

Carrie Underwood Says She's Not Ready to Start a Family



[Carrie Underwood](#) isn't feeling pressured by Hollywood. The [newlywed](#) country singer says she has no immediate plans to start a family with husband [Mike Fisher](#), reports [UsMagazine.com](#). "We're good [without kids]. I'm super busy and he is super busy. We are still newlyweds," said Underwood backstage at *American Idol* on Thursday. "I honestly think that if we brought a kid into it would mess things up right now! We're good right now!"

How do you know when you and your mate are ready to have kids?

Cupid's Advice:

Choosing to start a family is a difficult decision to make,

especially when you're happy with the status quo. Here are a few suggestions as to when to start a family:

1. You want a family: If you find yourself eyeing babies you see at a local park or going gaga over your neighbor's daughter, it might be time for you to start thinking about a family of your own.

2. Financially secure: Even if you and your partner feel emotionally ready for a child, you still need to be sure that you're completely prepared. Make sure that you have enough money set aside for child care and, eventually, college tuition.

3. Don't feel pressure: Don't feel pressured to start a family by your friends or by a supposed biological clock. With modern medicine and in vitro fertilization, it's possible to have children much later in life. It's okay to wait.

How did you know when you were ready to have kids? Feel free to leave a comment below.

Your Mom's Top 5 Relationship Mistakes: Don't Make Them





By GalTime's Dating Expert Jennifer Oikle, PhD

With Mother's Day around the corner, you've probably got mom on your mind. Sure, you've got a million things to thank her for.

But chances are— unless your mom and dad had a storybook romance, you also inherited a few not so lucky relationship habits from being your mother's daughter. In fact, watching your parent's relationship is the biggest way you learned how to relate to men, so it's not surprising that you may have picked up some patterns that remind you of your mother.

The good news is— you don't have to make the same man mistakes as mom. You can choose to *learn* from her instead. Below are the top five relationship habits you may have learned from your mother and how to chart a new, healthy, happy course for love.

Mom Mistake #1: Staying Too Long in a Painful Relationship

Many mothers stay in hurtful marriages “for the children.” If you watched your mom play this role, you may have learned that

you too, should suffer, for the sake of love. Now, you may have a hard time leaving relationships that just aren't right for you because you don't want to hurt anyone.

Related: [Discover 'The Old Fashioned Way' in Ginger Kolbaba's Newest Book About Love](#)

To bust out of this rut, you'll need to examine your definition of commitment. Commitment only works when it's healthy for both partners involved. Once harm is being created in a relationship, you owe it to you both to move on and create a loving, harmonious environment to thrive in.

Mom Mistake #2: Denying Your Needs

You may have watched your mom so busy pleasing everyone else that it didn't even seem she had any needs of her own! If so, you might find it hard to allow yourself to have a need or ask for help.

To curb this pattern, practice tuning into what you need first and speak it out loud to your partner. He can't honor your needs, if he doesn't know what they are. Also, you don't have to do everything by yourself. Notice when you wish you had some help and ask for it.

Mom Mistake #3: Warring with the Opposite Sex

If your mom and dad constantly fought, you may have learned to associate love with pain. Now, you almost don't know what to do if things are smooth sailing with your partner, so you'll create tension and conflict to stay in your comfort zone.

Related: [Exclusive Celebrity Interview: Soon-to-Be Mom Terri Seymour Jokes About Simon Cowell's Son Dating Her Daughter!](#)

To break this habit, notice when you begin to nag, complain, or start an argument with your beau. Was it when things were actually beginning to feel too good? Or did you have a legitimate concern? Pause the conversation to see what you

really think, feel, and need. Then restart it, with a calm “I statement” that avoids any blame of your partner.

Mom Mistake #4: Giving Up Your Self

Many moms mistakenly become role models for giving up your right to have a life! By always putting their spouse and kids ahead of their own happiness, they can teach you that you too have to give up who you and what you love to have a romantic relationship.

Ironically, you have the most to offer a relationship when you are fulfilled from within. So, even when you are in a relationship, be sure to take time out for your best friendships, your favorite hobbies, even alone time (a bath and a nap anyone?) that rejuvenates you.

Mom Mistake #5: Constant Self Criticism

Was your home filled with criticism? Maybe mom and dad berated each other, put you down, or were hard on themselves. If nothing was ever good enough for your mother, you might find you are just as hard on yourself as your mother ever was.

Related: [Dating Advice: Celebrate Your Moms](#)

To move on, you’ll need to begin offering yourself the kind of mothering nurturance you wish your mom had given you. Notice how you think about yourself and agree to never say anything to yourself that you wouldn’t utter to your best friend.

By thanking your mother for all that she gave you that was good, and working on shifting anything you picked up that wasn’t healthy, you can honor your relationship with your mother and ensure that her mistakes turn into wisdom well learned

What did your mom teach you about relationships?

Share your comments below.

Lady Gaga and Taylor Kinney Split



Lady Gaga's hectic popstar lifestyle was just too much to handle along with her relationship with actor, Taylor Kinney. The couple had been dating for ten months, and have decided to take a break. A source told UsMagazine.com, "She will be touring nonstop until next year and has found she can't have relationship at the same time." Gaga and Kinney weren't what you'd exactly call the perfect couple either, a friend claims. "Taylor was all about himself, a typical actor, and didn't

completely get Gaga.” Maybe they were headed for a brick wall from the start.

How do you keep work from getting in the way of your relationship?

Cupid’s Advice:

Sometimes it becomes hard trying to balance your work with your relationship, especially for popstars like Lady Gaga. Here are some ways to keep work from getting in the way of your relationship:

1. Finding the right balance: The most important thing is doing well in work, but not letting it take up all your time. Once you’re at home, forget all of the work stuff and just spend time with your significant other.

2. Prioritize: It becomes a problem if you begin making too many sacrifices for work, and not for your relationship. You need to make sure the people important in your life are given the kind of attention they deserve.

3. Take some time off: Work can be all-consuming, so take a vacation. Why not take some time off to spend a couple days with your partner? Every relationship needs that every once in a while.

How do you try and balance your relationship and work? Share your comments below.

Pros & Cons: Bonding With Your Man's Friends



By [Whitney Baker](#)

When you embark on a new relationship, you end up with more than just a great guy in your life. Soon enough, you will meet his friends, his family and his co-workers, and your social circle is immediately changed – for better or for worse. Some of these new friendships may come easy for you, while others may be a struggle. Either way, try your best to be open-minded: don't make assumptions about his friends or their feelings towards you and always be yourself. Remember that there are pros and cons to bonding with his buddies. Here are a few things to consider before introducing yourself:

Pros

1. Finding common ground with your man: It's important to understand who your boyfriend was *before* he was your man. One of the best ways to do so is by bonding with his friends. Friendships often have a huge impact on people, and by growing closer to his friends, you're often able to deepen the love that you share for him. Plus, seeing you bond with his friends is sure to charm your beau even more.

2. Going on fun group dates or vacations: Having "couple friends" is a great way to strengthen your relationship, and the best way to meet couples is through your current group of friends. Sure, a date night or romantic getaway for two is great, but it's nice to have a group of friends for an impromptu party or weekend trip. The more, the merrier, right?

Related Link: [Relationship Advice: Marriage Survival Guide for Tough Times](#)

3. Expanding your inner circle: Thanks to your man's friends, you may meet a new girlfriend or two. These new friendships will enrich your life as well as your romantic relationship. Knowing that he introduced you to some new fun people is bound to make your boyfriend feel good.

Cons

1. Acting like "one of the boys": Your interests most likely vary from your beau's, but when you're bonding with his male friends, you may start to act like one of the guys, making him see you differently. It's great that you enjoy hanging out with your boyfriend and his friends, but make sure to give your man some time alone with them. Give him a chance to miss you!

2. Neglecting your girlfriends: Bonding with your boyfriend's friends may keep you so busy that you forget about your girlfriends. Who are you going to call when the weekend rolls

around and he decides to take a boys-only camping trip? Sometimes it's okay to do your own thing; having separate friends and interests will give you even more to talk about when you spend time together again.

3. Causing unnecessary drama: Your man may start to feel like you'd rather spend time with his BFF than with him; or, he may think that the two of you are moving forward with your friendship without him – even though he's the reason you're friends in the first place. Before you get too close to his buddies, check in with your boyfriend and make sure he's okay with your new friendships.

When it comes to bonding with your man's friends, what has your experience been like? Share it with our readers by commenting below.

Date Idea: Celebrate Cinco de Mayo with Your Mate





By Amanda Martin

This weekend is Cinco de Mayo, a day commemorating the Mexican army's defeat of the French at the Battle of Puebla. The holiday is celebrated by people of many different backgrounds, so why not use this as an opportunity to have fun and spend some time with your significant other. Here are some ways to get close with your partner while celebrating Mexican culture and history:

If you really want to spend the holiday authentically, traveling to the city of Puebla is the best way to do so. If you're looking for a trip that can be fun and romantic, this is the place to go. Puebla is easily accessible by car, and spending time together on the road will give you an opportunity to catch up. You can visit historic sites like Fuertes de Loreto, to get a better understanding about the holiday, or visit Boulevard Cinco de Mayo to check out the parade.

If you prefer to stay in the United States, look for local parades in your area or venture out and explore another state.

San Marco, Texas has a lot to offer at this time of year. There's a Miss Cinco de Mayo pageant, a hot sauce/salsa contest, a statewide menudo cook-off and plenty of music. You and your honey will be immersed in culture, live music while enjoying the outdoors.

For a more intimate experience, spend the night celebrating indoors by cooking a traditional Mexican meal. Cinco de Mayo only comes around once a year, so make the most of the custom while getting close with your partner.

What are your plans this year? Let us know in the comments below.

Why We're Wired to Sabotage Our Relationships





By Dr. Daniela Roher and Dr. Susan E. Schwartz

In any relationship, you are bound to encounter a few bumps in the road. When this happens, you may be tempted to point a finger at your partner, blaming him or her for your relationship woes. But years of study show that, more often than not, your partner isn't the reason you are at a crossroads. You are.

Your very own physiological wiring, biochemical makeup, and past childhood experiences can sabotage a relationship when you least expect it. And until you understand what's going on "under the hood"—what's triggering issues between the two of you—you'll end up repeating the same dysfunctional patterns over and over again.

There are three ways our minds and bodies work against us in relationships:

Related: [5 Ways to Stop Sabotaging Your Relationships](#)

1. Our bodies are wired for cruise control.

Our conscious mind is only capable of processing 40 pieces of information each second, which means that more than 95 *percent* of what goes on in our minds is outside of our awareness. This overflow of information is automatically handled by our body's limbic and hormonal systems. These systems control feelings of love and desire, whether we feel emotionally safe and happy in our relationships, and how bonded (or distant) we feel toward our partner. These systems also control what happens when a relationship heads south. When disagreements and arguments spike, the hormone cortisol spikes, too, creating high levels of stress and increased feelings of hesitation and doubt. Even after the two of you work things out, cortisol sticks around, leaving you to question the stability of your relationship, and where things are headed with your partner.

2. Our left brains meddle with right-brain emotions.

The right hemisphere of our brain plays a central role in relationships: it processes unconscious and nonverbal socio-emotional information, and it allows us to feel empathy for our partner. Two people in love communicate in a right-brain-to-right-brain fashion: by gazing into each other's eyes, holding each other, and by touching—which is all more intuitive and emotional than logical.

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

3. We are wired to recreate the past.

Our childhood experiences, including our relationship with our parents and their relationship with each other, create a scaffolding for how we experience love as adults. Adults long to recapture the love they felt (or the love they wished they'd felt) growing up, even if this fantasy doesn't reflect reality. For example, if you were raised by a single parent, and that parent was always preoccupied with work, you might easily spot and be turned off by partners who put their

careers first. Finding a person who focuses selflessly on you, giving you the attention and love you've always craved, fills a personal void. However, if you don't become aware of this connection, you might unconsciously be attracted to people or experiences that recreate your past, even if your past was dysfunctional.

Understanding the connection between past and present not only explains who you are attracted to, it provides you with an opportunity to change. It's also a life preserver when your relationship gets rocky, because it will help you to understand what you and your partner are feeling, where these feelings come from, what triggers them, and why.

*Dr. Daniela Roher is a psychoanalytic psychotherapist with nearly forty years in a career that has spanned three countries and two continents. Dr. Susan E. Schwartz is a Jungian analyst trained at the C.G. Jung Institute, who lectures worldwide. Together, they have co-authored the new book, **Couples at the Crossroads: Five Steps to Finding Your Way Back to Love** (January 2012). To learn more, visit www.CouplesAtTheCrossroads.com.*

Reese Witherspoon & Jim Toth Double Date with Kate Hudson & Matt Bellamy





Leading ladies, Reese Witherspoon and Kate Hudson spent some quality time together with their beaus Jim Toth and Matt Bellamy Friday night. Accompanying the pals, were Sports Illustrated model Kate Upton and her talent agent. Together the group dined at an intimate restaurant in Georgetown, Café Milano. Onlookers told [People](#) that the group “seemed to be having lots of fun.” Witherspoon was spotted laughing the night away with her friends and enjoying a delicious meal of fresh baby artichoke, lemon vinaigrette salad along with spinach fettuccine with veal Bolognese sauce.

What are some advantages of going on a double date?

Cupid's Advice:

Many couples associate double dating with a much younger and less serious kind of dating. Group movie dates and making out in parked cars come to mind. However, group dates can be extremely beneficial when pursuing serious relationships later in life. Here's how:

1. It allows you to get to know your date: If you met your

date through a friend, a double date could take the edge off the initial “getting to know you” period, prompting him to share more than he may have if the two of you had gone out one-on-one.

2. It allows your friends to get to know you and your date as a couple: If your friends are not used to being around you and your beau together, a double date is the easiest way to work them into your circle of friends. Let your friends see what you love about your partner.

3. It can help you get a different perspective: If you are uncertain about how you feel about your date, take him out on a double date. Your friends may be able to validate some of the issues you have or help you realize that you are just being overly-critical of your new man.

Have you ever been on a double date? Share your experiences below.

How Did Beyonce Prepare for Her Daughter's Birth?





Beyonce, recently named the Most Beautiful Woman, may have only given birth to her baby girl Blue Ivy a few months ago, but she's already shedding the baby weight . Before the diva went to the hospital for the one of the biggest debuts of her life, she got ready for her performance with a fresh mani-pedi and an eye brow wax, but she says that when the moment came, all she and her husband Jay-Z cared about was the birth of their miracle. After their new baby girl came into the world, the singer was ready to bounce back, and she began a strict diet and workout schedule. "I'm proud that my waist came back so fast. I'm proud of that and happy, but that was mostly from the breastfeeding," the singer explained to [People](#). "I lost most of my weight from breastfeeding and I encourage women to do it; It's just so good for the baby and good for yourself."

What are some ways to prepare your body for birth?

Cupid's Advice:

Painting the baby's room and baby-proofing the house are all important, but what's more important is preparing your own body for the birth of your child. You'll be glad you did so

you're more prepared for labor, and it will be easier for you to shed the pounds after. Cupid has some tips:

1. Give up bad habits: There's no sense in taking the slightest risk when it comes to your baby's health, so throw out the cigarettes and remove the alcohol from your home. Avoid going to places like bars where you'll be inhaling toxins that are bad for you and your growing baby.

2. Eat right: It's important to maintain a wholesome nutritious [diet](#) and ditch the fast food burgers. You're going to want to get a good daily intake of a variety of proteins, vegetables, fruits and grains. Trying organic food to avoid any toxins and pesticides is also a good idea, but feel free to indulge your cravings once in a while.

3. Stay fit: Exercise will help you in a variety of ways. It will help you stay fit, which will also give you good circulation, reduce stress, and give you endorphines to make you happy. Exercising regularly will also make you tired at the end of a long day and a good night's sleep will rest and rejuvenate your body.

How did you shake your baby weight? Share your comments below.

Kissing On Screen: Do Celebrities Get Jealous?





By Che Blackwood

In the real world, most couples are uncomfortable with the idea of their partner locking lips with a co-worker. Since infidelity is one of the leading causes of divorce and emotional cheating is grounds for a split, it's hard to imagine anyone condoning an out-of-relationship make out session; that is, unless you're in Hollywood. Stars have contractual obligations to kiss their co-stars, and their partners have to be understanding in order for their relationship to work. To avoid jealous outbursts and maintain healthy and loving relationships, celebrity couples make sure to follow these simple tips:

1. They work together: Whether they met on or off screen, famous couples like Kristen Stewart & Rob Pattinson and Olivia Wilde & Jason Sudeikis have managed to share the silver screen with their real life partners. Getting paid to kiss your romantic interest is a sure fire way to keep the jealousy tamed.

Related: [5 Ways Playing Hard to Get Can Damage Your Love Life](#)

2. They visit each other on set: While stars can often be away from their honeys for months at a time, the truly devoted grab every possible opportunity to see one another. Loving couples, like Shia LaBeouf and Karolyn Pho, know that absence can make the heart grow fonder ... at first. But too much time apart is a relationship killer.

Related: [Four Ways to Make Your Long Distance Relationship Work](#)

3. They're supportive: You don't have to understand your partner's career, but the couples that last know that you *do* have to be supportive. By rehearsing together and staying connected through the ups and downs of stardom, Tinsletown twosomes are able to keep their love strong, regardless of occupation.

4. They vacation together: Couples that play together, stay together. After long stints of work, lasting duos like Prince William and Kate Middleton know the best way to keep the fire burning is to get away from whatever was blowing it out.

5. They communicate: By far one of the most important parts of a relationship is communication (or the lack thereof), and it can make or break a relationship. Kris Humphries and Kim Kardashian prove that without a healthy dose of conversation, busy and stressed stars won't get far in their quest for love. By staying open about their feelings with one another, the rich and famous can get rid of jealousy altogether. In the end, when you're with the right person, no amount of on-screen kissing will break your bond apart.

How do you and your beau ward off jealousy? Leave your comments below.

Mila Kunis Denies Dating Ashton Kutcher



Mila Kunis cleared up all rumors that she is dating Ashton Kutcher with Ben Lyons at CinemaCon 2012 in Las Vegas. According to [Extra](#), the cast mates were seen together multiple times during the week. “It’s absurd!” said Kunis. “A friend is a friend.” Kunis was at CinemaCon promoting her new film *Oz: Great and Powerful*.

How do you turn a platonic friendship into a relationship?

Cupid’s Advice:

Stepping out of the friend zone and into a hot relationship is actually a leap. Here are some tips on how to jump without falling:

1. Drop hints: While hanging out with the friend you have feelings for, come clean about how you feel about them. Try making it into a joke, and see how they react. Say, “Hey, how crazy would it be if we dated?” Judging by their response, you will have an idea of whether or not to pursue your feelings.

2. Go on a date: Ask your friend on date. Asking them to give things a try is a lot different than committing to a relationship. Or, take your crush out as a friend and at the end point out that it was a date. See how they react. Try something out of the “friend zone.” Rather than burgers, go to an intimate restaurant and pay for dinner.

3. Make a move: If you think your friend will go for it, jump right in and make a move. Have a fun, have some drinks, flirt a little and then spring the idea of you becoming a couple.

How did you turn your friendship into a relationship? Share your thoughts below.

Bachelorette Party Ideas on a Budget





By Andrea Woroch

Most of us don't have the budget for a Parisian-themed blowout à la *Bridesmaids*, but that doesn't mean the bride-to-be should settle for the early bird special in the name of savings.

Though it may seem like bar-hopping at nearby watering holes is the cheapest way to go, money becomes no object once the booze start flowing. There are other ways to host a memorable ladies' night out sans the life-size cookie and gut-wrenching bar tab, so consider these six ideas before rounding up the girls:

1. Get Out of Town:

This is the ideal option but not always the most economical. There are ways to reduce the costs associated with an all-girls getaway, but be prepared to plan well in advance. First, consider a one-night stay somewhere nearby, or relatively close to attendees' respective homes. Once a location is established, let party-goers know the details so

they can get booking. Find party accessories online for less, and outfit the bride in a little girl's tiara for up to 75-percent less than speciality retailers.

Related: [Dating Advice: 7 Things All Healthy Relationships Require](#)

2. Scavenger Hunt:

Channel your inner child and create a scavenger hunt for the bride, complete with challenges to solicit free drinks from strangers and requests for silly photos. If you live in a big city, check out StrayBoots for inexpensive packages tailored for bachelorette parties and be prepared to uncover unknowns in your hometown.

3. At-home Wine Tasting:

If the bride-to-be isn't into the bar-hopping-male-stripper scene, consider hosting an at-home wine tasting. Cut costs by asking attendees to bring a bottle of their favorite wine-and-snack duo. You'll need a wine glass for every attendee, plus water and bread to serve as palette cleansers. If you want to go all out, consult [this advice](#) from Real Simple magazine.

Related: [Relationship Advice: Signs You Really Need Couples Counseling \(and Why It's Not a Bad Thing!\)](#)

4. Lots of Laughs:

The stress of wedding planning is likely getting to everyone, so a night full of laughter might just be what the doctor ordered. Check out your local comedy club and call ahead for front-row seating. Make yourselves known to the entertainers by ordering bachelorette-themed party wear online, making sure to grab free shipping codes from sites like FreeShipping.org to avoid delivery charges.

5. Paint & Sip:

If you haven't yet taken advantage of the paint and sip trend, consider this your golden opportunity. What better way to celebrate the bride's pending nuptials than with a wine-laden arts and crafts session? Hit up Google for a nearby studio, or better yet, tap into a friend's artistic talent by having her lead the session at someone's home.

6. Bridal Bowling:

You'll get plenty of attention as a group of all-girls in a bowling alley, but consider taking it a step further by outfitting the bride and attendants in the worst available versions of thrift-store wedding attire. Call ahead to reserve a couple lanes and talk to the manager about available packages, including pre-ordered food and a personal attendant. Let the good times roll!

Andrea Woroch is a consumer and money-saving expert for Kinoli Inc. She is available for in-studio, satellite or skype interviews and to write guest posts or articles. For more savings tips, follow Andrea on Facebook and Twitter.

Find Out How Prince William and Kate Spent Their Anniversary





Prince William and Kate Middleton celebrated their one year wedding anniversary on Sunday, reports [People](#). The pair had a relaxing weekend at home in their farmhouse On Anglesey in North Wales. However, the duo did step out on Saturday to attend the wedding of a close friend from their college days. "The guests made it feel like a re-run of the royal wedding as they had so many of those people who matter the most to them there," said royal photographer Mark Stewart.

What are some creative ways to spend your first anniversary?

Cupid's Advice:

After a successful year together, this should be cause for celebration. Here are a few suggestions:

- 1. Visit the outdoors:** If it's a nice day outside, head outdoors. Pack a picnic basket and a blanket and set up a lunch date at a local park. If you and your partner are active people, find a scenic hiking trail and eat at the end of the trail.
- 2. Surprise party:** Throw a surprise party for your partner.

Though the party will be in your honor as well, surprising your partner will be a sweet and entertaining gesture.

3. Indulge your hobbies: If the two of you have a lot in common, try spending the day indulging your favorite hobbies. If you both love theatre, go see a play. If you're both music fans, get tickets to a concert.

How would you spend your wedding anniversary? Feel free to leave a comment below.

Find Out Why David Arquette Loves Acting With Ex Courteney Cox





David Arquette has not left his relationship with Courteney Cox behind completely. According to [People](#), Arquette will be appearing on *Cougar Town*'s season finale with Cox. "It's great to act with Courteney. I love it. We met on a set, and it's great to revisit that," Arquette said at a dinner hosted by Creative Coalition in Washington, D.C. on Thursday. Cox, who is said to have no hard feelings, and Arquette have been separated since 2010. "We treat each other with respect," Arquette said. "You don't throw out all the good times you shared just for the change in feelings."

What are some ways to keep things between you and an ex civil?

Cupid's Advice:

Being normal around someone you once shared strong feelings for is seemingly impossible. Here are a few tips on how to remain calm and collected.

- 1. Shake on it:** Agreeing with your ex-sweetheart to both be civil is the first step in being able to be around each other without old feelings lurking around. If you do agree to be

comfortable around each other be sure to stay true to your word.

2. Keep distance: Just because you and your ex can tolerate each other does not mean you need to know everything about one another's lives. Knowing what your ex-lover did after his date will only create tension between you both and leave you hurting.

3. Be respectful: Treating each other like adults is key to staying civil. Respect your exes boundaries and feelings and they will reciprocate the same behavior.

How did you keep things between you and your ex civil? Share your stories below.

Gwyneth Paltrow Says Chris Martin Helped with Postpartum Depression





Brooke Shields, Courteney Cox, Bryce Dallas Howard and Amanda Peet are some celebrities who have suffered from postpartum depression and so do as many as one in five women in the United States, but Gwyneth Paltrow didn't think she would be one of them. The actress found herself experiencing the symptoms of postpartum depression shortly after giving birth to her son Moses in April 2006. It wasn't until her husband, Chris Martin pointed it out that she realized she actually had it. Paltrow believes that being open about her depression made it easier to cope, "We think that it makes us bad mothers or we didn't do it right, but it's like, we're all in this together." Between the support she's had through it and the awareness of it, she claims that her postpartum depression is slowly starting to diminish.

What are some ways to support your partner though postpartum depression?

Cupid's Advice:

It is hard enough for your partner to be suffering through something like postpartum depression, the best thing you can

offer them is your support. Here are some ways to show them you're there for them:

1. Don't make it take over your relationship: You're both aware that the depression is there, but continue to try doing the normal things you would do. If you start changing the way you act around them because of it, it'll most likely make them feel even worse.

2. Be understanding: It's a tough thing to be going through, so you have to be understanding. It may get frustrating, but all your partner wants is to know you'll still be there for them.

3. Help them, help themselves: Encourage your significant other to get treatment and start seeing a doctor. Make sure they know that you genuinely want to help them get better.

Have you ever had to experience dealing with someone suffering from postpartum depression? Share your experiences below.

Lori Bizzoco Discusses Hollywood Love Lessons at Single in Stilettos Event





On Saturday, April 28, 2012, CupidsPulse.com founder and executive editor [Lori Bizzoco](#) spoke at the second Single in Stilettos event in New York City. Her presentation, titled **Finding the Value in Celebrity Gossip: Love Lessons Learned from Hollywood**, focused on the impact that gossip consumption has on our everyday interpretations of love and relationships. Lori demonstrated that, with each sensationalized story, there are valuable lessons that can help us during our search for love.

Additionally, Lori looked at reality television, including the *Bachelor* franchise, and shed light on what really happens behind-the-scenes. As a surprise to the audience, Lori dialed in ABC's *The Bachelorette* season four winner, Jesse Csincsak, to talk to the women about finding love on reality television.



Jason Alan Miller, Marni Kinrys and Lori Bizzoco. Photo courtesy of Facebook.

Other speakers at the event included Suzanne Oshima, matchmaker and founder of Single in Stilettos; Marni Kinrys, founder of The Wing Girl Method; Marni Battista, founder of Dating with Dignity; Laurie Davis, author and eFlirt expert; and Thomas Edwards, founder of The Professional Wingman.

‘Vampire Diaries’ Co-Stars Ian Somerhalder and Nina Dobrev Sneak PDA in Bel Air





Ian Somerhalder and Nina Dobrev may have arrived separately and opted out of posing together on the red carpet when the actor hosted The Influence Affair, an environmental benefit, but that didn't mean the clandestine couple were going to stay apart for long. "They sat together at dinner and when Ian noticed Nina was shivering, he offered her his blazer to help keep her warm," an onlooker told [People](#). "There was no overt PDA, but there was a certain lovey way about how they looked at each other." The couple was also spotted holding hands while privately touring the mansion where the event was held. "They seemed very close and comfortable together," the source said.

What are some ways to subtly show your partner you care in public?

Cupid's Advice:

Okay, so maybe you and your mate are a bit on the discreet side, but that doesn't mean you have to act as though you don't know each other when you're out in public. Here are some subtle ways to delicately show affection to your lover when

other eyes can see:

1. Hold hands: This is one of the most subtle and obvious ways to show everyone that you are holding onto one of the most important people in your life. It's intimate enough to show your partner affection and declare your relationship status.

2. Hugging: Sure, it's a common way to show affection to anyone, but, you can't hug everyone like you would with your love.

3. Kissing: You don't have to have a full blown make-out session with your partner to show the world how you feel about each other. A simple kiss on the lips, cheek or forehead can say a lot.

How do you and your partner show affection to each other in public? Share your comments below.

Adam Levine Calls Jennifer Love Hewitt an 'Aggressive' Flirt





Despite recent reports that Jennifer Love Hewitt is cozying up to her *Client List* co-star, Colin Egglesfield, she also recently very publicly declared her crush on Maroon 5's Adam Levine. On the *Ellen DeGeneres Show*, the actress said, "I always have my eyes out. I just read two days ago that Adam Levine is single again ... I'm just saying." *The Voice* mentor was nothing but impressed with Hewitt's determination, according to UsMagazine.com. "I heard about that. That was aggressive," Levine joked. "It was really sweet and flattering. Beautiful life, you know, when a beautiful woman says nice things about you."

What are some ways to flirt without being obvious about it?

Cupid's Advice:

There are many flirting techniques out there, but sometimes you want to be subtle about it so it doesn't come off as desperate. Cupid has some tips:

1. Make sporadic eye contact: Don't be creepy and stare at your crush, but make sure to make eye contact periodically. As

they say on *America's Next Top Model*, it's important to "smile with your eyes."

2. Initiate a conversation: You can show your interest in someone by taking the initiative to start a conversation. Smile a lot during the discussion, and perhaps lay a hand on his or her shoulder at the opportune times.

3. Use your body language to your advantage: Perhaps sit a bit closer to your crush than you would just a friend. Break the touch barrier by touching his or her arm briefly while you're talking.

What are some other ways to flirt without making it obvious? Share your thoughts below.

Jennie Garth Says Farm Animals Help Her Cope with Divorce





Jennie Garth is dealing with a divorce from her ex-husband Peter Facinelli in a new way. According to [People](#), four dogs, two goats, five cats, two miniature horses and a pig are helping her cope. “Having all these animals fills a void for me because I’m kind of going through a rough time right now. The animals give you unconditional love, and that feels good,” Garth said on the premier of her new show *Jennie Garth: A Little Bit Country*. “I think that my animals give me a sense of like relief, like they make me feel like none of that other bull matters,” Garth told her assistant. Garth’s slow, paced country lifestyle is just what she needs to get back on her feet after her break-up.

How can pets help you cope with a split?

Cupid’s Advice:

Dealing with a split is always difficult. Here are some tips on how your pets can help the healing process go more smoothly:

- 1. You always have a companion:** Your cat will love you

unconditionally. With or without your ex, you will always have your pet around to make you feel better. Try snuggling up on the couch and watch your favorite movie.

2. Occupied attention: Taking care of your pet will keep your mind off your recent breakup. Give your dog an extra walk during the day instead of chatting with your ex. Your dog will love you for it.

3. Pick up a new beau: Walking your dog around the neighborhood could even lead you to meeting someone new.

How did your pet help you cope with your split? Share your stories below.

Three's a Crowd: Four Perfect Couples Holidays





By John of TUI Activity

Going on a break with a big group of friends can lead to some of the most exciting and memorable vacations you will ever take. Yet there comes a time when taking a break with that special someone beats out a messy jaunt to Ibiza with your pals. Here are four global holiday breaks that make for far better experiences when you're travelling as a couple, not as an extended entourage of troublemakers:

Related: [Top 5 Most Traveled Celebrity Couples](#)

Route 66

If you want to enjoy a holiday on the move, but prefer four wheels to two, it may be time to hit the great American road. There is no better place in the States to burn some rubber than to enjoy the historic motorway known world over as Route 66. Traversing some 2,451 miles from the Windy City, Chicago, to the home of Hollywood, Los Angeles, drivers get to sample some of the finest parts of the American West as well as enjoying authentic roadside diners and staying in traditional

motels. Yet, as this is such an epic journey, with lots of ground to cover, you better make sure you do Route 66 with someone whose presence you enjoy. Being stuck in a car with a “third wheel” would just make for an uncomfortable adventure.

St Lucia

We’ve all seen the clichéd ads for romantic honeymoons in St Lucia and believe it or not the reality on this blissful Caribbean island really is exactly as the brochures describe. Idyllic, laid-back and sensual, St Lucia is home to some of the finest beach-side resorts in the world, perfect for romantic trysts and adults-only breaks in the sun. Cocktails under palm trees, coconut oil massages on the beach and moonlit meals overlooking the sea can all be part of a breathtaking holiday to St Lucia. What’s more, many of the resorts here cater exclusively to couples, so you do not have to put up with boatloads of holidaymakers descending on your beach and causing havoc, or noisy kids running around and spoiling the tranquillity.

Related: [Take a Walk on the Wild Side of the Caribbean](#)

Venice

Let’s face it – no-one wants to head to this shimmering lagoon city with kids in tow. People visit Venice as families when they have to, not because they want to. And just about the worst way to experience this city is to turn up on a tour bus with a coach load of other tourists all visiting the same places at the same time. No, the finest Venice holiday is to be had when you travel with your partner, getting lost down the narrow alleyways and haunting canals that mark this mysterious and captivating city out as one of the most romantic in the world. Avoid St Mark’s Square and the Rialto Bridge and set out with your significant other to the far reaches of the islands, stopping for lunch at a local *osteria* or *bacaro*, and let the city guide you.

Rural France

Brits visit France more often than any other country, with the exception of Spain, and the most 'in-the-know' tourists eschew touristy Paris or over-exposed St Tropez and head into the glorious French countryside. From the shores of Normandy to the mountains of the Pyrenees, France offers rustic charms just about unmatched on the planet. Cycling holidays in France are a particularly wonderful way to re-connect with your beloved after months of the daily grind. Sample great wines at vineyards, picnic by beautiful rivers and enjoy the endless hospitality on offer at a wide range of well-equipped campsites and B&Bs. And with plenty of easy routes to take you do not have to be a Tour de France rider to embark on a rewarding and romantic cycling holiday.

John is a travel writer who has written on topics from the best cycling holidays in France to the most unusual local delicacies on the planet.

3 Times in Your Relationship When It's Better to Be Safe Than Sorry





By Amy Osmond Cook, Ph.D.

Zac Efron's well-publicized condom drop on the red carpet sparked Matt Lauer to comment, "Better to be safe than sorry, right?" Zac chuckled, "That's a great message to add to the many messages in the film."

Well, it turns out that "better to be safe than sorry" is a great message that applies not just to condoms, but also to relationships in general. Here are three times when it really IS better to be safe than sorry:

1. You suspect that your partner is cheating.

Barring a traumatic past relationship, people want to trust their partners. So if you keep having that nagging feeling that he's cheating, it's better to look into the possibility than to turn a blind eye. Hopefully, your worry is unfounded. But, unfortunately, each of my friends who suspected her partner was cheating really did have something to worry about. Consider the words of Ronald Reagan when discussing his relationship with the Soviet Union: "Trust. But verify."

Related: [You've Cheated, So Now What?](#)

2. You see a mean streak in your partner . . . but only with the guys.

No matter how nice your partner is to you right now, his true colors will shine through eventually. If you see him losing it on some guy at the bar, you can bet that given enough time, you'll be on the receiving end of the dude gone postal. And don't think that his gallant desire to protect the "weaker" sex will prevent an eventual outburst: a large majority of women who suffer from domestic violence were hit the first time while they were pregnant. Don't mess with a nasty temper. It will always come back to haunt you.

Related: [Hollywood Portrayals of Domestic Violence](#)

3. You get cold feet before the wedding.

Stories of commitment phobes and runaway brides who left their partners at the altar abound. It is often assumed that "cold feet" before a wedding is normal. While it may be common, anxiety before marriage is nothing to sweep under the rug—it's a manifestation that something isn't right about the relationship. Maybe it really is as simple as a commitment problem, and you need to get some tips from a professional about how to manage your impulse to run. But it's something that has to be worked out before the wedding, not afterwards. Just remember, an embarrassing day is much better than a life of misery or a divorce down the road.

Most of the time, it's best to give your partner the benefit of the doubt. But when you encounter a cheating heart, a bad temper, or feelings of anxiety, it's better to be safe than sorry.

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.

Ali Fedotowsky Says Emily Maynard “Deserves to Find Love” on ‘The Bachelorette’



Having previously starred on *The Bachelorette*, former contestant Ali Fedotowsky knows what it takes when it comes to finding love. Although she and her love match, Roberto

Martinez, recently called it quits, Fedotowsky is hoping that the new leading lady of *The Bachelorette*, Emily Maynard, will have a better shot. "Emily is amazing! She's such a sweetheart," Fedotowsky told UsMagazine.com. "If anyone deserves to find love, it's her." Fans were first introduced to Maynard on Brad Womak's season of *The Bachelor* when she fell for the bar owner, however, Fedotowsky believes viewers can expect something different this season. "Emily told me she likes guys with tattoos, so we'll see what kind of guys she has on this season," Fedotowsky said. "It should be interesting, I'm psyched."

When you have many suitors, how do you choose which one to date?

Cupid's Advice:

In many situations, having options can be a good thing. However, when it comes to your love life, this can become a bit stressful, especially when you have a few great choices to settle on. So what do you do when you're faced with such a difficult decision? Here are some ways to help pare down your list of potential lovers:

- 1. Personality:** This is one of the most important factors to consider when getting to know your list of suitors. Do you have a blast when you're with them? Are they charismatic? If so, this person sounds like a winner.
- 2. Meet the parents:** Mama knows best and so does dad; usually they can be spot on when it comes to knowing the right fit for their son or daughter. If your hopeful mate can get along well with your family and they adore them, this makes it even easier to seal the deal.
- 3. Genuine only:** You may not be able to easily be yourself around everyone, but when you find that one person who you can completely let your wall down with and they can do the same

when they're with you, you may have found "the one."

How do you know how to choose the right person when you're dating? Share your comments below.

Eddie Cibrian Gives LeAnn Rimes a Big Ring for First Anniversary



The honeymoon phase isn't quite over for LeAnn Rimes and Eddie Cibrian. The pair celebrated their first wedding anniversary on Sunday, reports [People](#). Cibrian gave Rimes a large ring as

a gift. “I have a very thoughtful husband with GREAT taste!!!!” tweeted Rimes. “Thank you all for the beautiful anniversary wishes! Woooo hoooo it’s been a year. Here’s to many, many more!!!”

What are some creative anniversary gifts to give your partner?

Cupid’s Advice:

Though flowers and a romantic dinner are classics, sometimes it’s nice to get out of the box. Here are a few ideas for creative anniversary gifts:

1. Picnic: Go for a picnic at the spot where you and your partner were engaged. The picnic will remind you of how far you’ve come as a couple.

2. Hire a photographer: Hire a photographer to take some pictures of you and your partner on your anniversary. Use the photos to make a scrapbook of your first year together.

3. Plane tickets: For something a little more extravagant, buy some plane tickets and head to a vacation spot for a second honeymoon. Perhaps take that trip to Europe of which you’ve always dreamed!

Do you have any other gift ideas? Feel free to leave a comment below.

Jessica Simpson Insists She’s Still Pregnant, Despite

Rumors



Jessica Simpson and Eric Johnson are more ready to celebrate the birth of their new baby than anyone else, but it seems that fans have jumped the gun by congratulating her on her new baby girl. According to UsMagazine.com, the star wrote via Twitter, "To everyone who keeps congratulating me on the birth of my baby girl...I'm still pregnant!! Don't believe what you read ladies and gents." Simpson is ready to be a mommy, but the *Fashion Star* mentor said she's also ready to get back into her high heels because her feet feel homesick!

How do you keep discussion about your pregnancy to a minimum?

Cupid's Advice:

Pregnancy is a special moment for you and your partner, but it can also be a monumental moment for the people around you.

Don't let them be the ones spreading the word about *your* pregnancy! Cupid has some tips:

1. Demand privacy: Your loved ones are going to want to be as far into your business about the baby as possible, whether they think they're helping or are just there to get the latest gossip, but you need to demand your privacy and tell them when they need to back off.

2. Be discrete: People love being in-the-know. To satisfy the nosey-nellies and the gossip queens, tell them just enough, but not too much. Hopefully, this way they get enough information to keep them occupied for a little while.

3. Close range: Only discuss important aspects of your pregnancy with the people with whom you are closest. This may limit discussions to your partner, the to-be-grandparents, and maybe your closest friends. This way, you know you can trust these people with your private information and don't have to fear information leaking out.

How did you keep your pregnancy hush-hush? Share your comments below.

Top 5 Don't Tips for Interracial Dating





By Rachel Khona

She's hot. She's cute. And she just so happens to be of another race. These days, dating someone outside of your own culture is hardly taboo, particularly if you live in a major city. But potential family issues aside, interracial dating can provide its own set of minefields, particularly when it comes to the initial pickup. Here are some handy tips:

1. Don't use her race as a pickup line

As a minority, I've encountered my fair share of men who think the easiest way into my pants is to use my ethnicity as a pickup line. The numerous times men have resorted to racial stereotypes to pick me up are endless. The problem is, while these men may have good intentions, their execution is poor. They forget to take into account that women of other races are people, too – people who don't necessarily walk around thinking about their ethnicity or nationality all day.

Related: [What Does Your Date's Drink Say About Him?](#)

2. Don't assume you know what her race is

As an added twist, no one really seems to know what I am. Guys try to discern what my ethnic makeup is, and my friends even take bets on what he's going to guess. Usually it's some form of Latina, often Mexican or Puerto Rican, but sometimes men branch out to Columbian or Chilean.

Alas, I'm none of the above. I'm Indian.

But that doesn't stop men from walking up to me in bars and saying "Hola!" or "Como esta?" Failing to relate to me as a person, they immediately use race as a cheap tactic to start a conversation. One man even went so far as to say I'm sassy because of all that Latin blood running through me. I am sassy, but being Latina has nothing to do with it.

Related: [Five Conversations to Avoid on the First Date](#)

3. Don't act as though she's not American, Canadian, Australian...

Not all of these men are uneducated, dumb or otherwise ignorant. Everyone from lawyers, businessmen, police officers and artists have asked me where I'm from, seemingly perplexed when I respond "New Jersey," as if that couldn't possibly be the right answer. "No, where are you really from?" they ask again. When I once told a man I was Indian, he responded by saying, "You're not all Ganesh and stuff."

He was right. Funnily enough, I didn't have eight arms or walk around in a sari. I was raised in New Jersey. I pepper my sentences with "like" and "omigod." I have a predilection for classic rock, going to the shore and dive bars. My life is not a Bollywood movie. I am more likely to be found joining every other red-blooded American singing "Don't Stop Believing" at a bar than dancing to Bhangra music. For all intents and purposes, I am as American as anyone else. Yes, I am of Indian heritage and proud of it, but that's hardly all there is to

me.

4. Don't pretend to be culturally enlightened

Some men attempt to use race as a way to prove how culturally enlightened they are. Case in point: As I was writing this article at an airport bar, the bartender asked me what ethnicity I was. When I told him I'm Indian, he responded by saying, "That's what I thought. I've traveled to India quite a bit, so I could tell."

I didn't believe him, of course, as even Indian people often don't know that I'm Indian. What I believed is that he was attempting to impress me with his worldliness. I imagine I could have said Brazil, Italy or Iran, and he probably would have said the same thing. When I expressed my surprise, he continued by telling me most people are ignorant for assuming I'm Latina.

Even one of my closest Indian friends thought I was Puerto Rican upon first meeting me. I hardly consider my friend to be ignorant. In dissing everyone else who thought differently, it's as if he sought to show me how culturally enlightened he was. Not only did he assume that everyone else is just an unintelligent a-hole, he made the dire mistake of behaving like a know-it-all.

He then dropped the fact that he used to date an Indian girl. I wondered if I should respond, "Oh, I used to date a white guy. I've traveled all over America, Canada and Europe, so I know a lot about white people." I decided against it. He continued to tell me everything he knew about India, and even peppered the conversation with a few Punjabi phrases. My family doesn't speak Punjabi and isn't from Punjab. Not even close.

5. Don't stereotype

Regardless of what end of the spectrum these men fell on, they

didn't realize how simple-minded they were showing themselves to truly be. They relied on racial stereotypes.

There's nothing wrong with talking about race with a woman, but it shouldn't be the first thing that comes out of your mouth. It should be something that comes up organically in the [c](#)onversation, not a way to impress her. If you find yourself interested in a woman of another race, whether she is Asian, Latina, or black, get to know her as a person first. Nobody wants to be reduced to a stereotype, and if that's what you resort to when meeting a woman, you most certainly will not get very far.

Rachel Khona is a model broker and writer. She serves as a contributing editor for Vaga, and has written for Cosmopolitan, Inked, Treats, Richardson, Your Tango, and Ask Men. She's often consulted for her dating knowledge, though she claims to know next to nothing about men.