

Ashton Kutcher Indulges in PDA at Oscars Bash with Gal Pal



Ashton Kutcher, 34,

took Lorene Scafaria, 33, as his date to Madonna and Guy Oseary's annual Oscars after party. According to UsMagazine.com, the couple socialized with Cameron Diaz, Diddy, Katy Perry, and Leonardo DiCaprio. Although Kutcher's rep has denied the duo being couple, a source said, "They were affectionate. They held hands and she rubbed his back and neck." This was all very different for Kutcher, whose date for the past several years had been Demi Moore.

What are some ways to introduce your new partner to friends?

Cupid's Advice:

Introducing your new lover to your friends can go great or

horribly wrong. Cupid has some tips to make sure it goes smoothly:

1. Prep: Tell your new man about your friends, and dish to your friends about your new man. A surprise meet and greet will be awkward for everyone. If you forewarn your man about your goofy friend who laughs when she meets new people, he won't feel like she is laughing at him and the process will be effortless.

2. Neutral location: Don't show up at your girlfriend's house, which is like your second home, with your new boyfriend. It will surely be uncomfortable for him. Try having a group of friends meet at a bar or bowling alley. That way, you can all mingle and everyone meets your new beau in one shot.

3. Be proud: Have confidence when you introduce your sweetheart to your friends. If they think you're embarrassed of him, they are going to assume something's wrong. The last thing you want is friends who disapprove of your new man and a boyfriend who feels insecure about your relationship.

How did you introduce your new partner to your friends? Share your stories here.

'The Bachelor' Ben Flajnik Sends One of Three Women Home





Ben Flajnik had an eventful weekend in Switzerland with the final three contestants of *The Bachelor*, Courtney, Lindzi and Nicki.

Previously eliminated Kacie B. even made a surprise appearance. According to [People](#), Kacie said, “I didn’t see that coming at all,” talking about their breakup to Flajnik.

“It’s hard for me to get that out of my head.” Ben explained that he felt he was protecting Kacie by ending things when he did. She replied with a final piece of advice about Courtney.

“I feel like if you were to choose Courtney you would get your heart broken. It seems like she’s in it to win it... It makes me sick to think that you could be hurt again.”

Disregarding Kacie’s advice, Flajnik gave roses to Courtney and Lindzi. “I just hope you’re making the right decision,” Nicki told Ben, who said, “Believe me, I do too.”

What do you do if you see your friend making relationship mistakes?

Cupid’s Advice:

Watching your friend make mistakes is hard, but so is trying to intervene with his or her relationship. Here are some friendly ways to have your pal’s back:

1. Get your facts straight: Before taking your referee skills

center court, be sure you know what you are breaking up. For all you know, your friend could be giving you one-sided stories and their partner is completely guilt-free. Observe as a separate third party to be sure your assistance is necessary.

2. Approach your friend: When you are positive there's an issue, point it out to your friend. She may not even be aware that her boyfriend is sounding like her father. Once his flaws are showing, your friend will hopefully clear things up on her own.

3. Offer advice: If your gal pal doesn't help herself, it's time to step in and try to make some changes. Give her some advice; tell her how you would handle the situation. Don't tell her exactly what to do, though, because that could just cause problems within your friendship.

What did you do when you saw your friend making relationship mistakes? Share your stories below.

3 Ways Date Therapy Can Help You Connect





By Dr. Tranquility-

Lydia Belton Ph.D.Ct.H.A.

Treating ourselves and others with love is the most important aspect to dating. That said, it can sometimes be difficult to bond in a loving manner when you're nervous in a dinner date environment. Date Therapy can help! It's a new protocol that helps people connect in three very important ways. People like Demi Moore or Kim Kardashian, who have both very publically just fallen out of high profile relationships, should take note.

1. Set Healthy Boundaries

Love yourself enough to begin your relationship with healthy boundaries. Understanding what our realistic wants and needs are helps us to set these boundaries and to understand what we absolutely cannot tolerate. It's important to remember that we have worth and deserve a loving relationship that we feel safe living within.

I am very proud of Demi Moore and so many other people who recognize when it's time to apply the brakes, hit the reset button on our boundaries and set out to live full lives. Date Therapy empowers us to take the steps to find out if we've found "the one" by asking the correct questions from the

beginning and not being afraid of the response. Because we love ourselves enough to say “no” when something’s not right, Date Therapy helps you find your true criteria and your ideal mate.

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

2. Insist on Self Full Existence

Love yourself enough to insist on a self full existence. This means acknowledging that we have the right to include ourselves in our wants and needs list without stepping on the wants and needs of others. We need to allow ourselves to realize that we exist for ourselves as well as for our partners.

How many of us have been surprised when “the one” turns out to be “the awful one,” and we ask ourselves, “What was I thinking?” Somewhere along the way, the healthy boundaries where your needs and wants exist were either not set or were overlooked in the [passion](#) of the moment. At one point, you had a wonderful amount of comfy space, and now this partner is standing on your toes. A fantastic example of this is Kim Kardashian and Kris Humphries’ 72-day marriage. Really, you can ask the right questions by the second date, but you just have to be open to the answer.

Related: [What Kim Kardashian Taught Me About Marriage](#)

3. Apply Tools

Now that you’ve set healthy boundaries and insisted on a self full existence, it’s time to bring the tools of Date Therapy and your subconscious mind to find your ideal mate. You now have the recipe for success, and you will soon find the life and love of your dreams!

People often ask me, “Can I reset my feelings so that I fall for someone I feel that I *should* like if I am not really

attracted to them?" The answer is "no," and you also can't force others to modify their behaviors, so don't try to force it or make it fit. If you are just coming out of a relationship, have fun with phases 1 and 2 before taking on phase 3. Watch your favorite comedy or read a book. Take a bubble bath with your favorite fragrance and drink a glass of champagne. Go out with your pals if you're not quite ready to date. You'll still have an amazing time, and you will find that Date Therapy + healthy boundaries = The relationship of your dreams.

DrTranquility-Lydia Belton is a mental health expert with a background in Psychology, Relaxation Physiology for Mind-Body Medicine from Harvard University's Mind- Body Institute, and Columbia University's Rosenthal Center in Botanical Medicine.

She is known for her exclusive B Well TV productions which have aired on Current and various Internet TV platforms, including on the B Well TV channel. She's also the co-author of the book Let the Sun Shine In.



Rihanna Is Supporting Chris Brown in iPhone Theft Allegation



Rihanna is standing

by her ex, Chris Brown, while he awaits the decision on whether or not he'll be charged in theft of a cell phone, [RadarOnline](#) reported. Brown has been accused of stealing a woman's iPhone as she snapped a picture of the R&B singer while he sat in the back of his car. Brown purportedly snatched the phone saying, "B-tch, you're not going to put that on the internet" and drove off. A source close to the situation told the site that Brown is claiming that he absolutely did not steal the phone. Rihanna has subsequently stated that she will stand by him during the investigation and whatever the future holds. Given the past these two have together, Brown was humbled by Rihanna's firm support. "He told her he appreciated her despite the criticism she has endured for recording songs with Chris [Brown] and welcoming him back into her life," the source said.

What do you do if your partner gets involved with the law?

Cupid's Advice:

Getting in trouble with the law is not fun, especially when it

involves your lover. While it all depends on the situation and how you choose to handle it, Cupid has some advice to help:

1. Be their support system: “Through sickness and health, and ‘til death do us part...” Getting involved in the law can fall somewhere in between those two. Having your significant other in trouble with the law can be a stressful situation for the both of you, but try to be there through the difficult time.

2. Ignore the negative feedback: In this situation, there’s always going to be at least one person who’s going to degrade your decision to stand by your mate. While the backlash may get to you, develop thick skin and try to remain positive about the circumstances.

3. Move along: If your partner is in serious trouble with the law and it gets to the point to where you no longer have the patience to deal with it, then it may be best for you to move on and live your life.

What would you do if your partner got involved with the law? Share your comments below.

Kate Gosselin Reveals She’s Lonely on Dr. Drew





It's been two years, but Kate Gosselin still isn't ready to move on. Gosselin, 36, revealed that she is lonely and unhappy with her love life on *Dr. Drew* Wednesday, reports [RadarOnline](#). Gosselin separated from her now ex-husband Jon Gosselin two years ago, but doesn't feel the time is right to find the man who would be willing to take on eight kids yet. "I absolutely [want to find someone]!" said Gosselin. "The odds are so against me, one mom and eight kids...so it would be great. I mean, I'm so lonely. I clean up the house, put the kids to bed and there I sit. Ideally I would find that person...I don't know if I feel ready for that."

How do you get over the feeling of being lonely after a split?

Cupid's Advice:

Living the single life takes some adjusting to, especially if you're used to being in a relationship. Here are a few ways to help you get over your loneliness:

1. Keep busy: Loneliness really settles in during your extra time. Staying busy will help keep your mind off of your feelings. Also, getting out more may be a way for you to meet new people.

2. Call your friends: A romantic partner isn't the only person who can make you feel wanted. Your friends have been supporting you for years and will continue to do so. Call them up and organize a time to hang out.

3. Avoid routines: Having a scheduled, routine life will only make you feel lonelier. Shake things up, and be careful not to live on auto-pilot. Spontaneity can be a blessing.

How did you comfort yourself after a breakup? Feel free to leave a comment below.

Justin Timberlake and Jessica Biel Plan to Wed This Year



After a long courtship of nearly five years, it's no wonder that newly

engaged couple Jessica Biel and Justin Timberlake would want to exchange vows later this year, according to [UsMagazine.com](https://www.usmagazine.com).

Timberlake proposed only this past December, and according to an insider, "The big day's this summer at a private estate."

This couple is known for it's privacy, so it'll be interesting trying to figure out the details of their wedding.

How do you plan your dream wedding in a short amount of time?

Cupid's Advice:

Planning your wedding can be a stressful time, and adding in the time element just increases one's worries. Cupid shares some tips on how you can plan a wedding quickly:

1. Location: Some places offer last-minute discounts. Try to schedule your wedding and reception at the same location. Also, be flexible on the exact date and time.

2. The dress: If your wedding is in three months or less, it's unlikely that you'll be able to custom design a dress. That doesn't mean you can't find your dream dress. Check out boutiques which have wedding gowns in a variety of sizes so that you're able to find the perfect outfit for this important date.

3. Invitations: Take care of invitations first. It's important to give guests at least six weeks notice, so sit down with your partner and decide on a guest list. Doing this will ensure that those you love most will be there to see you tie the knot.

How would you plan a wedding with little time? Share your thoughts below.

Dr. Jean Cirillo Discusses Her New Book 'The Soul Mate Myth: A 3-Step Plan for Finding REAL Love'



By [Whitney Baker](#)

Thanks to the fairy tales that we heard as little girls, many women are searching for their Prince Charming, their perfect match. In our hearts, we believe that there is one man for each of us – our soul mate. Well, ladies, listen up! In her book, *The Soul Mate Myth*, Jean Cirillo, PhD, offers a new perspective on finding love, one filled with realistic expectations and attainable possibilities. Through her three-step program, she teaches women how to overcome their fears and fantasies so they can see love with fresh eyes and an open heart.

We had the chance to interview Dr. Cirillo about her book and she shared many words of wisdom along the way:

Can you tell us about your program and how it works?

My program involves three basic steps. The first step focuses on examining your present situation to see where your fantasy expectations have gotten you. The next step is grieving for the mythic man that never existed, much as you would grieve the loss of a real relationship. And the final step involves reprogramming your brain and emotions to pursue a healthy, realistic relationship.

Why do you feel that finding “your perfect match” is a lie?

The idea that you can find your perfect match is a lie because, even if there was such a thing as your “twin flame,” where is the evidence that you could meet him in this lifetime? Why should he live in the same country, speak the same language or even be in a position to meet you? And even if the two of you *did* meet and hit it off, where is the evidence that you would continue to grow together, in the same direction, at the same rate? Clearly, there is none.

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

How and why do you think that fairy tales progressed from imaginary stories for little kids to something that grown-up women believe in?

Fairy tales would never be so popular if they only addressed the fantasies of little kids. Remember, they are written for children *by* adults, created from universal fantasies of a perfect life, ideal love and happily ever after.

How would someone rid themselves of unreasonable expectations that may prevent them from finding love? And which ones are most likely to get in the way?

The book takes one gently through the stages from ridding

one's self of unrealistic expectations toward replacing them with realistic ones. For example, a common unrealistic expectation is that one's partner should enjoy many or all of the same activities. In truth, his need for sports and her need for shopping can easily be satisfied by other friends or family members.

As far as more difficult expectations, which usually center around characteristics such as financial status, physical traits or ethnic background, the book explores the gains and losses associated with holding onto these demands. Often, we find that they represent personal needs that have little to do with our partner and can be satisfied in other ways.

What are the top three things a person should look for when considering a man who is worth loving for a lifetime?

First, you should look for similar values and long-term goals.

Do you and your partner share similar attitudes about family, children, religion, friends, fidelity, work, money, and so on?

These basic attitudes need to be discussed, and any differences should be resolved before making a long-term commitment.

Next, you should consider how difficult times effect your romance. Have you been together when one of you was going through a crisis such as a job loss or illness? It is important to determine if he will be helpful in a bad situation or simply add more stress.

And finally, does your relationship have the capacity for forgiveness? Can you still love and respect one another even when you are angry?

Women can easily be blinded by their desperate desire for love. How can they ensure that they love and are loved for the right reasons?

Through years of clinical practice and life experience, I've

found that if a man comes out positive on the above three questions, he is someone who loves you for who you really are and not because you fulfill some momentary need or fantasy.

It means you have chosen wisely, from a clear mind and not a blurred fantasy.

Related: [How to Dignify Your Relationship](#)

In your experience, what is the hardest part of finding real love?

I am often asked why it is so hard to find real love. People seem so mystified by the issue when it pertains to love. Few of us ask why it's so hard to find real money or a real house or a fulfilling career, for that matter. The obvious answer is that it takes time, effort and commitment to find anything highly desirable. Unfortunately, the fantasy Soul Mate Myth has caused people to believe that real love "just happens."

Do you have any additional tips for our visitors?

First, just as real love requires work to get, it requires work to keep. Just as you work to advance your career or maintain your house, you must work to keep the love alive.

Second, other than yourself, your partner should be the most important person in your life. If you really feel this way, doing things for him should be pleasurable. After all, an investment in your partner is an investment in yourself.

Lastly, the romantic phase of your relationship – obsessive thoughts, constant sexual desire and so on – will naturally die down in about 18 months. We would all be exhausted if that didn't happen! That does not mean you have fallen out of love. It is the deeper form of attachment that indicates that this man has gone from being Mr. Right Now to Mr. Right. And this Mr. Right exists in reality once you overcome The Soul Mate Myth.

To improve your love life and learn more about The Soul Mate Myth, visit [Amazon](#) to purchase The Soul Mate Myth. For more information on Cirillo, visit her [website](#).

Is Dating Your Ex Off Limits?



By Erika Mionis

After a tough breakup, many people gorge themselves in the nearest pint of ice cream and attempt to forget their sorrows. Shortly thereafter, it's common for them to experience a rush of self-confidence; they're determined to enjoy being single. However, the rush and the ice cream therapy can't last forever.

It's easy to assume going back to your ex is okay if you have a change of heart. And in some cases, it's acceptable to retry a failed relationship. However, it's important to fully

analyze your breakup, your ex and your plans for the future before rekindling the flame. Here are a few things to consider:

The cause:

Even the most pointless breakups happen for a reason. Before restarting your relationship with your ex, make sure to figure out why the two of you split up in the first place. If your breakup was caused by a petty argument, feel free to reconsider the relationship. If the parting of ways was the result of a wrongdoing on your partner's part, think about moving on. Though there are exceptions to every rule, for the most part, people don't change. Starting a relationship with someone you don't trust may only lead to more distress in your life.

Possibility of forgiveness:

If your ex was the one who ended the relationship, reconnecting with each other will be even more difficult. Work on the small personality issues that your partner may have disliked and ask your ex for another chance. Though this will take time, eventually you will be a better person because of it. If your breakup was caused by a personal mistake on your part, your ex may not consider dating you again. Be prepared to accept rejection.

Your ex:

Is your ex really worth it? Trying to rekindle the flame will take enormous effort on both of your parts. You should only date again if you truly feel that your ex could be "the one."

Related: [Ten Signs You're Dating a Jerk](#)

The future:

Don't run back to your ex if you feel optimistic about the

future. If you have a close friendship with someone that could potentially lead to more, go for it. Contemplating the past may be a waste of time. There are probably better relationships still to come.

Related: [How to Campaign for a Better Relationship](#)

Would you give your ex another chance? Share your comments below.

Exes Rihanna and Chris Brown Collaborate on Song



Rihanna and Chris Brown recently spent time working on the other's songs, which were released on Monday. This collaboration was completely unexpected after the domestic violence drama the two went

through in 2009. However, according to [People](#), the pair were spending time together the night of the Grammy's, which marked three years since the incident. On Twitter the former couple have been displaying friendly behavior. The lyrics Brown sings in Rihanna's song are inappropriate; however, they do suggest he is missing her. Rihanna's lyrics are more straight forward: "I love you baby," she sings.

Why would a woman reconnect with an ex who physically hurt her?

Cupid's Advice:

Dealing with past abuse is a very difficult topic for a woman to discuss. Here are some reasons it's natural (yet dangerous) to reconnect with an abusive ex:

1. He is forcing her: It's rare for someone to run back to their abusive partner, but often times threats have something to do with it. These threats could be dangerous, as well as powerful and frightening for a woman who does not know what options she has.

2. She thinks it will be different: Some women believe that when a man says, "I've changed" that he means it. However, an abusive man rarely ever fully changes, and there is always a chance of history repeating itself.

3. She is in denial: When men are abusive, they are often able to force a woman into believing that the abuse is her own fault. This is never the truth. No one deserves to be abused. When a woman does not realize that what is going on is a serious problem, they will often return to the man.

Do you know a woman who reconnected with her abusive ex? Share your stories and advice below.

Rumor: Chris Brown Reportedly Has Disgusting New Pickup Line



According to UsMagazine.com, a woman was reportedly approached by Grammy winner Chris Brown, 22, with one absurd pickup line. Brown is rumored to have told the woman, "Can I get your number? I promise I won't beat you!" After pleading guilty in 2009 to beating ex-girlfriend and singer Rihanna, 24, many think Brown should take domestic violence seriously, to say the least.

What are some ways to know when a pickup line is sincere?

Cupid's Advice:

Pickup lines get bad reps, but sometimes a guy can really be

trying to compliment you. Here are some ways to know if a pickup line is sincere:

1. Serious: If a guy tries to talk to you and gives a line that doesn't leave him or his friends laughing, he may be sincere about going on a date.

2. Compliment: There is a thin line between giving a compliment and being a bit disrespectful. If the line makes you feel confident and not harassed, romance might be in the making.

3. Conversation: The best pickup line gets a potential partner to talk. Asking about the weather, sports or how someone is feeling can spark chemistry.

How do you respond to sincere pickup lines? Share your comments below.

5 Low Profile Online Dating Strategies





By Heidi Lee Munson

Dear Heidi Lee,

Help! I think I'm a Toad!

I'm on an online dating site, and I lie about who I am ... I use my sister's photo. I play down my interests – leaving out that I'm Jim Carrey's ex and a former Playboy model. I feel guilty for lying, but I can't be honest because of stalkers, psychos and creeps. I want a regular, low-key guy who can throw back a burger and a beer in a bowling alley ...

Don't these guys have the right to know up front that my world is paparazzi and tabloids? Do I have the right to lure them with false promises of an All-American romance with the girl next door?

Who am I to lie to these men? A Toad?

xoxo,
Jenny

Related: [Fishing For Mr. Right – Types of Guys to Throw Back](#)

Dear Jenny,

Even asking such a question shows that you are a strong,

lovely and thoughtful woman. Whether a Big Screen Celeb or a Midwest Farmer's Daughter, you and your future Prince Charming have the right to be honest with each other now.

Fortunately, my friend, you've found a Midwestern girl. I understand your unique need for privacy within the Toad Kingdom as well as your pull toward the rugged sexiness of the strong, meat-eating types. In small towns, we are all celebrities in our own right. Toads who recognize us may be interested in our career status, income or somewhat gullible reputations. So, Ms. All American in L.A., let me share a few small town girl strategies to help you avoid the Toad label :

5 Small Town Strategies for a Celebrity

1. Communicate proactively: Initiate conversation first to have control over the flow of it, and reveal yourself as early as appropriate.

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

2. Go au natural: Use a natural picture of yourself – a naked face with a warm smile – preferably with a shadow from a tree or a ball cap shielding your true identity.

3. Minimize exposure: Hide your profile when you are talking to a handful of promising men.

4. Use geographic camouflage: Register your account using a zip code outside of your location to throw the Toads off your trail.

5. Be a rhinoceros: Grow a thick skin, doll. Even the best laid plans have holes. Not only does a rhino have thick skin, but he or she can crush the Toad in one mighty step.

Most importantly, have fun! I'm proud to hear that you chose online dating to meet "the one". We Citizens of the Toad Kingdom share good company having you here. Thanks!

Warmest Regards,

Heidi Lee

P.S. May I offer you a copy of my eBook, *How To Toad Proof Your Online Dating Profile?*

From struggling single mother to Happily Married Author, Marketer, Blogger and Online Dating Professional, Heidi Lee Munson kissed the toads so that you don't have to. From Couch Potato Toad to Lounge Lizard Toad and Freeloader Toad to Bad Toupee Toad, Heidi Lee kissed them all.

Victoria Beckham Discusses Being a Working Mom



Former Spice

Girl Victoria Beckham presented a collection at the New York

Fashion show, and critics said she looked a little disheveled and unhappy. That said, they couldn't be more wrong. "Look, if people want to say I'm miserable, then so be it," she said, according to UsMagazine.com. "I'm really not. I have a lot on my plate. I'm not going to lie about it, I'm tired. I'm really tired, but I'm also very happy with my life." Victoria has four children with soccer star husband David Beckham and the newest addition to the family, Harper Beckham, is only seven months old. "I'm not getting much sleep at all," she added. "Harper's not sleeping that great, and I've been taking Skype business calls throughout the night, too, because of the collections. I'm up with the baby as all mums are, and I wouldn't have it any other way. There's not a team of people doing it for me."

What are the benefits of being a working parent?

Cupid's Advice:

Being a good parent and a good employee is a balancing act, but so is life in general. That said, being a working parent has some great benefits. Cupid has some tips:

- 1. Living standard:** By having a job with a steady income, you'll be able to provide your children with their basic needs without stress on yourself or your budget.
- 2. Role model:** Young children are always mimicking adults, so by showing them that you're a hard worker and goal-oriented, they will hopefully follow in your footsteps.
- 3. Balance:** Learning to balance everything on your plate as an employee and a parent will give you a sense of duty and accomplishment. You'll learn to prioritize what's important in your life, and hold on to things that are the most meaningful to your happiness.

How does having a job while being a parent benefit your life?

Share your comments below.

Elizabeth Smart Ties the Knot in Hawaii 9 Years After Kidnapping



Kidnap victim

Elizabeth Smart has beaten the odds once again— this time by planning a wedding in record time. Smart, 24, and Matthew Gilmour, 22, were married Saturday afternoon in Hawaii, reports [People](#). The couple have been dating for over a year and were engaged just last month. Smart originally planned on having a summer wedding, but changed the date only two weeks ago. “It’s everything you can imagine with planning a wedding,” said Smart. “Only, it’s compressed into a few days.”

How do you plan a wedding quickly?

Cupid's Advice:

Though nearly all weddings take months of planning, it's possible to plan a wedding in a short time span. Here are a few ways to plan a wedding quickly:

1. Stay local: Picking a local venue will make the planning process much simpler. More of your friends will be able to attend, and there will be less hassle with furnishings, transportation and last-minute changes.

2. Simplify your choices: Instead of going through every possibility, try limiting your options. Visit two cake bakeries instead of three or try on five dresses instead of ten. Your choices will be easier to make, and you will spend less time searching for alternatives.

3. Wedding planner: If you have the means, a wedding planner can take a huge load off of your shoulders. Pick a wedding planner that knows you're on a tight deadline and have them do the majority of your work for you.

How long did it take you to plan your wedding? Feel free to leave a comment below.

Hilary Duff and Mike Comrie Get Mushy for the Cameras



Lizzie McGuire alum

Hilary Duff is loving her pregnancy— and has no problem telling her fans. McGuire, 24, tweeted a picture of herself with husband Mike Comrie, 31, reports UsMagazine.com. The photo shows a pregnant Duff holding her baby bump while kissing Comrie upside down. Duff thanked her fans for their support, tweeting, “Glad you guys like my new pic! Much love to all you guys.”

What are some ways to celebrate your pregnancy?

Cupid's Advice:

Though being pregnant is a reward in itself, it's important to celebrate such an important stage in your life. Here are a few ways to celebrate:

- 1. Take photos:** Document your pregnancy by taking photos of your growing belly every two weeks. After the baby is born, arrange the photos to show your pregnancy's progression.
- 2. Massage:** Use your pregnancy as an excuse to pamper

yourself. Get a pedicure, or go for a massage. The massage will help you relax, and it will soothe your aches and pains.

3. Prenatal yoga: Prenatal yoga is an excellent way to stay physically fit without putting too much stress on your body. Learning how to breathe correctly (an important part of yoga) will prepare you for the birth. It's also an opportunity to make friends with other pregnant women in the area.

How did you celebrate being pregnant? Feel free to leave a comment below.

Bruce Jenner Says Kim Kardashian's Next Guy Goes Through Him





After Kim

Kardashian's whirlwind wedding and quick separation from Kris Humphries, her step-dad Bruce Jenner says her next man has to go through him first. The former Olympian and his wife Kris Jenner appeared on the *Ellen Degeneres Show* where they discussed their reality star children's lives, and Jenner said he "can tell if it's going to work or not." According to [People](#), Jenner said he had his questions when the NBA star asked for his approval to marry Kim. "In the back of my head I said, 'I don't know if she's going to say yes,'" he said. "But it's not my decision. Go for it."

How much should you trust your parents to help you choose a mate?

Cupid's Advice:

Some people are close with their families while others aren't, but your parents may have better instincts than you think about your potential partners, and their opinion can prove quite useful. Cupid has some tips to help you sort through your emotions verses your parents':

1. Honesty: When it comes down to it, your parents want what they believe is best for you. They may not always be right, but they're not going to shy away from telling you their

honest thoughts about your partner or fiancée.

2. Knowledge: Although we would all like to believe that there's no way our parents have ever been in our situation or felt the way we have, most likely they've been there and done that. Listen to what they have to tell you about their own experience, and you might get some very helpful advice.

3. Opinion or fact: Only you and your partner truly know your relationship, because you experience it 24/7. Sometimes parents will make assumptions or share biased opinions, so don't let their lack of knowledge about you and your partner get in the way of something great!

How much influence do you allow your parents to have in your relationships? Share your comments below.

Denise Richards Sheds Light on Being a Single Mom





Denise Richards has certainly proven herself to be a dedicated single mom. Richards is a former supermodel and mother of three (two of who she had with ex-husband Charlie Sheen). When Sheen had his outbursts last year, Richards knew better than to continue to lie to her children and keep them in the dark. She decided to educate her daughters about the cause of those outbursts: addiction. According to UsMagazine.com, Richards said, "It's too early [for them to understand], but I told them enough for them to make sense of things that were going on." There's no doubt that single parents can use Richards as an example.

How do you explain to your kid(s) why you're a single parent?

Cupid's Advice:

Sometimes it can be difficult raising kids on your own. Cupid shares how to handle the time when kids ask why you're a single parent:

- 1. Don't bash your ex:** When explaining why you're no longer in a relationship and why your partner is absent, don't criticize them. Like Richards, take it as an opportunity to educate your child.
- 2. Don't lie:** Some parents like to sugarcoat things

for their child, but that's not always the best option. It's usually better for them to hear the truth from you, even if it's not the whole story of your separation.

3. Memories: Explain that sometimes all you have are memories. Share the good times with your child, but let them know that it wasn't always happy and that your being a single parent was best for both you and them.

How do you help your child understand your being a single parent? Let us know in a comment below.

HowAboutWe.com: Where Chemistry Happens Offline



This post is sponsored by HowAboutWe.com.

If you're looking for love online and haven't found it yet, perhaps all it takes is a little *offline* help. You see, many singles meet potential partners online and carry on great conversations via email but sometimes that's as far as it ever goes. Or, they spend weeks, even months, emailing someone that they think could be a long-term partner but when they meet in person they realize that they have nothing in common.

Online dating is a brilliant way to meet someone new but the the real connection happens when two people are face-to-face.

That's why we were excited when we saw the launch of HowAboutWe.com's recent commercial, Chemisty Happens Offline.

HowAboutWe.com really "gets it." They influence their members to get out there and go on dates when they find an initial connection. In fact, they are so committed to this idea that they are running a very cool contest asking people to submit their own video explaining what "Chemisty Happens Offline" means to them. The video with the most votes could walk away with \$1,500. Here's a look at the video we pulled together:

Remember to enter the contest and vote for your favorite video by "liking" it. Also as part of the promotion, those who sign up for HowAboutWe.com are eligible to take 33% off their subscription simply by using Coupon Code: **VDAYLOVE**

Here are five reasons why we at CupidsPulse.com feel that people need to go offline to find love:

1. Unflattering Photos: Some people aren't photogenic and they actually look better in person than they do in a photo.

Someone's personality and mannerisms can also add to a person's attractiveness. As they say, Beauty is in the Eye of the Beholder. It's hard to get an impression or build chemistry from a one-dimensional image.

2. Poorly Written Emails: Many people, mainly men, are not the best writers or good at expressing themselves. It's hard to read the tone of someone's voice or know when they are using

wit and humor. Verbal communication is necessary in order to build chemistry.

3. Impersonal Connection: Even if your email chatter creates an initial spark there's only so much you can build and sustain over the internet. Meeting offline allows you to ascertain facial expressions, eye contact, body language and host of other physical attributes.

4. Lack of Trust: You really don't know who you're talking to when communicating over a mobile device, or computer screen. There have been many cases where people make fake profiles, use photos from twenty years ago or they're in a serious relationship and just looking to have fun. Meeting someone online is great initially, but if they're reluctant to meet you in person, it could be a red flag that they aren't being truthful.

5. No Physical Interaction: If you want to establish chemistry you need to date. You have to observe your potential love interest in various situations, everything from how he acts at a restaurant to the conversation he has with your friends to how he treats his own mother. These things can't be experienced online.

Jessica Alba and Cash Warren Sport Matching Nail Polish at

NYC Fashion Week



Jessica Alba and her husband Cash Warren rocked matching manicures at the Michael Kors fashion show in NYC last week. The actress and her man looked great sporting each other as accessories, but the coordinating nail polish really made them look in sync. UsMagazine.com reported that Alba wore a cherry red nail lacquer to match her red lipstick, while Warren wore an orchid pink with a gold accent on his left hand.

What are some ways to positively influence your partner's style?

Cupid's Advice:

The fashion trends rotate with the seasons, and style is constantly changing. Cupid has some tips to keep you and your partner looking great in the public eye:

1. Stay trendy: While you're out shopping, pay attention to what's new on your partner's side of the store as well, and

pick out something for them that will keep them up-to-date in the fashion world.

2. Coordinate: Take a shopping trip together so you can coordinate your outfits for whatever's trending that season. That way, neither of you will look out of style.

3. Honesty: Fashion trends come and go, and some trends can't seem to go quick enough. If your partner's wearing something completely heinous, let them know so they don't have to dread the memories later.

How do you help keep your partner looking great? Share your comments below.

Heidi Klum's Soon-to-Be Ex Seal Finally Removes Wedding Ring





It looks as if Heidi Klum and Seal are officially over, as Seal was recently been photographed without his wedding ring for the first time. The sighting took place in Australia Wednesday where Seal made no attempt to hide his ringless hand. The choice to remove the ring seems to be bittersweet. According to UsMagazine.com, the singer told Ellen DeGeneres, "Just because we have decided to separate doesn't necessarily mean you take off your ring and you're no longer connected to that person."

What do you do with your wedding ring after you divorce?

Cupid's Advice:

What to do with your engagement ring really depends on how smooth the split was and if you are still on good terms with your ex after calling it quits. Cupid has some tips:

- 1. Pawn it:** In the case of an ugly divorce, you'll probably never want to see your ring again, so you might as well get some money for it at your local pawn shop or jewelry store.
- 2. Give it to your kids:** After a divorce, your wedding ring might not mean much to you, but it might mean something to your children.
- 3. Bury it:** Yes, they actually do make coffins for wedding

rings. A divorce is similar to a death, and burying the ring just may give you the closure you need to move on with the next chapter in your life.

Is it ever acceptable to continue wearing your wedding ring after a divorce? Share your thoughts below.

Justin Theroux Speaks Out About Relationship with Jennifer Aniston



Jennifer Aniston and Justin Theroux are keeping their relationship on the down low. Although the couple is getting steamy on screen for the new movie *Wanderlust*, according to [People](#), Theroux is “vowing to keep mum.” “I understand the curiosity, but other than

saying I am happy, I am not going to indulge it. That's building your own torture device," said Theroux. Aniston described her feelings as "joyful and peaceful." Since the couple met on set last May, they have moved in together.

However, they are not discussing marriage or children. That said, the couple *has* welcomed a new boxer-pitbull into their home, name Sophie.

How do you keep the intimate details of your relationship private?

Cupid's Advice:

The intimate details of what goes on between you and your lover are only for the two of you to share. Here are some tips to keep those moments private:

1. Make a pact: Agree with your significant other to keep your private lives on the down low. If you are both on the same page you should be able to keep your secrets between yourselves.

2. Don't share with friends: If you want don't want anyone to know your business, sharing your relationship secrets with your chatty girlfriends isn't a good idea. Don't tell your friends random lies to satisfy them either, or you'll start hearing rumors that you started yourself.

3. Keep PDA to a minimum: The key to keeping rumors at a minimum is to keep your relationship behind closed doors. Even if it's not rumors that are being spread, keeping PDA to a minimum will keep people from talking about your relationship and ultimately asking about the intimate details.

How do you keep the intimate details of your relationship private? Share your stories below.

From Bad Dates to Fireworks: How Different Dates Lead You to Your Knight



By Lindsley Lowell

Just because Valentine's Day is over doesn't mean single women can breathe a sigh of relief. Talk of spring romance is just around the corner, and many single women are still not feeling the love. For them, Valentine's Day was more like *Valencrime's* Day. It's hard for women, especially those over 35, to believe that there's true love out there for them.

When friends and family tell you that you're too picky, thereby implying that you should settle, remember to close your ears. Instead, listen to what your heart is telling you. The fact is, your close ones don't have to live with the guy ... you do.

Love is an easy concept in theory, but when you have been on many a horrific date and feel like the only men you are meeting are dingalings, the thought of a knight in shining armor in your future remains looking like a fairy tale. Most of the guys out there are far from Princely and are not nearly so charming.

Related: [How to Avoid the Reality Show Relationship Curse](#)

But if you give up on love, that's a sad, sad day. I, personally, feel like it took me 753 years to find my knight, but in the end, it was worth it. I suffered through some heartbreak and plenty of gruesome dates, but I also had some good experiences as well. Had I stayed with one of my ex-boyfriends, I would surely be divorced or unhappy right now.

You have to put yourself out there! You have to meet true love halfway.

Even though dating can be frustrating, you can learn a lot from your dates ... even the bad ones. Here's what I learned:

Crappy Dates

I have too many bad dates to mention. One prime example is the guy who looked cute in his online photos, but then showed up wearing a beret and Mr. Magoo glasses. He spent the hour having a conversation with my high heels. He hadn't mentioned his foot fetish in his profile! Or, there's the time I was set up with a French dude who seemed great when I met him at a party, until he called to make a date and informed me that he could not take me to dinner because he had no job and no money, so if I liked, we could "go for a walk." Needless to say, I told him to take a walk right out of my life. Better yet, there's the guy I met on Match.com who kindly paid for our first date (a drink and some sushi), and then the following week demanded that I pay him \$21.43 for half the date because I declined a second date. He stalked me until I had to report him. Needless to say, crappy dates are hard.

But, they also tell you what kind of guy you don't want.

Related: [It's Time to Stop Asking, 'When Will It Be My Turn?'](#)

Nice Dates

These are pleasant ... and that's it. You can compare it to a brown paper bag and white toast; they're useful, but boring as hell. The guy is nice. He has a nice job. He looks nice. Unfortunately, there's no spark, so he may as well be a gay guy or your cousin. The bottom line is, if your knees aren't weak, your heart's not fluttering and you're not all hot and bothered, this will *not* be your knight. True love requires passion and chemistry.

Woohoo! Dates

These types of dates are fireworks, the brass ring or the Holy Grail. Unfortunately, they do not come around that often.

When they do, it's euphoric, and he could indeed be your knight if this happens. People often say "You just know" when you meet "the one," and I agree. It was fireworks on my first date with my now husband. As long as the guy feels the same way, you're all set. Congratulations. If the guy turns out to be emotionally unavailable, or just not feeling the fireworks, you need to let it go. And even if the woohoo date doesn't end up being your knight, these dates remind you that it is possible to have someone treat you well, like you should be treated. DON'T forget this feeling. This is what will bring you to your knight!

Lindsley Lowell is a former career dater, honorary love doctor for all of her friends, and writer. While dating in a sea of mediocrity for what seemed like 742 years, Lindsley was forced to put pen to paper for cathartic purposes and document the hilarious, tragic, and heartfelt stories. Her new book MY KNIGHT IN SHINING ARMOR IS COMING...HE'S JUST STUCK IN TRAFFIC is a beacon of hope for all the single women out there who are told by society, friends and family to throw in the towel and

settle. In 2011, she founded www.Ladiesinthepink.com – a site for women to share, inspire, create and laugh. She lives in California with her knight in shining armor and her dog Miss Winnie.

Kristin Cavallari Is 'Radiant' at Lunch with Jay Cutler



Expectant parents, Kristen Cavallari and Jay Cutler, shared a romantic lunch together at Marble Lane Restaurant in New York. According to [People](#), after both ordering tomato soup, the two ordered salads. A source said they seemed “super happy, chatting the entire time. She was very smiley and looked radiant.” A few days prior to visiting New York for Fashion Week, Cavallari

attending a bridal shower for a friend's upcoming wedding. The shower took place at a West Hollywood gay bar, The Abbey.

What are some ways to keep the romance in your relationship during pregnancy?

Cupid's Advice:

Being pregnant can be stressful for both members of the relationship. Don't forget to show each other some love throughout the entire pregnancy.

1. Don't give up on date nights: Once the baby comes, spending a Friday night alone together is going to be nearly impossible. While you still have the time be sure to show your sweetheart some love. Do something unique every weekend, even if it's baby related, like painting the soon-to-be baby's room.

2. Stay intimate: Don't give up on being intimate just because you're pregnant. If you are feeling uncomfortable, about it talk to your man and tell him. It's a guarantee he will be accommodating to your needs so that the two of you can continue sharing private and intimate moments.

3. Communicate: Talk to your partner about any fears or uncertainties you may be having. Keep yourselves on the same page. Communicating will allow you to sort through any problems and allow you to have time keep the romance level up.

How did you keep the romance going in your relationship during pregnancy? Share your stories below.

White Collar Star Matt Bomer Comes Out



White Collar actor,

Matt Bomer, finally came out as gay at the Steve Chase Humanitarian Awards this Saturday. After accepting the New Generation Arts and Activism Award for his work in the fight against HIV/AIDS, the actor made the announcement to the public. "I'd really especially like to thank my beautiful family. Thank you for teaching me what unconditional love is. You will always be my proudest accomplishment," he added, according to UsMagazine.com. Bomer's partner is Simon Hall, who is a Slate PR publicist.

What are the best ways to come clean about your sexuality to friends and family?

Cupid's Advice:

The nuclear family is changing, and more people have the

confidence to come out about their sexual orientation. Cupid has some tips to help you be honest with your friends and family:

1. Friends: Coming out to your friends first will be good practice for when you tell your family. You'll get an assortment of reactions, and you'll be able to identify your true friends. It will be easier to tell your family once you already have a support system behind you.

2. Be ready: If you have gay friends that have already come out, they may pressure you to hurry and do the same. Wait until you're completely ready emotionally and mentally, so that the situation is handled the best it can be.

3. Confidence: Your biggest fear about coming out may be your friend's and family's reactions. If things take a turn for the worst, be patient and give them time to come to terms with the situation.

What advice would you give your friend or family member about coming out? Share your comments below.

Bobby Brown Rushes to Be with Daughter After Whitney Houston's Death





Bobby Brown dropped everything to be by his daughter's side after Whitney Houston's death. Brown, Whitney Houston's ex-husband, canceled a Nashville concert and instead visited his daughter Bobbi Kristina, 18, upon her release from Cedars Sinai Medical Center, reports [People](#). When asked why Brown chose to fly to L.A., his agent said, "[Brown's] love for his daughter and his daughter being in the hospital. He wants to go be with his daughter." Bobbi Kristina was hospitalized after "having a complete breakdown" Saturday night. She has since been cleared medically and released.

How do you help your children cope with a parent's death?

Cupid's Advice:

Though a loved one's death is hard on everyone, the situation is especially tough for a child. Here are a few ways to help your children cope with a parent's death:

- 1. Explain death:** Understanding death is difficult at a young age. If your children are very young, you must find a way to explain it in terms they will understand. This is also a time to share some of your religious beliefs with your child.
- 2. Mourn the loss:** Don't try to put up a strong front for your

children. Grief is more easily overcome when you are able to openly talk about it. Start the healing process by mourning with your children.

3. Ask for help: Don't be afraid to ask for outside help. If coping with your loss while supporting your children is too big of a burden, hire a counselor. Professional help may enable progress when you are unable.

Have you and your children ever had to deal with the death of a loved one? Feel free to leave a comment below.