

Dating Advice Video: Can I Change a Man?



By [Whitney Johnson](#)

On this week's Single in Stiletto's [dating advice video](#), founder and relationship expert Suzanne Oshima talks to [relationship expert](#) Iris Benrubi about whether or not you can change a man. "They all come in to change each other," she says of her clients. "Women especially think they can change their man."

Relationship Expert Iris Benrubi Shares Her Best Dating Advice

1. You're not his mother: You don't want to be in a relationship where you're the mommy and he's the child. You have to accept him for the way he is. "You don't get to shape

him. You don't have a say in whether he measures up or not," Benrubi explains.

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2. Any change that he makes for you isn't sustainable: One of the top two mistakes that women make is falling in love with a man's potential. "If only he would..." If he starts communicating more because you want him to, not because it's part of who he is, it's never going to last. "Have you ever tried to get fit or go on a diet for somebody else?" the relationship expert asks. "It doesn't last that long because the motivation isn't in there." If a man wants to change something about himself, great. Otherwise, accept him where he's at, or move forward if he can't be what you need.

3. Be clear about what you want: If a guy who dresses nice is important to you, then make that known. If not, let it go. "You have to decide what you're looking for," Benrubi says. "Are you looking for the external? Or are you looking for the internal – a guy who loves you and accepts you the way you are?"

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So if you can't change a man, can you inspire him to want to change? Start by telling him how you're feeling – that helps him be receptive to your request. Then, share what you need from him in a way that's respectful. Finish by explaining what this change would do for you. "A good man ultimately wants to make you happy," Benrubi shares.

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Dating Advice: Be a Fantastic Date for Anyone!



By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and relationship expert Suzanne Oshima talks to relationship author Wendy Newman to discuss how to be a fantastic date for anyone and offer their best [expert dating advice](#). Newman shares three ways to present your best self on a date – so listen up!

Relationship Author Wendy Newman

Shares Expert Dating Advice

1. Act as if you already know him and be energetic: Start the conversation as you would with a best friend and simply ask him how his week has been or how he's doing. "It shows that you're interested in him as a whole person instead of the checklist items you have that you want to check off," Newman explains. "And it has the conversation start so organically that it can go anywhere." Oftentimes, if you zip your lips and just listen, he'll open up quickly and let you get to know him right off the bat. Of being energetic, Oshima adds, "Enthusiasm attracts people – it brings them in."

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2. Focus on broad questions: Avoid interview questions: Don't ask him how many people he manages or how long he's worked somewhere. Instead, ask questions like, "What do you love about your life?" or "What's coming up that you're really looking forward to?" "Ask really broad questions where he can go shallow or he can go deep," the relationship author says. "And if the answer is 'nothing' to all of those questions, that's really important information for you to have."

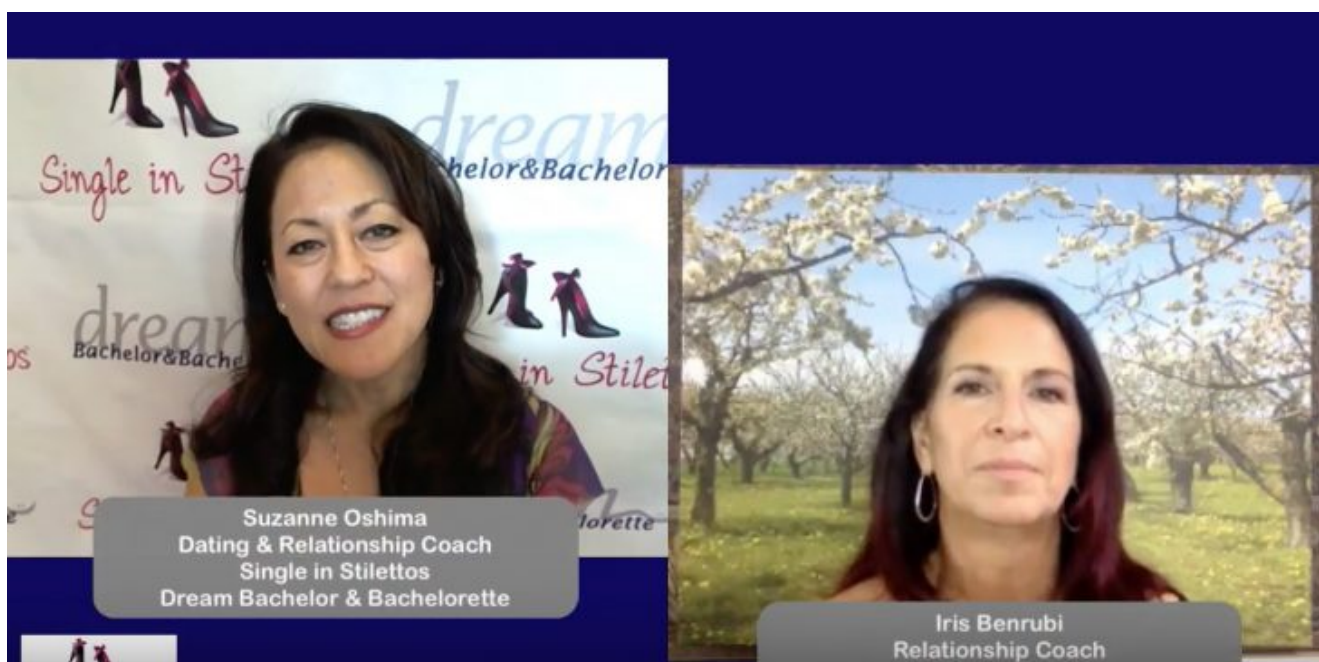
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3. Give him 30 seconds of silence: Be willing to be engaged in the conversation, but after he's done talking, give him a little bit of time to see if he has anything else to add. "This is completely counterintuitive to women," the relationship author shares. "Women are squirming in their seats after five seconds, but men's brains are designed differently than our's." If you want him to say more, you have to give him a chance.

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Dating Advice Video: The Questions You Should Be Asking Him



By [Whitney Johnson](#)

On this week's [Single in Stiletto dating advice video](#), founder and relationship expert Suzanne Oshima talks to relationship author Tinzley Bradford to discuss the questions you should be asking him and offer their best [relationship advice](#). Here, Bradford shares the top three questions that women should ask on early dates to weed out the men who aren't

worth their time.

Relationship Author Gives Dating Advice

1. Are you looking for a long-term relationship? “That is a question that you have to ask,” Bradford says. There’s no use in wasting your time with someone who tells you up front that they just want to have some fun or date casually. If you know you’re looking for something long-term, then you should be dating someone who’s looking for the same thing. Unfortunately, a lot of men get scared by this question, so it’s helpful to start with a disclosure statement: “I don’t want to scare you or make you think I’m jumping too far ahead, but I’d love to know if you’re looking for a long-term relationship.”

Related Link: [Dating Advice Video: 5 Biggest Turn-Ons for a Man](#)

2. Why are you interested in me? This question, which you should ask after several dates, will help you figure out if he’s interested in the way you look or if he’s *truly* interested in who you are. For it to last, it has to be more than just your physical attributes.

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

3. Are you single? You have to know! “Don’t wait for him to say, ‘Oh, I thought you knew when you saw the ring,’” the relationship author shares. “If he’s asking you questions that lead you to believe you won’t be exclusive with him, I’d be very skeptical.” Oshima adds, “I think women would actually be surprised at how many men are married or in a relationship already.”

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Dating Advice Video: Stop Attracting Emotionally Unavailable Men



By [Whitney Johnson](#)

On this week's Single in Stiletto [dating advice video](#), founder and relationship expert Suzanne Oshima talks to dating coach Jaki Sabourin about how to stop attracting

emotionally unavailable men. Don't miss their [expert dating advice!](#)

Jaki Sabourin Shares Expert Dating Advice

Related Link: [Dating Advice Video: The Secrets to Attraction](#)

1. Stop yourself from being emotionally unavailable: As Sabourin explains, according to the Law of Attraction, like attracts like – so if you show signs of being emotionally unavailable, you'll attract a partner with similar qualities. Instead, start creating a sense of emotional availability when interacting with men. For instance, if you go out with a guy who's angry, don't withdraw from him. Show compassion and try to get him to open up by asking him questions.

2. Get past your own insecurities and take bigger risks: Ask him sensitive questions that will encourage him to open up to you. Oftentimes, the cause of a man's emotional unavailability is his own past and pain. Begin by asking him questions like, "What have you gone through?" and "Is there something that's holding you back from finding love?"

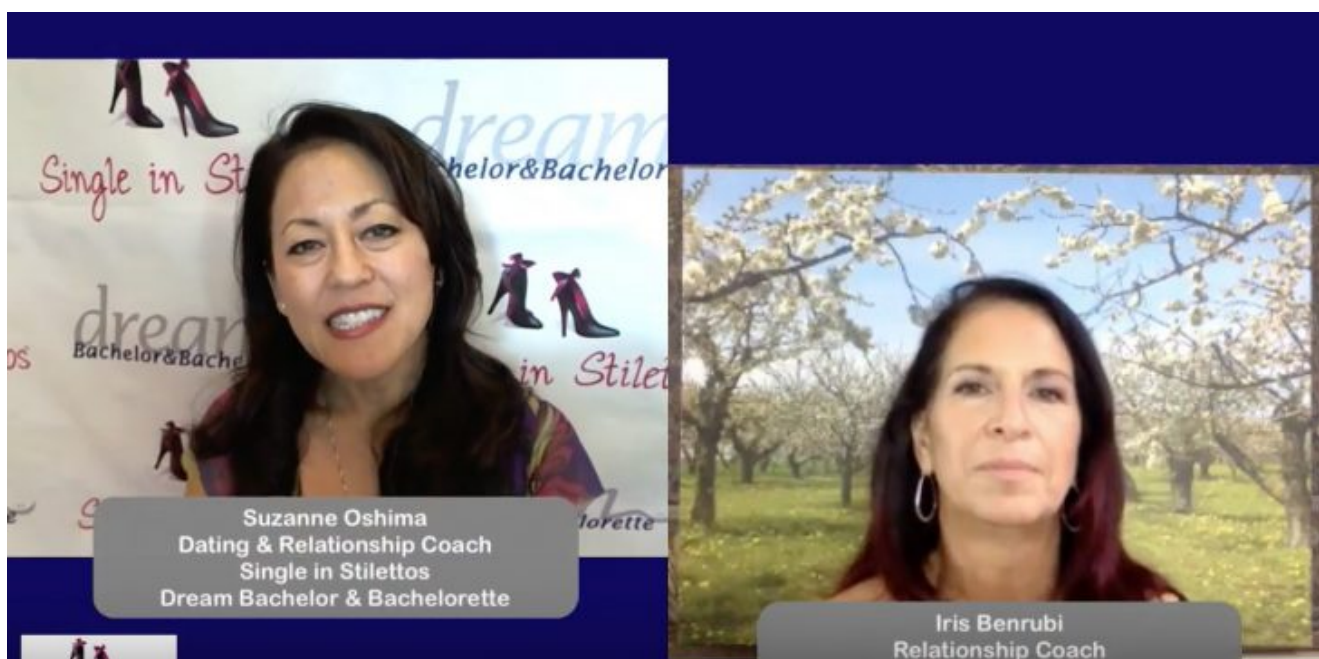
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3. Get over your fear of rejection: When we're afraid of getting hurt, it's easy to withdraw and disconnect ourselves from our partners. By talking to your partner with care and gentleness, you'll help him realize that he's truly missing out on love by putting up such a strong defense. Remember that there is no perfect man or woman. Relationships are all about relating to each other in ways that strengthen your connection.

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Dating Expert Reveals Why Online Dating Is Better Than Meeting In Real Life



By [Joshua Pompey](#)

So often online dating is looked upon as a medium that people turn to after running out of options in “real life.” As an online [dating expert](#), I may be a bit on the biased side, but I personally think this is a mindset that officially needs to be put to death. Not only is online dating an incredible opportunity to meet other singles, but dare I say, it’s even

better than attempting to meet people out and about. Here are five reasons why:

Online Dating Advice: Why It's Better Than Real Life Dating

1. I don't have to put on pants to meet someone special: Okay, so maybe *eventually* I will. But when I'm home on a weeknight, tired, cold, and worn down from my work week, it sure is nice to meet other singles without having to get dressed up, brush my hair, and psych myself into feeling energized for [date night](#). Online dating is always there for me. Rain, shine, morning, afternoon, or night, I can always meet someone from the very comfort of my own home.

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

2. There's almost no financial investment: Going out to meet women isn't exactly cheap, especially in a big city like mine. Between drinks, transportation, and that inevitable late night snack, one night out can easily turn into a 100-dollar investment. Paying a 30-dollar membership to Match or even signing up for a free website provides me with a lot more opportunities to meet people for pennies on the dollar.

3. Real life makes no guarantees: Whether you are attempting to meet someone during your daily routine, at a social club, or at a bar, there are no guarantees. If you're lucky, maybe you'll stumble upon someone else who is single that you are attracted to. But how often does that happen? When you are on an online dating site, you are guaranteed to come across other people that are also single and actively looking to meet someone.

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[Instantly Up Your Profile Game](#)

4. Online dating can be less pressure: One of the beautiful aspects of online dating is that you already know a fair amount about the other person prior to meeting. Between the profile and the conversations you have via email, you will have a nice insight into that person's likes, dislikes, and personality. That makes the prospect of talking to somebody new a bit more relaxed since you've already had some icebreakers prior to meeting. As an added bonus, you have a nice cheat sheet of topics that you can talk about on a first date.

5. Online dating is what everyone is doing these days: There's simply no way around it: Meeting people in real life is great, but with the busy lives we all lead, it's just not as realistic. Online dating has become mainstream and is, without a doubt, the most common way singles attempt to meet these days. You can't fight progress!

For more advice from dating expert Joshua Pompey, including how to write [online dating emails](#) with 300 percent higher response rates, visit [this page](#). Or click [here](#) to learn why you aren't getting responses on Match.

**Expert Dating Advice: Beware
of These Kinds of
Relationships**



By [Whitney Johnson](#)

On this week's Single in Stilettoes [dating advice video](#), founder and relationship expert Suzanne Oshima talks to dating coach Cyndi Olin about what types of relationships to beware of. Plus, they share their best [expert dating advice](#) for how to handle them.

Cyndi Olin Shares Expert Dating Advice

1. The “fast and furious” relationship: In this type of relationship, you have chemistry immediately and quickly go from one date to spending all of your time together. This guy moves from “zero to sixty.” As Olin explains, “What is common in these types of relationships is...the men who have them are inadvertently chemically attracted to women who are really wanting to feel loved.” While it may seem like a fairy tale at first, after six weeks to three months, the man unexpectedly puts the brakes on. He may disappear completely; he may stop

calling you; he may tell you he's not ready for a relationship.

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But why does he do it? "It starts to become real and isn't just a fantasy anymore," Olin shares. "In the beginning, he's in a drunken haze – he's enjoying his time with you, but it's not based on reality." The relationship never had an opportunity to build the strong foundation that it needed to last.

So ladies, it's up to you to control the pace of the relationship. "It's not a race to the finish line," Oshima adds. Don't let the fear of losing him keep you from slowing things down. Always make sure you're comfortable with the pace of your relationship, and remember that taking it slow allows him to truly get to know you.

2. A relationship with a narcissistic, psychopathic man: It's no surprise that this type of relationship can be very dangerous. These men can be very charming and alluring, but everything is always about them. "They will do all of the work until they get you hooked. They can be very patient with the right women," Olin says. Women become so attached to these men that they find themselves going back to them even though they know they're not good for them.

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Eventually, he will start to criticize you. Nothing is ever good enough, and you'll find yourself feeling confined, almost as if you're in a box. "Oftentimes, women will try to prove themselves in the relationship and start giving more than he is. The balance of the relationship becomes off," the dating coach explains. "The woman becomes unhappy, and he becomes more powerful and power-hungry."

Can either of these relationships ever work? For the first type of relationship, the answer is yes. As a woman, you can control the pace of the relationship, building a strong foundation of lasting love. For the second type of relationship, it depends on the man and just how narcissistic or psychopathic he is. If he wants to break his habits and truly find love, it is possible to have a happy partnership. It's important to remember that, for any relationship, a man has to be willing to work on himself.

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Expert Dating Advice: How to Move a Stagnant Relationship to Commitment





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 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?

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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.

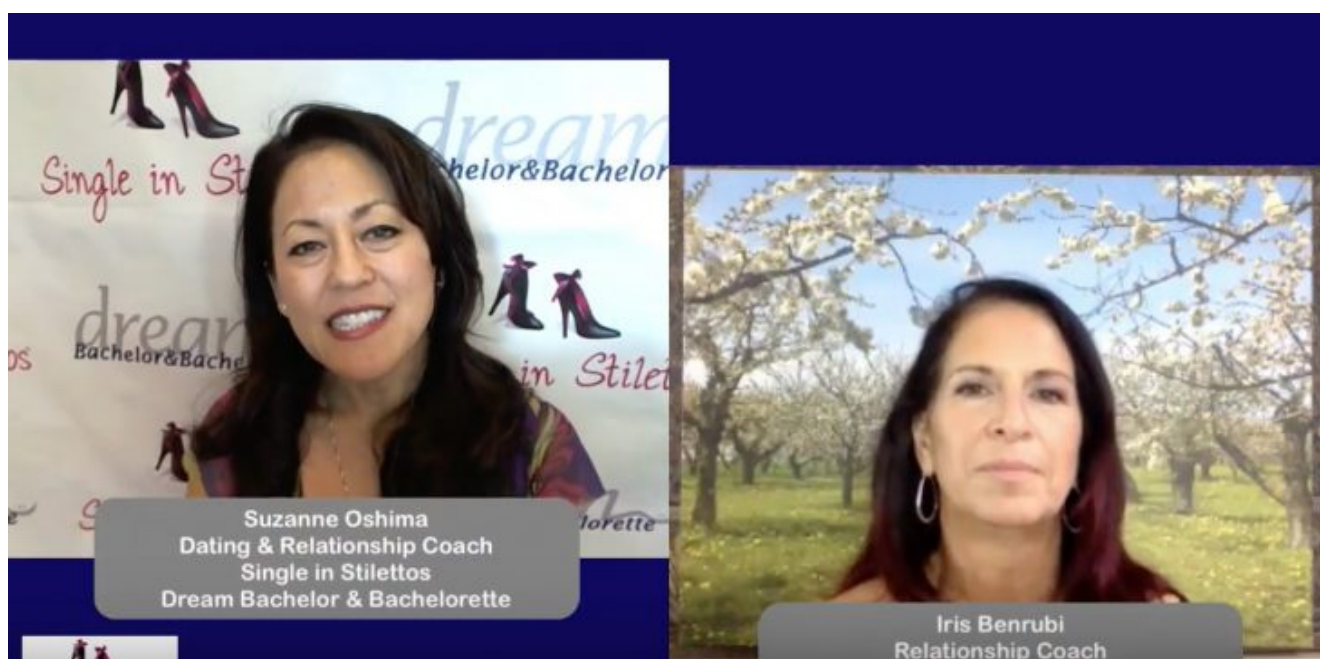
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3. Avoid ultimatums: Both Oshima and Welch feel strongly that you should never give a man an ultimatum. "It will backfire on you. Even if he goes along with it, he'll feel like he's backed into a corner, and he'll probably rebel later on," Oshima explains.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

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Dating & Technology Q&A: How Do I Get My Girlfriend to Stop Posting Racy Photos?



Question from David T.: I've been with my girlfriend for a long time. We have a great relationship, but she often posts suggestive photos of herself on social media, and it makes me uncomfortable. How can I get her to keep that part of herself between us instead of for all the world to see?

Dating in the era of social media can be difficult. Parts of your relationship that were once private can now easily be shared online. So what do you do if one partner likes sharing racy photos but it makes the other person uncomfortable? Let our [relationship experts](#) help by offering their best [dating advice](#) for using technology the right way. Learn valuable dating tips from matchmaker Suzanne Oshima and relationship author Robert Manni. Here, they'll answer your question on how

to ask your significant other to keep personal parts of your relationship (like racy photos) private. Check out their dating advice below!

Dating Advice About Social Media & Racy Photos

[Suzanne K. Oshima, Matchmaker](#): I can completely understand why it makes you feel uncomfortable that your girlfriend posts suggestive photos herself on social media, but I'm guessing that this is something she was doing well before you started dating her. While you can't stop her from posting the racy photos, I recommend just being completely honest with her. Share your feelings with her and let her make her own decision about whether she wants to continue posting the photos. If she doesn't want to risk losing you, I'll bet she'll tone it down a bit, but don't expect her to completely stop posting those types of photos, especially on Halloween!

Related Link: [Dating & Technology Q&A: My Partner Fishes For Likes – What Do I Do?](#)

[Robert Manni, Guy's Guy](#): Millennials have little, if any, filters when it comes to posting to their social media pages. Whether they're on Instagram showing their fitness routines and progress pictures or booty shaking on Snapchat, it's all out there for the world to see. And for that reason, and if you and your lady share a clear understanding about your commitment to each other, I do not see this as a major issue. However, if you're uncomfortable with her sharing too many racy photos, ask her why she does this. Is it driven by self-esteem, competitiveness, or narcissism? Or is she simply comfortable in her own skin and wants to celebrate her good looks while she's young and beautiful? Tell her how you feel – because if you don't the world will be watching her while you wait. 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.

Dating Advice Video: How to Find Love



By [Whitney Johnson](#)

On this week's [Single in Stiletto dating advice video](#), founder and relationship expert Suzanne Oshima talks to [relationship expert](#) Iris Benrubi about her top three tips to help you find love.

Relationship Expert Iris Benrubi Shares Her Tips for Finding Love

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1. Know your own worth: This tip is especially important for women going through a break-up or divorce, as feelings of resignation and desperation can cloud your perception of yourself. “When we own our value, we start to get clear on what it is that we’re looking for, and then, we become the chooser,” Benrubi explains. “And that gives us a lot of power.” It’s also important to build your self-confidence back up *before* you start dating again.

2. Trust yourself: Increase your ability to trust yourself by connecting with your intuition. “Our head can really play tricks on us,” the relationship expert says. But our intuition lives in our body, so dig deep and think about how certain things make you *feel*. Each person will have their own ways of understanding their intuition and how their body responds to a yes and a no. For instance, to get clear on your no’s, think about a recent ex and how he or she makes your body feel. Always remember that your intuition can’t point you in the wrong direction.

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3. Recognize when a man is emotionally unavailable: There are certain behaviors to look out for: He doesn’t follow-up or communicate between dates; he’s dismissive; he’s not interested in learning more about you. Don’t ignore these red flags! Instead, address them with him; doing so will help you determine if he’s truly capable of fulfilling your needs in a relationship. “Watch a man’s actions; don’t listen to his words,” Oshima adds.

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Expert Dating Advice: The Biggest Dating Pitfalls



By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and relationship expert Suzanne Oshima talks to relationship author Wendy Newman to discuss the biggest dating pitfalls and offer their best [expert dating advice](#). Newman shares the five dating pitfalls that women often fall into and

how to avoid them.

Relationship Author Wendy Newman Shares Expert Dating Advice

1. Feeling obligated to please a man: Women often worry about hurting a man's feelings or displeasing him, but it's important to keep your *own* feelings in mind. For instance, say you meet a man on a blind date, and he lied about his age and appearance. Rather than accepting the lie and sitting through the date, reject him graciously. Explain that he lied and that you won't be staying. As Oshima explains, "The one thing you can never get back is your time."

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2. Approaching a man with too much information: When dating, it's tempting to lead with your end game: that you'll make a wonderful, loving wife someday. But for a man, that's too much, too soon. To start, he just wants to know whether or not you'll be a good friend. "Instead, say, 'This is who I am as an interesting person. Who are you?'" says the relationship author.

3. Dating only one person at a time: By limiting yourself to a pool of one, you're comparing that relationship to being alone. "And that's not good. It'll have us miss important things about them or not ask questions and dig in," Newman shares. Plus, dating multiple men at once gives you a better understanding of what you want from a relationship.

4. Dealing negatively with compatibility and chemistry: Chemistry is essential to a healthy, happy relationship, but it's not enough. It's easy to become distracted by a handsome face or a successful career, but don't make excuses for him if he's not the whole package.

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5. Trying to be someone you're not: According to Newman, this is the number one mistake. Don't follow a set of rules or what you *think* you should do. Instead, figure out what works best for you as you're building a relationship and stick with it.

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Expert Dating Advice: The 5 Most Terrifying Words to a Man



By [Whitney Johnson](#)

On this week's Single in Stiletto's [dating advice video](#), founder and relationship expert Suzanne Oshima talks to relationship author Dr. Jed Diamond to discuss the five most terrifying words to a man and offer their best [relationship advice](#). Women are constantly worried about saying that right thing to men, and here, Dr. Diamond teaches you what *not* to say.

Relationship Author Gives Expert Dating Advice

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You've probably uttered them before, but you'll never want to use them again: "Honey, we need to talk." Oftentimes, women use these words because they want to feel heard and connected. You probably think that those five words will bring you closer together and help resolve any problems you may be facing. However, when a man hears those words, they are like nails on a chalkboard. He immediately feels like he's going to be reprimanded or criticized and is halfway out the door by the time you finish.

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So what's a better way to approach an important conversation with your man? You want to make sure your partner is open to whatever you have to say, but, according to Dr. Diamond's expert dating advice, you have to remember that men communicate differently than women. As a woman, you're nurturing and often want to sit down and talk face-to-face. But back in the days of hunters and gatherers, men were used to only one set of eyes of being on them: those of predators.

So instead, ask him to take a walk and then start your discussion *without* using those five terrifying words.

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Dating Advice Video: 5 Biggest Turn-Ons for a Man



By [Whitney Johnson](#)

On this week's *Single in Stilettos* [dating advice video](#), founder and relationship expert Suzanne Oshima talks to

relationship author Tinzley Bradford to discuss the five biggest turn-ons for men and offer their best [relationship advice](#). Bradford shares five tips for how to attract men and reveals once and for all what turns a man on.

Relationship Author Gives Dating Advice

1. Be confident: No one will be surprised by this piece of dating advice: If you know your worth and are proud of who you are, men will notice you. They'll be drawn to your positive energy. "I always say, confidence is so sexy in a man or a woman," Oshima adds.

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2. Be independent: Some men may be intimidated by this quality, but the right man will be attracted to you *because* of it. "I think a man just loves a woman who has her own," Bradford says. You don't want to run someone away with your independence, but it's important that you have your own life and own your own car, home, business – whatever matters to you.

3. Make an effort to look beautiful: "Men are always turned on by a woman who dresses good, smells good, and keeps herself looking good!" enthuses Bradford. Of course, you have days where you just don't have the energy to make an effort with your appearance, but don't get into a rut of wearing sweatpants and throwing your hair into a messy bun. Building off of the first two pieces of dating advice, there's nothing more attractive than a woman who takes care of herself.

4. Be smart and witty: Bring some fresh ideas to the table! Wow a man with your knowledge and what you bring to the

relationship. “He looks at it as an added bonus: Not only is she beautiful, confident, has her own, but she’s smart, and she’s bringing something new to the relationship,” Bradford explains.

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5. Be polite: It’s simple: Men like a friendly, approachable woman. Don’t scare someone away with a bad attitude! Instead, stand out in the crowd by being vibrant, positive, and polite. “Always say thank you!” Oshima adds. “When a man takes you out, say thank you. A lot of people forget those two little words.”

And a bonus tip: **Give compliments.**

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Dating Advice Video: 5 Ways Women Sabotage Themselves with Men





By [Whitney Johnson](#)

On this week's Single in Stiletto's [dating advice video](#), founder and relationship expert Suzanne Oshima talks to relationship author Robert Manni to discuss how women sabotage themselves with men and offer their best [relationship advice](#). Here are five ways that women sabotage themselves when looking for love.

Relationship Author Gives Dating Advice

1. You're not in it to win it: You may say you want to find love, but instead of going out to a new spot where you can actually meet someone, you find yourself in a routine of dinner at home and TV time. "You have to put yourself out there. You have to be willing to fail to be able to succeed," Manni explains.

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2. You're always plugged in: Put your phone down! If you're walking around New York City with your earbuds in and music

blaring, you're presenting yourself as closed off and unavailable. It's hard for a guy to ask an open-ended question or chat you up when you're walled off through technology. Oshima adds, "Those are barriers to meeting someone organically."

3. You're not fishing where the fish are: "Go where the guys are!" the relationship author says. You can find guys are at sporting events, at the football field, at a tech store, at a whiskey tasting, or at the gym. Think about your brother and his friends – where do they often go?

4. You're always with a group of girlfriends: It's no secret that a pack of women can be overwhelming! Guys are wondering how to handle the group dynamics and just focus on the woman they're truly interested in. Instead, make it easier for them and single yourself out.

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5. You're too attached to your list: This is one of the most important ways that women sabotage themselves. "If you stick too closely to your list, you're going to narrow down your opportunities," Manni explains. "And the longer you're single, the longer your list grows." Make sure your list only includes a few core qualities that are value-oriented and be flexible about your physical type.

A bonus way that women sabotage themselves with men: **You throw someone back in the dating pool too quickly.** One bad coffee date does not mean the relationship is doomed! "Love grows if you keep an open heart," the relationship author says. "It can turn into something spectacular if you give love a chance."

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Expert Dating Advice: Flirting for Fun



By [Whitney Johnson](#)

On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert PJ Dixon to offer their best [dating advice](#) on flirting for fun. Find out how you can flirt as a women over 40 with the two dating tips below!

Expert Dating Advice to Help Women Flirt for Fun

1. Follow the “yes and” rule: Here, we’re taking a cue from improv comedy classes. Men like to banter and play, so by following the “yes and” rule, you accept what he’s doing (yes) and add to it (and). “Take his joking and continue to roll with it,” Dixon says. “This playfulness creates a sense of equality. In essence, you’re becoming partners with play.”

Related Link: [Expert Dating Advice: The 5 Stages of Love](#)

2. Use your senses: Focus on your five senses: sight, smell, touch, taste, and sound. For example, use your eyes to stare at someone a little longer than normal and get their attention. If a man comments on your perfume, take his hand, spray a bit on his wrist, and say something like, “Now, you can think of me all day.” Touch him on his chest as a flirty way to tell him you like him. To use your sense of taste, share an appetizer or even feed each other. If you’re planning on kissing him, use a lipgloss with a subtle flavor. Lastly, soften your voice and slow down in your speaking to draw him in. “All of these senses are beautiful,” adds Dixon.

Related Link: [Expert Dating Advice: 5 Things Men Find Beautiful in a Woman](#)

Most importantly, as Dixon says, “There are all kinds of ways that you can flirt and tease and be playful.” Have fun with it!

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Expert Relationship Advice: The Stages of Soulmates



By Lori Zaslow and Jennifer Zucher from [Project Soulmate](#)

We all want to believe in love at first sight and the fairytale ending, but that's not always the case. Relationships and love can grow and change with time. From your first hello to saying "I do," here are four stages you will go through to establish if the person you're dating is your soulmate.

Follow this expert relationship

advice to determine if you're dating The One!

Attraction/Connection/Infatuation: The first stage of any relationship occurs when you initially meet someone that you're attracted to and it intrigues you. Whether it was one conversation, a date, or an evening together, after spending time with this person, you want to get to know them better and learn more about them.

Related Link: [Expert Relationship Advice: What To Do If Your Partner's Family Doesn't Like You](#)

Relationship: The second stage occurs when, after dating and learning more about this person, you want to continue to spend time with them and commit by being in an exclusive relationship. This stage should be bliss! You want to spend as much time as possible with each other, and you begin to introduce each other to your friends and even family.

Open Communication: During this stage, you're able to argue in a healthy way and have open communication during tough times. Reality begins to set in as your relationship faces difficulties. It can make your partnership stronger, and it's a great time to establish your core values and see if they are in line with your partner's values.

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

Commitment: Here, you decide to take your relationship to the next level and get engaged. In order to get to this stage, you have to open up to one another, trust each other, and be on the same page when it comes to your values and your future together. At this point, you should know that your partner is, in fact, your soulmate!

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

Dating Advice: The Do's and Don'ts of Online Dating First Dates



By [Joshua Pompey](#)

Ready for your very first online date? No? Well, don't worry. If you're nervous about meeting someone for the first time or simply need some solid [dating advice](#), today, we are going to go over some fundamental first date information that you should abide by when you meet your next online match.

Online Dating Advice from a

Relationship Expert

1. Do take the time to look your best: Whether you are meeting straight from work or have had long busy day with your kids and are trying to squeeze in a date, you can't excuse yourself from looking your best. Men especially are very visual, so you need to put in the effort to reveal your best self if you want to impress him. Approach a date the same way you would approach a job interview: Dress for the occasion and take the process seriously.

2. Don't sexualize the way you look: Looking your best doesn't mean letting all your best assets hang out in all their glory. It's okay to show sex appeal – in fact, it's even good. But less is more. Do so in a classy way.

3. Do meet in a public space: Safety should be one of your biggest concerns when online dating. Bad incidents are very rare, but they do happen. Always choose a public place that is fairly populated. Bars, restaurants, parks during the day, and coffee shops are just a few of the many domains that will accommodate this concern.

Related Link: [Dating Advice: 5 Reasons You Should Consider Hiring A Professional Profile Writer](#)

4. Don't accept a ride: Remember, safety first! Meet your date at the initial location that you decide upon and don't accept a ride home on the first date, no matter what. Even if your partner is safe, it still might create an awkward situation at the end of the night. If and when you get to a second date, then you can start expanding your boundaries a little.

5. Do prepare some topics of conversation in advance: Nothing is worse than awkward silences on a first date. Even if you're getting along great, it's still common to have lulls in the conversation when you meet someone for the first

time. Circumvent this problem by having a few topics ready to go in your emergency conversation bank.

6. Don't try to take over complete control of the date: Making suggestions is great; most people will appreciate this effort. But don't try to take control over every aspect of where you go and what you do, or you may accidentally create the impression of being controlling and high maintenance. Instead, being easygoing and open are always two of the most attractive qualities someone can have.

Related Link: [Dating Advice: 4 Reasons Younger Women In The City Struggle To Forge Meaningful Relationships](#)

7. Do touch your date if you are interested: Yes, you should touch your date. But before you jump on top of him in the middle of dinner, I don't mean in a sexual way! I'm talking about little touches on their arm or the small of their back when making a point. Small touches like that communicate interest and establish a physical bond that will make you feel less like friends and more like potential romantic partners.

8. Don't start pre-planning future dates: Sometimes, people get excited about how well the date is going and start suggesting future ideas about where the two of you should go on a second, third, or fourth date. Don't do this. You may accidentally scare off someone who was otherwise interested in asking you out again.

9. Do text your date after if you had a great time: If you enjoyed yourself during your date, let the other person know with a text and thank them if they treated you to anything. This small gesture will go a long way towards showing them that you're a good person who is appreciative when someone is kind to you.

Have any more questions? [Contact me](#) here at Cupid's Pulse, and I'd be glad to help out!

For more information from [relationship expert](#) Joshua Pompey, including six lessons he learned from the world's greatest online dating profile, please visit [this page](#) now.

Expert Relationship Advice: You're in the Dog House...Now What?



By [David Wygant](#)

There's nothing like being in the doghouse. As a relationship expert, I can assure you it's the worst part of getting into a fight with a woman. Getting sent to the doghouse without our favorite toys is never any fun. The next time you're in the doghouse, make sure you bring your iPad or have your phone

with you so you can sit there and play on your phone and text your friends to figure out exactly how to get out of the mess you're in. Sounds fun, doesn't it? Well, I've got a better idea. An idea that's based on something called communication and is a sure way to help you avoid future relationship problems. So now with the following [relationship advice](#) let's try to do things differently and stay out of the doghouse.

Relationship Advice To Get Out Of The Doghouse

As with most dating advice that's given, communication is the most crucial key to any relationship. However, there's another important key to having a great relationship, and that is ownership. When you learn how to take ownership of something, you'll no longer be in the doghouse. I truly believe that fighting can be avoided in any relationship, as long as you have open communication and take responsibility for all your actions. When you stop blaming the other person or stop getting triggered by what they're doing, you're going to be more in the present moment, so that when a fight happens, you'll be able to have fight management skills right away.

Related Link: [Dating Advice: How to Know When You've Found the One](#)

I was once with a woman whose nickname was "Perfect." Whenever we fought, which was regularly, I would always get so frustrated with her. I was open to apologizing and hearing another viewpoint, but she was always focused on proving her side, twisting my words around, and making me feel like I was always the one at fault. I would tell her that she was blaming me and she would insist that she wasn't. She never took responsibility for anything! In the time I was with her, she said sorry maybe once, and we fought probably every two weeks

about something. It's not in my personality to fight, but it sure was in her personality. She was looking for it; she craved it because she loved drama. So with her, I couldn't do a thing. But with most sane, rational people, I have learned the art of saying "I'm sorry," and you can too if you see my relationship with Perfect as a cautionary tale.

Next time when you're in the doghouse, I want you to think about what happened or triggered inside you to go into the fight mode. I want you to clearly understand her point and listen to it carefully as you review the fight. I don't want you to come out of the doghouse if you're not keeping this relationship advice in mind. I want you to look at her and say, "Listen, I love you. I totally hear what you had to say the other day. I respect your feelings and the way you feel, and I understand that my actions may have triggered you to feel a certain way, and I apologize for that." It really is that simple. It's apologizing, talking with kindness, and making the other person know that you understand where they were coming from. It's what we all want, to be in a relationship where we are understood and heard.

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](#).

Expert Dating Advice: Three Signs He Is Unavailable



On this week's episode of [Single in Stilettoes](#), founder and matchmaker Suzanne Oshima talks about the language of love with relationship expert Nicole Moore who provides [dating advice](#) on the three defining ways men show you that they are unavailable for a relationship.

Expert Dating Advice: Three Signs He is Unavailable

Similar to many readers, relationship problems are not foreign to the dating experts. For Moore, to solve her own woes and to provide others with dating advice, she developed a knack for love. "After enough pain, I got fed up and thought 'I'm going to figure out how to make love work' and I devoted my life to

learning about love, how to love well and I figured out love is skill like anything else. It's a learnable skill," the expert shares. "When you know how to do the skill of love right you can have an amazing loving relationship." Here are three signs that the guy you're in to just isn't available.

1. He tells you. If he says he isn't looking for a relationship, or work is his priority, or his profile states that he's just looking for friends and fun, take the hint. Regardless of these overt cues, women think he will commit to a loving relationship with them. "Look at what he is saying rather than what you are desiring or the fantasy that you made up in your mind," Moore says. Pay attention to him and the way he talks about relationships; if he shows any of the signs above, it is very unlikely that man is available to you for a relationship.

Related Link: [Dating Advice: 5 Tips for Bunny Hopping Yourself into Romance](#)

2. Is he present? When you're with him what's his energy like? Is it focused on you? Is he uncomfortable? Is he looking around, checking his phone and making you feel as if he isn't fully with you? "The reason people aren't present on the deeper level is because there is stuff inside of them they haven't dealt with yet. They can't hang out in their body, they have to go to their heads," Moore says. Dating tip: Once he faces enough of his inner demons, he'll make you feel like you're the only two in the room and he's ready to make the two of you a happy item.

Related Link: [Relationship Advice: Ec-friendly Jewelry Makes for a Great Conversation Starter](#)

3. How does he talk about women in general? If he talks negatively about women or talks negatively about his acts in the past he's not ready for you yet. He is either not over his exes or could have preconceived notions of women that are

unfavorable and these two factors will prevent him from giving himself to you fully or at all. "He's going to hold himself back because he's actually afraid that women are going to hurt him," Moore reveals.

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Dating Advice: How To Flirt With A Little Touch





In this week's [Single in Stiletto](#) episode, founder and matchmaker Suzanne Oshima talks [dating advice](#) with Patty Contenta, founder of Sensuality Secrets, about how to get sensual with a little touch. Professional ballroom dancer turned relationship expert, Contenta adapted her smooth moves from the dance floor to the playground of dating to turn heads and even get an encore in the form of a date. "I was this really sultry, mysterious, alluring woman and I wondered if I could be this in everyday life and if that would help me in my dating scenario," Contenta says.

Relationship Experts Talk Dating Advice On Flirting

1. Touch any item on him you enjoy. It can be his watch, tie, even the lapels on his jacket, Contenta says. Acknowledge these things and compliment them. Perhaps even get him to share the story behind these items. But touching rather than simply asking will leave an imprint.

Related Link: [Expert Dating Advice on How to Flirt With Men](#)

2. **Touch his extremities.** A great dating tip from Contenta: Extremities are a safe zone. His shoulder, arm, wrist, hand. The simple physical connection between your hands can calm

him, make him feel comfortable, and it shows that you appreciate him and what he has to say.

Related Link: [Expert Dating Advice: Mastering the Nonverbal Cues of Flirting](#)

3. Touch his lower back. Touching a guy's lower back as you walk by is a great way to make him remember you. Contenta shares the dating advice that the higher back is safer than the lower, but this touch will come naturally as the chemistry develops.

Related Link: [Kris Jenner Gives Her Best Dating Advice](#)

For her best piece of dating and relationship advice, Contenta says: Eye contact, smiling, self touch. "I'm here, I'm present, I'm in my feminine, and I'm with you," she adds.

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Have a tip on how to flirt with a little touch? Share your experience in the comments below!

Expert Dating Advice: Signs That He's Not Interested in You



On this week's [Single in Stiletto](#) relationship advice video, founder and matchmaker Suzanne Oshima talks to dating expert Tinzley Bradford about signs that he's not interested in you. Don't miss their expert [dating advice](#)!

Is He Interested in You? Use This Dating Advice to Find Out

Here are three signs that he's just not into you:

1. He doesn't call, text, or hang out with you: It's simple: He'll pursue you if he likes you. "If you're dating a man and he's interested in you, you don't have to keep begging him," Bradford says. Oshima also encourages you to be wary of guys who disappear after a night together; they're just using you as a "filler."

Related Link: [Expert Dating Advice: How to Be a Smarter Dater](#)

2. He uses a dry, dull tone: There's no engagement when you're

talking. He may even be short with you. “There’s going to be laughter... There’s going to be fun times,” the dating expert says of someone who’s interested in you. And if he’s on his phone while you’re together? That’s another red flag!

Related Link: [Relationship Advice on Finding True Love](#)

3. You haven’t met his family or friends: Be careful if the relationship is one-sided. “You don’t know anything about him...because he hasn’t told you anything about him,” Bradford explains. If he likes you, he’ll bring you into his world.

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How do you know if he’s interested in you? Tell us in the comments below!

Expert Dating Advice: The Help You Need to Find Love





On this week's episode of the [Single in Stilettoes](#) show, founder of the [dating advice](#) site and matchmaker Susanne Oshima chats with intimacy and relationship coach Iris Benrubi to discuss why, even though you're doing everything you can to find love, it's just not working.

Dating Advice to Help You Find Love

As a counseling psychologist, Benrubi set out on a mission to help others become emotionally intimate with themselves, which in turn allows them to foster more deeply connected relationships. In the video above, she shares her three best pieces of dating advice to help you find The One:

1. Do what you love: By going out and doing what you love, you might just meet someone who loves doing the same thing. "If you can actually learn to go out there and do things that you love and have a great life and be open to meeting a man in those situations, not only will you attract a healthier man, but you'll also attract a man with the same qualities you have," the dating expert explains. In doing so, you'll appear to be a whole and satisfied woman, which will attract

a fulfilled man. A guy doesn't want to feel responsible for your happiness; instead, he wants to be the one who enhances it. Or as Benrubi says, "He wants to be the icing on the cake, but he doesn't want to be the cake."

Related Link: [Kris Jenner Gives Her Best Dating Advice](#)

2. Notice how you communicate with a man: Complaining? *Again?* If he hasn't already tuned you out, he's going to – and then, your relationship may become a thing of the past. Men don't want to listen to complaints; they want to feel valued in their relationship. Focus on what he does well and make it known to him that he is succeeding with you. "If you want a good man to hang around, you want to let him know he's making a difference to the quality of your life," Benrubi shares.

Related Link: [Expert Dating Advice on How To Flirt With Men](#)

3. Get in touch with your feminine side: A woman needs to let down her masculine walls to allow a potential partner, the bearer of masculinity, to step in and contribute to her life. The dating expert explains that single women often become *too* self-sufficient, taking on both masculine and feminine roles. As a woman in a relationship, allow the masculine behaviors to be passed on to your special someone. Ask him to help you lift that heavy box or change that light bulb – he'll get fulfillment, and you get to watch!

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