

Relationship Advice: I'm Scared to Get Back Out There and Date!



By [Rachel Sparks](#)

The [relationship advice](#) in this week's *Single in Stilettos* [dating advice video](#) will help you overcome that paralyzing fear of dating! Whether you've just gotten out of a bad relationship or have been battling dating anxiety, [relationship expert](#) and *Single in Stilettos* founder Suzanne Oshima interviews relationship coach Iris Benrubi for the top three tips on how to overcome fear and get back into the dating game.

Relationship advice from relationship coach Iris Benrubi will help you overcome fear and help you start dating again!

1. Anxiety is normal: Benrubi says, "Anxiety is your body's way of keeping you safe, but sometimes safe also means stuck." Getting back into the dating game is frightening. After heartbreak, who wants to risk getting hurt again? Like Benrubi says in her relationship advice video, playing it safe often means doing what you already do, and that likely means staying alone. "Choose the pain," Benrubi adds, "Would you rather have the pain of being alone or have the pain of putting yourself out there?"

Related Link: [Dating Advice Video: Dating After Heartbreak](#)

2. Use dating to experiment: “Online dating is going to give you the biggest bang for your buck,” Benrubi says. “Use it as a place to experiment.” Oshima reminds viewers, “You are totally in control.” See what works and what people respond to. If something doesn’t work, don’t be disappointed or hurt, and instead try a different approach. Viewing dating, especially online dating, as an experiment removes you from the anxiety and allows you to have more fun. Dating should be fun!

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3. Know what you want: “Just saying you want a relationship is not enough,” Benrubi says. “Any man can give you a relationship.” Build a top ten list of traits and needs that a relationship should meet. Do you want a long or short-term relationship? Do you want kids? Do you want to live in the country or the city? Knowing these must-haves helps you avoid wasting time in the dating game and allows you to find someone who is not only a good person but also meets all your needs.

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Dating Advice Video: Dating

After Heartbreak



By [Whitney Johnson](#)

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

Relationship Expert Iris Benrubi Shares Her Best Dating Advice

1. Everyone's anxious after heartbreak: In fact, being anxious is a way of taking care of yourself – it's completely normal. You need to pay attention to how your anxiety shows up in your relationships. "What do you do to keep yourself safe? And is it working?" Benrubi asks. "You want to see how that anxiety is either moving you towards a relationship or moving you away." You should be learning to manage your emotions – through breathing or meditation – so that you're ready to risk your heart again.

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2. Consider what you learned from your last relationship: Don't come from a place of blame, but think

about what you were responsible for. Did I speak up enough? Was I too harsh? How can I do things differently in the next relationship? “Our lives are about maturing and growing and evolving,” the relationship expert shares. “As unfortunate as a break-up is, it’s actually an opportunity to become a better version of yourself.” This piece of dating advice is very positive and future-focused – which is a good thing!

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

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



By [Whitney Johnson](#)

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

Relationship Expert Iris Benrubi Shares Her Best Dating Advice

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

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

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

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3. You don't know your own worth “In order to get into a relationship with a good man, we need to get really clear on our value,” Benrubi shares. If you've been in a partnership with someone who puts you down or had a childhood where you were dismissed or felt invisible, you may try to earn a man's love. “When you're in that ‘earn energy,’ he's up here, and you're down here. You're always dog paddling and trying to figure out what you need to do next,” she explains. “It's exhausting.” If you want a man who respects you, you have to respect yourself first.

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Dating Advice Video: Can I Change a Man?



By [Whitney Johnson](#)

On this week's Single in Stilettos [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 Video: How to Find Love



By [Whitney Johnson](#)

On this week's *Single in Stilettos* [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

Help You Need to Find Love



On this week's episode of the [Single in Stilettos](#) 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."

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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.

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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!

Will I Ever Find Love? Dating Advice for Women Over 40





In this week's [Single in Stilettos](#) relationship advice video, founder and matchmaker Suzanne Oshima talks to relationship expert and intimacy coach Iris Benrubi about her best [dating advice](#) for single women over 40. If you're wondering if you'll ever find a relationship and love, check out the video above!

Three Tips to Help You Find a Relationship and Love

Here are three pieces of expert dating advice to help you meet The One:

1. Do something different: Look at what you've been doing in your search for love and try something new. "If you're not meeting the right man and the same thing keeps happening in the dating scene...you need to start doing things differently," Oshima explains. For instance, if you haven't had any luck at a bar, head to the park or coffee shop.

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2. Handle your anxiety: There are a lot of risks when it comes to looking for love, and it's important to handle the anxiety that comes with that risk in a healthy way. "Learn to soothe yourself so you're not depending on a man to soothe you," Benrubi shares.

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3. Learn to acknowledge men: "They need to know that you admire and respect them," Benrubi says. It's important that he knows how he makes you feel. It's *that* simple!

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What is your best dating advice to meet the right man? Tell us in the comments below!