

Kristen Bell and Dax Shepherd Get Frisky in the Park



The paparazzi doesn't always ruin the mood. Actress Kristen Bell and fiancé Dax Shepherd had a PDA-filled trip to a Los Angeles park on Saturday, reports [RadarOnline](#). Shepherd and Bell were at the park chatting and laughing with some friends at a picnic. Bell showed some affection when she climbed onto Shepherd's lap for a hug.

How do you show affection to your partner in front of your friends?

Cupid's Advice:

Managing PDA is always tricky, but it's especially tricky around friends. Here are a few ways to show affection without making things awkward:

1. Tone it down: Try toning down your usual displays of affection in order to make your friends feel more comfortable. Give your partner a hug instead of a kiss, or hold hands instead of sitting on each others' laps.

2. Keep it quick: Keep your displays short and sweet. Give your partner a quick kiss when your friends' backs are turned or go in for a short hug.

3. Little gestures: Try holding your partner's hand or sitting close to them. These little gestures will allow you to show affection without making your friends uncomfortable.

How do you show affection around your friends? Feel free to leave a comment below.

Jessica Biel Finally Shows Off Engagement Ring





Jessica Biel was finally seen sporting the ultimate accessory, her sparkly engagement ring, during a lunch date with fiancé, Justin Timberlake at the Brentwood Eatery Tavern Thursday. According to [People](#), the ring which, has rarely been seen in public, features a large, slightly rounded square-cut diamond with smaller stones surrounding it. This rock is also said to have a vintage feel. Those who witnessed Biel and Timberlake at lunch said the two looked very sweet on one another.

How do you know what type of ring to buy your soon-to-be spouse?

Cupid's Advice:

Finding the perfect engagement ring for your significant other is a big job. Cupid has some advice:

- 1. Be able to take a hint:** If your partner mentions a type of ring or shape they like, make an effort to remember what they said. Write it down if necessary.
- 2. Look at their personal style:** Is their style classic or modern? This is a ring they will be wearing every day, so it need to fit well with their wardrobe.

3. Ask them indirectly: You want to pick out the perfect ring, but you still want it to be a surprise. Ask people who are close to them like their best friends or parents what they think.

What would your dream engagement ring look like? Let us know in a comment below.

Deena Cortese Says Snooki Will Be a 'Great Mom'



Since the recent news that Nicole 'Snooki' Polizzi is pregnant, there have been doubts about the party girl's ability to raise a child. According to [People](#), Polizzi's best friend Deena Cortese thinks otherwise, telling Ryan Seacrest Friday on his KIIS-FM morning show, "Nicole is going to be a great mom."

Even though Cortese will be losing her party partner, she thinks Snooki will be a natural at raising her baby with fiancé, Jionni LaValle. Maybe Snooki's party days really are over as she gets ready to start her new family.

What are some ways to support a friend during a surprise pregnancy?

Cupid's Advice:

Sometimes things just ... happen. An unexpected pregnancy can be very difficult to deal with, which is why it's crucial for you to be there for your friend almost every step of the way. Here are some ways for you to give them that support:

1. Get excited: There's nothing you can change now, so you might as well look at it in a positive light. Even though your pregnant friend might not be in the best situation to be having a baby, you can still be happy for them.

2. Help her do some shopping: New baby means new things. She'll need new maternity clothes as well as baby supplies. By helping her shop, it will be comforting knowing she has you there for her.

3. Stay over for a while: There will be times in the pregnancy when your friend will need all the help she can get. Stay over a couple nights of the week, as she'll know you're there to help her out even with little things around the house.

Have you or your friend ever had to deal with a surprise pregnancy? Share your advice below.

Khloe Kardashian Gives Tips for a Happy Marriage



Unlike the rocky and ultimately doomed relationship of sister Kim and her ex, Khloe Kardashian and Lamar Odom are going strong. Kardashian always supports her guy, and that was especially seen when Odom was traded to a basketball team in Texas, so they had to move together. According to [People](#), Kardashian says that it's important to have "a give-and-take (relationship), keeping one another a priority and having genuine respect for each other is crucial." She also mentions the importance of "compatibility, honesty, communication and dedication" as well as keeping the relationship "a priority" to make a "happy marriage." "When you're married to the right person, it just works," she said. "It feels so good, having the support emotionally and physically from someone that you trust unconditionally is priceless."

How do you keep the bond in your marriage strong?

Cupid's Advice:

Keeping a marriage happy is crucial. Cupid shares some tips to keeping your bond strong:

1. Prioritize: Like Khloe and Lamar, you have to make sure that you put your partner and the relationship first. Make your love a priority. Where you live, and where you work are irrelevant if your partner is unhappy.

2. Communicate: Always keep in touch with your partner about everything. Whether it's about how their day is going or where you want to live, you have to communicate.

3. Support: Support your sweetheart in everything they do. Just because you don't understand it or like it doesn't mean you can't show your support for your partner by giving advice or just being there for them.

How do you make your marriage happy and strong? Share below.

Heidi Klum Protects Her Kids from Public Split





In an effort to stand strong after her very public split with Seal, Heidi Klum isn't speaking publicly about the details of what lead to their unexpected divorce for the sake of her children. "I'm a lioness. I have four cubs. I'm a mom. I want to take care of my kids and protect them. I don't want to talk about them, or him, or me," said Klum. However, she did reveal that things between her and the singer weren't always as perfect as they seemed. According to [People](#), the model is spending time at home with her children and avoiding reading about her divorce in the news.

How do you keep the drama of your divorce away from your kids?

Cupid's Advice:

- 1. Be careful what you say:** Never argue or talk about the details of the divorce in the front of the kids.
- 2. Answer their questions:** Encourage your children to come to you with their questions and concerns about the changing situation.
- 3. Don't put them in the middle:** The worst thing you can do when kids are involved in a divorce is to put them in the middle of a custody battle or a fight.

If your marriage isn't working out, should you stay together for the kids? Share your thoughts below.

Olivier Martinez Finally Confirms Engagement to Halle Berry



Olivier Martinez is finally speaking out. Martinez, a Miami-based restaurant owner, and Halle Berry were reportedly engaged [over the holidays](#), reports UsMagazine.com. Martinez is only now confirming the engagement. Martinez, who started dating Berry in 2010, told reporters at his restaurant opening, "Yes, of course we're engaged!"

What are some reasons to keep your engagement under wraps at

first?

Cupid's Advice:

After getting engaged, it's understandable to want to share the news. However, there are some advantages to keeping the engagement under wraps. Here are a few:

1. Who to tell: Though your family and close friends should be the first to know, you'll have to choose how and when to share the information with other friends and acquaintances. Take some time to decide how and when to share the news.

2. More details: When you tell friends about your engagement, they're going to ask about wedding details. By waiting to share the news of your engagement, you will be able to answer more questions about the wedding and your wedding-planning process.

3. Privacy: Though your friends will find the news of your engagement thrilling, they don't need to know right away. Wait a while and enjoy the privacy of life with your betrothed before others start asking questions.

Did you keep your engagement under wraps? For how long? Feel free to leave a comment below.

5 Ways Playing Hard to Get Can Damage Your Love Life



By Ashley

DelBello with contributions by relationship expert, Melanie Mar

“You value the things you have to work hard for, not the things that are handed to you,” says a mid-twenty something male friend of mine when discussing if a woman should play hard to get when she first meets a guy. While that may seem to sum up the answer to this ultimate singleton question, it’s a bit more complex than that. A guy may think a girl is really cool, but if she’s too available at first, then he will question it. The opposite is true, too. If a girl plays too hard to get and is unavailable, then he will lose interest.

So, throw out the “dating rules” – you don’t have to wait three days before calling or texting back, but you do need to consider each situation and act accordingly. For instance, don’t be available every time he asks you out, but be sure to offer an alternative day to meet up. Celebrity life coach and relationship pro Melanie Mar chimed in on what women should do when they first meet a guy and how to keep his interest:

1. Understanding men: “I do not advocate any game playing, but there is certainly an element of truth to the theory that men ‘like the chase,’” said Mar. “Nature is that reason, as men are built to compete, conquer and control.” Mar goes onto say that there is a big difference between women playing hard to get and men enjoying the thrill of the chase. That said, there does come a point when the chase has to stop. It’s important to keep it fun and light in the beginning, but if after a while it starts to seem that the relationship’s not going anywhere, then you might want to move on.

Related: [7 Ways to Flirt in a Web 2.0 World](#)

2. If we’re not into playing the game, but men like the chase – what do we do?: “Well, you let him chase you,” says Mar. “But if you don’t show a man some acknowledgement, he will move onto someone who does. Always respect and respond to his efforts, but remember easy is not interesting to a man. He wants to pursue you as it is in his innate, natural design. Remember the sperm chases the egg!”

Related: [How to Master Being in a Relationship](#)

3. Dropping the hanky: To subtly let a man know that you are interested in him, hold his gaze for a few seconds and smile. It’s not easy for men to approach women, so give him an opening signal to put him at ease and prompt him to come to you. Be engaging by playing ping pong with the opening.

4. Showing interest beyond the first interaction: It’s simple – if he contacts you, return his call. If he asks you out and you don’t have other plans, then go. Ladies, do the 3 to 1 ratio: if he takes you for dinner three times, return in kind by cooking him dinner once. “If a woman is being non-responsive in the beginning of a relationship when a man is actively engaging and pursuing her, she definitely will experience a feeling of control, but it will be short-lived. Eventually he will grow tired of chasing someone who acts as

if she's not interested – even if she truly is – and he will stop the chase,” said Mar.

5. Finding that balance: As my guy friend said, men question if a woman is always available to hang out, so you need to show that you have your own life, too, and quite frankly that others think you are the amazing person that you are. While this may seem a bit ridiculous, men are ego driven and do want that validation that you are someone worth investing time in.

Mar added, “Men don't want you perfectly presented on a silver platter – they want to get to know you. Their focus in the early stages of a relationship is chemistry; there has to be something about you that makes him want to see you more.

Maybe in the way you touch his arm when you laugh or the way you hold eye contact when he's talking to you – these are the things that make a man stay interested in YOU, not your unavailability.”

Getting Physical on the First Date: And as for the other question that all women want to know – if you get physical with a guy the first time you meet him or on the first date does it ruin your chances of a relationship forming from that?

There's no right answer and every guy is different from what I've been told. If there is a real connection there, then for most guys it won't matter. But, there has to be a pretty strong connection for that to not matter. So again, read each situation before you decide how far you will go with a guy and trust your instinct.

Playing hard to get is all about balance – because if you play it too much, you'll end up having relationships that won't go anywhere past the first interaction; but if you don't succumb to human nature and play it a little, well you'll mostly likely end up in the same boat – single.

Do you think a woman should play hard to get? Share your comments below.

Are Zac Efron and Lily Collins A Perfect Pair?



Lily Collins

recently revealed what she is looking for in a guy, even though she has been spending a lot of time with Zac Efron since Valentine's Day. "Prince Charming is someone that can make you laugh no matter what," Collins told reporters on Tuesday, according to [People](#). "The thought of them makes you smile." Collins claimed she was speaking generally, however she shared a few specific traits. "I'm looking for someone that's open to spontaneity and not close-minded and makes you feel like being you is enough," said Collins. Efron told reporters that laughter is key for him as well. "I like humor and spontaneity and something you wouldn't expect. I'm a big practical joker, and you can make [practical jokes] very romantic," said Efron. Collins was spotted out Tuesday night

talking with one of Efron's close friends, but not Efron himself.

How do you know if someone is a good match for you?

Cupid's Advice:

Knowing someone is a good match for you is a feeling. That said, here are a few tell-tale signs that you're with the right person:

1. You're always smiling: When you can't keep yourself from smiling while being around your new partner or even just talking about them, you are definitely with the right person.

2. You talk about them non-stop: If your friends are sick of hearing about how funny your new man's jokes are, you are surely talking about him too much. Although this may be annoying for your girlfriends, it's just another sign that you are stepping in the right direction in your relationship.

3. Free time is designated for them: Filling up the time you used to spend painting your nails with your new sweetheart is an excellent sign. This is especially true if your new partner is trying to spend as much time with you as possible as well.

**How did you know you and your partner were a good match?
Share your stories below.**

Jennifer Aniston Partially

Credits Justin Theroux with Her Happiness Level



Thanks to her Zen approach to life and wonderful boyfriend, Justin Theroux, Jennifer Aniston has never been happier. To be exact, her happiness is 10-plus. “You have a more relaxed sense of the world and life,” said the former *Friends* star, “and you realize there’s nothing to be taken too seriously besides doing your work and being a really good person.” According to [People](#), the couple who now calls L.A. home, weren’t as happy living in New York under the scrutiny of the paparazzi. “It felt like I was [living] in a fishbowl,” said Aniston.

How do you show thanks to your partner for making you happy?

Cupid’s Advice:

Finding someone who makes you happy is the ultimate sign of relationship success. Here are some ways to make your partner

happy, too:

- 1. Smile more:** Seeing you happy will only make your partner happier. After all, laughter is contagious.
- 2. Surprise them:** Nothing is more exciting than a spontaneous dinner or celebration.
- 3. Let them know you're thinking of them:** Send them a text in the middle of the day to let the person who makes you smile know they're on their mind.

How do you find a partner who makes you happy? Share your advice below.

Snooki is Proposed to With a 5-Carat Ring





A year ago Nicole “Snooki” Polizzo took boyfriend Jionni LaValle with her to a jewelry store to pick up her birthday present from her dad. She pointed out some of her favorite engagement rings, and little did she know, her LaValle was taking notes. “She wanted something very nice, something that’s gonna be timeless and with diamonds all around,” Ben Bekdas, the store owner, told [People](#). “And that’s what he actually got her.” According to Bekdas, LaValle came back into the store with specific ideas for the ring. After collaborating with the store’s staff, the perfect design was created. The ring has an eternity band containing two carats of diamonds and a central 3.2-carat diamond princess cut stone that is set in platinum. Its estimated value is about \$55,000. LaValle picked up the ring last month and proposed to Polizzi.

What do you do if your partner gives you a ring you dislike?

Cupid’s Advice:

Receiving a ring that you don’t like is a major problem. After your partner spent a huge amount of money to surprise you, how do you say you don’t like it? Cupid has some advice:

1. Fess up: Your first option is to be honest. Speak up and tell your partner you aren’t a fan of the ring. If they

really care about you, they will understand. Offer to go pick out a different ring together.

2. Drop hints: Things like not wearing your ring or mentioning other rings that you like will definitely make your partner think. However, your sweetheart may be thinking that you don't want to marry them, and not necessarily that you dislike their choice of diamonds.

3. Deal with it: Choosing to never say anything to your partner will leave their feelings unhurt. But, can you live with an engagement ring that you dislike? This is not just a birthday gift you can hide in a drawer; you are going to be wearing your ring every day and proudly showing it off to your friends and family.

What did you do when your partner gave you a ring you didn't like? Share your stories below.

Rumor: Is Snooki Engaged and Pregnant?





After the news broke that the possibly pregnant Nicole “Snooki” Polizzi was also engaged, photos surfaced of her engagement ring. According to [People](#), the ring was big and flashy and picked out by Snooki’s soon-to-be husband, Jionni Lavelle. It’s not exactly the quietest way to break the news, but Snooki would have said “get another ring” if the stunner wasn’t up to par.

What are some ways to break the news of a surprise pregnancy and engagement?

Cupid’s Advice:

Sometimes it can be difficult to let friends and family know about something unexpected in your life. Cupid shares some advice:

1. Timing: There’s no rush in letting people know the big news. Make sure it’s at a time in which everyone important to you is available and able to focus on the announcement of [a baby](#) or relationship change.

2. Simplicity: Keep it simple. Don’t complicate things by making small talk or making up a reason as to why you may have gathered people together. Be prepared with what you’re going to share, and be straightforward.

3. Knowledge: Think of questions friends and family may ask about the expected baby or engagement. Be prepared for possible bad reactions, but expect the best from the people you love.

What are some ways to break big and surprising news? Share your ideas below.

Chris Harrison Invites Tim Tebow to Be the Next 'Bachelor'



If the highly publicized dinner date with singer Taylor Swift comes to fruition as merely a friendship, Denver Broncos quarterback Tim Tebow may have 25 hopeful women vying to win his heart

instead. The NFL star has been approached to be the next *Bachelor*, host Chris Harrison revealed on *Access Hollywood Live* Monday, according to [People](#). Although Harrison apparently joked stating Tebow has already agreed to do the gig, Tebow hasn't confirmed whether or not he will sign up to pass out roses instead of passing pigskins.

How do you pick and choose a mate when there are a lot of options?

Cupid's Advice:

Having a variety of options to choose from is rarely a bad thing, except maybe when you're choosing your significant other. Whether you're looking for your lifelong partner or wanting to take things slow, choosing can be difficult. Cupid has some advice:

1. Figure out similarities: This is probably one of the most important factors to determine when looking for a mate. Of course you would want to spend a lot of your time with a person who has similar interests with you; so select someone who enjoys watching *Star Wars* movies just as much as you do.

2. Consider attraction: Granted, looks aren't *everything*, but you definitely have to be attracted to your potential partner. While she or he may not be dubbed as *Maxim's* 'hottest person of the year,' as long as they look good to you, then that should be all that matters.

3. Introduce to your loved ones: While your partner may be the most gorgeous person your eyes have witnessed, if they don't get along with those closest to you, that may create an issue for you and your relationship, resulting in an uncomfortable situation.

What are some things you consider before dating someone? Share your preferred qualities below.

'The Bachelor' Contestant Nicki Says She's Still Not Over Ben Flajnik



Nicki Sterling saddled back to Texas after falling in love and spending the night in the fantasy suite with *The Bachelor's* Ben Flajnik. The former contestant told [People](#) she was blindsided when she didn't get a rose, but believed it boiled down to him having stronger feelings for the other two women. "Hearing him refer to me as the "dark horse" lets me know he enjoyed my company in the beginning, but didn't have a strong connection until the end. I probably had stronger feelings for him sooner than he had for me," Sterling said. While she admits that she's still in process of getting over everything [from the show], Sterling is at a good point in her life and is in no

rush to start dating again. “It’s hard to fall for somebody that doesn’t fall back. The idea of dating hasn’t crossed my mind since I left Switzerland,” Sterling said. “I’m going to take a while to put myself out there 100 percent like on the show. I’m confident it will happen. I’m just not in any hurry.”

What are some ways to move on after heartbreak?

Cupid’s Advice:

It’s hard to move on after splitting with your lover, but it’s not impossible. Here are some ways to help repair your damaged heart:

1. Spend time with your family and friends: One of the many benefits of having [family](#) and close friends is they’re always there for you when you need them. Instead of being by your lonesome, desperately waiting for that phone call from your ex, have fun with your circle.

2. Pick up a hobby: Find things that you enjoy doing to get your mind off of your tainted love. Join a yoga or fitness class to relax. Plus, it’ll give you the opportunity to meet new people.

3. Focus on yourself: It’s so easy to lose sight of the plans you made for yourself, especially when you’re going through a breakup. However, now is the time to reevaluate yourself, go after your goals and put yourself in the spotlight.

How did you move on after heartbreak? Share your comments below.

Leonardo DiCaprio Enjoys a Date Night with his Model Girlfriend



Just a month after a totally romantic getaway in Mexico, Leonardo DiCaprio and his model girlfriend Erin Heatherton are still enjoying their relationship. The pair are still incorporating sweet little moments, such as during the cute date they had in Hollywood during a launch party recently. According to [E! Online](#), DiCaprio kept his arms around Heatherton's waist, PDA that anyone would find sweet.

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

Cupid's Advice:

Sometimes it can be difficult to draw the line when showing

your partner affection in public. Cupid shares some more subtle ways to show how you feel while out and about:

1. Compliments: Compliment your partner when they do something impressive or show up looking nice. You don't have to be terribly vocal about it, but compliments go a long way in showing how you feel about your partner.

2. Holding hands: Hand-holding is PDA that is both subtle and obvious at the same time in showing your partner some love. You can also pull a Leonardo DiCaprio and put your arms around their waist or rub their back to show your support and care.

3. Small kisses: Making out can be a bit too much in public for a relationship. That said, kissing your loved one on the forehead or hand can be both cute and sweet without making those around you cringe.

What are some subtle ways you show affection to your guy or gal? Share your ideas below.

Joey Fatone Gives Former *NSYNC Bandmate Justin Timberlake Marriage Advice





Advice from an old friend is always welcome. In light of Justin Timberlake and Jessica Biel's engagement, Joey Fatone offered Timberlake marriage advice in an interview with *Parade Magazine*, reports [People](#). "[Timberlake shouldn't] listen to all the BS," said Fatone, Timberlake's former *NSYNC bandmate. "Especially in his situation, he and his fiancée ... they're both in the limelight as well. It's tough for those celebrity couples. It's really hard. It's the communication that really needs to drive that relationship."

How do you keep outside drama from affecting your marriage?

Cupid's Advice:

Outside drama has the potential to put severe strain on your relationship. Here are a few ways to keep the drama from affecting you:

1. Avoidance: It's impossible to always avoid drama, but when possible, keep yourself out of situations that could turn sour. Don't spread information that you've heard, and don't offer opinions that could offend others. By being neutral, you can make sure that you and your spouse remain out of the situation.

2. Communication: For the times when drama is inescapable, it's important to communicate with your spouse. If need be, have a conversation that directly addresses the drama and its effect on your marriage. Complete honesty will keep your marriage strong.

3. Stay upbeat: To keep your marriage happy and upbeat, try joking about the drama that would otherwise create stress. Your optimism will spread, and eventually the situation will blow over.

How do you keep drama from affecting your marriage? Feel free to leave a comment below.

Selena Gomez Flies to Be with Justin Bieber for His 18th Birthday





Justin Bieber finally became legal on Thursday. According to UsMagazine.com, Bieber celebrated his big 18th at a huge party with all of his A-list friends. On the guest list was Bieber's girlfriend Selena Gomez, who flew from her movie set, Kim Kardashian, Kylie and Kendall Jenner, Mike Tyson, Ashley Tisdale and many others. A partygoer claimed, "Everyone danced all night." Although Bieber spent most of his time by Gomez's side, he did socialize with his family who flew in from Canada. "He was all over Selena the whole time, walking her around by hand. He kept kissing her," said a source. "It's clear she was the best part of the night for him. He is still so in love with her."

What are some ways to make your partner's birthday celebration special?

Cupid's Advice:

On your sweetheart's birthday, make sure everything is about them. Cupid has some ways to make their day special:

1. Surprises: Who doesn't love a good surprise? Throwing your lover a surprise party means you put a lot of thought into making sure they have an excellent time. Nothing is more special than having all of your closest friends and family

come together to celebrate your big day.

2. Favorite meal: Cooking your partner's favorite dinner without he or she having to ask shows you pay attention to them. So maybe chicken and biscuits is not your favorite dish, but cooking it particularly for your lover will surely make their day special.

3. Perfect gift: In order to make your man's birthday special, you don't have to drop a small fortune on a gift. Getting him those new car mats he's had his eye on just shows that you pay attention. Making a personalized card and telling your partner just how much you care is really the best way to make them feel special.

How did you make your partner's birthday celebration special? Share your stories below.

How to Know When It's Time for the First Kiss





By Carlos Kotkin

There's no way around it. First kisses are usually pretty awkward, and yet they're almost always memorable. Even celebrities commit their first kiss experiences to memory. Recently, a group of celebrities including Tom Green shared recollections of their first smooch with [People](#). For instance, Jerry O'Connell was stunned when his first kiss took a French turn. Vince Gill's first lip lock involved intense face slamming that kept him from breathing. James Van Der Beek's extremely romantic first smooch took place in a ... handicapped bathroom? A handicapped bathroom? Seriously?

Even after you've gotten the hang of it, a kiss at the end of a first date can sometimes be just as awkward. These situations bring you back to your teenage years when you were kissing your teddy bear for practice. To top it off, for guys, making the first move is often a nerve-wracking experience ... and as they say, timing is everything. Here are some things to consider:

A Concrete "No"

It's no secret that dating can be an awful experience every now and then (or nine times out of ten). The worst part of a first outing is the potential for an awkward goodbye at the

end of it. Indeed, I've experienced my fair share of goodbyes. Sometimes it's crystal clear when a woman isn't interested in a first kiss ... or a second date, for that matter. At the end of one date, I received a firm business-like handshake along with a "Good luck to you," before she power-walked in heels across the parking structure to her car. In that case, I knew leaning in for a kiss wasn't a great idea.

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

A Strong "Yes"

Other times, women I've gone out with have miraculously been attracted to me. In one case, at the end of a date, a young lady asked me point blank, "Are you going to kiss me or what?" This was a strong indication she wanted me to, um, kiss her.

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

No Man's Land

But then there's that middle ground – that neutral date when you're out with someone and you feel like things could go either way. It's the no-man's land of dating. Unfortunately, this is where I've ended up most of the time. I've been in situations where I've thought, "This person either can't stand me or is head over heels." I'm not embarrassed to admit I've been on a date at the movies and as the movie was ending, I've thought, "Oh, no. It's over. We're going to say our goodbyes pretty soon. Oh no..." Ladies, while in no-man's land, your date will search for the slightest clue that you're more than friends. The gentlest touch from you, laughing at our stupidest jokes or a twinkle in your eye are all strong indicators. (By the way, it's totally possible to see twinkles.) The bottom line is, things like that give a guy hope.

While I can't point out which specific clue will lead a guy to

lean in, I *can* emphasize what *not* to do. I was on a dinner date once that lasted for hours. We ended up in my apartment, where she sat on the couch, giggling at my yearbook photos.

When I leaned in, she moved away in surprise, saying, "I'm not interested in that. Sorry." I apologized profusely, declaring it was my bad. Even though the atmosphere was incredibly awkward afterward (I thought), she stayed for another hour as if I had never made a move. We talked about Hawaii, and she finally left. When she did, I had a newfound admiration for the woman who shook my hand and power-walked away in heels.

Carlos Kotkin is the author of PLEASE GOD LET IT BE HERPES: A Heartfelt Quest for Love and Companionship. He is a ten-time Moth StorySLAM winner, including two-time winner of the coveted GrandSLAM, and has been featured on NPR's The Moth Radio Hour, KCRW's UnFictional, and the popular podcast RISK! He lives in Los Angeles. For more on Carlos, visit his website at www.carloskotkin.com.

Five Bad Relationship Habits and How to Break Them





By Marianne

Beach, GalTime

We've all heard the infamous break-up line: "It's not you, it's me!" But what if it really *is* you that's been sabotaging your relationship— without even knowing it?

Psychiatrist Rebecca Gladding, MD, co-author of "*You are Not Your Brain: The 4-Step Solution for Changing Bad Habits, Ending Unhealthy Thinking, and Taking Control of Your Life,*" offers us the top five bad relationship habits we slip into...and how to break them once and for all.

Bad Habit #1: Pointless arguments

How to Break it: Stop, assess and refocus

Gladding says: If you find that what started off as a legitimate difference of opinion over something specific has devolved into either of you bringing up old issues or simply trying to make a point to win the fight, you need to stop the conversation and take stock of what's happening.

Rather than blame either person, simply note what just happened, take a breath if you need to and refocus the conversation on the original point. Say something neutral,

like “I think we got off track, you were saying before that you thought/felt,” or “I think we got off track, what I’d really like to talk about is...” By not placing blame and keeping to the original topic, you can avoid saying something that you both might later regret.

Related: [3 Habits Guys Find Most Annoying](#)

Bad Habit #2: Making assumptions

How to Break it: Ask instead

Gladding says: We’ve all done this. He does or says something that you take one way, when he really didn’t mean what you thought he just implied; or, he doesn’t do something in the way you expected him to.

Rather than assuming his intentions, thought process or feelings, ask him to help you understand where he’s coming from. You might be surprised to learn he had actually thought something through more than you assumed, was planning to do something later or didn’t realize how you might take his comment. So, when it’s not clear, ask him.”

Bad Habit #3: Endlessly seeking reassurance

How to Break it: Ask once (or twice), and then move on

Gladding says: Although it’s important to ask him how he feels or what he’s thinking, there is a limit to this. For example, if you repeatedly ask him the same questions to get reassurance or more information about a prior event or conversation, he might begin to think you did not believe or trust him the first time.

Rather than asking him about the same topic/event several times, ask once or maybe twice, get the answers you need, say what you need to say and then move forward.

Related: [What to Do When He Pulls Away](#)

Bad Habit #4: Checking his email/texts

How to Break it: Have a talk about trust

Gladding says: This is very tempting– and people do it for all kinds of different reasons. Is he talking with an ex? Is he cheating on me? Is he getting me that ring? Invading someone's privacy in this way almost never leads to a good outcome and often results in mistrust and resentment. Rather than snooping, look at his behavior. Is he acting like he normally does or has something changed? For example, is he coming home at night at the usual time? Is he following his usual routines? Is he attentive and loving with you or is he distracted?

The bottom line is that if you do not trust him, checking his email and texts is not going to improve your relationship.

You might need to have a conversation with him about your concerns and/or consider whether you trust him enough to be in a relationship with him at all.

Related: [Can We Have TOO Much Communication and Honesty?](#)

Bad Habit #5: Having serious conversations via electronic media

How to Break it: Wait to say it face-to-face

Gladding says: Although emoticons have helped some people, having a serious conversation via email/text is a big mistake.

Not only are you unable to tell his tone, you are missing eye contact, body language and other vital information. And, while the phone or Skype might be an alternative in urgent situations, it's still not the same as being in the same room with someone.

I can't tell you how many fights get started this way when really it was a misunderstanding in how someone read the text and assumed subtext. In most cases, the entire

misunderstanding could have been avoided if the two people talked in person. This is why I always recommend meeting in person if you need to discuss something important, especially if there is a chance one of you might misinterpret what's being said.

Sources Say Ashton Kutcher Visited Demi Moore



Though Ashton Kutcher has kept quiet about his split from estranged wife Demi Moore, his concern is apparent. The *Two and a Half Men* star, 34, visited Moore after her hospital stay, reports [People](#). Kutcher and Moore “are not getting back together,” said a source. “[He went because] he knew it was important to her daughters.”

Is it OK to support an ex through a difficult time?

Cupid's Advice:

It's hard to see an ex struggling through a tough time without lending them a hand. Here are a few things to consider before reaching out:

1. Your status: If you and your ex are good friends, then supporting will not be an issue. However, if your relationship is strained, you should let your ex's friends do the comforting.

2. Their situation: Why is your former love upset? If they're struggling due to relationship issues, especially issues concerning you, it may be best to remove yourself from the situation.

3. Your intentions: Before lending support, make sure that your intentions are clear. Make sure that your ex knows you have no intention of getting back together and that friendly concern is your only motivation.

Have you ever helped an ex through a tough time? Feel free to leave a comment below.

Lamar Odom Teaches Khloe Kardashian a Lesson with Handcuffs



Khloe Kardashian and NBA star, Lamar Odom share a very close relationship with one another, but how close is too close? Kardashian has been constantly interfering with his daily activities, so Odom decided to give his wife a taste of her own medicine by handcuffing himself to her, according to UsMagazine.com. “You play silly games with me, I play silly games with you”, Odom tells Kardashian on Sunday’s episode of *Khloe and Lamar* on E!. We all watch as Kardashian gets dragged along by her husband, not letting her do what she wants to do. A frustrated Khloe claims, “Enough is enough!” as her husband laughs at the success of his payback.

What are some ways to get your partner to stop nit picking?

Cupid’s Advice:

If you’re with someone almost all the time, you can’t help but interfere with parts of their life. But sometimes, it gets to be a little too much interfering. How do you get your partner to back off a little? Here are some tips:

1. Have a talk with them: You can first start the nice way by simply sitting them down and explaining to them that you need to do some things your own way. They should be understanding and respectful that you approached them the way you did.

2. Leave them hanging: If you slowly stop telling them your daily plans, they'll feel know something's up. They'll ask what's wrong, and you can tell them why you don't want them to know what you're doing, because they'll get in the middle of it.

3. Do it right back: If nothing else has worked, try the Odom method and do what they're doing to you right back to them. Your significant other will see how annoying it is to be meddling all the time that they'll get the picture and eventually stop.

Have you ever had a partner who would always get in the middle of your activities.? What did you do? Share your comments below.

Khloe Kardashian Reveals What Kris Humphries Said at First Meeting





Yes, Kim Kardashian and Kris Humphries are divorced, but little sister Khloe Kardashian Odom, revealed why she and Humphries never got along during her Tuesday night appearance on *The Tonight Show With Jay Leno*, according to [E! Online](#). Kardashian Odom told Leno that the first thing Humphries asked her during their first meeting was, “So, how much you gettin’ paid to fake your marriage? Like how long are you gonna keep this up for?” Was Humphries trying to break the ice with a joke, or was he being down right shady? Kardashian wasn’t sure, but she said, “[Humphries] just rubbed me the wrong way. So, ever since then, I had a very defensive wall brought up.”

What do you do if your family doesn’t like your significant other?

Cupid’s Advice:

Introducing your family to your significant other is a big step. Between worrying about your family liking your partner and if your partner will leave a great first impression, it can be intimidating. Here are some things to do if your family doesn’t like your partner:

- 1. Respect:** Understand that your family is free to have their own opinion. Give them time, and they may come around.

2. Meet, again: Put a lot of thought into their next meeting. Pick a relaxed setting, because after all, you're trying to connect the people you love.

3. Take a step back: Really take time to evaluate why your family doesn't like your partner. Could it be that he or she isn't right for you? If not, let your family know that your relationship is here to stay whether they like it or not. This may be just what they need to come to an acceptance.

What would you do if your family wasn't happy with your significant other? Share your thoughts below.

You've Cheated, So Now What?



By Melissa Caballero

You've done the unthinkable. You've cheated. But whether it

was a one-night stand or an ongoing affair, something has to be done. You must find the courage to confront yourself, your life and your relationship. The aftermath of cheating is not an easy obstacle to maneuver through, but you are not alone. Reaching deep within can reveal many of the answers to those heart-wrenching questions that are most likely burdening your conscious. Whether you're a celebrity couple overcoming the adversity of the paparazzi exposing your cheating-capades or an everyday couple trying to find your way, here are a few tips on how to handle your embittered situation:

1. To tell or not to tell. If your affair was truly a one time lapse in judgment, it may be most beneficial to keep this information to yourself. Although you might think it will take a huge weight off your shoulders to confess, you will only be hurting your partner and destroying any trust that exists between you. If you choose to keep it quiet, remember not to blab to your friends or post eluding comments on Facebook, increasing the risk of your partner finding out. You must only do this if you truly believe you will never cheat again.

However, if after you've cheated you feel there is no way to exist in your relationship without revealing your wrong doing or if in fact you want to end things and move on, disclosing the information may be the right choice for you. Without disclosure, it may not be possible for you and partner to move on in a truly honest relationship.

2. Work it out or end it. Was this really just a one-night stand or are you finding yourself chronically hooking-up? Infidelity often happens because something is missing in the relationship. After you've cheated, you may realize you the made the biggest mistake of your life. If this is the case, you need to communicate with your partner about how you're feeling, and what's lacking in your relationship. Doing so, will make it easier to fix these things as a couple. This

doesn't necessary mean you have to confess, but simply use your infidelity as a learning curve.

However, the lesson may very well be that you are no longer committed and you need to move on. Your actions may have been a subconscious act to sabotage your current relationship

Related: [5 Reasons Why Power Men Like Arnold Schwarzenegger Cheat](#)

3. Accept the consequences. Whether you fess up or not, every action has a reaction. Being unfaithful is a detrimental behavior and will impact your life drastically. If you do expose these actions to your partner, you have to be prepared for the worst. You cannot expect your partner to brush off this information or even forgive you. If you mutually decide to overcome this hurdle together, you must give your partner space and time to heal. You must also give constant reassurance that you have learned from your mistake and are willing to move on honestly and faithfully. If you and your partner are committed to each other post cheating, the healing process may bring you even closer together.

Related: [NY Ink's Ami James Chats about New Season and Inking Your Partner's Name](#)

4. Find forgiveness within yourself. Mistakes happen. Rather than beating yourself up, step back and forgive yourself. Doing this allows you to free yourself mentally. While you are still responsible for your actions, this release of emotion can allow you to work on yourself, your relationship- whether it is the current one or a new one- and help you to change your bad habits and find personal growth from within.

How did you and your partner handle a cheating situation? Share your comments below.

'The Bachelor' Winner Courtney Says She Tried Hard to be Nice to the Other Women



On last Monday's all new episode of *The Bachelor*, Courtney Robertson realized that Ben Flajnik was having his doubts about her because of the way she's been acting with the other girls. Robertson was quick to pull Flajnik for some one-on-one time in Switzerland to explain herself. In high hopes of gaining his full trust back, she desperately told him, "I'd say something and they'd jump on me. I had my guard up." Little does Flajnik know, there's a lot more she said to her cast members that he wouldn't be so happy about.

What do you do if you don't get along with your partner's

friends?

Cupid's Advice:

There are times where you just can't get along with your partner's friends, but they have a problem with that. Not sure how to fix this problem? Here are some tips:

1. Give it another shot: Maybe there are certain friends of your significant other's who you don't get along with, but there has to be someone you can manage to have a conversation with. Try not to be close-minded, and try giving his or her friends another chance.

2. Bring a friend with you: Whenever you both go out with a bunch of friends, bring yours along, too. It's much easier to loosen up and be cool when you have your best friends along with you.

3. Have them over your place: If you all get together at your place, you'll feel comfortable and there will be less tension. Also, since it is your pad, their friends will most likely be extra nice to you.

Do you get along with your partner's friends? Share your experiences below.

Jennifer Garner and Ben Affleck Welcome a Baby Son



For the third time, Jennifer Garner and Ben Affleck are proud parents. According to [People](#), their new son was welcomed in Santa Monica. After announcing they were expecting in August, but not sharing the sex of the baby, their new son joins big sisters, Seraphina, 3, and Violet, 6. “It would be so weird to have a boy,” Garner told Ellen DeGeneres, also saying that the experience would be “cool and different.” However, in 2010, Affleck said, “The three-against-one-female-to-male ratio in his house leaves me significantly outnumbered.” Garner and Affleck are happy together. “Honestly, I would do anything for that man, because I know it’s not taken for granted,” said Garner.

Cupid's Advice:

After having a house full of estrogen, adding another man to the mix will no doubt bring changes. Cupid has a few:

- 1. Dad relaxes:** This may not happen right away, but with time, the man of the house will have another guy on his team.

That's one more person to fight for the game to be on TV on Monday nights rather than *The Bachelor*, or someone to help cut the grass.

2. The last name carries on: Your family name may make it another generation. Having a son join the mix allows the opportunity for your last name to live on.

3. Male bonding: Father-daughter dates are very crucial, but there's nothing quite like father-son bonding. Going fishing, playing ice hockey and building tree houses are all things many sons experience with their fathers. So ladies, step aside and let boys be boys.

How did your family change when you had a son? Share your stories below.