

# 10 Valentine's Day Date Ideas Inspired by Celebrity Couples



By Lori Zaslow and Jenn Zucher for [Project Soulmate](#)

February is right around the corner, and we all know what that means: Yes, Valentine's Day is almost here, the one day of year when couples get to celebrate their love and singles get to eat Ben and Jerry's guilt-free. This day is really magical. It's when romance can finally express itself, and those in a relationship can really show their gratitude for one another.

However, the day doesn't get cut much slack, mostly because a lot of people don't know what to do to celebrate. That's where expert matchmakers Lori Zaslow and Jennifer Zucher can help! They are at the helm of the luxury matchmaking company Project Soulmate, and with their combined expertise, they know

how to craft a [date idea](#) that's fit for any type of relationship.

This year, with their expert relationship advice, we have crafted 10 date ideas inspired by [celebrity couples](#). These duos all have one thing in common: their strong bond with their soulmate. By taking inspiration from their love lives, we hope you can find a date that will bring you and your partner even closer together.

**Related Link:** [New Year, New You! Expert Relationship Advice to Revamp Your Love Life](#)

## Look to Your Favorite Celebrity Couples for Valentine's Day Inspiration

**1. Beyoncé and Jay-Z:** This Valentine's Day, we want you and your partner to spend it *Crazy in Love*. We want you to forget all of your *99 Problems* and put your *Love on Top*. Yes, those puns mean what you think they do: a Valentine's date idea inspired by the iconic duo Beyoncé and Jay-Z. This celebrity couple has been together for over 15 years. They've written dozens of songs together and now have three beautiful children – who wouldn't want to spend a day emulating them?

Why not go to a concert for Valentine's Day? It doesn't have to be a big one; it could be a small band that you and your loved one both enjoy. Singing and listening to music with your partner on such a romantic day is sure to hit some right notes. Or, if you want something more low-key, a karaoke bar could be great. Enjoying music together is perfect for couples who already have a passion for the industry –and obviously, a shared musical interest has served Beyoncé and Jay-Z well.

**2. Victoria and David Beckham:** When you think of inspirational celebrity couples, who comes to mind? If it's not Victoria and

David Beckham, then you've had a lapse in memory because no couple is more #goals than them! These two are the textbook definition of class, and we heard that, if you look up "posh" in the dictionary, you'll find a picture of the two of them surrounded by their four children. We're joking, of course, but this celebrity couple is the inspiration for our next Valentine's Day date idea: a swanky dinner.

Going to a posh, new restaurant with your significant other is a classic idea and a tried-and-true Valentine's Day date. So throw in a David Beckham-twist, and head to a sports game or bar before the two of you dress up for your five-star meal. It may be a fun way to release some nerves before your dinner plans.

**3. Kristen Bell and Dax Shepard:** Two of the most underrated people in Hollywood also happen to be happily married and have a relationship that shows that shared humor is a blessing. [Kristen Bell](#) and Dax Shepard have proven that a love for comedy leads to the purest of partnerships and makes for some great laughs that help you and your loved one grow even closer. Taking inspiration from these two, go to a comedy club or an underground stand-up night. Take your partner to a place where you both can laugh and enjoy a fun time that's bound to be memorable.

**Related Link:** [Celebrity Couple News: Kristen Bell and Dax Shepard Rent a Roller Skating Rink for Date Night](#)

**4. Rose Leslie and Kit Harington:** You and your partner have a solid relationship, and you guys aren't the going out type. The two of you have no plans for Valentine's Day, except that Chinese takeout you want to order, and you're not really sure what to watch. Take a cue from stars Rose Leslie and Kit Harington, who fell in love while on set together for *Game of Thrones*. Find shows and films where the couples are married in real life, and watch their romance blossom on-screen, all the while knowing that they're still in love off-camera. Start by

rewatching (or watching for the first time!) those early episodes of *GoT* where Jon and Ygritte fall in love, and don't miss the true magic that is being filmed between these two soulmates!

**5. Rita Wilson and Tom Hanks:** Another date night idea that doesn't involve going out and dealing with the madness that is Valentine's Day takes inspiration from power couple Rita Wilson and Tom Hanks. These two have been happily married for almost 30 years and have two sons together, but as a couple, they're probably best-known for their ability to keep to themselves. They've managed to stay under the radar when it comes to paparazzi, and that's because they're both as down-to-earth as a celebrities can get. They prove that you don't have to be glitz and glam to enjoy being with your loved one.

Take inspiration from them and stay home and make dinner together. Spend a low-key night bonding with each other and with your family rather than making a big scene. Their love has proven that it's not about *what* you do; it's about who you do it with.

**6. Sarah Jessica Parker and Matthew Broderick:** Valentine's Day doesn't strictly mean that you and your partner have to spend time alone together. It's a day about love, but it doesn't have to be spent isolated from your closest friends. This Valentine's Day, take inspiration from Sarah Jessica Parker and Matthew Broderick and host a group dinner at home. This celebrity couple is known for their incredible group of friends; they know how to be loving with their spouse while also maintaining a healthy social life. So why not have a Valentine's Day dinner party and avoid the hassle of making plans at a fully-booked restaurant? Afterwards, you all can play cute couple games and end the night on a fun note.

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

**7. Mila Kunis and Ashton Kutcher:** [Mila Kunis](#) shared that her first kiss ever was on the set of *That 70's Show* with her future husband Ashton Kutcher. If that isn't one of the cutest stories ever, we don't know what is! The two of them have two children together and are always pictured smiling ear-to-ear at basketball and baseball games together.

That's why our next date idea was easy: Take your loved one to a sporting event. Watching sports together makes for some great moments – from the pre-game tailgate to the first minutes after a big win, a game is bound to make the two of you feel closer. Plus, this celebrity couple seems to really enjoy watching the game together, so if it works for them, it can't hurt to try it with your significant other.

**8. Jada Pinkett-Smith and Will Smith:** The next inspiration for a Valentine's Day date idea comes from a famous couple that exemplifies trendy. Jada Pinkett-Smith and Will Smith have been together for nearly 21 years and have two children who have both thrived in the artsy-alternative community. This is a family of trendsetters and artists, so a date inspired by them needs to be on the same thread.

That's why we suggest that you and your soulmate go to a modern art exhibit or a jazz club – something that stimulates your minds but is visually or musically pleasing too. Afterwards, go to a cute little place for dinner for a well-rounded date. You can talk about the art or performance during your meal, so you don't have to worry about any awkward silences!

**9. Sarah Michelle Gellar and Freddie Prinze Jr.:** From *She's All That* to *Cruel Intentions*, Sarah Michelle Gellar and Freddie Prinze Jr. ruled the silver screen of 90's romances, and now, they have championed a new field: long-term celebrity relationships. They have been married for almost 16 years and have two children together, and there has never been a rumor of them getting a celebrity divorce or threatening to split.

A great date idea for the couple who loves a little bit of 90's romance is a night out at a retro theatre watching old rom-coms. Snack on some buttery popcorn and soda for a throwback Valentine's Day date night!

**Related Link:** [Celebrity News: Find Out Details About Meghan Markle's Upcoming Bachelorette Party](#)

**10. Meghan Markle and Prince Harry:** We couldn't end this list without including the celebrity couple whose engagement has dominated headlines for the past month or so. Yes, we're talking about the much anticipated royal wedding of Meghan Markle and Prince Harry. Taking inspiration from this couple, we decided that the best date idea would be to get fancy and take your loved one to high tea. Enjoy the cute little hors d'oeuvres and classy tea rituals before heading to a spa for some much-needed rest and relaxation. End the day with a bath bomb or a bubble bath from Lush's collection of rose-scented goodies, and enjoy some romantic tub time as a couple.

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

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## Relationship Advice: Can You Fall In Love Just By Chatting Online?





Dating sites have become very popular among people today. In fact, online dating is now the second most common way for American couples to meet! From the onset, there were only a few dating sites available for users, but now there are very popular and specific dating sites that target the needs and interests of individuals. One such example is [interracial dating in the United States](#), which has flourished to the point where there are now so many interracial sites available. However, there are still many skeptics when it comes to opinions about finding love through chatting online. The ongoing debate over whether you can legitimately fall in love online is a ongoing one, and there are many opinions on the matter. Some will argue that you never really fall in love until you have seen someone or have engaged in physical contact. Others will say that falling in love is possible even if you have not met that person in the real life.

**Our definition of love and relationships has changed, and it**

# **is entirely possible to fall in love online. Check out our relationship advice:**

To determine if you are in love, you must have a real understanding of what love means to you. Love has taken a new form in the digital age. In the past, traditional courtship relied heavily on face-to-face communication and physical presence. Nowadays, meeting someone and having a relationship is more available to us through the online world. Meeting someone has become increasingly easier through the internet. For some, meeting in real life comes very easy and for others, it has always been a difficult task. In the online world, there are more opportunities created through online chatting. However, it is up to you to define what falling in love mean to you. Are you comfortable in divulging your emotions to someone you have never met? Does it matter if you have not seen the person face to face, even if you have a strong virtual connection?

## **Online applications facilitate connection**

Attraction is not only based on physical attraction. It can occur when we share common ideas, perspectives, values and even opinions. If you meet someone online with these commonalities, you can very easily feel attracted to them. This connectedness is a baseline for any relationship, not just a romantic one. It doesn't necessarily demand a face to face meet, p as this can be facilitated easily through online communication. Social media and dating apps help determine if you have a connection or not because the ability to communicate with others is readily available

**There is positive association between internet technology and romance.**



A study by Rosenfeld in 2017 concluded that there is a positive correlation between internet technology and romantic relationships. Furthermore, the same study found out that heterosexual couples who met online made a quicker transition to marriage than couples who met offline. This study is also supportive of other findings which state that the percentage of couples who have met online and married in real life are still increasing. Despite being faced with a multitude of dating candidates online, people have been able to sift through the competitive environment and marry the love of their life. This study supports the assertion that yes, it is possible to fall in love online. Technology has made dating tremendously easy, but at the end of the day, it is still up to the individual to make decisions and take the next step forward when it comes to online dating

**Even if the other person is not real, the feelings are still real.**

Some people claim that a relationship is not legitimate until you have met that person in real life. Being duped online is common and it is one of the hazards of online dating. This is known as “catfishing” and is a common fraud when people create a false online identity to lure others into communicating. This is very tricky since the victim is honest and true, yet the other partner is not who they appear to be. Deception is common in online dating apps.

A study by Toma (et al in 2008) finds put that deception patterns are common. Participants in the study strategically balanced the deceptive opportunities presented by online self-presentation (e.g., the editability of profiles) with the social constraints of establishing romantic relationships (e.g., the anticipation of future interaction). This study also found that 81% of online daters admitted lying about their weight, height or age. This appears to support the claim that meeting up in real life is an important step in cementing the relationship. However, if you are duped you shouldn't give

up on online dating. Your feelings were certainly real, and many people have fallen in love and even have gotten married because of online dating.

### **Falling in love must be approached positively**

Whether you fall in love offline or while chatting online, you must approach love optimistically. Even in real life, you can still be hurt by lies and deception. Just remain positive about finding your true love online. If you and your partner are truly connected, have formed a strong bond and share the same passions and interests, then you might just end up being together in real life.

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## **Relationship Advice: How to Emotionally Connect with a Man**





By [Whitney Johnson](#)

On this week's Single in Stiletto's [dating advice video](#), founder and [relationship expert](#) Suzanne Oshima talks to love and dating coach Jaki Sabourin about how to emotionally connect with a man and get engaged at any age. Watch the video above for their best relationship advice!

## Relationship Advice to Help You Emotionally Connect with a Man

Here are three ways that women can connect emotionally with a man:

- 1. Be *interested* instead of *interesting*:** The fastest way to connect emotionally is to be curious about your date. "When we're trying to be interesting, we're nervous and feeling self-conscious. We really fail to notice the man in front of us – who he is, the red flags, what he's doing," Sabourin explains. Being interested in him will encourage him to lower his guard and really tell you about himself. "Get

curious!” Oshima adds.

**Related Link:** [Dating Advice Video: Stop Attracting Emotionally Unavailable Men](#)

**2. Be vulnerable:** Be open and honest. Real vulnerability comes from a place of being able to accept yourself. “You’re going to be able to be vulnerable with a man directly proportionate to your ability to accept who you are,” the dating coach says. Vulnerability is very attractive because it’s real, and being as real as possible will create a connection right away.

**Related Link:** [Relationship Advice: How to Get Men to Fall Into Your Lap](#)

**3. Be less agreeable:** It’s a big turn-off when a woman just wants to please a man. “They want to know what your likes are, what turns you on, what gets you excited about life,” Sabourin shares. “Be a little more sassy and stand in your truth.”

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

*For more videos from [CupidsPulse.com](#), check out our [YouTube channel](#).*

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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.

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“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.

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### **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 Relationship Advice: When to Sleep Over



By [Megan Weks](#)

When to sleep with someone is a personal decision; it must be considered for each specific situation. However, before you decide, influenced by him as the external factor, an internal overview is always the first consideration.

**Consider the expert relationship advice below:**

Many great loves that have begun with an immediate naked, giddy romp have turned into serious relationships and lasting love stories. You may even know a couple who started off this

way. Even so, I'm going to offer some [expert relationship advice](#) for you to think about before making the fateful decision to jump into the sack.

Being single can be tiresome. Our bodies ache and yearn for closeness. The discomfort of pulling yourself together after work to be date-ready, skipping workouts, and spending money on clothes and cabs, only to have to face an unknown person who decides whether you're a yes or a no, can be a process of grueling anxiety.

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It's easier to slip into your comfy stretch pants and dive onto your warm, cozy couch for some yummy snuggles with the hot-blooded male specimen standing before you. You crave to feel a warm touch or a tickle on your back and perhaps gentle cheek kisses. Ahhh. The delicious comfort of a relationship! The urgency to advance quickly into this stage has many of us skipping the necessary qualifying steps that, ideally, come before committing to an exclusive relationship.

There are two ways to approach the intimacy process in a new relationship. The first is to dive right in, learn about the guy's intentions and goals, and hope that the relationship falls into place (keeping in mind that his words don't necessarily determine his intentions – only time and consistency will reveal his *true* intentions). If you take this approach, you'll be making relationship decisions after the physical bond has been formed. Even if this man is not right for you on multiple other planes, you'll have to determine that while feeling physically attached to him! Therefore, your body will be yearning for closeness with him, while you're still trying to figure out if he wants what you want, has similar values, and so on.

After having sex, it's proven that your brain makes cloudy (hormone-influenced) decisions about the person to whom you

are attached. This is how we end up in time-consuming “mini-relationships,” often followed by painful “mini-break-ups.”

Do you have relationships that begin hot and heavy and then start to taper off and fade away? Do you have a hard time getting serious interest from men? Have you not had a serious relationship in longer than you would care to admit? If so, I want to stress this second approach to the intimacy process: Take your time to get to know a guy over two to three months before the sleepover. The process where you learn about one another slowly, without exclusivity and without sex, is what I call The Exploratory Phase of the relationship. If you include this phase in your dating process, you will decrease your number of sexual partners and increase the likelihood that your relationship will stand the test of time.

Even naturals at love can still fall prey and find themselves mired in many time-consuming “miniature-serious” relationships. You see, when you dive in head first, you put yourself in a position I call Lay and Pray. This is when the physical part of the relationship occurs before the actual relationship. A woman who gets caught up in Lay and Pray is telling herself that she can handle it and that she’s going to remain cool while things fall into place. Sound familiar? However, in this place of uncertainty, she’s feeling uneasy, seeking for answers or clues to help her define what’s happening with the relationship.

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Even if what she is experiencing with him is not ideal, she’s not exploring other options because she feels attached and is not interested in seeking out other possibilities. Women whom I define as naturals at love might still have a decent ROI (return on investment) with this method of dating because the naturals usually have a better feeling about the men who are coming into their lives. This means that, since they are

making overall healthier choices when it comes to men, they will have a higher ROI in their dating process. Even though a woman may be able to jump into bed and have a chance of that turning into a solid relationship, she still needs to consider her goals, her health, and the time investment she is willing to put into having multiple “mini-serious” relationships.

Keep in mind that if he’s the right man for you, you’ll likely have the rest of your life to enjoy him, both in bed and on the couch. Either way, happy humping!

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

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## **Relationship Advice: Kinds of People Most Likely to Get the Holiday Blues**





By Dr. Sanam Hafeez

With the holidays upon us, it's easy for us to get caught up in the rush of it all. While we may be cooking, shopping, enjoying holiday events, there are others – many of whom are in our very own circles – having a tougher time. [Relationship expert](#) Dr. Sanam Hafeez, a NYC based licensed clinical psychologist, teaching faculty member at Columbia University Teacher's College and the founder and Clinical Director of Comprehensive Consultation Psychological Services, reveals who are most likely to have the holiday blues, and how we can help them make it through.

**If you think somebody in your life could be affected by the holiday blues, check out Dr. Hafeez's [relationship advice](#) below to help**

# **better understand your loved ones this season.**

**1. The newly divorced or widowed:** Loss is a sad, life-changing event at any time of the year. However, it tends to be harder when everyone around you is joyful celebrating the holiday's and you feel it's an effort to get out of bed. If someone in your circles is going through a major loss and life transition, be supportive and understanding. "They are grieving and mourning and are especially sensitive around the holidays. It's important that they feel included but don't be offended if they choose to opt out of certain events," advises Dr. Hafeez. She suggests checking in and offering them the option to participate in whatever they want, when they want. Love them through it.

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**2. The busy entrepreneur:** The holidays could be stressful for small business owners because so much rides on the end of year. They may be fretting over their profits (or lack thereof), the goals they didn't reach, and the many things still to do. They feel overwhelmed and when they are expected to shop, entertain and be present for their families, they may be short tempered and anxious. "The best way to help the busy entrepreneur is to make their life easier in any way possible. If they can't make it to a family dinner, tell them your door is open for dessert. Often times they feel guilty and obligated which only adds to their frustration," explains Dr. Hafeez. Also consider that these worker-bees are conflicted. When they are working they miss their families and when they are with family they are thinking of work.

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**3. The caretaker of an elder parent or relative:** Adults who are now caretakers to their elderly parents are incredibly overwhelmed and often overlooked. As a caretaker, they always have to consider the well-being of their parent. They can't just get up and go," explains Dr. Hafeez. Caretakers may feel resentful, isolated and stuck during the holidays which leads to conflicted feelings of resentment and guilt. They also believe they have to be hands on managing everything. It's important to lighten the caretakers load by offering support; even if it means asking them how they are doing. Be patient and ask the caretaker what they need. It could be something as simple as having food delivered to their home to free up time for other tasks, Dr. Hafeez recommends.

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**4. The recovering substance abuser:** Recovering from addiction is hard. Period. It's harder when holiday festivities are filled with friends and family drinking everything from eggnog to champagne. "Understand that those in recovery from substance abuse are hyper-sensitive about being judged. They feel as if all eyes are on them and that pressure may trigger the desire to use drugs or alcohol to soothe their anxiety. When they aren't fully recovered, they may anticipate possible "landmines" and avoid them. They may choose to stay to themselves and observe more and participate less. They might opt out of larger family gatherings that are too overwhelming," cautions Dr. Hafeez. Offer an open invitation and remind them they are welcomed when they are ready. A balance of love, support and acceptance is what they are in most need of, suggests Dr. Hafeez.

**5. The children of divorce:** Divorce means two separate holidays at two different places, and kids feel overwhelmed having to double up. It's incredibly important for parents to agree on where the kids are going during the holidays and all logistical details. "Kids want to feel safe and secure. They

don't want to feel as if they are the expected to be rushed here and there because their parents chose to divorce," says Dr. Hafeez. It could be unsettling to younger kids, and teens may isolate and rebel against any family events as they are sorting out their own emotions as they get used to a new normal. You really want to establish a game plan for the holidays and if possible, stick to it every year, advises Dr. Hafeez.

*Dr. Sanam Hafeez PsyD, is a NYC based licensed clinical psychologist, teaching faculty member at the prestigious Columbia University Teacher's College and the founder and Clinical Director of Comprehensive Consultation Psychological Services, P.C. a neuropsychological, developmental and educational center in Manhattan and Queens. She works with individuals who suffer from post-traumatic stress disorder (PTSD), learning disabilities, attention and memory problems, and abuse. Dr. Hafeez often shares her credible expertise to various news outlets in New York City and frequently appears on CNN and Dr.Oz. Connect with her via Twitter @comprehendMind or [www.comprehendthemind.com](http://www.comprehendthemind.com)*

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## **Celebrity News: Demi Lovato Has Dating Advice For Fans**







By [Rachel Sparks](#)

Demi Lovato, formerly part of a six year [celebrity couple](#) with Wilmer Valderrama, recently shared her [relationship advice](#). According to [People.com](#), Lovato admits to being open to both men and women for a long-term relationship. Lovato's biggest advice for young people: there's a lot of life ahead for people, so don't let past decisions define your current identity.

**This celebrity news is something we can all take to heart. What are some ways to know if you're in a healthy relationship?**

**Cupid's Advice:**

When we fall in love we often ignore signs from our S.O., friends and family, and even ourselves. Not all signs are bad. How do you know if the person you're with is the right one?

Here is Cupid's dating advice to help you recognize that you have a keeper:

**1. They know your comforts:** When we have a bad day, are cranky, or don't feel well, having someone know just the way to make you feel better makes all the difference. If your S.O. knows what movie, food, drink, music to prepare to make your day better, that shows they've paid attention to you and they care about helping you.

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**2. They talk about your day:** We love talking about our days with the people we care about, but sometimes it's hard to keep up with all of the details. If your partner is actively trying, asking questions, and responding, they care. They may not remember everything, but active attention shows an investment.

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**3. Small things:** Who doesn't love a lavish display of affection? But those small details that make life better for you are really the signs of a loving relationship. If your partner prepares coffee for you before bed, a small task that says a lot, keep them around.

**How do you know if your partner is a keeper? Share your dating advice below!**

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



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 their best expert dating advice for women for moving a stagnant relationship to commitment. "You don't get this question a lot from guys because they're in the pursuer role," Welch explains. So ladies, listen up!

# Relationship Expert Duana Welch Shares Her Tips for Commitment

It's not as simple as just asking him. It's tempting to approach him directly with your concern, but Welch encourages you to avoid doing so. "Studies show that guys move you from the possible Mrs. Right category to the Mrs. Right Now category when you do that," the relationship author warns. "They think you're low status, that you don't have any other options." So how can you move your relationship forward?

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

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

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

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

**3. Avoid ultimatums:** Both Oshima and Welch feel strongly that you should never give a man an ultimatum. "It will backfire on

you. Even if he goes along with it, he'll feel like he's backed into a corner, and he'll probably rebel later on," Oshima explains. "It's always better if he comes to a decision on his own."

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

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## **Expert Relationship Advice: First Comes Love – Now What? Creating Intimacy Without Intercourse**





By [Amy Osmond Cook](#)

The power of love can never be underestimated, but it is also often misunderstood. As one of the leading Google search topics, the matter of love and how it pairs with sex is on most people's minds. It's possible to have sex without love, but can love survive without sex?

Most people say yes. A [study](#) conducted at San Diego State University reported that couples who reported having a satisfying relationship also reported having less sex as the relationship progressed. In an era where sex is used to sell everything from perfume to bathroom cleaner, this study shows that people may be buying it, but they aren't necessarily "doing it."

## **Relationship Advice on How Sex Relates to Love**

"Despite their reputation for hooking up, Millennials and the generation after them (known as iGen or Generation Z) are

actually having sex less often than their parents and grandparents did when they were young,” says Jean M. Twenge, the study’s lead author and professor of psychology at San Diego State University.

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

Recognizing that romantic love and intercourse can be mutually exclusive is encouraging news for millions of people who are unable to “seal the deal.” Whether limited by emotional challenges or physical obstacles, these champions of celibacy are coming forward with candid conversations, new desires, and innovative ways to create satisfying relationships beyond the bedroom.

“While these people are unable to have intercourse, they still crave intimacy but are unable to open up about it,” says Laura Brashier, founder of RomanceOnly.com, a site that promotes and supports those seeking intercourse-free relationships for “whatever” reason. “I’ve discovered that people facing difficulties with sexual intercourse still want to show love and be loved in return.”

**1. Connection:** Successful connection requires recognizing the difference between love and erotic love. “Love proper is to do with the other person,” says [Olivia Fane](#), [relationship author](#) and sex therapist. “It is about the care, respect, and understanding of that human other. Love like this grows; it cannot help it. The more of yourself you invest in another person, the more you receive.” This connection unites two beings into one unit; their pain is your pain, and their joy is yours too.

**2. Unconditional Caring:** An authentic love says I care how you feel. But loving unconditionally doesn’t mean you have the responsibility to deliver everything the other person wants. “When we love people unconditionally, we accept them as they

are and how they aren't and contribute to their happiness as wisely as we can," says Greg Baer, MD., author of *Real Love: The Truth about Finding Unconditional Love & Fulfilling Relationships*. Connection happens when we genuinely care about the happiness of the person with whom we share our lives.

**Related Link:** [Relationship Advice: Listen With Your Heart](#)

**3. Communication:** It's one of the most common pieces of [expert relationship advice](#): Honest and open communication is an integral part of a healthy, loving relationship. For people struggling with sexual intercourse, the anxiety that accompanies being honest about their inability is hard to express. "Knowing what each party brings into a relationship and being able to own and acknowledge this can often provide a basis from which a couple can grow and improve together," says psychotherapist [Michael Betts, MSc, MBACP](#). Rather than viewing sexual intercourse as a deficit, people can emphasize other qualities that they can contribute to a relationship.

**4. Intimacy:** As noted earlier, intercourse does not equate to meaningful intimacy. In fact, in many cases, it is the total opposite. "Our cultural talent for commercialization has separated out sex from intimacy," says [Lori H. Gordon](#). "In fact, intimacy involves both emotional and physical closeness and openness. But we wind up confusing the two and end up feeling betrayed or used when, as often happens, we fail to satisfy our need for closeness in sex." Sharing time and experiences, engaging in meaningful conversation, being responsive to needs, cuddling, and enjoying non-sexual physical contact help a couple feel valued, cared for, and safe. And all of these factors contribute to feelings of intimacy.

To paraphrase lyricist [Jackie DeShannon](#), what the world needs now is not more sex, but love, sweet love. And not just for some but for everyone. For those suffering from sexual challenges—as well as those who don't—physical gratification



outside of intercourse, within a loving relationship, is an intimacy in a league of its own where both sides win.

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

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## Dating Advice for Dealing with the Break-Up Blues



By [David Wygant](#)

Let me explain how I personally handle a break-up and why it's probably one of the most amazing ways to heal. When I experience a break-up with somebody, I want to process through

it very quickly. Why? Because to me, life is always about moving on.

When I was 19 years old, my mother and I had a long talk. At that time in my life, Kris, my high school girlfriend, had just broken up with me for the third time, and I was extremely upset. I was full of heartache. I was sobbing. I couldn't believe that this was the *third* time we had broken up.

## Dating Advice from a Relationship Expert

My mother looked at me and gave me some of the best [dating advice](#) I've ever received. She was actually about to divorce my father, although I didn't find out about that until the next day.

**Related Link:** [Dating Advice for the Guys: Why Is it So Hard to Date?](#)

She said, "David, this will not be the last woman who loves you. As a matter of fact, there will be many women who love you. You see, you've learned some amazing things. You've grown from this relationship, and because of it, you became a better person. Thanks to all the wonderful experiences you had with Kris, you're going to meet somebody who loves you more."

Those words of wisdom really sunk in, and because of them, I've always been able to process past relationships very quickly. Whether I ended it or they did, I've always known that there's going to be somebody out there who's going to love me so much more.

Recently, I was with somebody, and I got love bombed. I spent three months with her. It was literally a summer romance; it lasted from Memorial Day to Labor Day. She told me that she loved me 15 times a day. Then, we had a conflict, and after

that, we never spoke ever again. She denied all of her feelings and everything that went on between the two of us.

I was heartbroken, but I was also relieved. I truly believe that, when conflict comes up, you get to see someone for who they truly are – not the well-behaved person that they've been pretending to be.

So how did I process through the break-up and end up so much stronger, more powerful, and more open to love than ever before? I talked to my friends. I literally spent two days doing nothing but healing. I went to my coach and therapist a few times. I figured out what I learned from my ex. I embraced how much I grew from the experience. I literally thanked the universe for presenting her to me so that I learned another valuable lesson in love.

**Related Link:** [Expert Relationship Advice: You're in the Dog House...Now What?](#)

After 72 hours, I realized that I am a far better man because of my relationship with her. I was able to be loving and open again, something I hadn't really done for a couple of years. And my experience with her reminded me of the beautiful [relationship advice](#) that my mother gave me years ago. There's somebody out there who's going to love me even more, and I feel so satisfied knowing that. That's why I've always been able to go through a break-up quickly and come out stronger, more open, and more willing to love.

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

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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.

**Related Link:** [Dating Advice Video: 4 Ways To Make Your Man Happy!](#)

**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.

**Related Link:** [Dating Advice: 5 Signs He's Taking the Relationship Seriously](#)

**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.”

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

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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.

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## [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](#).

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# Expert Relationship Advice: How I Used a Manfunnel to



# Meet My Dream Husband



By [Megan Weks](#)

Once upon a time, a lonely woman centered her heart and her hopes on a certain man, whom she put on a pedestal. She wondered what he saw in her and why a man of his caliber would be interested in what she had to offer. Long after he let her go, she would obsess and compare other men to him, feel sorry for herself, and wonder why a relationship hadn't yet worked out for her when they had for so many other women. When would it be her turn?

## Dating Expert Megan Weks Shares

# Relationship Advice to Help You Find The One

This heartbreaking story was my ongoing pattern. I had gone through so many let-downs while dating in Manhattan for over a decade. Of course, I had some monumental takeaways. Oftentimes, though, I was already “in” the relationship wholeheartedly by the time I figured out it was not the real deal. This left me with painful and long recovery times when I had to grieve and slowly get back on my feet before being ready to face the dating world again. I finally realized that it was not intelligent of me to give my all to these men before I knew their motives. I learned that their true intentions showed up in the first three or four months of dating.

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

The Manfunnel was born out of simple math and complex self-love. It was built from the same equation that helped me find love quickly and learn how to capture the hearts of much higher-quality men than I had been accustomed to. A Manfunnel is simply a group of men who are looking to pursue you for a relationship; it's a tool used in what I call “The Abundance Model of Dating.” It means that you hold off from becoming exclusive until you find a man who truly meets your needs on every level and on your timeline.

To follow this [expert relationship advice](#), remember that a man is not going to date you exclusively if you aren't meeting his needs. Similarly, you should not allow yourself to be pigeonholed into a relationship that does not serve your needs. You're going to have to be really honest with yourself about what you *truly* want. Additionally, you will have to drop all of the excuses as to why he is not meeting your needs. Ask yourself if you are truly happy. Keep a daily log of how you are feeling and reflect on the relationship. If your

relationship is anxiety-ridden, ask yourself why you are accepting this situation.

After you've determined that your needs are not being met and that you are ready to have it all and quickly, you are ready to build your Manfunnel. What this means is that, even though you have found someone who excites you, you will continue to keep your options open until you know for sure he is The One. A good rule of thumb is to wait for three months before you delete your other options. During that time, you are learning about men and about what will truly make you happy in a relationship. I call this waiting time "The Exploratory Phase." This can feel as if you're taking things extremely slowly; however, it actually saves you years of time.

Having a Manfunnel helps you from becoming overinvested too soon. When we believe there is a lack of options, we may start to slip into a place of scarcity. It's cyclical: When we start to believe this idea, men read our energy and also begin to believe that you don't have options. Biologically, this sends a message to men that you are not a high-value mate or a great catch...even if you are!

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## **How Megan Weks Used Her Own Expert Relationship Advice**

My Manfunnel helped me realize my value in the dating marketplace. I started gaining momentum, and the confidence to date the kind of men I've always dreamed of – and, even better, to have these men want to make a commitment with me! When the man who would be my husband showed up, I came across as poised and feminine. You see, I had allowed myself to be filled up by the energies flowing toward me in the dating process, and this energy projected my warm and positive

outlook on love. And so, I was able to make a choice with a clear head and an open heart. I set my boundaries on taking things slowly, and he enjoyed every minute of it. When he proposed before our six-month dating anniversary, I knew I had found the right man.

If you are looking to streamline the dating process and avoid having an unnecessary, painful broken heart, it's time to learn how to Master Your Manfunnel. Doing this can open up a whole new world to you.

*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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## **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 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.

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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](#).*

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## **Relationship Advice: Have You Been a Victim of Cyber Bullying?**





By Debbie Ceresa for [Divorce Support Center](#)

Typically, I don't spend much time on the computer. However, the past several months have been different. I started experiencing insomnia, fatigue and headaches because I was consumed by the internet when I no longer felt safe. I was outsmarted by a woman that I've known for years. I'll call her Lena. Lena insisted I participate in a group discussion about personal matters, but I declined her meeting. I felt it was not appropriate for me to be involved. Nevertheless, Lena continued to pursue my involvement, claiming I was unsupportive. One day I dialed Lena's number and left a voice mail, explaining why I wouldn't attend the group. Lena asked for me to follow up with a text message, claiming she couldn't hear the recording. Lena forwarded my text message to members of the very group I declined to attend. The message was used to embarrass, humiliate, and alienate me from her supporters. Rude comments appeared on my Facebook, Twitter, and other social media accounts. Many of these messages were from people I didn't even know. I became a victim of cyberbullying. And sadly, I received only a taste of what cyberbullying is like in the online dating world. Long-term relationship problems



can arise as a result of cyberbullying if not properly dealt with. As a relationship expert who has gone through it, I offer my [relationship advice](#) on how to get over cyber bullying.

## Relationship Advice On Dealing With Cyber Bullies

**What is Cyber Bullying?** Cyber bullying is not beyond the realm of adult intellect and responsibility, nor is it limited to young people. The cyberbully uses technology to intentionally mistreat others. Computers, cellphones, and other electronic devices become weapons to cause fear, distress, or harm. But the bully is not driven by revenge alone. According to Violence Prevention Works, "Cyberbullying, like traditional bullying, involves an imbalance of power, aggression, and a negative action that is often repeated." In other words, a cyber bully needs an audience to be fully satisfied and therefore takes the bullying to social media, where humiliation is up for public viewing and twice as shaming.

**Related Link:** [Relationship Advice: 4 Reasons To Leave The Past In The Past](#)

**Cyber Bullying Can Take Several Forms.** According to Violence Prevention, cyber bullying is achieved through these means:

- Offensive, rude, and insulting messages.
- Posted derogatory information, and/or digitally altered photos.
- Arguing online, often with the use of vulgar language.
- Hacking another's email or social media to post embarrassing material.
- Sharing of secrets to cause embarrassment.
- Repeated threats or online activity that makes a person afraid for his/her safety.

My husband and I were both profoundly affected by this woman's actions. We joined the ranks of other victims and suffered the many emotional and physical symptoms that are common after such an attack.

**Related Link:** [Relationship Advice: Master Your Mean Girl With This Self-Love Advice from Author Melissa Ambrosini](#)

**How Cyber Bullying Can Affect You.** As celebrity news often shows, many of today's stars, such as LeAnn Rimes, Ciara, and Adele can attest the emotional toll of cyberbullying on one's health. A few of the psychological health conditions that are brought on by bullying include stress, low self-esteem, depression, mood swings, fatigue, embarrassment and feelings of shame. Your physical health can also suffer with reduced immunity to infection, stress headaches, elevated blood pressure and post-traumatic stress disorder. Lena's assault forced my husband and I to escape to our private little island to cope with the pain and grief caused by the loss of trust and expectations from this woman. Like so many grievors, we were embarrassed, ashamed, and depressed. The unrealistic expectations of this woman awakened my skills as a relationship expert and helped me uncover necessary tools to address my unresolved grief and negative feelings.

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**Have You Been A Victim of a Cyber Bully?** Here is some relationship advice to help you cope: Your first step is to acknowledge that you need to take care of yourself. If you are experiencing many of the same symptoms—don't ignore them. Your pain and the side effects of the attack are not going to go away by themselves. Don't fall into the trap of developing a lifelong relationship with your pain. You were a victim, but don't hang around waiting for the cyber bully to apologize like I did. It's not going to happen. I never received an apology. Understand that you need to forgive, not condone. To

forgive means to cease feeling resentment against an offender. To condone is to treat as if trivial, harmless, or of no importance. Forgiveness is not condoning the situation. How do you forgive the cyber bully? NOT directly! Here's what I finally told myself: "I acknowledge that the things you did or did not do, hurt me, and I'm not going to let my memory of those incidents hurt ME anymore."

Don't be embarrassed, ashamed, or depressed about your grief. It's more exhausting to stay on the pain island than it is to admit you are filled with grief. In the long run, I must thank the cyber bully for showing me the path to helping others. I'm now confident I can be a lifeline to many by offering relationship advice.

*Debbie is a Certified Grief Recovery Specialist® and the author to the #1 bestselling memoir A Beautiful View, available on amazon.com. A Beautiful View documents her journey through her husband's battle with cancer, which ultimately ended with his death. She has experienced grief firsthand and is well equipped to aid others in the recovery process, whether with death or divorce. For more information about Debbie and how to recover from your loss, please visit [debbieceresa.com](http://debbieceresa.com).*

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## **Expert Dating Advice: What Men Want & Why They Cheat**



On this week's episode of [Single in Stiletto's](#), founder and matchmaker Suzanne Oshima turns the conversation over to relationship expert and author of "The Problem With Women...is Men," Charles J. Orlando to talk expert [dating advice](#) about none other than men, what they want, and why they cheat.

## Dating Advice On What Men Want & Why They Cheat

Men want women who are confident, intelligent, energetic, honest, and supportive. Men respond to women who bring confidence to the table, but that is not to be mistaken with being a bitch. "Confidence is knowing who you are, it's knowing where you're going, and it's knowing who's going with you," Orlando said. He also wants someone he can talk with, not talk at. Sometimes a woman's intelligence can be

troublesome to men if it's greater than his own. When women are smarter men have to be comfortable with that. Some men don't know their place as anything other than being a protector/provider, so it forces them to find their new masculine. But Orlando did note, a man doesn't open a door for a woman because he thinks she's incapable, he opens the door because he values you. Men also want someone who is energetic and spontaneous, so Orlando's dating advice is to bring excitement to the relationship. He wants these things to remain throughout the relationship. Spontaneity is often the first to go, Orlando said, but men want to keep it.

**Related Link:** [Dating Advice: Get Inspired by Childhood Fun](#)

Men cheat for a variety of reasons, but Orlando said, "before physical act of betrayal, the relationship has already broken down." There is something missing in the relationship even before the inception of an affair. But what is it exactly that compels men to cheat? One, the opportunity to have sex without getting caught, which also caters to physical/sexual gratification that is emotionally detached. Two, he wants to have sexual variety. He's curious about being with someone he found physically attractive. Three, for the thrill of the chase. He misses that challenge and wants to know he's still got it. And finally, the desire to feel important or feel special. He wanted a ego boost because he wasn't getting it at home. "For any wife who won't there's a neighbor who will," Orlando said.

**Related Link:** [Relationship Advice: 4 Ways to Break Up With Your In The Nicest Way Possible](#)

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# Relationship Advice: Keep Your Relationship Strong When You Share Home and a Workplace



By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#) with contributing writer Emily Stovall

Starting your own business is hard and it can be even harder when you don't have the full support of your spouse behind you. But what if you could have them beside you? The most cost effective way to start your own business is to start it at

home, rather than renting or buying an outside office space. Not only will you save financially, you'll also save stress in managing your free time, as you will be able to spend days with your family at home. However, this can be positive or negative. The problem with having your workplace and your living space as one is that sometimes it can be difficult to separate work from play. You can work so much that the hardships from your job start rolling over into your family and personal life and you start taking your frustration out on those you love and having relationship problems. On the other hand, you could focus so much on your family that you fall behind with work. Both scenarios can be damaging to the health of your job and your family. The overall goal is to have a stable job, while maintaining healthy relationships and with a little [relationship advice](#) you can accomplish both!

## **Relationship Advice: Keeping Your Relationship Strong**

The most important thing is to designate a location in your home that is strictly for work. This doesn't mean that you can't occasionally bring your laptop into the living room to do some last minute work, but it means that the majority of the time you keep business in this specified office area. This helps to literally separate home life from business, as the two will be physically separated. Now that the where has been identified, the next important thing is to determine the when by setting aside specific hours each day that you plan to focus on work. Likely it would be similar to what your hours would be in a typical workplace such as "9-5 Monday-Friday." If your company flourishes most on the weekends, then select specific hours on the weekend that you will designate for work. Make sure that your spouse and your children are aware of these hours so that they know not to bother you at those times. If you do not make these assigned work hours clear to

your spouse or family, it could potentially cause arguments if they were to interrupt your work, causing frustration.

**Related Link:** [Celebrity Couple News: Chrissy Teigen & John Legend Share Romantic Snuggly Photo](#)

Establishing a place and specific time to focus on your work are only the beginning. To maintain a healthy balance of work and play while maintaining a home business, you must dedicate time to focus on your spouse and/or children. For example, every Friday night can be “date night” with your spouse and Saturday’s from 12-5 can be set aside to do something fun with your kids such as an aquarium visit. Most importantly, during this quality time, keep all conversations away from work. Don’t bring it up at all. In fact, set your phone to “Do Not Disturb” if you feel like you’d be tempted. Making sure to avoid any conversation about work is super important because your husband/wife, boyfriend/girlfriend, or children need to know that you are not only focused on work, but that you are also 100% focused on them, too!

**Related Link:** [Celebrity Interview: Newlweds: The First Year’s Stars Talk Love & Celebrity Relationship Struggles](#)

A healthy work-life balance poses a challenge when you work from home, but it is not impossible. Remembering these simple, helpful dating tips from **Project Soulmate’s** own [relationship experts](#) can keep your business afloat and your relationships thriving. Dedicating specific times and moments to each important aspect of your life (work, spouse, children, and me-time) is crucial. As long as you are patient, have a knack for organization, and follow this relationship advice, a strong relationship while working from home will be no problem! Just remember that your spouse is there to support you, and would definitely rather be helping you than arguing with you.

**Related Link:** [Relationship Advice: Is Long Distance Worth It?](#)



*Relationship experts Lori Zaslow and Jennifer Zucher are BRAVO TV's Love Brokers and founders of [Project Soulmate](#), a high-end New York-based matchmaking company.*