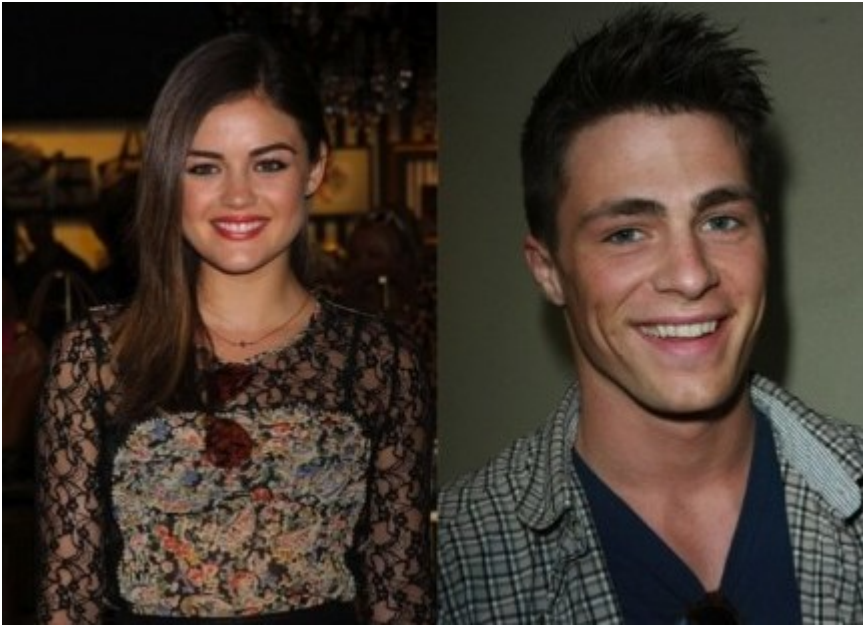
For more carefree lovers, make a goal to stop in the first restaurant you see. You may end up having ice cream to start, sandwiches for dinner and a glass of wine for desert. Wherever you end up, be sure to learn about the restaurant by savoring the house specialties and home crafted drafts.

If running from spot to spot sounds too hectic, or if you're craving a night at home, simply order in from three different places. Lay out an ever changing spread on your coffee table, grab Casablanca and cuddle with your sweetie. There's no wrong way to indulge!

Do you and your sweetie dinner-hop? Tell us in the comments below!

Five Ways To Make Sure Your Summer Romance Falls Into Autumn





By Dr. Tranquility

– Lydia Belton, PhD, Ct. H.A.

The fun and flirtiness of summer makes this season notorious for lust and love. Whether you're still testing the waters like Kim Kardashian and her new beau Kanye West, or you have found long-lasting love like Jennifer Anniston and Justin Theroux, here are some tips to make your summer romance endless.

Related Link: [10 Ways to Get Into a Summer Romance](#)

1. Plan your fall activities now: With Labor Day right around the corner, you and your special someone will have no problem finding something to do as long as the long weekend is filled with activities. Consider the Hudson Valley Fall Festivals or visit Cape Cod in Boston to check out Martha's Vineyard for festivals and fairs going on all weekend. On the West Coast, travel to San Francisco (the weather is better in the fall than in the summer) or Laguna Beach. Wherever you decide to go or not, the point is that planning together strengthens the commitment in your relationship while giving both of you something in which to look forward.

2. Get into a routine: Things tend to get a little "real" when September rolls around and you realize that you have to get

back into your work or school routine. Now is the time to ease into those very important chats about where your relationship fits among all of the other chaos. Fall also brings along family and holiday gatherings. Get a feel for each other's traditions and core values. Holidays tend to bring tension and anxiety to a new relationship, so reduce the stress with lots of communication, and be prepared for the family reunions and gift giving to come.

3. Get excited for football season: What is more fun than tailgating for a big game with all of your friends? Get all of the food and beverages together, and make an awesome day trip out of it. If either of you have a college homecoming game on the horizon or a professional football game you're dying to attend, go together for an unforgettable experience.

4. Fall means fall clothes: Shopping is my all-time favorite sport. Plan to go on a spree like a Kardashian, but do it together. Hit one of those great outlet malls to make your shopping outing even more enjoyable. Helping one other select clothes you both like is an intimate activity – you'll both be stimulated by the experience, so make sure to have a great night planned as well.

5. Stay in touch while at work: If you are both career people, the end of summer means an accelerated work schedule. Don't let work have all of your attention. Call or text your honey to simply ask how his or her day is going. Try to keep it short to respect each other's schedules, but do it at least once each day. It shows that you are in each other's thoughts and that you care, which is essential to budding your relationship. When you get together after a long day, give each other a detailed breakdown to show your partner that they're a part of your life even when you're not together.

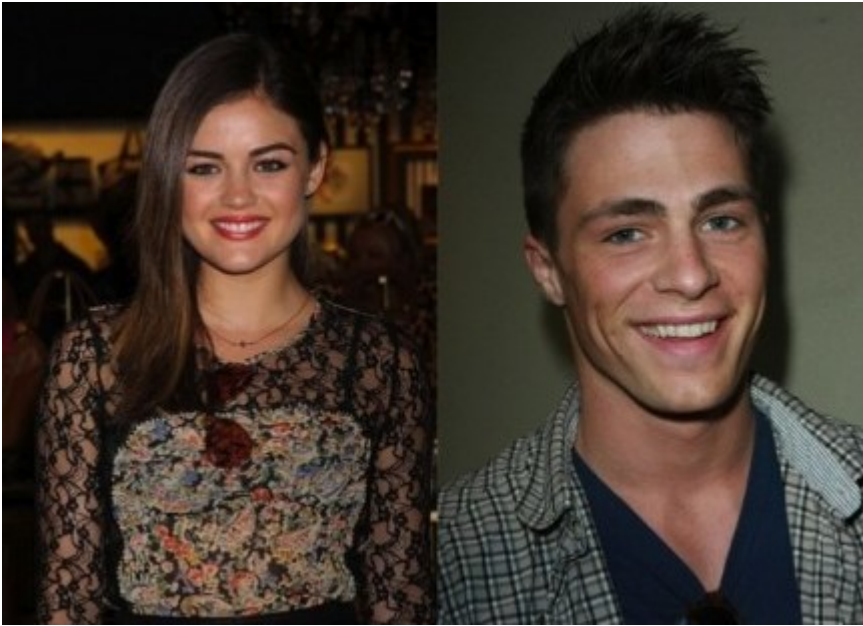
Related Link: [5 Reasons to Play Hooky From Work With Your Honey](#)

There are a couple weeks still left of summer, so keep up the romance by completing everything you have left to do on your checklist. Go kayaking, continue to dine outdoors and have another beach day before it's back to business in the fall. All of the time you spend together now will help you develop and maintain the feelings that will keep your relationship thriving throughout the fall.

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.

5 Ways to Reconcile Arguments With In-Laws





By Deanna Atkins

We all laughed at Ben Stiller's struggle to remain in his fiancé's father's "circle of trust" in the hilarious film *Meet the Parents*, but it's hard to find the comedy of fighting with your own in-laws. Sure, we get to choose the person we marry, but unfortunately for us, we aren't able to pick their parents. Not everyone's father-in-law is a retired CIA agent, but in-laws are almost always tough to deal with. The next time you have to deal with the family of someone you love, try to remember these tips:

Related Link: [Will Smith Says Family Is All About Love and Communication](#)

1. Don't complain to your partner: The last thing you want to do is accidentally insult one of your partner's family members. Family is family, and even if you are just venting, you don't want your significant other to feel like you're making them pick sides. By talking to a relative or friend in your support system instead, you'll be able to get your feelings off your chest without hurting anyone in the process.

2. Be honest, mostly: Be clear about your needs in order to settle disagreements, but don't be too firm by telling your mother-in-law that she needs to stop calling so much. This may

be true, but that straightforwardness can easily be taken the wrong way. To be safe, say enough to get your point across without going too far.

3. Arrange a family trip: A lot of the time, actions speak louder than words, which is especially true when it comes to feuding. If you can't reach a compromise by communicating, it's probably time for some family bonding. Taking a mini-vacation with the family shows that your relationship is more important than your issues. Plus, you'll get to enjoy some time away from home.

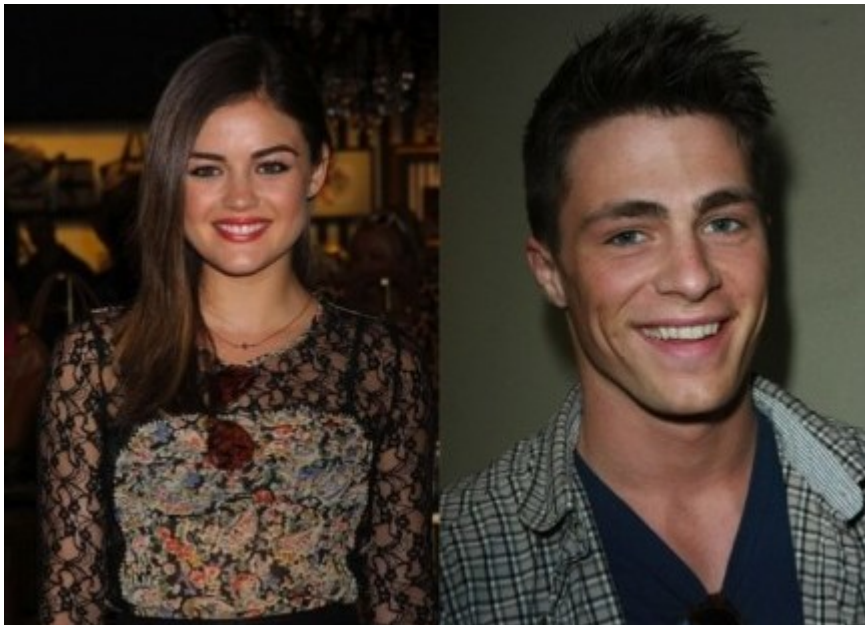
4. Be the bigger person: Every now and then it's best to just give in. You may be right in the disagreement, but sometimes you just have to count your losses and do what's best for you and your partner. Fighting with your partner's family doesn't benefit you or your lover, so put a quick ending to the problem by saying or doing whatever makes your in-laws happy.

5. Set some boundaries: If you've done everything you can to play nice with a feisty in-law but you still find yourself struggling, you might have to just accept that you're not going to get along. Keeping the relationship civil is sometimes better than forcing it to work or taking drastic steps like forbidding them from coming over your house. Your spouse will appreciate your willingness to keep the peace.

Even if you seem to have the perfect relationship with your in-laws, eventually there will be a time when you'll have to work through an issue. Whether it's as little as making a phone call to resolve a disagreement or just dropping the entire matter, with patience you'll always be able to come to a solution.

What are some of your own bad in-law experiences? Share them below.

4 Things Jennifer Aniston Taught Me About Relationships And Love



By Liz of

WeLoveDates.com

I've always been fiercely and annoyingly Team Jen, so when the news of her celebrity engagement to Justin Theroux broke out, I was possibly a bit too excited. As a complete and utter romantic, I'm just happy she's found her happy ending. In honor of America's Sweetheart, here are four things Jennifer Aniston has taught me about relationships and love:

Relationship And Love Advice from Jennifer Aniston

1. Keep on keepin' on: *"There are no regrets in life, just lessons."*

It's easy to look at someone like Aniston and wonder if she would have done anything differently. Would she have fought to stay married to celebrity ex Brad Pitt and gotten into a cat fight with Angelina Jolie? Would she have begged him to stay with her? But by having no regrets and choosing to learn from her past, she is telling the world that nothing that has happened to her in life will ever define who she really is.

Related Link: [10 Love Lessons From Bruce Springsteen](#)

2. Take responsibility: *"Relationships are two people; everyone is accountable. A lot goes into a relationship coming together, and a lot goes into a relationship falling apart. Even if it's 98 percent the other person's fault, it's 2 percent yours.... You can only clean up your side of the street."*

Even the best relationships and love can turn sour. A lot goes on behind the scenes, whether you're part of a famous couple or not. Instead of playing the role of a heartbroken victim, good love advice is to evaluate where you went wrong in the relationship. You didn't fall in love over night, and your relationship didn't end in the blink of an eye.

3. Don't try too hard: *"If you try and be sexy, you'll never be sexy."*

You never get the impression that Aniston is trying too hard. She doesn't dress like she's giving something away for free, and she isn't overly gratuitous when it comes to her sexuality. There is a reason why she's often referred to as the girl next door, and women all over the world look to her

for style inspiration. Simply put, she's not desperate, and you shouldn't be either!

Related Link: [Khloe Kardashian Gives Tips For A Happy Marriage](#)

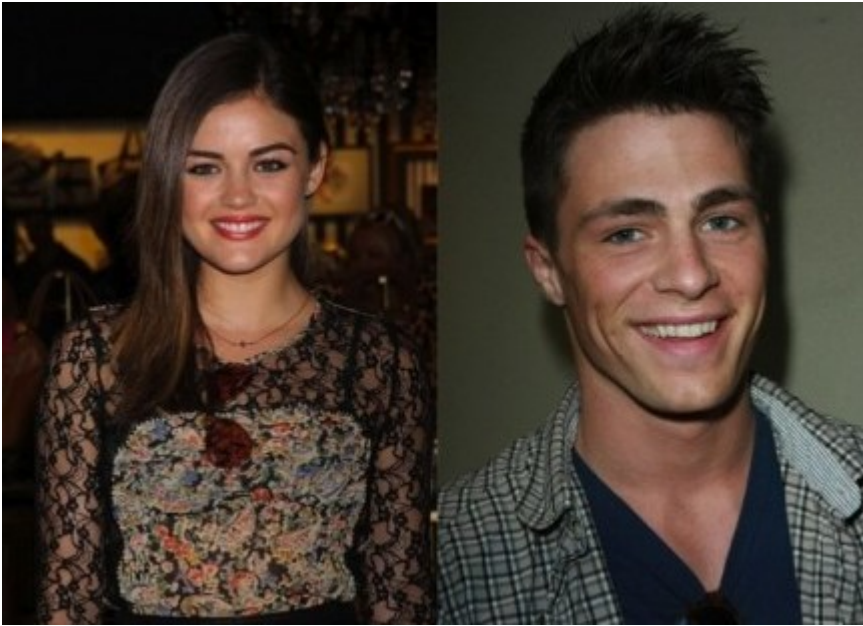
4. Love doesn't play by the rules: *"You know, it isn't designed. Love just shows up and you go, "Oh, wow, this is going to be a hayride and a half."*

Nothing about relationships and love makes sense, and the sooner you accept that, the more fun you'll have dating. To get the most out of love, you have to be willing to let go of control and just go with the flow. Sometimes things won't work out your way, and you'll be heartbroken and alone, but other times, you'll be full of butterflies, loved beyond belief, and excited about the future – like we sure Aniston is over her celebrity engagement.

Liz is the social media manager for We Love Dates, a worldwide online dating site. Join for free now using code WLD GUEST, and check out the popular We Love Dates blog for more dating advice and tips.

Date Idea: Volunteer Your Time Together





By Ché Blackwood

It's good to get creative and thoughtful with the way you and your loved one spend time together. After all, there's more to a relationship than dinner and a movie. So, forget arguing over whether you should see the newest romance flick, or the latest blockbuster action movie. Instead, share your love with others by involving yourself in volunteer work.

A great way to spend your time together is by cuddling up with those who are less fortunate, and the animal shelter is the perfect way to start. Innocent pets that have been abandoned and abused need loving too. Maybe you and your significant other will both fall in love with these furry friends, and decide to adopt one of them. Regardless, you can spend time with one another by helping out some lonely animals in need. The shelter is always open to visitors.

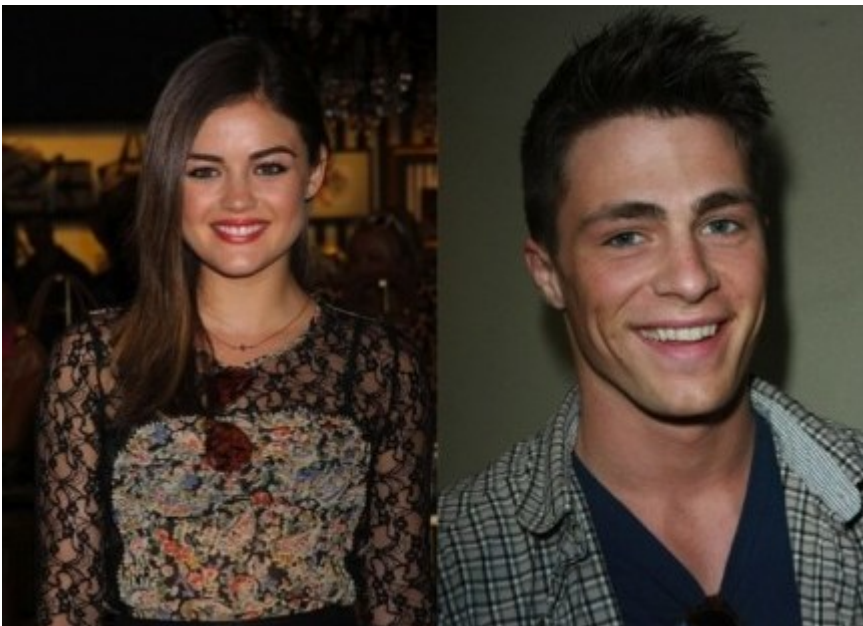
If you enjoy spending time in the kitchen, why not share your cooking skills with the less fortunate at a food bank or homeless shelter. It will make you and your sweetheart think twice about the food we take for granted. Serving people who are less fortunate will help to put a smile on their face.

Life, as in dating, should be about the simple things. If you don't have time to volunteer right now, grab your calendar and do some planning. All you need to do is find a little time to

help those around you.

Have some good volunteer experiences? Let us know in the comments below.

Date Idea: Publish a Love Sonnet



By Ché Blackwood

Your love may be hard to put into words, but it's worth a try. Sit down this weekend with your special someone and memorialize your relationship by writing a love sonnet. You don't have to be Shakespeare to put pen to paper. The attempt of putting your feelings into words will be romantic enough.

First, both of you should sit down separately, away from one

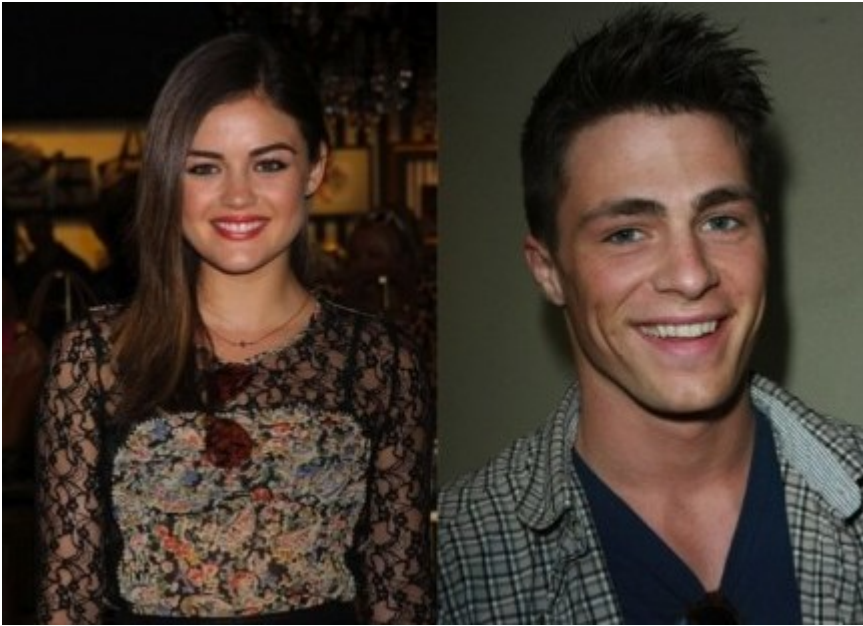
another, and begin to write. You can recount your first meeting, when you knew that he was the one or simply state how much your partner means to you. Read your lists off to one another. Hearing why your cutie feels the way they do will make you fall in love all over again while also revealing what it is that they most adore about you.

Combine your lists and write a sonnet or poem together. Work as a team to make it rhyme while capturing your true emotions. Enjoy the collaboration, taking time to reminisce over old memories and forgotten experiences. Once it's finished, find a Website or print publication that accepts submissions. Your love will forever be chronicled in time, placing a mark on the world and your heart. Even if your sonnet doesn't get published, frame it and hang it in your house as a reminder of why the two of you are together.

Does your honey write poems for you? Tell us about it in the comments below!

How to Make Sure Your Divorce is Amicable, Fair and Fast





By Amy Osmond Cook

Thanks to Kris Humphries and Kim Kardashian, we have the celebrity divorce spectacle to which we've become accustomed. There are no kids (and apparently no deep feelings) involved, but oh, do we have drama! This divorce, like so many others, is all about money. Consider the top ten biggest divorce payouts in history below:

Related Link: [Five Celebrity Divorces We Really Weren't Expecting](#)

- Rupert Murdoch's divorce from Anna Murdoch; estimated at \$1.7 billion
- Adnan Khashoggi's divorce from Soraya Khashoggi; estimated at \$850 million
- Bernie Ecclestone's divorce from Slavica; estimated at £750m
- Craig McCaw's divorce from Wendy McCaw; estimated to exceed \$460 million
- Mel Gibson's divorce from Robyn; estimated at \$425 million
- Michael Jordan's divorce from Juanita Jordan; estimated to exceed \$260 million

- Charles Edgar Fipke's divorce from Marlene Fipke; estimated at \$200 million
- Neil Diamond's divorce from Marcia Murphey; estimated at \$150 million
- Harrison Ford's divorce from Melissa Mathison; estimated at \$118 million
- Greg Norman's divorce from Laura Andrassy; estimated at \$103 million

Most of us won't have a divorce settlement in the millions, but there are a few things you can do to make sure that any future split with your partner is amicable, fair, and fast:

1. Write a prenup. An ironclad prenup is the easiest way to speed up the divorce process. In 1985, Steven Spielberg and Amy Irving wrote a prenuptial agreement on a cocktail napkin. Four years later, Amy contested the agreement—and won. As a result, she received a settlement of about 100 million, or half of her ex-husband's earnings, after just four years of marriage. The reason? Her attorney wasn't present, allowing her to contest the prenup on the grounds of fairness, full disclosure, and duress. In the absence of an ironclad prenup, husbands and wives usually split their assets equally.

Related Link: [Prince William and Kate Middleton: To Prenup or Not to Prenup?](#)

2. Don't cheat. Rudy Giuliani's public affair with Judith Nathan cost him dearly when he and his wife, Donna Hanover, divorced. When they separated in October 2000, he was making a modest income as a government official. Then the 9/11 tragedy happened, and his popularity soared. Because they were already separated, Donna wasn't legally entitled to the money he made following the date of separation, including an estimated \$8M in speaking fees alone. But because Giuliani wanted to keep some of the more salacious details of his personal life out of

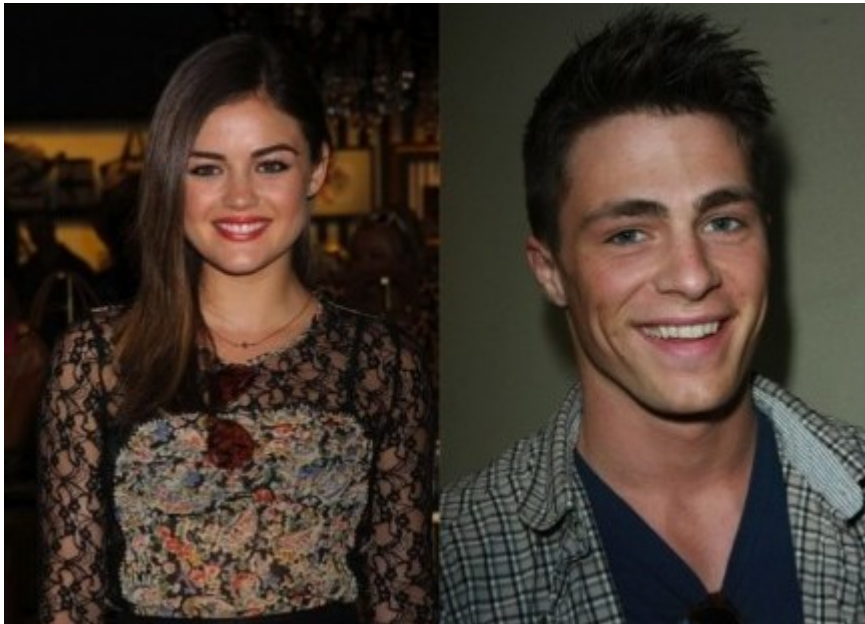
the public record, he settled—paying an estimated \$6.8M, a substantially higher amount than he was legally obligated to pay.

3. Don't forget about intellectual property. Sometimes the greatest assets are the intangible ones. In 2000, Michael Douglas agreed to pay his first wife, Diandra, half of the acting earnings he accrued while they were married, including money from any future “spinoffs.” In 2011, Diandra filed suit, stating that she was entitled to half of Michael's earnings from *Wall Street: Money Never Sleeps*, because it is a spinoff from the original *Wall Street* (which was filmed during their marriage). Michael claims is that the new movie is a sequel and *not* a spinoff, so Diandra isn't entitled to anything. The case revolves around one point: Is the new movie a spinoff or a sequel? If it's a spinoff, she gets half. If it's a sequel, she gets nothing. In this case, a judge will decide. But you can learn from Michael's potentially costly mistake by shoring up your intellectual property rights.

The key to an amicable split is to decide money matters before it gets ugly. Whether you are happily married or contemplating divorce, considering a prenup, keeping your actions blackmail-proof, and dealing with your intellectual property will serve you well.

Amy Osmond Cook, Ph.D. is a faculty associate at Arizona State University, where she teaches Communication and English classes. She is the publisher of Sourced Media Books and co-author of Hope After Divorce and Full Bloom: Cultivating Success. Amy and her husband, Jeff, have five children and look forward to welcoming baby #6 in April 2012. For more information about Amy, please visit amyosmondcook.com.

Derek Jeter Steps Out With New Girlfriend Hannah Davis



Sorry ladies: Derek Jeter appears to have a new love. On Monday night, The Yankee shortstop was seen in public cuddling with model Hannah Davis, according to the [New York Post](#). Jeter, 38, and Davis, 22 were spotted at The Double Seven in New York. The couple both arrived and left separately, but witnesses say they were inseparable during the show.

How do you know if age difference is going to be a problem in a relationship?

Cupid's Advice:

Having a vastly different age than your partner may be difficult in a relationship, but it's not always problematic. Here are some ways to tell if it's going to be a challenge in your love life:

1. You live different lives: If your partner is still in school while you have a full-fledged career, it may be difficult for you to understand each other's goals, needs and desires. Your lives will be paced differently and that may get in the way of love and understanding.

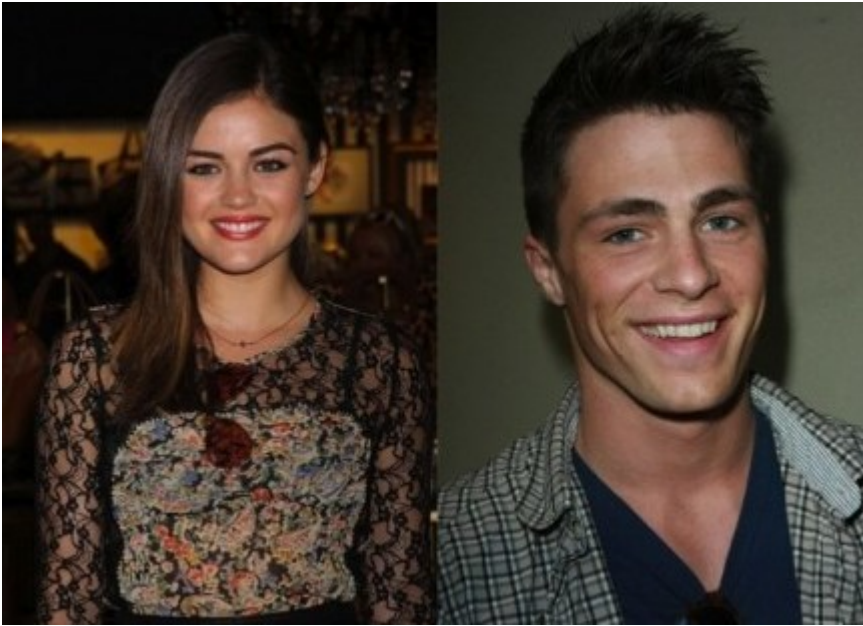
2. Different interests: It's tough to be part of a couple where both people like completely different things. While you may be deeply involved in the latest pop culture crazes, if your sweetheart is older than you, they may not interest them at all. Having such difficult lifestyles will be a strain on your relationship.

3. No support: While it *shouldn't* matter if no one approves of your relationship, if you're losing the support of your family and friends, your relationship is definitely going to be harder. If this is happening, then it may be time to reconsider whether this age difference is worth it.

How do you know if age difference is going to be a problem in a relationship? Share your comments below.

‘Miss Advised’ Star Emily Morse Says, “I’m Not Choosing Monogamy; I’m Choosing to Date”





By Jessica Nappi

Radio show host, author and reality star – what can't Emily Morse do? If you haven't seen Emily navigate her dating life on the new hit show 'Miss Advised,' produced by Disney darling Ashley Tisdale, read her book, 'Hot Sex: Over 200 Things You Can Try Tonight!,' or listened to her radio show, 'Sex with Emily,' no doubt you soon will because this young lady is just getting warmed up. She's even been dubbed the real-life Carrie Bradshaw, although she openly admits that she has never watched an episode of 'Sex and The City.'

After seven years of hosting her radio show, Morse was approached to be a part of 'Miss Advised,' which follows three single dating experts (Amy Laurent, Julia Allison and Emily Morse) who must put their own advice to the test. While the other stars may have learned that it's hard to practice what they preach, Morse stuck to her guns. She says, "I definitely take my own relationship advice to heart. But, I've made mistakes in my relationships – I'm not perfect."

Morse has stayed true to herself by finally acknowledging that she's "not choosing monogamy right now; [she's] choosing to date." But she didn't just come to this revelation overnight. "I've evolved into this person by saying it publicly and being on national television. I think it made me realize that it's

okay to be me. It's okay to live my life differently than other people live their lives."

Related: [Going from 'It's Complicated' to Monogamy: 5 Tips Every Woman Should Know](#)

After receiving hundreds of emails in support of her dating philosophy and unrushed desire to settle down, Morse noted that she felt so much more "validated and accepted." But being open and vulnerable hasn't always been easy for her. "The greatest lesson I've learned is to "be honest with yourself; stay true to yourself; and be self-aware," she says. "The more honest you are with yourself, the more you'll know what you like, and the easier dating will become."

Since monogamy is crossed off her list, Morse is free to date and have fun with no constraint. "I've never been a woman who plays by the stereotypical dating rules," she says. Since there are so many dating advice books, she says you just have to "pick and choose what feels good to you because blanket rules for everyone just doesn't make any sense."

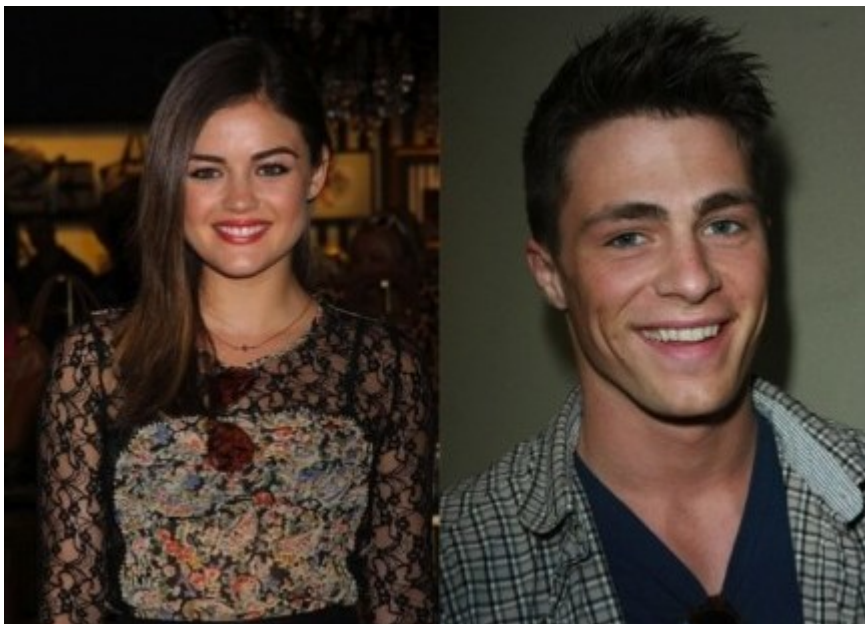
She may not be a fan of rules, but she is certainly a fan of helping others spice up their relationships. Emily notes that her favorite section of her book deals with partner massages. "By massaging your partner, you will feel reconnected again. I think it's a really nice, sweet thing you can do to become attached to your partner again."

As you may know by now, Morse doesn't hold anything back. That's why we get to see her dating life firsthand on 'Miss Advised.' Here is where we get to observe from afar as Emily goes on all types of dates. We even watch when she dates her newly-divorced fifth grade crush, David Rubin, and they drive to Napa Valley for a romantic night. Of the finale, which will be airing tonight, Morse promises that their relationship "takes an interesting turn. It's surprising, and it's a really fun episode, " she says.

So what's next for Morse? She aspires to be the Dr. Ruth of our generation – and she's already well on her way. As she continues to grow her career, she will be getting her doctorate in human sexuality and coming out with a third iPhone App. She will also be hosting her radio show and keeping her fingers crossed for a second season of 'Miss Advised.'

Be sure to catch Emily Morse tonight on the SEASON FINALE of 'Miss Advised' at 10/9c on Bravo. You can also check out her personal site at www.EmilyMorse.com and follow her on Twitter @SexWithEmily.

Date Idea: Get Fishy



By Ché Blackwood

Take advantage of the weather this weekend by getting slippery with your cutie and go fishing. Regardless of how you feel about spending the day with a few worms, strap on some sneakers and a bikini top and take on Mother Nature with your beau. By sitting on a dock, buying some bait and maybe even grabbing a beer or two, you and your sweetie can make memories while being adventurous!

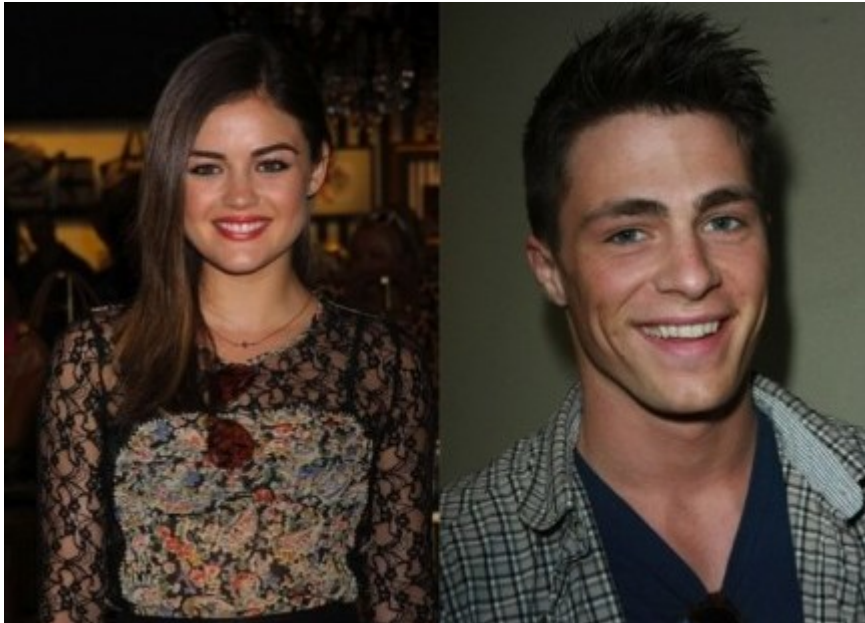
If possible, rent a boat and go out to sea. Other than the fish, you may be lucky enough to see even rarer marine life. Plus, with the sun beating down on you and the blue water reflecting back up, you'll be sure to catch a golden tan. Make a game out of it by seeing who can catch the biggest fish of all. If it's legal, take some home and make a delicious dinner for your love with what you two caught. Not only is it healthy, but you'll bond over the satisfaction that comes from catching and cooking your own meal.

Get extra outdoorsy by going camping or renting a cabin with your honey. Disconnect from the world and take a few days to relax beside a lake, or in the mountains, with the one person that matters most. Even if camping or fishing isn't your thing, the quality time will be more than worth it. Plus, an outdoor vacation means you'll have the rare opportunity to sit under the stars together, a great romantic ending to a fun and fish-filled day.

Do you and your honey go fishing? What's your favorite way to spend the day outside? Tell us in the comments below.

Q&A: Is it Okay to Break Up

With Someone via Text?



Question from Lauren

A.: I was dating a guy for a month when he broke up with me via text. I thought this was extremely impersonal and I deserved at least a phone call, but my guy friends said that because we were only dating for a short length of time, breaking up with a text message is fine. What are your thoughts? Is there a certain length of time you have to be dating someone to receive a more intimate break-up?

Answers from Our Love Experts:

Tristan Coopersmith, Love Stylist: That's like asking if there is there a certain length of time you should know someone to be just plain polite to them! Call me old-school, but I believe in a thing called respect. I think you should treat people the way you want to be treated, and only spend time with those who reciprocate in kind. Although the breakup undoubtedly stings, you dodged a bullet with this guy. After all, if he would breakup with you over a freaking text, you

could probably count on him proposing via email. Hardly a guy worthy of your love! Onwards and upwards!

Suzanne Oshima, Matchmaker: In this age of technology, a break up can be done through any of the following forms of communication: in person, a phone call, an email, or a text message. An in person break up is the most intimate, a text message is the most impersonal and a phone call or an email is somewhere in between. The fact of the matter is that you weren't really in a serious relationship after only a month. Since you were only dating, he probably felt a text was acceptable. It's important to understand the reason why most guys break up with someone this way; it's the easy way out. He doesn't have to face you, your emotions or your questions as to "why." While I know you feel you deserved more, just remember, a text is still much better than him just disappearing and leaving you wondering what happened.

Paige Wyatt, Reality Star: A break up via text message makes me think that the other person never really cared about the relationship, no matter how long it may have been. When someone wants to break up, it means there was some kind of problem in the relationship. A text message does not give the other person the chance to defend themselves and it closes the door to working through the issues and figuring out your differences. If the guy truly cared about you, he would want to at least try to work it out, and if he doesn't care enough to do that, he's not worth it anyway.

For more information on our three relationship gurus, visit our Experts page!

If you have any questions you would like answered by our experts, please submit them on our Contact Page.

Have you ever been broken up with over a text message? Share your story below!