

Relationship Advice: How to Heal a Broken Heart



By [Rachel Sparks](#)

The [relationship advice](#) in this week's [Single in Stilettos dating advice video](#) will help you mend that broken heart. [Relationship expert](#) and founder of Single in Stilettos Suzanne Oshima interviews [relationship author](#) Duana Welch for her top three tips on how you can heal after a break-up.

Relationship Author Duana Welch Offers Her Best Relationship Advice on How to Heal a Broken Heart

1. Be brave: "The things that we dream of most are the things we are most scared of," Welch shares. Face your fear in order

to pursue your dream relationship. It's easier to sit on the couch and wallow in heartache, but that doesn't help you move on. Dating is scary, but as the relationship author says, "Do it anyway."

Related Link: [Relationship Advice: Dealing with a Dating Burnout](#)

2. Move on: May Weather once said, "The best way to get over someone is to get under someone else." Welch quotes this eighteenth-century woman to prove her point: The best way to move past an old heartache is to jump into a new relationship. No matter what people say about loving yourself first, starting up another relationship can offer the adrenaline that helps you forget the past pain.

Related Link: [Expert Dating Advice: How to Move a Stagnant Relationship to Commitment](#)

3. Learn relationship science: There are boundless resources that can teach you about the human mating cycle. While that's not a glamorous term for dating, when you begin to treat relationships like science experiments, you can learn what works and what doesn't. If you're already hurting from heartache, how bad can failing at dating experiments be? As Welch advises, "Taking no steps is guaranteed failure."

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Dating Advice: Something's Off About Him – Should I Trust My Intuition?



By [Whitney Johnson](#)

On this week's [Single in Stilettos dating advice video](#), founder and relationship expert Suzanne Oshima talks to [relationship author](#) Duana Welch about whether or not you should trust your intuition when you feel like something is off with your new partner. The short answer is, "Yes." Watch the video above to understand why!

Relationship Author Duana Welch Is Interviewed in Dating Advice Video

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“I recently heard that there’s research that shows that we actually have a nerve that connects our stomach to our brain that gives us a true ‘gut feeling,’” Welch shares. “And what I know for sure is that people *report* that feeling and that their intuition leads them to good things.” Expanding on this idea, the relationship author says that we have a side of our brain that is unconscious and gives us information that we don’t have access to when we’re conscious.

We also have an adaptation. “An adaptation is something that has evolved,” Welch explains. “It’s a spontaneous genetic change that happened in antiquity and was favorable enough that it gave that organism’s offspring better odds of surviving, creating, or both.” For example, all bucks have antlers – because if they don’t pass that gene along, they won’t be able to survive.

Related Link: [Dating Advice Video: Why Smart, Successful Women Can Fail at Love](#)

So the question, then, becomes: Why would nature give us all of these gifts and not give us a way to be able to tell when we are going to be prey? “I think we can all think of a time when we thought, ‘Oh, this guy – there’s something off about him, but I’m not being fair right now. I’m just going to learn more about him until I find out if my intuition is right,’” she reveals. “Well, some women don’t survive to find out that their intuition was correct.” In fact, the number one cause of murder or violent death to women between the ages of 15 and 50 is a male partner who got jealous or was controlling.

Welch concludes, “If your gut is telling you that this guy is dangerous, do not collect more data. *Don’t*. Just stop seeing him.”

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Dating Advice Video: Why Smart, Successful Women Can Fail at Love



By [Whitney Johnson](#)

On this week's [Single in Stilettoes dating advice video](#), founder and relationship expert Suzanne Oshima talks to [relationship author](#) Duana Welch about why smart, successful women can fail at love. "I was in grad school getting a doctorate in the social sciences, and I realized that I was pretty good at that, but I really wasn't good at love," Welch shares. "I knew there was something that I was doing wrong –

because the common denominator in all of my relationships was *me*." Here, she shares three reasons why succeeding at love is hard for so many women.

Relationship Author Duana Welch Is Interviewed in Dating Advice Video

1. The things women do to succeed at work don't work in the world of dating: At work, women are told to put themselves forward, pursue what they want, and lead their co-workers, but in a relationship, those qualities are often unrewarded. "Research shows that women who routinely pursue men are seen as low-status and not good wife material," Welch explains. "I hate that!"

"If I liked a man...I was kind of shoving myself down his throat," the relationship author adds of her own dating mishaps. "Of course, I didn't see it that way. There's never been a perfume called Desperation, and there never will be. But in the world of work, that stuff works."

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2. Some men hold a woman's success against her: There was a study done where researchers put up two identical dating profiles. One emphasized the woman being young and beautiful, while the other focused on her being an educated, high-powered attorney. Unfortunately, it's no surprise that the first profile got a lot more hits. "One reason is because men respond to youth and beauty, but it's also because men are intimidated by women who have achieved more than they have," Welch explains.

Related Link: [Expert Dating Advice: Times Women Say 'Yes' But Shouldn't](#)

3. We have a confirmation bias: In other words, we see what we

want to see. “You fall in bed and fall in love, and then you find out the dealbreakers,” Welch shares. Instead, spare yourself the pain and take early action to determine your must-haves and dealbreakers. Then, you’ll be able to make a more informed decisions about your emotions.

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Expert Dating Advice: How Can I Find Out More About Him Before I Commit?





By [Whitney Johnson](#)

On this week's [Single in Stiletto's dating advice video](#), founder and relationship expert Suzanne Oshima talks to [relationship author](#) Duana Welch about how you can find out more about someone before you commit. "Ladies, I don't want you jumping into a relationship with someone until you really know important things about him," Oshima explains. So listen up to this expert dating advice!

Relationship Author Duana Welch Shares Her Best Dating Advice

1. Leverage your contact with his friends and family: If he's crazy about you, he'll want to introduce you to his friends early on. If he keeps you out of his inner circle, he's sending a message. When you do meet them, "listen to what they say about him," Welch shares.

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2. Ask him about his ex: Specifically, ask him what she would say is the reason they broke up. In Welch's experience, men

answer this question honestly. “You need to listen to his answer – is that something you can live with?” she says. For example, one man said his ex-wife thought he was a slob – and he really was! “Some women are cool with that, but most aren’t,” Welch adds.

3. Google is your friend: Almost everybody has a media footprint. “Studies show that the way people present themselves on social media is actually pretty accurate,” the relationship author explains. “You would think people would project the image they want, but most people don’t.”

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4. Look at what they do: Give their actions five times the weight of their words. “Some men are really good at saying what a women wants to hear, so I always say to my clients, ‘Watch their actions,’” Oshima says. Also, remember that honest people don’t proclaim how honest they are. “They make an assumption that they are honest and that the world is honest,” Welch adds.

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Expert Dating Advice: How to Move a Stagnant Relationship

to Commitment



By [Whitney Johnson](#)

On this week's [Single in Stilettos dating advice video](#), founder and relationship expert Suzanne Oshima talks to [relationship author](#) Duana Welch about their best expert dating advice for women for moving a stagnant relationship to commitment. "You don't get this question a lot from guys because they're in the pursuer role," Welch explains. So ladies, listen up!

Relationship Expert Duana Welch Shares Her Tips for Commitment

It's not as simple as just asking him. It's tempting to approach him directly with your concern, but Welch encourages you to avoid doing so. "Studies show that guys move you from the possible Mrs. Right category to the Mrs. Right Now

category when you do that," the relationship author warns. "They think you're low status, that you don't have any other options." So how can you move your relationship forward?

Related Link: [Expert Dating Advice: Times Women Say 'Yes' But Shouldn't](#)

1. Become slightly less available: This piece of dating advice doesn't give you an excuse to be mean or ugly to him. Instead, if he calls and you're in the middle of something, wait a day and then call him back. Be super friendly and warm and simply explain that you were busy. "Let him hear the smile in your voice," Welch explains. "Men want to make you happy – they feel like crap when they make you unhappy. Pair being slightly less available with being really rewarding to be with when you're present."

2. Test commitment with jealousy: "This is really unpopular – boy, have I received some hate mail from men!" Welch shares. But creating jealousy can be a good thing. Among women who create jealous intentionally in a male partner, it's usually because she didn't know if he cared or how much he cared. For instance, by accepting a date with someone else, you can easily gauge how it makes a guy feel. "If you do that and he doesn't care, then he doesn't care. It's a really accurate litmus test," says the relationship author.

Related Link: [Dating Advice Video: Dealing With Dating Burnout](#)

3. Avoid ultimatums: Both Oshima and Welch feel strongly that you should never give a man an ultimatum. "It will backfire on you. Even if he goes along with it, he'll feel like he's backed into a corner, and he'll probably rebel later on," Oshima explains. "It's always better if he comes to a decision on his own."

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Expert Dating Advice: Top Four Places to Meet Mr. Right



In this week's [dating advice](#) video from [Single in Stilettos](#), founder Suzanne Oshima and relationship author Duana Welch discuss the top four places to meet Mr. Right.

Consider This Expert Dating Advice

If You Want to Meet Mr. Right

To follow this expert dating advice, the best places to meet Mr. Right are listed below:

1. Look for your future in your past: Welch says that 10 percent of women have a “lost love.” If you broke up because of outside circumstances, like moving away or a background difference, it’s worth reconnecting. These couples “often know within one hour that this person is The One for them,” explains the relationship author. “And their divorce rate is *two percent.*”

Related Link: [Duana Welch Says Living Together Doesn’t Prepare You for More](#)

2. Ask your friends and family to set you up: Statistically, most people meet their significant other this way. It’s so successful because it capitalizes on familiarity and safety. “It’s an informal matchmaking process that works really well,” says Welch.

3. Get online: Between 2002 and 2008, according to the Harris Survey, one in three new marriages were between people who met through online dating – and those couples were slightly happier than pairs who met another way. “That’s my story,” the relationship author of *Love Actually* shares. “I met my husband online.”

Related Link: [How to Ditch Your “Better Than Nothing” Relationship and Love](#)

4. Use the Law of Proximity: You’re most likely to marry someone you’ve met in person (duh!), and therefore, the single biggest predictor of a life partner is geographic nearness. “You need to put yourself next to this person,” Welch says. “Let’s say that you’re taking a couple of college classes, and there’s a really attractive guy in that class...You need to sit

next to him.”

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Where is the best place to find true love? Tell us in the comments below!

Relationship Advice: Living Together Doesn't Prepare You For More



In this week's [relationship advice](#) video, matchmaker and dating expert Suzanne Oshima talks to relationship author Duana Welch about why living together doesn't prepare you for more. Check out their [dating advice](#) in the video above!

Relationship Advice On Moving In Together

Although it might be quite shocking and contrary to popular belief, surveys show that moving in together actually won't benefit your relationship and love. It might even make it suffer. The experts say that those who move in together before marriage are more likely to get divorced and cheat on each other.

Related Link: [Dating Advice Reveals What Men Really Want In A Woman](#)

Experts say women may need some relationship advice that when a man asks you to move in, he isn't asking you to marry him. Without that commitment to marriage, men are less likely to propose and more likely to have an affair. If you end up moving in together before marriage, or before you've set your wedding date, you might end up playing at commitment, instead of fully committing.

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What do you think about moving in together before marriage? Tell us in the comments below!

Breaking Up: How To Ditch Your “Better Than Nothing” Relationship And Love



On this week's [Single in Stilettos](#) relationship advice video, dating expert Suzanne Oshima talks to [relationship author](#) Duana Welch about ditching those better than nothing (BTN) relationships and love.

Related Link: [Love Advice: How To Increase Your Chances Of Meeting The One](#)

End Your ‘Better Than Nothing’ Relationships and Love

Have you ever been in a better than nothing relationship and

love? The type where a lot of your standards are met, but you just know that this isn't your final choice. If you're in this type of romantic rendezvous, get out of it as soon as possible! "It's a time waster," the relationship experts say.

Related Link: [Relationship Advice Video: 5 Things That Belong On Your Must-Have List](#)

Here are five ways to know when it's time to ditch your BTN love:

- 1. If they lack one of your must have.** Don't stay with your honey if you aren't fully satisfied.
- 2. If the pain outweighs the pleasure.** Relationships should be happy, not painful.
- 3. If they don't love you enough.** You deserve someone who worships the ground you walk on.
- 4. If you don't love them enough.** You deserve to worship the ground someone walks on.
- 5. If your intuition says so.** Your intuition was created to protect you, so listen to it!

Listen to the love advice above to find out how to end one of these toxic flings!

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What do you think about better than nothing relationships? Tell us in the comments below!

Relationship Advice Video: 5 Things That Belong On Your Must-Have List



On this week's [Single in Stilettos](#) relationship advice video, dating expert Suzanne Oshima talks to [relationship author](#) Duana Welch about the five things that belong on your must-have list.

Relationship Advice Video Reveals

What To Have On Your Must-Have List

While some relationship experts assert that you need to throw away your must-have list, others give love advice about what you need to be looking for when it comes to your next relationship and love. The relationship advice video above reveals the 5 things that belong on every woman's must-have list:

Related Link: [Dating Experts Say Your List Of Must-Haves Isn't That Important!](#)

1. Someone who is kind and respectful: Your gold standard should be someone who expresses kindness even when things aren't going his way. You don't want to be with someone who will take it out on you when they've had a bad day.

2. Someone who wants the same amount and type of intimacy: Everyone has a different attachment style, but you need to align yourself with someone who has the same style as you. If you are secure and want to cuddle a lot, you can't be with someone who is avoidant and doesn't want to spend time with you.

3. Someone whose past won't ruin your future: The biggest indicator of how someone will act in the future is their past. If your partner has a harrowing story, make sure they learned from it and overcame the obstacles thrown their way.

Related Link: [Relationship Advice Video: Two Quick Ways To Figure Out If He's The One](#)

4. Someone who is at least as into you as you are into them: Science proves that men fall harder and faster during the falling in love stage of a relationship and love. If your man isn't as into it as you are, take a step back and reevaluate.

5. Someone who heals rather than worsens your own issues: The

reason we get into intimate partnerships is to have a good time, so make sure you're having a *great* time with someone who makes your life happier.

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What do you think every woman should have on her must-have list? Tell us in the comments below!

Relationship Advice Video: Two Quick Ways To Figure Out If He's The One





On this week's [Single in Stilettos](#) relationship advice video, dating expert Suzanne Oshima talks to [relationship author](#) Duana Welch about how to figure out if he's The One.

Related Link: [Relationship Advice Video: Do You Have to Be Happy Alone Before You Can Be Happy with a Man?](#)

Relationship Author Shares Love Advice On Figuring Out If He's The One

1. Look, lean, and listen: First, lean close to your date; then, look directly in their eyes; and lastly, listen to what they have to say. While you're doing these three things, ask him open-ended questions. According to this relationship advice video, this method completely disarms people because everyone wants someone who will listen to them.

The relationship author encourages you to ask *this* question: "You know, I've had some relationships that didn't work out, and I imagine you have as well. Can you tell me what your ex would say when asked why you're not still together?"

2. Write a list of every single thing that you want in a life

partner: Welch shares her love advice and says you need to write everything from the sublime to the ridiculous on the list. Then, divide it into must-haves (the shorter list) and put everything else on your wants.

When you go on a date, find creative ways to learn if there are any deal breakers. Look at dating as a job interview. You don't want to wait until you're already in love to ask those important questions!

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Relationship Advice Video: Do You Have to Be Happy Alone Before You Can Be Happy with a Man?





On this week's [Single in Stilettos](#) relationship advice video, matchmaker Suzanne Oshima talks to relationship author Duana Welch about whether or not you have to be happy alone before you can be happy with a man.

Related Link: [Duana Welch Reveals How to Tell If Your Man Will Cheat](#)

Relationship Authors Shares Love Advice About Happiness

Both dating experts agree: You can't be happy with someone else until you're happy with yourself. According to their love advice, no man can complete you; he can only *complement* you. Still, it's normal to feel lonely when you're single. As Welch explains, "The fact of the matter is most of us are not very happy alone." That's why you're dating after all – to bring more happiness into your life! "This is not the same thing as failing to love yourself," she assures us.

The relationship author adds, "It's very important to work on loving you."

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Relationship Advice Video: How to Tell If Your Man Will Cheat



In this week's [Single in Stilettos](#) relationship advice video, matchmaker Suzanne Oshima and [relationship author](#) Duana Welch reveal how to know if a man is a cheater.

Related Link: [Love Advice About What You Need and Don't Need](#)

[in a Man](#)

Relationship Author Reveals Dating Advice for Determining if a Man is a Cheater

First, the dating experts share a piece of good news: Most men are *not* cheaters! To help you figure out if your guy will cheat, here are five types of men who are more prone to infidelity: Mr. History follows a pattern of cheating – not once but multiple times; Mr. All That has women at his beck and call and just can't resist the constant temptation; Mr. Highly Experienced is used to dating numerous women and doesn't want to commit; Mr. Globe Trotter attracts ladies with his wealth and adventurous spirit; and Mr. Personality is a narcissist who doesn't see anything wrong with getting "some" on the side.

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How can you tell if a man is a cheater? Share your love advice in the comments below!

Single in Stilettos Show: Love Advice About What You

Need and Don't Need in a Man



On this week's [Single in Stilettos](#) show, founder and dating expert Suzanne Oshima talks to [relationship author](#) Duana Welch about what you *think* you need in a man but don't.

Related Link: [Duana Welch on Finding Love By Not Looking for Love: Is It Fact or Fiction?](#)

Relationship Author Shares Love Advice

According to the writer of *Love Factually*, many women focus on the wrong must-haves when they're looking for The One. Doing so may be keeping you single! Here are a few qualities that you think you need in a partner but actually don't: every shared interest, a "cool" guy, someone who respects your independence, love and sexual attraction *only*, and someone who is wealthy. To follow this love advice, reevaluate your

checklist and remove those things that you don't really need in a man.

For more expert dating advice and additional information about Single in Stilettos shows, click [here](#).

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What is a quality that you thought you needed in a significant other but actually don't? Share your love advice in the comments below!

Single in Stilettos Show: Find Love By Not Looking for Love...Fact or Fiction?





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to Duana Welch, author of *Love Factually*, about whether or not you can *really* find love by not looking for it. According to the dating advice shared by these relationship experts, that approach won't work. Instead, if you want to find love, you should: join several online dating sites; be open to meeting men anywhere and everywhere; get out and do things; and make eye contact and smile when talking to someone you're interested in.

Related Link: [Duana Welch on Why You Can't Make Him Love You](#)

It's important to be proactive if you truly want love in your life. Follow this dating advice if you're ready to meet someone special!

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What's your best tip for finding love? Tell us in the comments below!

Single in Stilettos Show: Why You Can't Make Him Love You



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to Duana Welch, PhD, author of *Love Factually: 10 Proven Steps from I Wish to I Do!*, about why you can't make a man fall in love with you. Usually, if a woman asks the question, "How can I make a man love me?," it's because the relationship is one-sided. It's impossible to make a man see you as his perfect match if he simply doesn't have feelings for you. Remember that love is reciprocal – you can't *make* him love you if he doesn't!

Related Link: [5 Signs He's Interested in You](#)

Listen up to find out what a man looks for in a woman, what a

woman wants in a man, and more great dating advice!

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Do you agree with Duana's thoughts about making a man fall in love with you? Tell us what you think in the comments below!