

# Dating Advice: What to Do When You're Not His Priority



By [David Wygant](#)

Are you a priority in your [relationship and love](#)? If not, you may need to step back and reconsider your romance. You seem to be making more excuses than he does: He's working too much; he's dealing with family issues. What you're doing is validating the fact that you're nothing more than a booty call for him. Shocking, right? Deep down, you probably already know this truth. Let's dig even deeper.

# Relationship Expert Gives Dating Advice About Being A Priority

As a relationship expert, I'm going to confess something to you right now. I think my fellow men who read this article are going to be pissed at me when they do. A lot of them are going to lose out on some wonderful booty calls once this truth is exposed and out in the open.

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When I'm dating a woman, I prioritize her over everything. I was once in a relationship and love where I actually got invited to go see President Obama's inauguration. I got invited to mingle with the Washington D.C. elite, to schmooze with the most powerful people in the country. Here's the thing: The woman I was dating wasn't invited. She told me I needed to go because it's something she thought would be a blast for me – a once-in-a-lifetime experience. I went. After two days, I missed her so much, and I realized I wasn't enjoying the moment without her. So I changed flights, got on a plane, and surprised her by coming home. She was, at that time, my priority. My best piece of relationship advice is to find someone who will do that for you.

Whenever a man is in love, the woman he's dating becomes his main concern. When we fall in love, we can't wait to see you, no matter how much work we have on the table or how much our kids are screaming their heads off. No matter what we're going through, we will always make it important to be with you.

So if you're with a man who doesn't do that, he's probably constantly making up those famous "man excuses" – things like, "I'm really stressed about work right now," "I'm concentrating on building my business," "I've got too much on my plate right now," or "I enjoy the time we have together. Can we just keep

things the way they are?”

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When a man does that, he’s telling you that you’re not what he really wants. He loves sleeping with you; he loves having sex with you; he loves hanging out with you...but he’s just not willing to fully commit to you. Those are the cold, hard facts. When a man is stringing you along, and you’re not at the top of his list, you need to have “the talk” and say something like, “We obviously want two different things. I want a relationship, and you want a once-a-week thing. Unless you’re willing to commit to me and spend more time together, I can’t keep going down this path.” The reason is, if you keep things as they are, your relationship will keep getting grayer and grayer and harder to define.

You see, most men don’t want to give up that situation because they’re getting what they want. And most men are so bad at finding women to have sex with them that they’re not willing to give it up! They’ll say anything to keep things the way they are.

My dating advice is simple: You need to cut him loose. You need to find a man who will make you his number one concern. When a man really falls for you, you’ll be his priority no matter what. That’s what you want, and that’s what you deserve. Don’t settle for anything less.

*David Wygant is an internationally-renowned dating and relationship coach, author of the new book [Naked](#), and speaker. Through his boot camps, personal coaching, and his [website](#), his dating advice has transformed the lives and relationships of hundreds of thousands of people from every corner of the globe.*

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# Expert Relationship Advice: Is Getting Hitched Irrelevant These Days?



By [David Wygant](#)

Take a look at all of the [celebrity couples](#) out there that don't make marriage a priority in their relationships and love: [Kourtney Kardashian](#) and Scott Disick, [Jennifer Aniston](#) and Justin Theroux, Goldie Hawn and Kurt Russell. Does that mean that you have to do what these famous couples do? Per my expert relationship advice, no one should ever follow the example of a celebrity. A celebrity is just someone who

happens to have lucked into a career – who had enough talent, timing, connections, or serendipity. Look at Kardashian, for instance. Her lack of talent is painfully apparent, but her mother is an absolutely brilliant marketer. She was able to get a terrible reality TV show on the air and capture the public's morbid curiosity...and the rest is history.

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## **Expert Relationship Advice About Marriage**

You need to stay on the path of your own life and follow your heart. Marriage is something that is definitely, in today's day and age, different than it's ever been before. As a relationship expert, I find that most people who get married these days don't have the patience to stick it out. And why is that? Because the word "commitment" doesn't mean what it used to. When people used to get married, it was "for life." The term "'til death do us part" was used because people got married very young and died young too, so death was usually what parted them.

I can't tell you whether to get married or not, and I can't tell you whether it's irrelevant for you. My expert love advice is simple: You need to search deep inside and ask yourself, "What do I want out of life?" Do you want to get married? Do you want to have children? Do you want to raise a family? You have to decide what *you* want to do based on who you are as a person, not based on the story your parents passed on to you and not based on the expectations of others or some fairy tale you heard as a kid. After all, marriage is not for everyone.

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I've met a lot of young people who have no interest in getting married. As a matter of fact, they have no interest in having a family. All they want to do is enjoy life. Marriage is great, but it takes two people to grow and learn, step outside themselves, and be willing to love somebody unconditionally. If you don't have that in a relationship and you're not willing to be vulnerable or to make sacrifices, then my expert relationship advice is that marriage is irrelevant for you.

If you take two self-absorbed individuals and throw them into a relationship and love, you have two people who are afraid to work on themselves, and the marriage will never last. Think about what you really want because, at the end of the day, this journey of life is all about you. Write down how you want to spend your time. Write down how you feel about marriage, children, etc. And then date accordingly. You'll find plenty of people who feel the exact same way as you!

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## **Expert Love Advice: Why Getting to Know Her Friends Is Like a Football Game**





By [David Wygant](#)

For a guy, one of the most important steps in any [relationship and love](#) is getting to know her friends. Her pals are what I call the defensive coordinator, offensive coordinator, special teams coach – the list goes on. Basically, until you get their approval, her BFFs are going to be ripping you apart. They're going to be evaluating each and every move, almost like going through the game tape after each date. As a relationship expert, here is my best advice for winning her friends over.

## Relationship Expert David Wygant Compares Relationships and Love to

# a Football Game

The defensive coordinator is the one who thinks her friend is going to get hurt. She is going to break down the date when the girl about it. She's going to say, "He actually did that at that moment? So did that other idiot four and a half years ago – do you remember that?"

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Her next friend is going to be a hopeless dreamer. She's the offensive coordinator. She's the one that desperately wants her friend to fall in love because she still believes in love. So everything this new guy does is going to be sweet and amazing.

The special teams coach is the woman that will break down all your bad habits. The conditioning coach is going to take a look at you and think, "Boy, he could dress a little bit better. Can you believe the shirt that he wore? He's still a project." The secondary coach is going to notice how you touch and look at her friend. She'll comment if you have too many hands on her, not enough hands on her, or not enough eye contact with her.

## Expert Love Advice on How to Sway Her Friends' Opinion of You

That's what you're up against. It's literally an entire football team of coaches, and that's why it's so important to get to know her friends. So what do you do to impress them? You act like the perfect gentleman. A little PDA is fantastic. A few kisses are great. A compliment here and there is amazing. Being in tune and paying attention to your girlfriend's stories is good.



My expert love advice is to listen carefully to *everything* her friends tell you. Be the life of the party that night. Talk to every one of her pals and get to know them. They need to see the amazing guy that your girlfriend sees. Remember that they're coming in with a checklist of things that they already do or don't like about you. So be nice to them, engage them, ask them about what they do for work. Be interested in who they are. Maybe even set them up with one of your friends if you see a potential match!

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Expressing your feelings for your girlfriend in front of them is even better. Something like, "That's why I like her so much – it's the way her mind works. God, I love listening to her." Ding, ding, ding! They already know that you're into her sexually. They want to know that you're into her emotionally too, that you're going to support her dreams and aspirations.

This expert love advice can save your next relationship and love. Think of it as a football game: You're going to meet all of her friends, all the coaches. You're going to be pulled aside. You're going to need to be affectionate but not overly affectionate. When you leave, you're going to need to give each of them a big hug and tell them that you absolutely enjoyed your time with them. Meeting her friends is the ultimate four-quarter game that you're going to play, and you need to be able to do it really well. It's that simple. It really is.

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# Expert Love Advice: The Perfect Excuse for a Valentine's Day Getaway



By [David Wygant](#)

If you're thinking of traveling with your new woman, why not plan a weekend trip for Valentine's Day? There are so many great deals during this special holiday. Don't make the classic mistake of looking to the countryside. Everyone thinks that's the most romantic place to go, but on Valentine's Day, those bed and breakfasts are swarming with couples.

# Expert Love Advice for a Valentine's Day Vacation

Instead, to follow my [expert love advice](#), consider the business districts in your local city. Some of the nicest hotels are situated in the business districts, and on Valentine's Day, those hotels are often empty. There will be a ton of weekend specials you won't be able to resist – I'm talking four or five star hotels for half the price! Yes, it might be a little quiet down there, but isn't that exactly what you're craving for you and your significant other?

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For your romantic weekend, you'll have a big bed, room service, and easy access to recent movies. Usually, there is a great spa, a huge gym, and a top-notch restaurant in the hotel too. After all, they're geared towards the business traveler who wants to feel absolutely spoiled when they are away.

## How to Use a Special Getaway to Learn About Your Relationship and Love

After you book your room, what do you plan for Valentine's Day weekend? Well, that depends on what you want. When I travel with somebody for the first time, I'm taking a look at how spontaneous they are. How do we relate to each other in closed quarters? It's important to ask these questions because, up until this point in your relationship and love, you've probably spent all of your time in a comfort zone.

Maybe she spent the night at your place, or you spent the night at her house, but either way, you've been in familiar territory. When you take somebody out of the familiar, you get an idea of how they are when their things aren't around. How

much time does she spend with you? How much time is spent staring at her phone? Is she talking to or texting with her friends over the course of the weekend? These are things you don't really think about, but a lot of women are social media junkies – they're on it 24/7. I remember when I went away with this woman for the very first time years ago. We had sex, and it was great. I went to the bathroom. I came back literally 35 seconds later, and she was on Twitter.

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The first time you “live” with a person – even just for a weekend – they reveal their true nature. Up until this trip, they've been on their best behavior, but they're about to expose themselves. Are they high maintenance? Are they low maintenance? Do they travel with a lot of things? Do they have trouble leaving their routine? You won't know these intimate details until you take them away.

I believe that, in order to have a strong relationship and love, you need to take somebody on a getaway as quickly as possible. So this Valentine's Day, invest in a weekend trip! Check out who she is and what she's all about. Get an idea of what your future's going to look like if you stay together.

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

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# **This Holiday Season, Stop Dating Your iPhone!**



If you want to celebrate the holidays with your honey in a wholesome, sentimental way, then you've got to ditch your addiction to your phone! Dating coach [David Wygant](#) hilariously depicts the struggles of a couple with one partner stuck on their touch-screen device throughout every moment of the day. Watch and learn how detrimental it can be to your relationship. If you want to give your significant other the best gift this season, get off your iPhone and live in the moment!

**Related Link:** [Five Ways to Get Your Partner to Put Down the Phone When You're On a Date](#)

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# How to Meet A Man on Halloween



By [David Wygant](#)

I know. You're about to unlock the inner bad girl version of you for Halloween. Some of you love to dress up as sexy school girls. Some of you are even more rambunctious and like to dress up as a naughty nurse. Maybe you're the dominating dominatrix, the meanest witch, or the cutest little ghost a man has ever seen. That's what I love about this holiday. It allows the inner woman, that naughty version of you, to come flying out. To you, it's just staying in costume all night long.



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Halloween is also one of the most overhyped nights of the year. This year, it's coming on a Friday night. Everybody's going to want to go out and party, have fun, and meet someone before the cold winter settles in, before you really need a broomstick to fly you down to Florida to warm your hooked nose and evil brew.

So what is a woman to do to meet a man on Halloween? It's simple. It's not *you* who's flirting; it's the naughty little witch. Perhaps it's the dirty schoolgirl, the cute little ghost, or the Disney princess. Halloween gives you the opportunity to be audacious like never before, to spend the night approaching men. It's the only night of the year when you can be bold beyond belief and do things you normally wouldn't – because it's not really you doing it. It's the character you're playing.

If you really want to meet a man on Halloween, the best thing to do is comment on his costume. Whether it's creative, sexy, or funny, just say something nice to him. This is your chance to practice flirting skills you don't use on a daily basis. It gives you an opportunity to work on your conversation skills and be playful. Halloween is just another day. You can use those same skills and approaches on men on a regular basis, but tonight, it'll be even more fun.

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You might even walk around with a bag of candy, giving out Hershey's kisses to men. Or you can walk around with a little pumpkin and have men fill your basket. Halloween is an opportunity to get outside yourself. Get over the self-conscious feelings and get into a character you always wanted to be. It gives you an opportunity to boldly approach a really sexy guy...because it's not really you saying hello!

So dress up, flirt, and stay in character. When the

conversation gets good, jump out of character so he can see the real, relaxed version of you. That's all you need to do to meet a man on Halloween.

*For more articles from David Wygant, click [here](#).*

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## How Do You Make a Woman Feel Most Beautiful?



By [David Wygant](#)

Well, I could tell you to just come right out and tell her she's beautiful. But to me, that lacks the emotional depth a woman wants. Most women have a day each month, if not several

days, where they find themselves more insecure than usual about their looks. They constantly compare themselves to others and make themselves feel bad. Men don't necessarily do that. We'll go to the gym, look at another guy, and say, "Boy, I wish I was built like him." Then, we'll shut it off in our brain and carry on with what we're doing. Women, though, stand next to each other in Zumba and start to get angry or sad because they feel inadequate.

So here are the five best ways to make a woman feel her most beautiful – any time and any place.

**1. Make an effort in the morning:** Whether she wakes up wearing her gym clothes, sweat pants, or a dirty t-shirt, tell her she looks beautiful. If you say those sweet words to her when she's wearing no make-up and hasn't brushed her hair, it's going to mean the world to her. Tell her that, even in her grungiest, she's still perfect to you.

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**2. Say it and mean it:** When she's rocking something she looks good in and she's checking herself out in the mirror (like women do), it may be because she doesn't like the way it fits her body that day. What you need to do is walk up behind her and whisper in her ear, "You look absolutely gorgeous. I can't wait to take you out. I'm not going to be able to concentrate the whole night." When you do this, you're showing her you recognize that she's picking at her parts. You know she's not feeling 100 percent, but you still think she's amazing.

**3. Don't just say she's beautiful:** You can make a woman feel beautiful *without* actually telling her she's beautiful. If she's leaving for a business meeting, look at her and say, "Wow, you're rocking that outfit, and you're going to kick butt today. Have an amazing day." You're building up her confidence and self-esteem despite not using those two little words.

**4. Make her feel awesome around her friends:** When you meet your woman and a group of her friends, there's a chance she may start to feel a little insecure. She might think her friends are more attractive than she is, and it could impact her confidence. Say something like, "The second you walked in here, I couldn't keep my eyes off you. You look amazing. I love the way you did your hair." It's all about making her feel special...because that's what beauty is to a woman. It's a feeling rather than an actual look.

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**5. Tell her the moment you see her:** Don't wait. When you pick a woman up for a date or come home from work, tell her she looks gorgeous. She's spent so much time, especially if you're on one of your first few dates, picking out an outfit and making herself look good. She's probably changed clothes three or four times! So acknowledge the fact that she looks great. Similarly, be aware of your woman at all times. If she gets her hair done, take the time to notice and tell her how nice it looks.

Make a woman feel beautiful, and she'll make you feel amazing.

*For more from David Wygant, click [here](#).*

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**If He Doesn't Pay  
For The Date, It's A Bad  
Sign!**



By [David Wygant](#)

Read that title again. If he doesn't pay for a date, it's a bad sign. I have a rule: Whoever asks for the date, pays for the date – end of story. If a guy asks you out on a first date or even second date, he should be paying for it, plain and simple. If you asked him out on the date, don't sit there with your arms folded acting like a Disney princess. Pay for the check! You chose the place; you pay. You suggested the date; you pay.

Now, if you get involved in a relationship with him, you can start splitting it 50/50 if you want. There's nothing wrong with you paying your way if you make more money than he does or if you just want to contribute. That I can understand. However, if you're just on a date, he asked you out, you've had a great dinner, and he sits there staring at the check, trying to will it to your side of the table, you

need to stare back at the check and will it *back* to him.

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Actually, if a man pulls that crap on you, excuse yourself for about ten minutes. Go to the bathroom. Check your makeup. Text some of your friends, or check your Facebook feed. Do the things you normally do when you have the iPhone in your hands and you're trying to pass the time. You're normally really good at this, so you know what I mean!

Now, take a peek out of the bathroom door. Has he paid for the check? Does he at least have his credit card out? If the answer to those questions is no, go back to the table and say, "I'm getting tired. I think I better go home."

Then stare at him again. Whatever you do, don't reach for your credit card at all. Sit there until the cows come home if you need to. Sit there until there's a full moon. This cheap man needs you to teach him a lesson. Don't let him get away with it! Besides, you know you'll never go out with him again, so make him suffer. He's a one and done-er!

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Now, here's what's great about this: If you've both driven to the restaurant, which I strongly suggest you do, all you need to say is, "I'm going to go now while you take care of the check."

A real man will grab the check instantly. That's what I do all the time. A real man won't say something like, "Hey, we're a team. Let's split the bill tonight." Remember that Mr. Cheapskate is definitely cheap in every way, shape, or form. Let some other woman pick up the bill if she's happy to fall for it. Get yourself out of there, and run girl, run!

*For more information on David Wygant, click [here](#)!*



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# So You're Dating a Mama's Boy!



By [David Wygant](#)

Congratulations! You're now in a relationship with a mama's boy. Mama's boys are tough to date. Mommy took such good care of them over the years, and while she's still in their lives, you might always play second fiddle to her.

I know all about mama's boys because my dad was one. I remember when we used to go out to the Hampton's during the summer. My dad would have his own special blueberries and sugar on top. His mom, my grandmother, would always reserve

the coffee ice cream for him, her king. She catered *everything* to him. He'd call her at least three or four times a day. It was like he couldn't stand not having contact with her for even a couple of hours.

When you're dating a mama's boy, you're going to be under such a powerful microscope, and you can never win because nothing will ever be good enough for her "sweet little boy." Moms sometimes cradle and pander to their boys, no matter how old they are. Not just that, but they give them their full backing and support, even when they've done something wrong.

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It's almost too much. He's used to being catered to, and he's used to having everything done for them. I've even known grown men who still take their laundry home for their moms to do. Some let mom come over to their place and tidy it up for them too!

I've heard many nightmare stories about girlfriends moving into their boyfriend's house and buying some new furniture and decor, only to come home one day and find out it's all been moved. Mom came over, decided she didn't like what you chose, and replaced it with all her own stuff.

Don't get me wrong though! Mama's boys have some great qualities too. They're gentle, they're sweet, and they're respectful.

The big problem is you may be used to dating a man-boy, someone who has struggled to leave the nest. He's a boy at heart who can't bear to leave his mom's side. It's hard when you're dating a mama's boy because you're going to find he'll increasingly want you to take over her duties.

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Now, you can try to break the boy out of mama's cradle, but that's not going to be easy. He's lived his entire life this way. He enjoys it, and he expects any woman he dates to treat him the same as his mom does. Are you ready to be in a relationship where you have to mother your partner and his mom knows all your business? If you're ready for a relationship where your mother-in-law is going to know everything, and you can handle it, then go for it. If you can't, then you need to think again.

I remember I once dated a daddy's girl. Nothing I did ever compared to her father. She'd say it all the time too: "Dad did this for me, and Dad did that for me." I felt like I was competing with her dad, and it drove me crazy. If I ever did anything wrong, her daddy would get a phone call right away.

You want to be the woman in a man's life, not his caretaker. You don't want to compete with his mom, and you don't want to be second best. The next time you meet an amazing guy that happens to be a mama's boy, you need to ask yourself whether you can put up with this kind of behavior. If not, it's time to send him on his way and send him back to his mother. She'll welcome him with open arms!

*For more information on David Wygant, click [here](#).*

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## How to Move On After Heartbreak





By David Wygant

I'm going to share with you some of the best advice that my mother gave me when I was younger. When I was 19 years old, I was dating a girl named Kris. She was the love of my life. Well, the love of my very short life at the time. She was my high school sweetheart, and she literally broke my heart three weeks before the prom.

Thankfully, for me, we got back together that summer, but once again, she broke my heart right before I went to college. I remember spending my freshman year of college listening to "Keep On Loving You" by Reo Speed Wagon and thinking about her. All I thought about was getting back with her. I spent the whole time romanticizing about all that was great between us and ignoring the reasons we broke up in the first place.

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The summer between my freshman and sophomore year, Kris and I got back together again! It was amazing. It was fantastic. We were in love again. I was thinking I would marry her in 8.4 years, when we both got out of school. Then all of a sudden,

she broke my heart one more time. I remember sitting there in my room, crying again, and thinking to myself, "How am I going to get her back for the fourth time?"

My mother walked in. Little did I know, my parents were separating and getting a divorce at the same time. She sat down at the edge of my bed, looked at me, and said, "In life, you never know how things are going to work out. Even if you've been with somebody a very long time, it doesn't mean you're going to be with them forever. You're going to meet somebody again one day that loves you more than Kris ever did."

I cried. I went to school, and then after a while, I realized what great advice that was. I was going to meet somebody who loved me more. Isn't that what we want? Don't we all want somebody who loves us as much as we love them? Throughout my life, I've always remembered and embraced my mother's advice. Most importantly, I've always paid attention to it whenever a relationship ended. I was always going to find somebody who loved me more.

See, what we do when we're breaking up with somebody, is we romanticize about the good times. We ignore all the lessons that were there. Let me tell you something: If a relationship doesn't work out between two people once, the chances are it will never work out. There are tons of reasons why, and most the time, you'll never get to the bottom of it.

I'm sure that, if you're going through a breakup now, you're wondering, "What if I did this differently? What if she hadn't done that?" You could spend years talking and thinking things through, and you'll find a few reasons things haven't worked out. What you have to remember is the person you're romanticizing about in your head isn't going to change. You're remembering the good and blocking out all the negative reasons you guys can't be together. That's the key.

**Related Link:** [How to Get Over the Relationship Blues](#)

Maybe you're hung up on your ex because you don't like the idea of being single. If that's the case, I'm going to end this post with some of the best advice I've ever *given* people about relationships. Being single gives you the opportunity to meet someone you've never met before and the chance to use the lessons you learned from past relationships to avoid making the same mistakes again.

So stop romanticizing about the ex and start remembering the reasons you're not together anymore. Learn the lessons and move on. Being single gives you the chance to create magic. Don't run away from it. Embrace it!

*For more information on David Wygant, check him out on our [Experts Page](#).*

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## How To Plan A Guy Friendly Valentine's Day







By [David Wygant](#)

First of all, ladies, there's no such thing as a guy friendly Valentine's Day. We know this day is all about you. As far as guys are concerned, our Valentine's Day already happened: It was when the Seahawks destroyed the Broncos at the Super Bowl. Men love football, and we love hanging out with men.

Now, it's the end of the football season, and it's painful for us. It makes our eyes tear, and it's hard to let go. We just had six months of our addiction, and now, we're not getting any football again until September. We've had to say goodbye to our faithful love of football.

**Related Link:** [Making Valentine's Day Fun Again!](#)

The official Valentine's Day is for you: the flowers, the cute little teddy bear, the box of candy, and the romantic dinner. It's taking you to that delicious dinner we pay double the price that we'd have paid the day before.

So how can you show your man that you're different from all the other women out there? By ensuring that your man has a

Valentine's Day date that he'll enjoy using the five tips below.

**1. Buy him tickets.** Take him to a sporting event or to a concert. Instead of doing the whole cliché of going out for dinner, do something more fun and something you can do together. Go against the grain. You want to show him he's special to you. He'll think you're the coolest woman in the entire world.

**2. Try a fun class.** Head to a local winery and learn about the grapes that grow near you. Or sign up for an Italian cooking class and add some new pasta recipes to your weekly menu. You could go to Color Be Mind and do some pottery together.

**3. Create new traditions.** Instead of doing the usual clichéd activities, come up with something fun that you can do every year and start your own holiday traditions. If you enjoy traveling, head to a new locale every February 14th. Or if you like extreme sports, try sky diving or backcountry skiing.

**Related Link:** [Creating Love That Lasts](#)

**4. Be nice to us.** Know that Valentine's Day makes a lot of guys uptight; it puts us under a bundle of pressure. We have to make sure the flowers turn up to the right place; we have to make sure we manage to book a table at the restaurant you want before it fills up; and we have to be original with our gifts.

**5. Think outside the box.** When it comes down to it, the key to a successful relationship is keeping things fresh and exciting. To keep the fire burning, you need to find new ways of loving each other and having fun together. It's something we should be doing every day, not just on Valentine's Day.

*For more information on David Wygant, click [here](#).*

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# How To Plan a Holiday Proposal



By [David Wygant](#)

You're in love. You're thinking, because of all the Zale's diamond commercials on television, that this would be a great time to pop the question to your girl. You're wondering whether you should get her a gift-wrapped Lexus, a red Mercedes, or that sparkly diamond.

**Related Link:** [The Best Holiday Gift for Your Man](#)

I love how the commercials make you feel like you have to buy

her something expensive if you want to be romantic; if you don't spend a fortune on her, she'll reject you. But here's the thing: This time of year is a great time to be engaged, but if you do it wrong, you'll end up looking like a huge cliché.

So if you're planning a holiday proposal, here are a few new ideas to help you blow her away and give her a proposal she'll be telling everyone about for decades!

**1. Make sure she's ready.** This is the worst time of year to propose if she's not prepared for it. She won't want to break your heart over Christmas, but if she's not ready to say yes, she may end up breaking up with you simply because she doesn't know exactly what to do next.

If you're going to propose over the holidays, be 100 percent sure that your relationship is on solid ground before you ask. Make sure you've both discussed getting married and that you've heard her talk enthusiastically about becoming your wife. Don't propose to her at this time of year because you think it will save a rocky relationship or stop her from leaving you – I can guarantee that it won't work.

**2. Wrap the ring imaginatively.** I love the whole idea of gift wrapping a ring, but don't wrap it in something predictable. Instead, make the special present part of a fun day. Maybe go ice skating or check out a local Christmas market, and at the end of the date, say, "I have a great gift for you." Instead of handing her a small box, wrap the ring in a child's toy. Put it in a barrel of monkeys or around the collar of a cuddly toy and wait until she discovers it.

Tell her it's an early Christmas present. Just imagine her face when she opens a fluffy teddy bear with a ring hidden in its neck fur. She will absolutely melt because you're bringing back the little girl inside her, the girl who always felt protected and cared for.

**3. Avoid the Jumbotron.** Don't do anything at a sports game. Don't plan a crazy night. I think the most romantic holiday proposal is right under your own Christmas tree. Make her feel beautiful. Have Christmas music playing in the background and a fire burning in the fireplace. Cook her favorite meal and enjoy a holiday cocktail together. Just talk, have fun, hang out. And when it feels right, pop the question. A special night in with just the two of you is a perfect way to propose.

**Related Link:** [Don't Settle: Get Him to Commit](#)

**4. Ask Santa.** If you're really daring, here's a great idea. Plan a trip to visit Santa together. Have a quiet word with the man in the red suit beforehand and ask him to give your girlfriend the ring. When you get there, make her sit on his lap. Get down on one knee and ask, "Santa, can I marry her for Christmas?"

Santa, of course, will say yes and hand her the ring. Then, ask her to marry you. People will be taking photos. It's original, it's cute, and it's memorable. Hopefully, this will be the first and last time you get married, so you want to make the proposal special.

Best of luck! Happy holidays!

*For more information on David Wygant, click [here](#).*

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## When Are You Ready To Be a Dad?



By [David Wygant](#)

One of my subscribers sent me a fantastic question the other day: When are you ready to be a dad? I'm a dad. I never thought I would be one. And now, not only am I a father, but I love it. For me, there's no greater feeling in the world. There's nothing better than walking across the street holding my daughter's little hand. There's nothing better than sitting on my sofa while she climbs and crawls all over me – except when she bounces on my stomach after a big meal!

**Related Link:** [Brad Pitt Says Fatherhood Has Made Him a Better Man](#)

My daughter's still very young; she's only three years old. But the love she gives me is a love I've never experienced in my life. It's so fulfilling. And you know what? I wasn't ready to be a dad. It's like the old saying says: "You're never



ready to be a father...until the kids arrive.” Even then, you might not be ready, as the changes in your life are so sudden and drastic.

Remember that your wife becomes a mother; it’s a completely new experience for her too. She has a little human being entirely dependent on her 24 hours a day, 7 days a week. You’re no longer going to feel like her number one priority, but she’s going to need you more than ever.

You need to understand it’s only a temporary feeling of displacement. Once you start bonding with your child, you’ll start to feel a lot more involved again. Don’t worry if it takes a bit of time to get to know your little one. Some guys don’t feel like they bond with their kids until they hit two-years-old – it’s easier to connect with their children when they’re walking and talking. There’s nothing wrong with that.

You need to ask yourself a different question: Is being a father something I want to do? The changes are so major that you have to *really* want it. The sleeping in on the weekends is over. The late nights over at your friend’s house are done. Coming in after work and just putting on the television is no more! When you’re a dad, you have to be on when you get home. You must spend time loving and connecting with your child. You need to be the role model your dad may or may not have been for you. You have to open your mind and open your heart.

**Related Link:** [Celeb Dads Who Are Doing It Right](#)

You have to step outside your comfort zone and live for someone else. Is that something you can do? Is that something you desire from life? If the answers to these questions are yes, then don’t worry about being ready and don’t think you need to know everything. There’s no guidebook. We all learned on the fly!

If you truly want to embrace the good and bad experiences that fatherhood brings, then you’re as ready as you’ll ever be.

Nothing will prepare you for it, and it won't be anything like you imagine. But honestly, it's the most beautiful, rewarding, and humbling experience any man can have.

For more information on David Wygant, click [here](#).

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# Five Ways To Get His Undivided Attention



By [David Wygant](#)

You see a man you're interested in at the grocery store, and you know you can't just let him walk away. But how are you going to make him notice you without stripping naked and doing

a sexy dance in the produce section – which, of course, will get you arrested? Well, the good news is it's easy to get a guy's attention. These simple five ways will give you the confidence to turn his head any time, any where.

**Related Link:** [Dating Deal Breakers](#)

**1. Do a double-take.** Most women do the single-take: that one quick glance before they look in another direction, hoping the man will approach them. Men need the double-take. When you look at us only one time, we're never going to walk over to you because we think you may have been looking at someone or something behind us. The double-take assures us that you're actually interested in us.

**2. Allow us to help.** I don't care if you create the same salad at Whole Foods every time. The next time you're grabbing lunch, when you see a cute guy, look at him and say, "I am so curious – what's good here?" Watch how fast he goes into fix-it mode. He'll give you advice, and he'll feel needed and wanted. When that happens, it triggers an instant attraction to you because all men want to feel desired. Play the damsel in distress; it works every time.

**3. Maintain eye contact and smile.** Always smile when he says something because it'll encourage him to keep talking. Men do an insecure dance inside their head. They're always wondering, "Does she like me? Is she interested?" Eye contact and a simple smile tells him that he's doing okay.

**4. Ask questions.** Most guys will ask you a lot of questions to find out more about you. What normally happens, though, is that women don't ask men questions back. To get his undivided attention, ask him questions. Allow him to talk about himself and show interest in what he says. Guys love talking about themselves; give him the chance, and he'll love you for it.

**Related Link:** [Don't Settle: Get Him to Commit](#)

**5. Don't pay too much attention to his friends.** If you're with a group of people and a guy's interested in you, he'll only focus on you. You'll notice that he almost acts like the rest of your friends aren't there. You need to do the same if you're talking to a group of men. Don't spend too long chatting or flirting with his friends. It sets off a man's insecurities, and he'll assume you're interested in someone else instead.

These five steps are all you need to know. Keep it simple, and you'll find your dating life changes instantly. Before you know it, you'll have his undivided attention permanently!

*[David Wygant](#) is a dating coach and author of *Naked and Always Talk to Strangers*. For more relationship advice, you can follow him on Twitter @DavidWygant and [www.facebook.com/therealdavidwygant](http://www.facebook.com/therealdavidwygant).*

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## Dating Deal Breakers





By [David Wygant](#)

It happens all the time. Things are going really well in your relationship, and then all of a sudden – BOOM, like a guillotine coming down on someone's head – something goes wrong. But this time, the guillotine is coming down on your head, and you're facing another heartbreak.

You thought you knew exactly what he wanted; you read all the books and watched all the dating programs; and you did everything you could to make sure you were the perfect girlfriend. You even spoke for hours on end with the girls about what men *really* want and how to play the relationship game properly. Trouble is, it seems you still don't know what men DON'T want in a relationship.

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

**Here are my top three dating deal breakers:**

### **Don't Play Games**

If you play games with a guy, he's not going to want to be

with you – it's as simple as that. If we call you and you don't pick up, call us back the second you get a chance. Returning our call a few days later doesn't turn us on; in fact, it turns us off.

Many men barely have the confidence to even make that phone call in the first place. They spend a lot of time thinking of what they should say, what type of voicemail they should leave, and how they can make you laugh. Sure enough, you hesitate; you wait and don't call him back. You want him to think you're cool and too busy to talk to him.

Well, guess what? Those kind of games are a deal breaker. He wants a girlfriend who's going to be responsive to his texts and phone calls. No guy wants someone who plays *too hard* to get.

### **Let's Get Physical**

You tell him you want to wait, so he waits. Then, when you start having sex with him, you ration it. You start thinking if you give him too much, too quickly, he's going to leave. In reality, as long as you're dealing with a man and not a man-boy, once you start having sex, continue doing it. Don't cut him off. If he's showing he's committed to you, why would you stop it?

If you kill the sex, you kill the relationship.

**Related Link:** [4 Ways to Know You're Dating a 'Man-Boy,' Not a Man](#)

### **The Chronic Texter**

Don't be the woman who's texting him non-stop. He's out with his friends, and you don't trust him. So of course, instead of telling him to have a great time, you text him all night long.

He doesn't want to be monitored, and he doesn't want to be constantly checking in with you. He wants somebody who will



actually allow him to go out with his friends and enjoy himself. Trust him, wish him a fun night, and then let him be.

These are just a few dating deal breakers. The bottom line is, if you've got a good man, stop overthinking everything and learn to go with the flow.

*David Wygant is a dating coach and author of Naked and Always Talk to Strangers. For more relationship advice, you can follow him on Twitter @Davidwygant and facebook.com/therealdavidwygant*

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## How to Celebrate the Fourth of July With Your Guy





By [David Wygant](#)

The Fourth of July is upon us – can you believe it? Before you know it, Labor Day will be over, and just as you start to catch your breath from that, it's Christmas time. An important part of any happy relationship is celebrating the holidays and enjoying your special traditions. So how do you start a new Fourth of July tradition that your man will remember for years to come?

**Related Link:** [How to Celebrate a Fourth of July-Themed Wedding](#)

First off, it seems like everybody looks for a neighborhood barbeque or hot party for this summer celebration. For me, that's a bit of a cliché. You need to do something fun and different with your guy, something a little more private but still patriotic.

Maybe start the holiday off with breakfast in bed. Then go for a swim or a hike, an activity to get your heart pumping. Men love to show off their athletic skills, so take advantage of an extra day off from work and explore nature together.

At night, find a place that you can watch fireworks and bring a blanket and picnic basket filled with his favorite food. As the saying goes, “the way to a man’s heart is through his stomach.” Don’t forget to pack a bottle of wine or champagne too!

Once you head back home, light some candles to set a romantic mood. Give each other massages as you talk about your favorite part of the busy day. Now, it’s time for the real fireworks. I truly believe that, in a loving and passionate relationship, the fireworks should be in the bedroom and not in the sky. How about getting things started by being that sexy little Miss America he always wanted?

**Related Link:** [David Wygant’s Book ‘Naked’ Teaches Us How to Reveal Ourselves When Dating](#)

By sharing such a special date together, you really connect emotionally. Think how fondly people remember certain Christmas or Thanksgiving traditions. These things are emotionally engraved in our hearts, and you want to make sure you’re engraved in your man’s heart.

I promise you – plan this date, and he’ll do pretty much anything you want until Labor Day!

*For more information about David Wygant, click [here](#).*

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## Dating Advice: How To Decode Your Man’s Texting Habits



By David Wygant

What does it mean when a guy waits a while to text you back? What if he gives you a short answer to a long question? How can you tell if he's bored and only texting you because he wants something to do? These are questions that most women have asked at one time or another.

So here are a couple of pointers to decode man-talk in texting. These answers are a simple guideline to help you understand the way that men think and communicate.

**Related Link:** [How to Understand Man-Talk](#)

If a guy waits forever to reply back, he's playing games. He's basically a guy who's pretending to be busy, pretending to have other things to do, and he's making you wait, thinking that's a way to increase your attraction to him. He's the type of guy who thinks that you're going to want him more if he

creates a false sense of busyness.

Texting is pretty simple. Most of the time a quick response – something like, “Hey, I’m busy right now and can’t really talk” – is far greater than making somebody wait all day.

If a guy gives you a response that’s short and sweet but doesn’t really answer your question, he isn’t paying attention to who you are and what you’re about. He’s too caught up in himself.

Or maybe you’re texting him at the wrong time or he just doesn’t like to communicate via texting. That’s not such a bad thing. It’s okay to confront him and find out his preferred communication style. We’ve become lazy as a society: sure, texting is quick and easy, but it’s not the only way to stay in touch.

**Related Link:** [The Real Reason He Didn’t Call You Back](#)

But how can you tell if a guy’s interested? Not only should he text you back in a timely manner, but he should also make plans to see you soon. A guy who texts back and forth but never asks you out is someone who just likes the attention. He’s not interested in you as a lover; he’s only interested in you as a text buddy.

So if you text a guy on and off for more than three days and he doesn’t ask you out on a date, then you need to stop the texting madness and realize he’s just not that into you.

Texting is fun, but it doesn’t substitute real conversation. Keep the texts short and simple, and make an effort to learn someone’s texting style. When you do those two things, you won’t be freaking out, showing the text to your girlfriends, trying to interpret it. Just pick up the phone and call him. Otherwise, there’s going to be a big miscommunication. When it comes to texting, never read between the lines.

*David Wygant is an internationally-renowned dating and relationship coach, author of the new book Naked and speaker. Through his boot camps, personal coaching and his website (davidwygant.com), his advice has transformed the dating lives and relationships of hundreds of thousands of people from every corner of the globe.*

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# Expert Relationship Advice: How Not To Scare A New Man Away



By David Wygant



So you've got a first date with that guy who you just think is so amazing. He's got the perfect resume. He even called you when he said he would. You're at his place, and he's arranged a nice dinner. Everything seems perfect.

He just might be "the one."

::RECORD SCREECHES TO A HALT::

First of all, let's throw out the perfect resume, because as we all know, when it comes to dating, *nobody* is as perfect as his resume. Eventually, he's going to become real, and when he becomes real, the question is: *Do you still like him?* But that's not what this post is about; it's about how to give yourself an opportunity to get to know the real him.

**Related Link:** [Guys Edition: How To Behave Like a Gentleman](#)

It's probably no surprise that many women scare men away on the first date. Here are a couple of things to avoid discussing and ways to ensure that he'll ask you out again:

**1. Bash your ex.** You talk about your exes like they are the worst people in the entire world. What that tells a man is that, when he becomes your ex, you're going to destroy him just like you bash your previous boyfriends. If you must talk about your ex on the first date, talk about him in a positive way—the things you learned and how you've grown as a person since your relationship ended.

**2. Talk about your desire for a child.** Every man wants to meet the cool woman who he can just hang out with, who understands his fantasy football obsession, who will spontaneously buy a ticket to Hawaii to play in the surf and sand. Yes, you can ask him if he wants a family and kids on the first date, but what you *don't* want to say is that you can't wait to be a mom.

*"I can't wait to go to soccer practice. I can't wait to get the mini van. I just can't wait to be a mother."* Now, all he's

going to think about is how he can't wait to drive that mini van away from you. Remember that he wants the **cool** woman. He knows that you're a woman and that you want children, but he wants to feel like a man, not like a sperm donor. He doesn't want a vision of life schlepping around the suburbs; instead, he wants to envision a hot and sexy beach vacation.

**Related Link:** [Does Your Womb Have a Vacancy?](#)

These are two tips that I tell women all of the time: stop with the bad ex talk and stop with the womb-vacancy talk. Be fun. Be cool. Be open to his suggestions. Get to know one another. And most importantly, have a good time.

It's just a date. It's supposed to be about getting to know one another in the present moment to see whether or not you like each other. Have fun as a couple. Grow as a couple. Allow the relationship to take off. And by doing that, you'll be able to get past that first date and maybe onto a second one.

*To find out more about David and all of his dating and relationship-building products, visit him on his website at [www.davidwygant.com](http://www.davidwygant.com).*

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## Guys Edition: How To Behave Like A Gentleman





By David Wygant

What qualities does a woman desire most in a man? Confidence? Humor? Good looks? No, what a woman wants from the man she is dating is for him to behave like a gentleman.

Men, here is what a woman wants:

She wants you to open the car door when you pick her up. She wants you to pull out her chair when you're having dinner. At the end of a date, she wants you to walk her to the door and give her a sweet kiss. She wants you to compliment her, but not go over the top like you've never complimented a woman before. When she sleeps at your house for the very, very first time, she wants a new toothbrush along with clean sheets and towels.

**Related Link:** [QuickieChick's Video Dating Tips: How to Get a First Impression Rose](#)

Women want good old-fashioned romance. That's why they want you to *call* them instead of *text* them. They like you to reconfirm a date instead of just showing up. And one of the

most important things is...**don't ever ask them what they want to do**. Instead, just take them somewhere; plan a date, figure out who they are and what they're all about, and then take them on a journey.

If a woman says no to you when you're pursuing a physical relationship with her, respect her and say, "Hey, I understand. We don't know each other well enough yet, and that's cool. I'll take things at your pace."

It's about being a gentleman, and a lot of men just don't understand that. When you behave like a gentleman, you'll actually get a lot more out of a relationship than you ever imagined.

But instead, most men behave like Captain Cavemen. They don't plan; they don't let her walk through a door first; and they battle their way through a restaurant, competing for the same spot at the table. Most men have no clue how to lead. They just act like aggressive buffoons.

**Related Link:** [No More Excuses: 10 Ways to Ditch Bad Dating Habits](#)

Don't be that guy.

The next time that you're out with a woman, when you're sitting across from her at dinner, look at her, and make sure that she's happy and content. More importantly, make sure you're acting like a gentleman and you're allowing her to actually get to know you.

Remember that when you act like a gentleman, you actually get the girl and everything else that you want.

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# The Best Holiday Gift for Your Man



By David Wygant

So let's say that you're having a very passionate holiday romance. What do you do about Christmas, Hanukah, Kwanzaa, Festivus, etc.? Well, whatever holiday you're celebrating, I'm a firm believer of wishing everybody a merry Christmas. To me, Christmas is *just* a time of year. That's all it is. It doesn't matter what religion you are—everybody loves Christmas. Who can forget “Santa Claus is Coming to Town”? Who can forget “Rudolph the Red-Nosed Reindeer” and “Herbie the Dentist”?

Anyway, let's get back on topic.

What do you do if you're dating somebody new during the

holidays? What do you do?

**Related Link:** [How to Find Love Amidst Holiday Crazy](#)

Buying gifts for somebody else is always hard, because you have that *"Oh no!"* moment when they're opening them.

I know that every time a new significant other bought me a gift for Christmas, as I'm opening it, all I'm thinking is, *"Oh no, I hope it's not a shirt that I'll have to wear."*

Or, *"Wow, I really hope that it's not something I hate and she thinks it looks great."*

Or, *"God forbid, it's one of those horrific Christmas sweaters, and I'm going to have to wear it to some family get-together she's going to invite me to when I accept the gift."*

**Related Link:** [QuickieChick's Video Dating Tips: Meeting Your Partner's Family Over the Holidays](#)

Here's the deal: If you just started a new relationship, forget about the gift. I've got a much better idea: gift-wrap yourself. That's right. You dress up as a little elf or Mrs. Claus.

Get some killer red lingerie. Get a Santa's cap. Put some stockings on your feet. Tell him you've got a present for him and that he needs to be at your house at 8 p.m. so he can unwrap it.

Then, you go prep the home. Get some holiday candles – maybe cinnamon or pine tree – and make your place smell like Christmas.

When he knocks on the door, open it wearing your festive outfit and with mistletoe in your head. Then you smile and say, "Care to unwrap the gift that I got you?"

*That* is the ultimate Christmas gift that you can give *any* man



in the entire world. We don't want to unwrap a bad shirt that's not going to fit. We don't want tickets to a concert. We just want *you* in a holiday outfit.

Best. Christmas. Ever.

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## 6 Things Women Should Never Do In A Divorce



By David Wygant

In the crazed battle of the exes (or soon to be permanent exes) we too often tend to act on our emotions. We're angry. We're annoyed. We're upset. We're devastated. Divorce is like

going through death, and it affects more than just the couple: kids, parents, friends – it's the ultimate division of assets. For those of you who have or are going through it, you know what it feels like. It sucks. So, I want to give a few tips to those out there in the arena -especially the ladies. Here are a few things that women should never do in divorce and why:

**1. Make the man the bank:** If you were not the earner in the relationship and you attempt to turn your ex into a Bank of America during the divorce process, you're going to get far less in the settlement than you ever would have, than if you showed a little prudence and appreciation. Nothing makes a man more irritated than knowing he's being used for money. Here he is, in the process of getting a divorce..from you (whether it was his idea or yours) and he has to write you a check for the money he's earned. There's no worse feeling than seeing a hard-earned paycheck cut in half and given to somebody who's constantly belittling and just plain mean.

Whether you put off your career to raise your children or you're just expecting alimony, it's important to be thankful for every dollar he gives you because ultimately, you could be in trouble if he didn't. Showing your gratitude will help you cause – he'll give you what you need, (if you need it) so you can survive, live and breathe until you can get back to work. Remember, the two of you were married once. Somewhere deep down, a form of [love](#) still exists so respect one another for the best outcome.

**Related Link:** [5 Signs Your Partner is Using You for Money](#)

**2. Do initiate battles:** Venting your feelings or frustrations to him will only waste your own time. Accept that it's over. The time to do that has passed so now you have to act like an adult and deal with the reality of the situation. You're both disappointed and you both need to heal. If you did not have children, you probably would not be in contact with each other at all, so keep communication focused on the kids and refrain

from bringing up old wounds.

If you think you're able to talk to him in a civil manner about the relationship – fine. But, if you get emotional and intentionally try to make him feel bad, then he'll get defensive and take a few uppercuts of his own, which only leads to more fighting and where did that get you guys before? Keep the e-mails simple, straightforward and only about your children or the settlement. You're now in a business relationship – get used to it. Use what you learned at work and speak with grace, class and professionalism.

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

**3. Save the drama for your mama:** Do not vent to your circle of friends. The division of friends is coming as it always does in almost every single divorce. You find out who your real friends are as they start to choose one side or the other. Anything can happen and it's not always in your control. I've seen (in my 14 years of coaching) parents choose their son-in-law or their daughter-in-law over their own son or daughter.

I know you're going through pain. I know as a woman you love to talk and let everything out. But choose only one or two truly close friends to do this with. Or better yet, just chew off your Mom's ear, that's what mothers are for. If you start bad mouthing your soon-to-be ex-husband all around town, he's going to eventually hear it, and that's where the division of friends comes in full swing with no mercy. You do not want third-party battles, or to make people that are close to you feel uncomfortable. Inevitable, whenever you're venting to a large group of people, they will choose one person or another because you've forced it upon them. And that's not fair for anyone. Some of you may have life-long friends, and it's okay for them to be friends with the both of you. So be the bigger person and keep them out of it. Go out and find a counselor or therapist. But do not make your divorce the talk

of the town.

**4. The children are not pawns:** This one should seem real simple, I actually shouldn't even have to mention this. However, it seems like in every divorce that I've ever coached a client through, the children are used as pawns. Watch your words carefully. They're hurting right now. Daddy is no longer there. They don't understand it, especially the young ones, and even the teenagers have a lot of anger.

You need to speak to your children explain to them what is going on, but keep your tone positive. This may too be obvious but to emphasize, the kids should never be forced to chose sides. Never ever make dad the bad guy. He may no longer be your husband, but he's still a father to your kids. Remember that children still need a good dad, a good role model and an authority figure to look up to.

**Related Link:** [Celebrity Couples Who Function as Families After Divorce](#)

**5. Your dream is over:** The perfect picture that you created for the marriage that you thought you deserved is over. You're probably going to have to go back to work. The alimony will run out. You may have to get day care for the young kids. Reality is now setting in, and you need to accept it as quickly as possible in order to heal in a decent amount of time.

You can't change the way your marriage unfortunately worked out, and now you need to find a way to move on. Maybe you won't be a stay-at-home mom for five years. Maybe you won't have a country-club lifestyle. Maybe you won't have that house by the beach or the unlimited shopping sprees for organic groceries at Whole Foods, and that's going to have to be okay. The quicker you can realize what reality you're in now, the better you're going to feel.

**6. Choose your preferred method of communication (phone, e-**

**mail, or text**):If you're in an angry divorce, I strongly suggest e-mail as the best way to communicate, because the phone can lead to more fighting which is the last thing you want to do. Fighting with daddy in front of the kids on the telephone while you're on your way out is not a good way to set the tone for the day. A lot of us have Bluetooth in our car. Imagine him calling and you push the wrong button and you're not able to control yourself in front of the kids and you have an argument. They've witnessed enough fights when you were together. They don't need to be consumed by it anymore. E-mail is simple. You can read and react to that e-mail, and then you can save it as a draft and then re-read it again. Then comb back through it and take out all of the venom, the hate the angst and just make it about the children. This will keep you sane and the situation under control. Like I said earlier, pick a person to vent to so you don't have to vent in your communications with your ex.

Ladies, please adhere to these easy, simple tips. It's going to make your life run so much smoother and reduce turbulence during this difficult time.

And like I said, if you really are that angry, talk to somebody. Because if you cause any of these things to happen, you're going to likely splinter a relationship with your ex for the rest of your life. Don't forget, if you have kids, your ex is somebody who's going to be family with you forever. Think about things long-term instead of short-term. There are plenty of professionals out there that can help you get through this. Remember, the most successful people in life are those who think about how their actions today will affect them tomorrow.

*David Wygant is an internationally-renowned dating and relationship coach, author of the new book Naked and speaker. Through his boot camps, personal coaching and his website at [www.DavidWygant.com](http://www.DavidWygant.com), his advice has transformed the dating lives and relationships of hundreds of thousands of people*

*from every corner of the globe.*

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# The Real Reason He Didn't Call You Back



By David Wygant

So you went out on a great date, or what you assumed was a great date. You did everything right. You were flirting. You wore the right outfit. The shirt was low-cut, but not too low-cut. The jeans fit nicely on you. You smelled great. You smiled. You told him you had a good time. You made yourself available, open and honest. When you got home, you called one



of your friends. You told her what a great time you had and that you were eager to see him again.

The very next day, you expected the phone call. You thought to yourself, "I know he's going to call. He had a good time. He looked at me at the end. Everything seemed perfect."

But ... the day passed, and the phone never rang. You checked your e-mail that night thinking he might have emailed you—he didn't. The following day, you called your friends about it, reviewed the entire date, everything you said, trying to figure out what his reactions were, and maybe—just maybe—what you said or did that turned him off. You engaged the troops, and that was your first major mistake.

**Related:** [Five Steps to Turn a Date Into a Relationship](#)

Oh, I'm sure the conversation was good. You got to obsess for a week about why he didn't call back, because as a woman, you just need to know why he didn't call. You thought he had fun, and you start reviewing the date again, and again, and again.

You're obsessed. And why? You're obsessing over one date, one coffee, one drink, one dinner—that's all it was. So, he didn't call back. And you want to know the real reason why? He didn't feel like calling you back. He didn't like you the way you wanted to be liked. He made a choice. His choice was not to call you back. His choice was to move forward and to go find somebody else for whom he is better suited.

You've done it to plenty of men in your life. You don't seem to obsess over not calling them back when you don't want to call them, or when you didn't want to see them again. In life, we have choices. Just because he wasn't interested doesn't mean that you're not a great, wonderful, fantastic, sexy, beautiful, incredible woman. It just means that he chose to go another direction. But when you go and you spend all this time and energy thinking about it, what you're doing is you're not

allowing yourself to meet somebody else.

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

Here's the deal: if he doesn't call back within 48 hours, forget about him. It doesn't mean you did anything wrong, so stop driving all your friends nuts. As a friend, it's so boring to hear you obsess over someone for two weeks.

When a client asks me why someone didn't call them back, I say, "Give me their number; I'll ask them." The time that you waste trying to figure out why he didn't call back is time wasted not meeting other men—not meeting men who want to be with you.

So, get out of your head. You've got 48 hours. If he doesn't call you, move on. Live an abundant dating lifestyle instead of a crazed, lunatic lifestyle.

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## **David Wygant's Book 'Naked' Teaches Us How to Reveal Ourselves When Dating**



By Daniela Agurcia

The “rules” of dating can be complicated, and most of the time, we can’t figure out what we’re doing wrong. Dating expert, David Wygant, wrote *Naked* to get rid of those “rules,” hoping that we could finally learn to love ourselves and be ourselves when entering the dating world. He successfully coaches both men and women in dating by analyzing their situations and helping them figure out what they’ve been doing wrong, so they can move forward and have a happier and more successful dating life. We had a chance to interview David about his book, and here’s what he had to say:

**How would you say your book *Naked* is different from anything else you’ve written?**

Most of the time, I write about how to meet someone and ways to be more aggressive in your dating life. This book is a lot

different because I really strip people down from the inside out. Most women date like resume shoppers. They miss finding their needs, wants and desires because they're constantly looking for the perfect picture or that romantic comedy instead of really just embracing the beauty of how you feel in the presence of somebody. I decided to take it from the inside out so that you're able to have those checks and balances.

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

**What are some exercises or techniques you find most important that are mentioned in your book?**

One is stripping yourself down to 100 percent naked to figure out what you want. Write down what you want and how you want to feel when you meet that special person. That way, when you do meet someone, you will immediately know if they're the right person because you're in tune with what you need to feel.

Another thing that is really important is get rid of the past, something I think a lot of people focus on when they're dating. A lot of women will meet a guy, and if he's confident, it'll remind them so much of a player they once dated. Because of these assumptions, they end up feeling like they're going to be used sexually or cheated on because they were cheated on in the past. I call these people past-ers.

If you're a past-er, you need to accept your past and embrace it. All of your lessons from the past are lessons that you needed to learn. If you didn't *learn* them, then you're just going to go repeat them with different men. That's the reason why you haven't been satisfied in a relationship. So it's about accepting the past and realizing the beauty of what's ahead of you.

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

**On your website, it says that you have discovered secrets from**

**the universal human nature. Can you tell us what that means and what are some of those secrets?**

Human nature is that we repeat the same things that we're programmed to repeat. My relationships have all been wrong because of the programming I had as a kid. While I was growing up, my mother was not happy with my dad. She was pretty much miserable the whole marriage. So as a little kid, she used to tell me all the time, "You're going to have a beautiful relationship one day. I love you. You're going to meet your soul mate." When I was 17, I was broken up with by my high school sweetheart, and my mom looked at me and told me, "That's not your soul mate." Afterwards, every time a beautiful woman mentioned "soul mate" to me, it would trigger off my programming that told me, "This is my soul mate, this is a sign." All because my mother used to tell me to look for that sign. There are so many "signs" that we give meaning to, and I finally realized after a couple of bad marriages that this is my trigger point. I actually don't want to be with these women who present the sign. I actually want to be with a woman that I'm most current with. Once we recognize the pattern and learn to understand those things that have been programmed in us since birth, we're able to get real and grow.

**What are the top three tips you can give single men and women when looking for a partner?**

1) Be 100 percent present. Go out every single day, and people shop. Get off your Blackberrys and iPhones. Smile at someone you're attracted to, and push yourself out of your comfort zone. Look at some guy in the elevator instead of looking at the ground and say, "Hello." If you're at a café, sit down next to someone, and make yourself available.

2) When you go out on a date, stop going for the repeat cycle. If you went out on a date, and the guy didn't call you back, screw it! If he didn't call you back, he's not interested. Stop overanalyzing it with your friends. I don't

want you beating yourself up to that point; it's ridiculous.

3) Accept where you are right now. Not in six months when you lose twenty pounds. Not in seven months when you get a better job or get your hair done. You're a beautiful, evolved, amazing person right now. You're a work in progress, but it doesn't mean you can't be loved right now. That's what's important.

**What is the number one mistake people make when starting to date someone?**

They're in fantasy land. They don't look at what's really going on. They don't trust their gut instinct because they date from a need instead of dating from power. I look at it this way: I'm an incredible, amazing man, and if I'm not with somebody who feels the same way, then I'm with the wrong person. That's okay, because I believe there's an abundance of great people out there. Most people come up with excuses. For example, people who are in their forties say, "No man my own age will want to meet me." Well, if you think negatively and have that belief in the world, then you're 100 percent right. It's all in your belief system, and that's what I want to help people change. I mean, you have to be realistic; not everyone is going to want to date you. If some guy doesn't call you back, it's their choice, just like it's *your* choice to call someone back. Be realistic, and you're going to be fine.

*To get more insight on dating, you can purchase David Wygant's new book Naked at Amazon. For more information on his practices, visit his website at [www.DavidWygant.com](http://www.DavidWygant.com).*

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# Drew Barrymore Is Not My Type



By David Wygant

I get emails all the time asking me, “You live in Hollywood. You must meet famous people, right?” Let me tell you a little bit about the way I think about famous people.

I don’t see them; I see dead people. Oops! That’s the wrong movie. That’s from “The Sixth Sense.” I really don’t see famous people. I mean, I do see them, but people have to point them out to me.

A few months ago when I was walking down the street with my black Labrador, Daphne, this cute blond was walking towards me with three other black dogs. She said, “Look at all the black dogs!”

I thought, ‘Wow, she’s observant. She is flirting with me.’

So I said, "Look at those three dogs! Are they yours?" The cute blond said "No, I'm working at the rescue place today."

The blond was wearing a sweatshirt, tennis shoes and a pair of jeans. She had no makeup on, and she had her hair pulled back. She looked really cute. The voice sounded really familiar. The face looked familiar. The only thing missing was E.T. What I realized then was that I was standing face-to-face flirting with Drew Barrymore.

So, we started talking. We talked for about 10 minutes about dogs, about birthdays ... It was a random conversation. She was really friendly, really cute, and really flirtatious, but I just wasn't feeling it on my end. Now, granted, it would have been fun to hang out with Gertie from E.T. I'm sure she had some great stories to share!

So here was the end of our conversation:

**Drew:** What's your name?

**DW:** David. [Then playing dumb] What's your name?

**Drew:** Drew.

**DW:** Oh, I thought you looked familiar. It's nice meeting you, Drew.

Then, I walked away.

It doesn't matter to me whether a woman is a celebrity or not. If I'm not feeling the chemistry on my part, I don't care who the woman is or what she does. I don't care if it's Drew Barrymore or Jennifer Aniston . . . well, maybe I'd care if it were Jennifer Aniston.

The publicity would have been great. I can see it now. Drew and I photographed by the paparazzi in Hawaii. Drew and I walking our dogs grabbing a couple Starbucks. I would finally make it into the "Stars Like Us" page in US Weekly.

Living here in L.A., I've had plenty of interaction with

celebrities. I've flirted with Naomi Watts. I have chatted up Dennis Quaid in line at a coffee shop. I sat for 20 minutes with Michael Richards from *Seinfeld* and had a conversation. I've even had some fairly famous clients from the entertainment business. Honestly, they are all just people like you and me.