

# Expert Dating Advice: Why You and Your Partner are Constantly Arguing



By [Joshua Pompey](#)

I'd love to sit here and pretend that I was always Mr. Perfect when it came to relationships – I am a relationship expert after all! But I had to learn the [relationship advice](#) that I offer. When I look back at my younger days, I had one specific relationship that was not only far from perfect but downright unhealthy. The arguments would come in like clockwork. No matter how many times I would say, "This is the last fight," a new argument inevitably came around sooner rather than later.

Fast forward to the present with my beautiful wife, and I can

happily say that our fights are almost non-existent. We'll have one small argument every few months – if that. So, what brought the turn-around? Here are a few reasons that my former self was always arguing in a previous relationship as well as some possible signs that you may need to end your own relationship. With this [expert dating advice](#), you too can build a healthy relationship that's free of arguing.

## Relationship Expert Shares Expert Dating Advice About Arguing

**1. I was with the wrong person:** This may sound oversimplified, but sometimes, things are more clear when you take a step back and think about how you are living your life. My ex and I weren't right for each other, so we argued constantly. If I said a table was black, she'd argue it was brown. No matter what the topic was, we were always butting heads. We may have both been nice people at heart, but that doesn't mean we were nice people who should've been in a relationship together.

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**2. My partner was resistant to change:** Even during times in my life when I wasn't perfect, I was always the type of guy who wanted to grow and become a better person. During my younger years, I had some relationship habits that were ingrained in me from the experiences I had throughout my childhood. We are the product of our environment and upbringing in many ways, right?

But the key difference was that, while I was always attempting to improve, my partner never self-reflected or sought to change her own bad habits. My ability to self-improve allowed me to grow in relationships, and it even took me as far as becoming a relationship expert. When one person in a

relationship is trying to change and the other person is resistant, it leads to resentment and, ultimately, to much more arguing. Life is about growth, and nobody is perfect. Both partners must acknowledge this truth and, more importantly, work on it.

**Related Link:** [Expert Relationship Advice: Is it Lust or Love?](#)

**3. My former partners didn't know how to handle me:** One of the most amazing things about my wife is that she knows how to deal with my moods. Like all people in life, I have a bad day or react poorly. It's rare, but it happens. My wife knows how to handle me because she understands that I'm human. Sometimes, she must be firm and intolerant when she realizes the motivation for my reaction is out of line. Other times, her reaction is to just let me have my peace and not turn it into anything serious because she knows I'm just having a bad moment. Because these instances are extremely rare, these approaches work.

On the other hand, in my previous serious relationships, if I ever did something wrong or made a mistake, my partner would go on the offensive, antagonizing me and pushing my buttons. This is far from conducive to a loving relationship. It's important that our partners accept that we are human and that we will make mistakes. Remember that every mistake shouldn't lead to a massive argument.

*For more expert dating advice from relationship expert [Joshua Pompey](#), click [here](#).*

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# Dating Advice for Women: How to Break Your Dating Patterns



By [Whitney Johnson](#)

On this week's Single in Stiletto's [dating advice video](#), founder and [relationship expert](#) Suzanne Oshima talks to relationship strategist and dating coach Cyndi Olin about three ways to break your dating patterns – and every woman has them, so don't think that you don't! Listen to their expert dating advice in the video above.

## Relationship Experts Discuss How to

# Break Your Dating Patterns

**1. Date more than one person:** “A lot of women don’t date,” Olin warns. “They just get into relationship after relationship.” Instead, date more than one person at a time. Men often do the same thing, but they may not share it with you. Stand in your power and explain your motivations. Say something like, “I like to take my time in important areas of my life, and getting to know someone takes time.” Remember that the wrong guys will walk away, but the right ones will stick around. “Be committed to dating and opening up that journey,” she adds.

**Related Link:** [Dating Advice Video: Beware of These Relationships](#)

**2. Ask for help when it comes to your blind spots:** “You need to get really clear about what you deeply desire in a partnership and what you’re not willing to accept,” the dating coach explains. Think about those fabulous five must-haves that you want in a partner. It doesn’t take a lot of time to figure out if someone aligns with you, but asking someone who supports you for help will make it even easier to see the truth. “It can be very difficult to unfold on your own – it can take some dissecting when it comes to getting clear,” she says. It’s even more difficult if you have a lot of chemistry with someone – you become blinded by your emotions!

**Related Link:** [Dating Advice Video: What Men Want You to Know](#)

**3. Focus on what you want:** If you want big love and a partnership that lasts a lifetime, set that intention, take the inspired action to move forward, and let go of the outcome. “That can be easier said than done, but if you’re following the first two steps, you really can let go,” Olin shares. “Look at what worked well for you in the past, what didn’t work well. Is there a golden thread in your past

relationships?”

“We all have patterns – I guarantee it,” she says. “And they can all be broken.”

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

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## Dating Advice Q&A: Can Technology Make a Long-Distance Relationship Work?





*Question from Jay E.: My girlfriend and I are about to be separated by an ocean and an 8-hour time difference. Technology has made it so much easier to stay connected, but how can we make it feel genuine in a romantic relationship, especially with the large time gap?*

Long-distance relationships have been made easier by advancements in technology, but it's still important for you and your partner to find your groove and feel connected despite the distance. Let our [relationship experts](#) help by offering their best [dating advice](#) for using technology in the *right* way! Learn valuable dating tips from matchmaker Suzanne Oshima and relationship author Robert Manni. Here, they answer your question about how technology can make a long-distance relationship work. Check out their dating advice below!

## **Dating Advice for Long-Distance Relationships**

[Suzanne K. Oshima, Matchmaker](#): A long-distance relationship actually takes a lot more work and effort than a relationship

where you both live in the same city. Because you can't see her in person, your only option is to connect with her through virtual forms of communication. While it can be stressful and lonely, technology offers a great way to make it through the hard times.

The great thing is, you both always have your phones on you. So texting is perfect for a quick flirt or to let her know you're thinking of her during your busy work day. However, texting should never be your sole means of communication. To keep your long-distance relationship going, phone calls and FaceTime or Skype are much better for connecting on a more intimate level. Try setting a regular time that works best to have a call. This way, you'll both have something to look forward to that helps make the time apart pass by a little easier and faster

And the truth of the matter is... When it comes to a relationship, no matter how "busy" you both are, you will make time for those things that are important to you! Sure, it may be difficult at first to get past the hurdle of the time difference, but experiment with your communication and never be afraid to try out new things.

**Related Link:** [Dating Advice Q&A: How Has Technology Changed the Way We Date?](#)

[Robert Manni, Guy's Guy](#): Long-distance relationships are tricky, and unique. Technology helps, but time, distance, and presence are the key variables for potential success. Circumspection is a good starting point. Ask yourself the following questions: How serious is the relationship? How far away is s/he moving and for how long? Will s/he be close enough so you can see one another on weekends? If not, how long will you be separated? Is this a permanent move? How badly do you want it to work? And what sacrifices are you willing to make to keep things going?



It's great to be romantic, and Skype certainly comes in handy with long-distance relationships, but let's be practical. If your partner is moving to Australia for five years or more, the odds of staying together are less than optimal. If s/he has been transferred to the Chicago office and you're in New York, the odds of success are better due to proximity. The old saying, "Out of sight, out of mind" often rings true in these circumstances. Long-distance relationships can work, but listen to your heart and your head before committing yourself. Good luck.

*For more dating advice and to find out more about our dating and technology gurus, click [here](#).*

*If you have any questions you would like answered by our relationship experts, please e-mail them to [cupid@cupidpulse.com](mailto:cupid@cupidpulse.com).*

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## **Dating Advice Video: Dating After Heartbreak**





By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder Suzanne Oshima talks to [relationship expert](#) Iris Benrubi about dating after heartbreak. First, it's important to note that it's okay to put a wall up. "It's actually a good thing," Benrubi explains. "It's a coping strategy." You've just been hurt, so it's completely understandable that you want to go back into your shell and do some grieving. It can, however, become ineffective if you stay there. Continue reading for three things to know about dating after heartbreak!

## Relationship Expert Iris Benrubi Shares Her Best Dating Advice

**1. Everyone's anxious after heartbreak:** In fact, being anxious is a way of taking care of yourself – it's completely normal. You need to pay attention to how your anxiety shows up in your relationships. "What do you do to keep yourself safe? And is

it working?” Benrubi asks. “You want to see how that anxiety is either moving you towards a relationship or moving you away.” You should be learning to manage your emotions – through breathing or meditation – so that you’re ready to risk your heart again.

**Related Link:** [Expert Dating Advice: How to Find Love](#)

**2. Consider what you learned from your last relationship:** Don’t come from a place of blame, but think about what you were responsible for. Did I speak up enough? Was I too harsh? How can I do things differently in the next relationship? “Our lives are about maturing and growing and evolving,” the relationship expert shares. “As unfortunate as a break-up is, it’s actually an opportunity to become a better version of yourself.” This piece of dating advice is very positive and future-focused – which is a good thing!

**Related Link:** [Expert Dating Advice: 3 Tips to Turn Around Your Dating Life](#)

**3. Be clear on what you’re looking for:** Develop a list of 10 must-haves to give you a solid foundation of what you need in a partner. That way, when you’re dating again, you have a clear picture of whether or not he fits into the future you want. By doing so, you’ll be less likely to get into another relationship that doesn’t meet your needs.

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# Expert Dating Advice: How to Handle Heartbreak



By [Megan Weks](#)

Arie Luyendyk Jr.'s point of view on negative commentary regarding his experience on [The Bachelor](#) holds a life lesson we may all be able to benefit from, especially related to finding The One. With regard to facing a backlash from viewers, the [reality TV](#) star tells *E! News*, "It's all about the ending, and finding that person for yourself. That's the important part." The takeaway, then, is that, even though he had to endure hardship, he knew it was all part of the journey to finding his soulmate. This thought process can offer us an intelligent and healthy way to approach heartbreak.

# Dating Advice for Dealing with a Broken Heart

**Related Link:** [Checklist for Dating from Different Decades: Get Love Advice from 'The Bachelor'](#)

It seems as though Luyendyk will be seriously breaking some hearts this season, especially since he destroyed the “I love you” rule by saying that powerful phrase to *two* women. Still, the expert dating advice here is that you must take a risk to get the big reward in life.

In Luyendyk’s case, he risked facing all sorts of negative commentary by living the public lifestyle that is on reality TV. Going on *The Bachelor* was, for him, the ultimate matchmaking experience. He had twenty-nine handpicked women there, all pre-screened to match his criteria. It’s a big risk, but if we look at the results, there are a lot of successful love stories created through this process. Choosing the right woman certainly was a tough choice for him, though...

The women were less fortunate, as only one out of those twenty-nine would end up not feeling disappointed. A couple of them would be severely heartbroken. And one of them might feel badly embarrassed (spoiler alert!). When we face these devastating moments in our lives, how can we handle them? What can we do to keep our sanity?

The key is to look at heartbreak as a beginning and not an ending. The more we fight the flow of life, the more pain we will endure. Look for the opportunity in everything. If you were not someone’s choice, there is a better choice out there for you.

A couple of months ago, a woman approached me for help with news of a devastating break-up. Upon working together, she decided that it could be an opportunity for her to go out and

get everything she had been dreaming of in a relationship. She wasted no time in her decision to adopt the Manfunnel Method of dating: She quickly put herself back out there and reported back in exactly one month's time that she had met an incredible man. They are now planning their summer trip together with her family. She knew what she wanted and took the action to make it happen.

**Related Link:** [Expert Dating Advice: How I Used a Manfunnel to Meet My Dream Husband](#)

If you're not looking to date right away, that's okay too. What can you do to take even better care of yourself? Perhaps you commit to your yoga mat, get into that infrared sauna, and spend extra time in the steam room. Fill your body with the highest-quality foods. Take time to sort through what might have gone wrong on your end. If you sit still, reflect, and grow from your experiences, you will eventually attract higher-quality people into your world because of your heightened level of awareness.

Your break-up is an opportunity. It happened for a reason. Soon, you will find out the reason. You may end up being delighted and thankful. So for now, just allow everything to unfold as it is meant to.

*For more information about dating expert Megan Weks, visit her website at [www.meganweks.com](http://www.meganweks.com). For more relationship advice articles from Megan, click [here](#).*

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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 Stiletto's [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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## [Relationship to Commitment](#)

“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.

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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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# Relationship Advice: Tips to Inject More Romance to Your Relationship



Most relationships start off in a flurry of excitement and anticipation, as they are new to both parties. However, over time it is easy for the magic spark to disappear from your love life. Even though you may still love one another, the tribulations of day to day life such as work and family can

take their toll. This can result in a relationship that becomes stale and even tedious.

It is important for any loving couple to find ways to inject the magic back into their relationship. There are different ways in which you can do this and this includes looking at advice from experts online [about relationships](#), which can prove really helpful.

## **What can you do to restore the magic? Check out this expert relationship advice:**

For many couples, restoring the magic that they first experienced when they met can be extremely difficult. However, you have to bear in mind that this is something that you both have to work on and invest time into. When you do make the effort, it is well worth it because it can change the whole course of your relationship and the way you feel about your partner as well as your life in general.

**Related Link:** [Relationship Advice: Don't Let Distance & Lifestyle End Your Relationship](#)

Many people worry about their partners having affairs with other people but this generally happens because the relationship at home has lost its magic and the partner is eager to try and recapture that feeling. If you both make an effort in terms of doing this, you not only have a shot at a better relationship but you can reduce the chances of one of you going astray due to dissatisfaction with the way things are.

**Related Link:** [Dating Advice: Survey Results Are In! What Does it Mean to be Single in America?](#)

You don't have to spend a fortune or go to huge lengths in order to put some magic back into your love life. In fact, it is often the simplest things that are most effective and meaningful such as leaving little romantic messages for your loved one to find over the course of the day or simply sending messages to tell them how much you love them. People often underestimate the power of this type of message but it can often mean far more than more costly shows of affection because it is far more personal.

If you do want to treat your loved one to a romantic experience, you can also make it more personal by doing some home cooking. An intimate meal at home with candles and soft music can be far more effective than being in a crowded restaurant where you can barely hear one another. In addition, it is a far cheaper way of entertaining your loved one and treating them to a special evening as well as being the more personal option.

Like anything that is worth having in life, a relationship is something that you have to constantly work on in order to keep it alive. However, by putting your efforts into it you can enjoy being in a more fulfilling and exciting relationship.

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## **Expert Relationship Advice: Is It Lust or Love?**





By [Joshua Pompey](#)

The first few weeks of dating can be so exciting: the laughter, the new experiences, and, of course, the physical connection. But how exactly do you know if the chemistry you're feeling should be attributed to blooming love versus something that is merely an intense physical attraction? If you are attempting to determine whether it's lust or love, try asking yourself the following questions:

## **Dating Expert Shares Expert Relationship Advice**

**1. How excited are you to see each other when you are outside the bedroom?** Sure, it's easy to get excited when you're about to get physical. But how motivated are you to hang out when it isn't late at night or only because all of your other plans fell through? Love is when you are dying to just be *near* that person, regardless of the circumstances or whether or not there is a physical interaction on the horizon.

**Related Link:** [Expert Relationship Advice: 4 Reasons to Avoid](#)

## [Matchmakers](#)

**2. Are you having romantic thoughts?** If you're in love, you will most likely go out of your way to make the other person happy on an emotional level. Your thoughts and [date ideas](#) will have a little extra romance infused into them. With love, you don't just want to make the person happy in order to get them into bed. You want to make them happy because it genuinely makes you feel good to see them smile.

**3. Would you be willing to go months without sex?** Ask yourself: If your partner suddenly decided they wanted to wait a few months before having sex again, would you stick around? If the answer is yes, you are definitely leaning in the direction of love.

**Related Link:** [Dating Advice: How to Make the First Move \(Women's Edition\)](#)

**4. Do your conversations constantly default back to sex?** When I was involved in mini relationships that were mainly focused on lust, the conversation would more often than not turn sexual or revolve around physical flirtations. On the flip side, when I genuinely connected with someone, sure, there was sexual flirtation, but there were also conversations that probed towards getting to know the other person on a deeper level. If you are moving towards love, topics that hold more weight should be a part of your daily interactions.

*For more expert relationship advice from [dating expert](#) Joshua Pompey, including how many online dating photos you should have in your profile, click [here](#).*

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# Dating Advice Video: Stop Settling for Men Who Don't Deserve You!



By [Whitney Johnson](#)

On this week's Single in Stiletto's [dating advice video](#), founder and relationship expert Suzanne Oshima talks to [relationship author](#) Tinzley Bradford about how to stop settling for men who don't deserve you. Here, Bradford shares three signs that you're with the wrong man.

## Relationship Author Reveals How to

# Stop Settling in Dating Advice Video

**1. You're unhappy:** "If you're constantly unhappy with how you're being treated, you're settling," Bradford shares. "Love and a healthy relationship does not create confusion or make you feel unhappy, unstable, or even uncertain." You should be in a relationship with someone who brings out the best in you and makes you feel good about yourself.

**Related Link:** [Dating Advice Video: The Questions You Should Be Asking Him](#)

**2. Your relationship isn't reciprocal:** "It takes two to tango, baby!" Bradford exclaims. If you're always giving but never getting enough back, you're settling. You deserve a man who loves you just as much as you love him. "He's got to be doing his part in your relationship," the relationship author adds.

**Related Link:** [Dating Advice: How to Fall in Love with Dating](#)

**3. You feel guilty for being you:** "If you're in a relationship with a guy who's competing against you, belittling your dreams, and not being excited about your success, you don't need to be with that person" she shares. You should never be with someone who makes you feel guilty for wanting to shine.

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# Dating Advice Q&A: Should I Remain Friends with My Ex Online?



*Question from Sonya M.: Facebook is the official/unofficial way of announcing a relationship. Is it too vindictive to unfriend an ex, or is that the right move when you enter a new relationship?*

Social media is a fun way to share your relationship with friends and family, but if that relationship ends, the waters can get a little murky. Let our [relationship experts](#) help by offering their best [dating advice](#) for using social media in the *right* way! Learn valuable dating tips from matchmaker Suzanne Oshima and relationship author Robert Manni. Here, they answer your question about whether or not you should



unfriend your ex after a break-up. Check out their dating advice below!

## Dating Advice for Unfriending Your Ex on Facebook

[Suzanne K. Oshima, Matchmaker](#): When it comes to dating after a break-up or divorce, it's important to know that removing all traces of your ex on social media isn't about being vindictive – it's about moving on.

This is the last step at the end of your relationship, so now is the time for some “spring cleaning.” Daily reminders of him won't allow you to move forward with your love life, so remember the saying “out of sight, out of mind.” This will remove any temptation to cyber snoop or check in on what he's doing and who he's dating. All in all, if you continue to stay connected, then you're holding on – and this can hold you back from moving forward into another relationship.

**Related Link:** [Dating Advice Q&A: How Can You Tell Red Flags From Online Dating?](#)

[Robert Manni, Guy's Guy](#): Even though people have become too reliant on social media as their main form of communication, announcing a new relationship on Facebook can feel great and be validating. It's a nice way of putting something out there about yourself that you feel good about for the people you enjoying sharing with.

On the other hand, if you no longer have an offline connection with an ex and do not feel comfortable posting about your new relationship for them to see, it's perfectly acceptable to unfriend them. However, if you remain on good terms and they're cool, there is no harm in staying connected with an ex on Facebook.

There are no strict rules or protocol about this. Listen to

your inner compass and do what feels best for *you*. Good luck.

For more dating advice and to find out more about our dating and technology gurus, click [here](#).

If you have any questions you would like answered by our relationship experts, please e-mail them to [cupid@cupidspulse.com](mailto:cupid@cupidspulse.com).

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## Dating Advice Video: How to Get Men to Pursue You Like Crazy



By [Whitney Johnson](#)

On this week's Single in Stiletto's [dating advice video](#), founder and [relationship expert](#) Suzanne Oshima talks to relationship strategist and coach Cyndi Olin about three ways to get men to pursue you like crazy. Listen to their expert dating advice in the video above!

## Relationship Experts Discuss How to Get Men to Pursue You in Dating Advice Video

**1. Smile:** With this piece of expert dating advice, Olin reminds us of the saying, "Your presence is a present." Walk out the door, be present in your body, and smile – and you can attract men like crazy. Eye contact and compliments pair well with a smile. "That's like a 'come over' signal," she explains. "90 percent of the time, a man will approach you and at least start talking to you. It's all about your energy."

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**2. Engage with them:** "There's a lot of advice out there, including to let a man lead," Olin shares. "While I believe that, men are confused when it comes to modern dating." Men are often very careful as a way to ensure that they're respecting you. Have a belief deep down in your soul that men are good people, and make an effort to get to know them. Remember: Your vibe attracts your tribe.

**Related Link:** [Dating Advice Video: What Men Want You to Know](#)

**3. Let go:** After you smile and engage with them, let them be the one to pursue you, to call you more. "You're not pursuing. You're a friendly receptor of light," Olin says. "You want him to pursue you, and he's looking for permission to do that."

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## Expert Dating Advice: Tips for Romance That's Just Around the Corner When You've Been Around the Block



By [Amy Osmond Cook, Ph.D.](#)

For many of us, a lost opportunity at love or the end of a long-term relationship can sometimes make us feel like a second chance just isn't in the cards. And when Valentine's Day is focused on romantic dinners for two or coupled walks on the beach, it can be a painful reminder of what we lack.

Let's face it. There's no substitute for young love, but that doesn't mean we can't enjoy being loved again later in life, especially for seniors. "Fortunately, in some ways, there has never been a better time for women over 60 to be in the dating world," says [Margaret Manning](#). "The rise of divorce among 'silver splitters' means there are more single older men – and there might be more great guys out there than you might expect at first glance, especially if you give them a chance."

## Expert Dating Advice for Older Adults

**Related Link:** [Relationship Advice: Keys to Growing a Business When the Marriage is Over](#)

A loving and caring companionship is a good thing, but it's also important to recognize that it's different for older adults. If you find yourself ready to take a shot at love again, here are three pieces of [expert dating advice](#) for making this experience feel as good as if it was new.

**1. Instead of going for red hot, opt for a slow burn:** Daters who are 50 and older tend to be less impulsive. And AARP writer [Ken Solin](#) says that's a good thing: "By now, we've collected enough life experience to know better than to fall for the first person we meet," said Solin. "We understand what works for us and what doesn't." For older adults, the belief that a fulfilling relationship is out there waiting for us still holds true. The difference is that we are willing to wait for the right person to come along.

**2. Bring the [Sex-C](#) back:** Instead of relying on intercourse to be the foundation for your budding relationship, a growing community is coming forward with conversations about intimacy challenges. [Laura Brashier](#), founder of RomanceOnly.com, helped ignite this conversation when she pioneered a site designed for people whose physical and emotional challenges prevent them from engaging in intercourse. “While these people are unable to have intercourse, they still crave intimacy but are unable to open up about it,” says Brashier. “I’ve discovered that people facing difficulties with sexual intercourse still want to show love and be loved in return.”

Sharing intimate moments with someone you love is an essential part of a growing relationship, but for older adults, that doesn’t always require intercourse. Instead, a loving couple can explore other ways to share pleasure and develop a personal connection. It can be as simple as spending a whole day together erranding, participating in common interests, sharing meals, and everything in between – and then parting ways at sunset.

**Related Link:** [Expert Dating Advice: 4 Reasons Going Outside Your Comfort Zone Is a Good Idea](#)

**3. Expect respect:** At this stage of life, older adults know what they want and what they deserve in a relationship. Yes, we want romance and attention, but we also need respect. “We all need respect, especially from those who are closest and most intimately connected with us,” says [Peter Gray, PhD](#). “It seems to me that women, even more than men, have suffered when love directed toward them is not accompanied by respect.” It’s helpful to discover common interests, but a caring partner will also respect differing hobbies or career choices. For instance, if your partner cannot understand why you would pursue teaching as a career or insists that you give up bowling league to spend more time at the theater, these may be signs that your new squeeze is a drip. “A lack of respect is unacceptable under any circumstances, but it’s especially

intolerable on a first encounter because it's unlikely to improve with time," says Solin.

Love certainly has its share of unpredictable twists, but there has never been an easier time to navigate those turns. For instance, with online dating sites catering to older adults and those facing struggles with intimacy, the ability to connect is offering new hope to older adults every day. By using a strategy that includes things like patience, honest communication about intimacy – and, above all, respect – you're on the right track to finding new love again.

*For more information about and articles by our relationship expert Dr. Amy Osmond Cook, click [here](#).*

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## **Relationship Advice: How to Stay Confident in a Long-Term Relationship**





By [David Wygant](#)

In order to feel confident in a long-term relationship, you need to be in the *right* long-term relationship for you. If you're not safe and you don't feel like you're being heard, then you're in the wrong partnership. There's no way in the world you will ever thrive in a relationship where you feel judged and evaluated at all times. For me – and I've been in many long-term relationships – the ones that I always felt most confident in were the relationships where I was actually seen for who I am. If a woman is trying to change you, if she's trying to make you into someone you're not, you're never going to feel confident.

## **Long-Term Relationship Advice from Relationship Expert David Wygant**

**Related Link:** [Expert Relationship Advice: How Can I Change My Dating Tactics for the New Year?](#)

Long-term relationships are some of the most beautiful things



you can ever experience, but the only way to have a successful one is to truly communicate who you are. As a [relationship expert](#), I believe that the beginning of a relationship is when you have the opportunity to be who you are and expose yourself. If you're going to give her a false version of yourself, then her expectations are going to run rampant. And when her expectations run rampant, you're not going to have a successful long-term relationship. That's the biggest mistake most people make.

Most people make this mistake because, over and over again, they think they need to misrepresent themselves to "get" the relationship. To me, I expose it all – *everything*. I reveal all my fears and insecurities because I'm looking for a real relationship, a long-term relationship where I'm able to grow.

A strong long-term relationship is a relationship that's a mirror. You literally reflect each other each and every day. By doing so, you will show each other exactly what you need to learn. A great relationship will reflect that right back at you. The best relationships are when you grow and when you get out of your own story and are able to create new stories together.

**Related Link:** [Dating Advice for Dealing With the Break-Up Blues](#)

So my best [relationship advice](#) for feeling confident is to be ready to express yourself. If you're not able to talk about who you are and what you want, then you're not in the right long-term relationship. Now, I can sit here and write another 25 pages on this topic, but the reality is, in life, we need to keep things more simple. And the simple dating advice that I can give you today is that you need to communicate all your needs, your wants, and your desires at the start of a partnership to be fully accepted and heard. Once you do, you'll feel confident in your long-term relationship.

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

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

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





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 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.”

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

**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.

*For more dating advice videos and additional information about the Single in Stilettoes shows, click [here](#).*

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# Expert Dating Advice: What's Blocking Me From Finding Love?



By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder Suzanne Oshima talks to [relationship expert](#) Iris Benrubi about what may be blocking you from finding love.

# Relationship Expert Iris Benrubi Shares Her Best Dating Advice

**1. You don't understand your attachment strategy:** "It comes from your childhood when you were totally dependent on your parents. You had to decide, Can I depend on them or not?" Benrubi explains. For instance, if you had a parent who was inconsistent, you may have developed an anxious attachment strategy, meaning you're always gauging how close someone is and tend to chase after men. Or if you had a parent who just disappeared, you most likely developed an avoidant attachment style and tend to keep others at a distance. "You need to recognize what you bring to relationships and what you need to do move away from harmful attachment strategies," the relationship expert adds.

Benrubi also encourages you to learn how to manage your anxiety – whether it's with meditation, affirmations, breathing, or yoga. If you can't do it on your own, reach out to a professional for help.

**Related Link:** [Expert Dating Advice: How to Find Love](#)

**2. You move inwards after a break-up:** It's so tempting to want to keep your heart safe and say, "I don't need a man." "Underneath that, the reality is that we need to be connected to another person romantically," Benrubi says. We're actually biologically wired to *need* people in our life, so don't let the fear of getting hurt again hold you back from a relationship. "Of course, we can all survive on our own, but we really want to be with that right person," Oshima adds.

**Related Link:** [Expert Dating Advice: 3 Tips to Turn Around Your Dating Life](#)

**3. You don't know your own worth** "In order to get into a relationship with a good man, we need to get really clear on our value," Benrubi shares. If you've been in a partnership

with someone who puts you down or had a childhood where you were dismissed or felt invisible, you may try to earn a man's love. "When you're in that 'earn energy,' he's up here, and you're down here. You're always dog paddling and trying to figure out what you need to do next," she explains. "It's exhausting." If you want a man who respects you, you have to respect yourself first.

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

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## **Expert Dating Advice: What to Do When He Disappears**





By [Whitney Johnson](#)

On this week's Single in Stiletto's [dating advice video](#), founder and relationship expert Suzanne Oshima talks to relationship author Wendy Newman to discuss what to do when a man disappears and offer their best [expert dating advice](#). "It's heartbreaking; it's horrible because you don't get closure," Oshima says. Here, Newman shares why men often disappear and the best ways to handle this devastating dating occurrence.

## **Relationship Author Wendy Newman Shares Expert Dating Advice**

First, there are two main culprits for why he just disappears. Let's say you have an amazing time together and you can tell he's just as into you as you are to him. Then, suddenly, he's gone. "What I'm guessing happened is, he got home and started reconciling all of the conversations that you had," Newman explains. "He could see that there was a dealbreaker in there that didn't stop him in the moment because you are so charming and enchanting. But after he came down from the high of the



date, he thought, “Oh, shoot.” Men don’t call again because they feel like they don’t owe us anything because there’s no relationship yet. “They think they’re doing us a favor by just disappearing,” the relationship author adds. “They don’t understand how that drives us insane.”

**Related Link:** [Expert Dating Advice: Be a Fantastic Date for Anyone!](#)

Another reason he may disappear is because, although he thinks you’re wonderful, it’s just not the right time for a serious relationship. He sees that you’re the whole package – a delicious, gourmet meal – but all he has an appetite for right now is ice cream. Newman emphasizes that “timing is a big piece of dating.”

Since you may never know why he really disappeared, Newman suggests making up the most empowering interpretation of the situation, giving yourself the closure you need to move on. In her personal experience, sometimes, this made-up interpretation can turn out to be true! Most importantly, remember that the reason why men disappear usually has nothing to do with *you*. Keep reminding yourself of your self-worth – maybe, just maybe, you were simply too good for him.

**Related Link:** [Dating Advice Video: Don’t Be a Rules Girl!](#)

If you still need to alleviate some heartache, draft an e-mail to him and thank him for all of the parts of him and the date that you found enjoyable and memorable. Tell him that you had a great time with him and let him know that you understand there must not have been a connection for him. You don’t have to hit send – just do whatever you need to do to feel better. “Don’t have any expectations – you may get a response, and you may not,” Oshima says. “Either way, you just have to let it go and move on.”

*For more dating advice videos and additional information about the Single in Stilettoes shows, click [here](#).*

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# Dating Advice from a Seasoned Vet: 4 Reasons to Avoid Matchmakers



By [Joshua Pompey](#)

I've been in the game of helping men and women find relationships for a long time – almost a decade to be exact. And while I have learned a lot as a [dating expert](#), if

there is one fact I'm certain of, it's that single men and women should steer clear of traditional matchmakers. Why? Well, I could go on for pages with [dating advice](#) about this topic, but here are four reasons why I strongly advise that you avoid going down this path.

## Dating Expert Shares Why You Should Avoid Matchmakers

**Related Link:** [Dating Expert Reveals Why Online Dating Is Better Than Meeting In Real Life](#)

**1. They give you false promises:** Over the years, I have met a lot of men and women who were promised nothing but wonderful, high-quality matches when they initially contacted their matchmakers. Remember that when something sounds too good to be true, it usually is.

It turns out that it's a game of bait and switch. More often than not, the quality members you are promised when signing up are suddenly unavailable once you have made your first payment. That's when the bait and switch occurs, leading many clients to feel extremely disappointed, frustrated, and scammed.

**2. Chemistry can't be determined on paper:** Let's use online dating as an example. If I were to log on right now, at least 50 percent of the profiles I read would seem like great matches for me. If I were to then meet them in person, the odds of having face-to-face chemistry, let alone everlasting love, fall off a cliff.

Even if matchmakers had other members that seem like great matches on paper, the odds of you hitting it off one-on-one are still very slim. The problem is that most memberships only provide you with a handful of dates (or less), making it extremely unlikely that you will be a success story.

**3. There's a lack of real world success stories:** You know how we know that Apple products are great? Because millions of people use them and rave about them. You know how we know that Match.com works? Because there are statistics and studies that show a vast amount of members finding love.

Matchmaking on the other hand? Well, how many couples in your life have actually met through a matchmaker? That says a lot about how relevant the industry is in today's world.

**Related Link:** [Dating Advice: The Do's and Don'ts of Online Dating First Dates](#)

**4. The cost is high:** Matchmakers will do anything to get you on the phone or meet with you in person. I actually know some wealthy men and women who've told me that matchmaking recruiters flew overseas just to pitch them because they could smell the money potential. Many of them went through with it due to the excessive flattery, only to regret it later on.

Once these recruiters fill your head with hope and incredible promises, the fees are anywhere from 1,000 dollars to as high as 75,000 dollars, depending on who you use. Even worse, I've had clients who told me the highest-priced services are no better than some of the lower-priced services.

At the end of the day, you just have to ask yourself: Does throwing mass sums of money towards a relationship equate to a better chance of success? When it comes to love, the answer is usually no.

Want a great solution to matchmaking and finding live? Visit [my website](#), where we combine traditional matchmaking with the modern world of online dating for the ultimate recipe of success. Click [here](#) to learn more.

*For more advice from dating expert Joshua Pompey, including how to write [online dating emails](#) with 300 percent higher response rates, visit [this page](#).*

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# Dating Advice Q&A: How Do I Get My Husband to Disconnect From His Phone?



*Question from Rachel S.: My husband is a general manager, so even when he leaves work, he's still working from his phone. He doesn't mean to, but lately, he's been so wrapped in his phone that he ignores me when I talk. He seems genuinely apologetic and interested when I get his attention, but it's getting it that's hard. How can I get him to disconnect from his phone at the end of the day?*

Technology makes our lives better in so many ways, but it can

also be a distraction, especially if you or your partner has trouble unplugging at the end of the work day. Let our [relationship experts](#) help by offering their best [dating advice](#) for using technology, like your cell phone, in the right way. Learn valuable dating tips from matchmaker Suzanne Oshima and relationship author Robert Manni. Here, they answer your question on how to politely encourage your significant other to disconnect from their phone. Check out their dating advice below!

## Dating Advice About Unplugging

[Suzanne K. Oshima, Matchmaker](#): When it comes to technology, its biggest strength is also its biggest weakness: It connects us, but it also disconnects us from the ones that are standing right in front of us. Your husband may not be intentionally trying to hurt or ignore you, but in this age of technology and mobile phones, it's easy to get lost in multitasking.

My recommendation is to share with him how his constant connection to his phone makes you feel unimportant and disconnected from him. Then, just ask him to put away the phone on date nights so that the two of you can spend quality time together, uninterrupted by a flurry of notifications and messages. It's the perfect way to reconnect with each other emotionally and romantically after working all day.

**Related Link:** [Dating & Technology Q&A: Is It Weird If He Doesn't Call Back After a Date?](#)

[Robert Manni, Guy's Guy](#): It all comes down to communication. In today's culture, we are are tethered to work 24/7, and you may not be aware of some job pressures your husband is experiencing but not sharing. Getting him to open up about work may be a good way of broaching the phone issue.

Another angle is stressing the positives – how much you and your family value your time with him and how important it is

for your husband to invest as much energy in you as he does in his job and his phone. A healthy balance between work and home life is critical to any marriage.

A third, wild-card approach is planning a night planned by you featuring some good old-fashion seduction. If that doesn't get him to put his phone down, you may have a bigger issue on your hands. Good luck.

*For more dating advice and to find out more about our dating and technology gurus, click [here](#).*

*If you have any questions you would like answered by our relationship experts, please e-mail them to [cupid@cupidspulse.com](mailto:cupid@cupidspulse.com).*

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## Dating Advice: How to Fall In Love with Dating





By [Whitney Johnson](#)

On this week's Single in Stiletto's [dating advice video](#), founder and relationship expert Suzanne Oshima talks to relationship author Tinzley Bradford about how to fall in love with dating. Here, Bradford shares three pieces of [dating advice](#) to help you go into dating with a positive attitude so that you actually enjoy it.

## Relationship Author Gives Dating Advice

**1. Fall in love with yourself first:** "A lot of times, we go into a relationship thinking that we're ready," Bradford says. "In order for you to be healthy and find excitement and joy in dating again, you must first find excitement and joy in yourself." Once you're in a good place both physically and mentally, a man will be able to instantly see that you're the total package and gravitate towards your energy. Oshima adds, "Be the best version of yourself."



**Related Link:** [Dating Advice Video: The Questions You Should Be Asking Him](#)

**2. Give it a shot:** You can't fall in love with dating if you don't try! Every date in your past wasn't a horror story, right? "Think of the ones that were good," the relationship author explains. "Pay attention to the signs in the early stages of a relationship." Don't let previous romantic failures keep you from truly giving dating a shot. "Do what you need to do to get out there," Oshima says of this dating advice.

**Related Link:** [Relationship Advice: Signs You're Settling for the Wrong Man](#)

**3. You have to trust the process:** If you have trust issues, dating will be hard. "Trust, trust, trust that starting fresh will make you feel good," Bradford shares. Remember that all men aren't dogs – trust that the next one you meet will be worth your time.

*For more dating advice videos and additional information about the Single in Stilettoes shows, click [here](#).*

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## **Expert Dating Advice: How Can I Change My Dating Tactics for the New Year?**



By [David Wygant](#)

This is going to be the shortest article I've ever written because, if you are like most people, you're going to think that next year will be different because it's a different year. In reality, it will be exactly the same *unless* you change the way you do your life. So how do you change your dating tactics for the new year?

## Relationship Expert Shares Expert Dating Advice for 2018

It's really simple. You actually start to date. Because if you need to change your dating tactics, it means you're not dating enough, and if you're not dating enough, it means you're not putting enough energy or effort into your search for love.

**Related Link:** [Expert Dating Advice: Should I Drop All The Other People I'm Interested In?](#)

As a [relationship expert](#), I've always believed dating is massive action, massive results. The more you put yourself out there, the better chance you're going to have of actually meeting somebody fantastic. But how do you do this massive action, massive results?

Well, first off, you've got to get dates. In order to get dates, you've got to get on the apps. From Bumble to Tinder to any other app, you need to put yourself out there. And you need to accept the fact that it's going to take you a lot of un-swipes or swipe lefts to find a mutual swipe right. Don't take anything personal.

The dating apps are only part of it. You also need to go and join a dating website. Join a site like match.com and go out and meet people. You can even make one night per week a "going out" night. Don't just have text or e-mail relationships.

You should also keep another night free for any potential dates that may pop up. Why? Because if you free yourself and you allow yourself to go out on dates, you're going to meet people. And if you meet people, you're going to be more successful when it comes dating.

**Related Link:** [Relationship Advice: Don't Let Him Be the One Who Got Away](#)

I'm not asking for a lot from you right now because I know you're crazy busy during the holiday season. What I truly want to do is wish all of you a very merry Christmas and a happy New Year. Get ready for prosperous 2018!

Keep it simple. The above information I gave you is uncomplicated, and I did it for a reason. Uncomplicated [expert dating advice](#) is what you truly need. Just remember: Without massive action, you won't get massive results and find your

next great relationship.

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

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

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## Dating Advice Video: What Men Want You to Know



By [Whitney Johnson](#)

On this week's Single in Stiletto's [dating advice video](#), founder and [relationship expert](#) Suzanne Oshima talks to relationship strategist and coach Cyndi Olin about three things that men want you to know. "There's a complete disconnect in what women think men want," Oshima reveals.

## Relationship Experts Discuss What Men Want You to Know in Dating Advice Video

**1. Men are actually very sensitive:** Women often think men aren't sensitive, but that's just not the case. "In order to feel connected, they need to feel heard and needed," Olin shares. "And if they don't feel those two things from a woman, they're not going to be fully connected or engaged with her." As much as you want him to understand you, he wants to feel understood as well. "Be curious about him," Olin adds.

**Related Link:** [Dating Advice Video: Beware of These Relationships](#)

**2. Men want to feel needed:** Expanding on the first secret about men, they also want to feel respectfully needed. "Allowing him to support you is something that fills *him* up," Olin explains. "It's so important for women to realize that, as strong and independent as we are, we love a man who can take care of things for us, who can handle things for us," Oshima says.

**Related Link:** [Relationship Advice: What Attracts a Man](#)

**3. Men want to feel appreciated:** If he feels appreciated for the things that he does, he's going to do it ten-fold. "In fact, you won't feel like, in your relationships, you have to do all of the heavy lifting," the relationship coach explains. "He's going to do more and more." Plus, he'll continue to

build you up and support you if he feels like you're doing the same for him.

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# Dating Advice: The Sex-C Single's Guide to Confidence in Holiday-ting



By [Amy Osmond Cook](#)

Hello, holidays! Aside from the huge boon this season is to retailers, there's no other time of year when online dating sites see their [biggest spikes in activity](#). Romance-seekers start wondering: Who do I bring to my company party? Who should I enroll in my family's festivities? Who's my plus-one to my coupled best friends' snowsport weekend? And who'd be in for the ride if they knew I couldn't have intercourse?

Make no mistake: There are [millions](#) of people who remain silent and grapple with that question, and it's confidence-shattering enough to cause them to dodge dating altogether. Health problems such as diabetes, heart disease, cancers and related treatments, traumas, congenital abnormalities, and even PTSD can preclude individuals from engaging in sexual intercourse – as would be expected in the course of a romantic relationship.

## Dating Advice for the Holidays

**Related Link:** [Expert Relationship Advice: First Comes Love – Now What? Creating Intimacy Without Intercourse](#)

This makes modern-day dating especially tough. There is one online dating site, [RomanceOnly.com](#), that completely eliminates the need to disclose this dilemma. After all, Sex-C (sexually-challenged) men and women are no different from anyone else in their needs for affection, companionship, and attraction-based physical connection. Sex-C individuals are also in the same holiday-ting quandary as the rest of singledom. Rather than sidelining the pursuit of someone special, here is some [dating advice](#) to improve the Sex-C adult's chances of kindling a real connection this season.

**Jingle, Jingle: Get Out and Mingle!**

A person who sees themselves as different in a shameful way

can experience crushed self-confidence, which in turn can cause them to [avoid social interactions](#). But in truth, getting outside of oneself, if even just to [smile at a stranger](#), can really make a difference in restoring self-confidence. Talk to that person in line next to you at the grocery store. Accept invitations to parties – and don't hesitate to go alone! Join a local Meetup group. You'll not only meet fascinating people, but by being open to being out there, you'll increase your chances of meeting someone special.

**Related Link:** [Expert Relationship Advice: Four Survival Tips When Bah Humbug Meets Father Christmas](#)

“Remember it's a numbers game,” says Laura Brashier, the visionary behind the world's premier Sex-C dating website. Any measure that helps you to be open and upfront from the beginning about the awful quandary of “when and how do I share my secret” serves as one less stressor in dating. But it all starts with building confidence, and that starts with meeting people and finding a common interest. Shared commonalities are the cornerstone of any fulfilling relationship. “True pleasure can be found in a variety of social connections and relationships.”

### **Spread Holiday Cheer: Go Volunteer!**

When people desire a deeper and more satisfying relationship, character counts. You're not defined by your inability to have intercourse! The holidays abound with opportunities to work alongside other volunteers looking to help those in need. It's another wonderful chance to get out and do something good for others that will make you feel even better about yourself. If the person next to you is attractive or interesting, don't hold back in asking them out! Start with something simple, like a coffee date – you'll know in 30 minutes if there's a connection.

[Date ideas](#) like hiking, dancing, attending concerts, pairing



up to take an art or cooking class, spending a couple hours at a museum together, or trying a restaurant that's new to both people are all ways to gauge common interests. They're great avenues by which two people can share interesting and meaningful things together, which are building blocks for a solid relationship – friendships and romantic partnerships alike!

“The benefits of such activities extend beyond the immediate pleasure of being together,” says [HealthyWomen.org](#). “The new interests will stimulate your brain and provide numerous new opportunities for conversation.” Finding things in common makes for a nice beginning.

**Related Link:** [Dating Advice: New Year's Resolutions to Rekindle Your Relationship](#)

### **Naughty or Nice: Sex-C Delights**

Once you feel you've found that special someone to take beyond the mistletoe, there are plenty of options for physical delights outside of intercourse. When you think about sexiness, the authentic allure of a desired person goes beyond the temporal desire of sex itself and rests on a physically sensual connection. It's a spark, an undeniable urge to share yourself physically with another. RomanceOnly.com offers [articles](#) that cover alternatives to intercourse that can spice up any couple's physical connection.

According to Michael Castleman, M.A., [great sex without intercourse](#) means experimenting, which can feel strange. But he says, “Novelty is key to sexual zing. Doing things differently stimulates the brain to release dopamine, and dopamine heightens erotic intensity. Once you get on board with sex without intercourse, it's pretty easy. It involves the same leisurely, playful, whole-body touching, caressing, and massage that sex therapists recommend to all lovers.”

So for all you Sex-C people, make your holidays merry and

bright by putting yourself out there. You have nothing to lose but being alone! Go to some of your local community events, listen to music, and just put yourself out there. Say yes even if you're tired! When you do meet someone, and even if that the person doesn't seem like The One, go and just have fun. Always date safely with exit options. The bottom line is that you deserve the companionship you're after, and you can't find it until you connect with others.

Cheers to 2018!

*For more information about and articles by our relationship expert Dr. Amy Osmond Cook, click [here](#).*

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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 Stilettos [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.

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

**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."

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

**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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# New Year, New You! Dating Advice to Revamp Your Love Life in 2018



By Lori Zaslow and Jenn Zucher for [Project Soulmate](#)  
// Contributing Writer: Shelby King

In just a few short weeks, we'll be entering 2018 (ah!). The past year has been one for the history books. From the presidential inauguration to the total eclipse of the sun, this year has been one of fast-paced news cycles and memorable moments. It's hard to imagine leaving 2017 in the past; however, when it comes to an unsuccessful love life, we can hope for nothing more than that in the coming year. Or maybe you have a good love life, but it's a new year, and you and your partner want to shake things up. Either way, here at

Project Soulmate, we have matchmakers and [relationship experts](#) Lori Zaslow and Jenn Zucher to supply you with [dating advice](#) on how to start the New Year with a bang.

## Follow the dating advice below if you want a successful love life in 2018!

### Try New Date Ideas

One sure fire way to revamp your love life in the New Year is to explore unique dating scenes. No more boring coffee or dinner dates – and let's try to drop the bland movie dates, which are terrible if you're trying to communicate with your partner. Instead, try stepping out of your comfort zone with these new and fun date ideas:

**Related Link:** [Dating Advice: When to Say I Love You](#)

**1. Head to a jazz bar:** Going out to see live jazz will let you live your *La La Land* fantasy while also giving you an excuse to dress up. This date idea is for all those cool cats out there that want to sip on their Manhattan and snap their fingers along to a good ol' saxophone.

**2. Try a comedy show:** Unlike a movie, a live performance allows for you to have time to sit and talk and enjoy each other's company. Plus, going to a comedy show can reveal your compatibility. If both of you are dying laughing, you may have found yourself a keeper!

**3. Go rock climbing:** This one is for you daring romantics. Head to a rock climbing wall at a nearby rec center, and take your relationship to all new heights. This date idea is adventurous and unique, bringing some excitement to any relationship.

## **Shake Up Your Routine**

We are all human, and we all have a tendency to get stuck in a routine. In order to revamp your love life for 2018, it's important to mix things up. There's no need to drop everything you're doing. Rather, focus on implementing small changes in your schedule in order to spend more time on those special relationships in your life.

For those who want to totally revamp their love life and experience more successful dates, try a matchmaking service. At Project Soulmate, the stress of finding someone is alleviated, and you are able to cut down on the time swiping and focus more on finding a true match for you.

Another way that you singles out there can shake up your current routine is by adding some self-love rituals. Make your love life more successful by first loving yourself. Take a few minutes to write some positive mantras on a sticky note for yourself. If you're already in a relationship, you can even do this for your partner! Positive affirmations are a great way to show you care for yourself and for others.

**Related Link:** [Expert Relationship Advice: The Stages of Soulmate](#)

## **Create New Traditions**

Creating new traditions is a third way to shake up the New Year, but where do you start? The first thing you need to do is choose a regular date night. Whether it's bi-monthly or an annual event, make sure you can stick with it. Then, pick a passion you have: Do you love animals? Or are you a sucker for time spent exploring a museum? Pick something that you feel like you never have time to do. If you're currently single, this tradition is a great opportunity for you to meet people with similar interests to you. If you're in a relationship, it's a great way for you to get to know your partner better.

May you find love and happiness in 2018!

For more [expert relationship advice](#) from Project Soulmate, check out their [website](#).