

# Relationship Advice: What Your Type Says About You



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

Are you constantly striving for the tall, dark, and handsome guy? Or are you the type who goes for the cute guy you met at the bar, but after one night he never responds to your texts? Also known as the “douchebag boy.” Or is your type the genuine nice guy? With the following [relationship advice](#), we will reveal what your type says about you, and provide dating tips on how you can improve your love life.

## Relationship Advice That Will Teach

# You About Your “Type”

**The bigger, muscular, macho boy:** If your type is the muscular, tall, handsome boy then our millionaire matchmakers suggest you may feel less secure in your own body. If you are attracted to men who are taller and bigger than you, then you like the feeling of having a bigger buy because he makes you feel small and more secure in your own body.

**Related Link:** [Relationship Advice on What Not to Do: Bad Dating Advice from Romantic Comedies](#)

**The douchebag, or the one night stander:** This is the type of guy you meet at a club, you really think you hit it off, maybe you switch numbers, and at the end of the night you end up going home with him. A few days roll by and you haven't heard from him in a while so you decide to text him, but he ignores you completely, and you end up alone on date night. It's easy to get attached to this cute type of guy because he makes you feel special. In the meantime, you think to yourself he's different- you guys really hit it off the first time you met. Well if this relates to you then you might have not experienced a lot of attention or love in past relationships. So the feeling of being noticed excites you even if it's only for the night. Our relationship experts recommend self-love before any guy can get to love you. You have to love yourself first. Treat yourself every once in awhile and don't fall for the first guy you meet at the bar. We go for guys who are assholes because they make us chase them. In our eyes it's a goal to catch that certain guy, because if we catch them it makes us feel better about ourselves. This isn't right at all but it can all relate back to society. Society always made females feel subjugated under men. By getting the guy you were trying to chase can make women feel empowered because they like the chase.

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## [Comfort Zone Is A Good Idea](#)

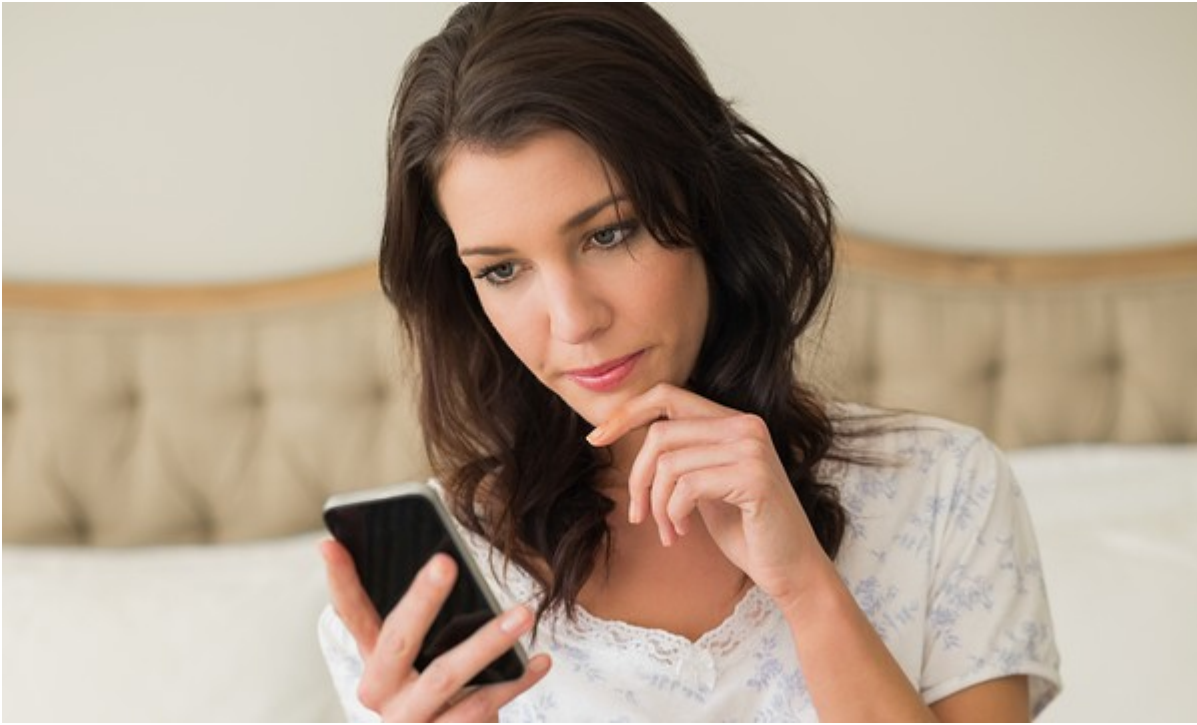
**The nice guy:** The nice guy is the one who goes unnoticed. He's lingering in the shadows and they're the ones who get friend-zoned instead of a date night. These are the guys who you don't really give a chance romantically. If you were willing to step outside the box and try to explore your options, usually the nice guy is the one who you can feel most comfortable around. As an individual you start to feel yourself growing and maturing the more you spend time with this person. You never know what's out there but it's refreshing to try new things and meet different people. You never know when you'll find the one.

*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.*

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# Relationship Advice on What Not to Do: Bad Dating Advice from Romantic Comedies





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Who doesn't love a great romantic comedy? They're perfect for date night or spending quality time with your girls and a bottle of wine. Though the plot lines can be entertaining, romantic comedies are unrealistic and offer poor [relationship advice](#). However there are a few dating tips you can learn from romantic comedies about what not to do, according to relationship experts.

## Relationship Advice That Goes Against Romantic Comedies

**Be Yourself, Not Like In *How to Lose a Guy in 10 Days*.** First thing's first, always be yourself! *How to Lose a Guy in 10 Days* has taught us how to be the best and only version of ourselves. Throughout the whole movie Kate Hudson tries to push Matthew McConaughey away by being the bananas crazy, clingy girlfriend, who most guys would run as far across the country as they could. If a guy is interested in you then they're looking for the real you, they don't want to get to

know the pretend, “of course I’m okay” type of girl, when deep down you’re really not. You should never have to pretend to be someone else just to impress a guy. In contrast, if they seem uninterested then, as Beyonce would say, “Tell that boy bye!” Our high end matchmaking relationship experts say dating should be a fun experience as long as you get out there and do your thing. You should never be afraid to express yourself. Moral of the story, always be yourself because the best version of you is always yourself.

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**Don’t Jump into Marriage for The Wrong Reasons, Not Like In *The Proposal*.** Ah *The Proposal*, a classic movie where Sandra Bullock is going to be deported unless she becomes a U.S. citizen through marriage. Of course the closest person she can force into marrying her is her dreaded assistant, Ryan Reynolds. In this movie she attempted to marry because she felt like she had no other choice. When you find the one you truly love, you should do it because it’s YOUR choice. When you marry someone, do it because you found your true love, not because you’re about to be deported! That’s settling, or just plain lazy and throwing in the towel. Marrying for the wrong reasons, like “settling down” is not the resolution; instead of quitting on the dating scene, push yourself to find the one. If you just settle for an average Joe, you may never experience full happiness or a potentially happy marriage. The average Joe may make you regret the biggest decision of your life. Wouldn’t you rather search for the prince charming that Cinderella found than settle for the boring Joe? Our matchmakers suggest never giving up on love, and never settle for the wrong reasons.

**Related Link:** [10 Celebrity Couples Who Have Made Marriage Work](#)

**Don’t Make Drastic Decisions After Heartbreak, Not Like In *Crazy Stupid Love*.** It’s *Crazy Stupid Love*, you know the one, with the eminent, sexy Ryan Gosling. In this case Ryan

Gosling helps the heartbroken Steve Carell, get over his ex wife, while he goes through a divorce. Steve transforms into a player with relationship advice provided by Ryan Gosling. As a result, Carell picks up girls on different nights at the same bar. In this case, changing your persona 180 to recover from heartbreak can be more damaging to your health expected. You're heart and emotional self need time to recover. Splitting up is never easy and it takes time to fully recover; you don't instantly get over a person with the snap of your fingers. Elite Daily's Alexia LaFata, states there are seven factors that affect how long it'll take you to get over your past relationship, "the length of the relationship or marriage, how recently you split up, how 'intense' or even 'obsessive' the relationship was, how important it was to you, how it ended, whether there was any domestic violence, whether or not the relationship was an affair." If you instantly start going out as an attempt forget about your ex, your bank account and body will regret it the day after. Dating in NYC is a great way to experience and meet people but our matchmakers suggest giving it at least, the duration of the relationship before going out and spending all your money at the bars. Besides, going out 24/7 will not only hurt your bank account but your body will feel the effects as well. Losing your figure over heartbreak is simply not worth it. Just remember to give it some time before jumping to conclusions like *Crazy Stupid Love*.

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**Don't Have Sex with Your Friends As a Last Resort, Not Like In *Friends with Benefits*.** A very modern twist to a rom com occurred in *Friends with Benefits*, the movie depicting how sex can ruin friendships or workplace environments. Justin Timberlake and Mila Kunis proved to the world that the phrase "just sex" doesn't always work out as planned. It's like the old saying your parents always said when you were play fighting with a sibling, "someone is bound to get hurt."

Sex isn't just a physical thing; it's emotional and mental. It's almost impossible to tell yourself it's "just sex" because after a while you start to become physically and emotionally attached to that person. Then in worst-case scenarios, the opposite person doesn't share the same feeling and someone gets hurt. Then there's always awkward tension, knowing you saw one of your friends naked. Or that awkward moment when things have sizzled out and you see them in the coffee shop and you have word vomit. SO instead of having to go through that awkward stage, friends are just friends. Sex with friends just may not be the best idea. That doesn't mean you can't think about what your colleague looks like after he is about to shower. But if there's anything you can take away from *Friends with Benefits*, is that friends should remain friends, not sex friends.

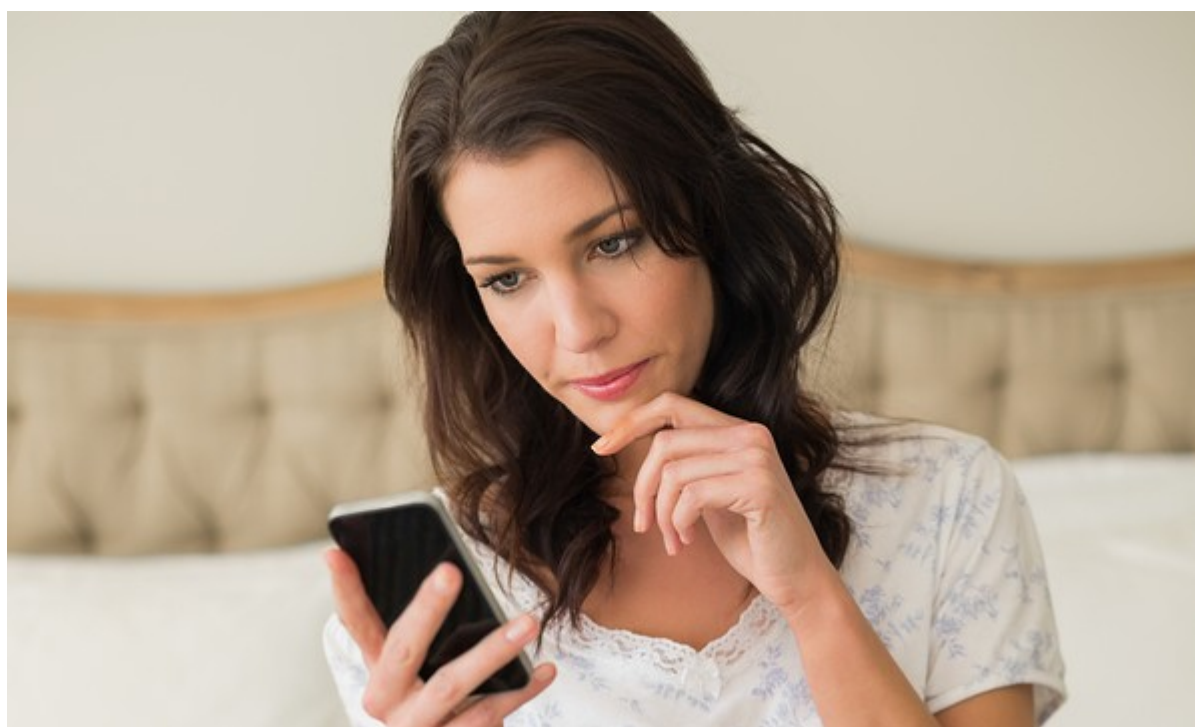
**Related Link:** [How to Turn a Friendship into a Relationship](#)

In conclusion, always BE YOURSELF because the best version of you is always the you. Also marry for the right reasons not because you're about to be deported or feel like giving up and settling for the average Joe, instead follow your heart and find your prince charming. Remember emotional heartbreaks take time to fully recover, and don't go buck wild right away by changing who you really are. Lastly, don't make a friendship awkward by adding sex into it. Or in other words, don't follow relationship advice from romantic comedies!

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# Relationship Advice: NYC Matchmaker Tips On How to Deal with Jealousy



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

We all get jealous from time to time, it's part of being human. However, how can one overcome it and not let it ruin their relationship? Our relationship experts from **NYC matchmakers** have come up with three key pieces of [relationship advice](#) that will help you overcome your jealousy, and prevent it from ruining your relationship or date night.

# Relationship Advice To Help You Deal With Jealousy

**1. Write it down.** By writing your feelings down, you can express your exact thoughts and emotions. This is a great option if you don't feel comfortable sharing with your friends or partner because writing it down is an easy and private way to express how you're feeling about a situation. Keep it all written down in a journal or diary so it will in your sacred possession that will only allow you to have access. If you feel uncomfortable keeping a journal, you could always try writing it down and then throwing it away. In a sense, you're throwing out your jealousy!

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**2. Vent to your friends.** Our [New York Matchmaker](#), **Lori Zaslow**, recommends venting to your friends. Venting to your friends helps relieve all the anger and frustration you are feeling. Essentially when you vent you're talking out loud to let it out instead of keeping your emotions bottled up and letting them eat you away, which should help prevent unwanted stress and anxiety. Everybody gets frustrated over relationships, because in relationships people often put themselves before their partner. Venting is like an actor's breathing exercise. Another great way to vent for example, in the movie *High School Musical*, the main character Sharpay, relieves stress by performing breathing exercises. Maybe not as dramatic as Sharpay but in hindsight your friends are always a great way to relieve how you're feeling.

**Related Link:** [Dating Advice: Don't Let Jealousy Impact Your Friendships](#)

**3. Change your perception.** Another way to not let jealousy control your relationship is to change your perception. View the situation from a different lens, put yourself in your

partner's shoes. Our relationship experts recommend mindful listening. Mindful listening is along the lines of venting except, the person who is listening to you doesn't intrude or comment until you're done speaking.

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