

Relationship Advice: Date Ideas For Your Significant Other's Birthday



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

Planning the perfect birthday can be tough, especially when in a relationship. The date you plan can make or break your significant other's big day, so choose wisely! When planning, you should consider what would be fun and memorable for both of you. Whether you are thinking sentimental, sexy, or spontaneous, the birthday [date idea](#) should always have a touch of *you* in it. Add in something special that makes it clear that you put a lot of thought into the date, like your significant other's favorite food or something only you two

would understand. Follow the [relationship advice](#) below, and you will definitely make your partner's birthday one to never forget!

Five Birthday Date Ideas for Your Significant Other

1. Plan a picnic: This is the perfect date idea if you're looking for something sentimental. The food prep, the wine, and the location are all aspects that you can arrange based on your partner's preferences. Maybe he'd be into a picnic in the park with a perfectly-packed basket of wine and homemade comfort food as well as a cozy blanket for the two of you to share. If the weather isn't nice enough for a picnic outside, no worries! Move it indoors. A picnic in the living room is just as romantic. Set the mood with dimmed lights and some flowers and candles, and you are destined for the perfect birthday date.

Related Link: [10 Date Ideas Inspired by Celebrity Couples](#)

2. A night out on the town: If you're not into the sentimental stuff, plan a night out. Get dressed up and hit the big city! A night at his favorite bar is a great way to spend any birthday. If you're looking to make it extra special, after happy hour drinks, go to a fancy restaurant that neither of you have been to before. Trying something new together will make it even more memorable.

3. Host a brunch: Looking to include your friends and family in the birthday celebration? Hosting brunch is a perfect way to get all your favorite people together. French toast, fresh fruit, and mimosas make up a delicious (and easy!) menu. This date idea is a great way to make your significant other feel loved, and it allows the two of you to have the night to yourselves after the party is over.

4. Recreate your first date: This date idea is the perfect way to show off your sensitive side. Recreate the first date you had as a couple. If it was a movie date, rent the movie (or find it on Netflix) and set up a theater at your place. Complete the date with popcorn and candy. You can add to the night by cooking your partner's favorite meal.

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5. Plan a getaway: If you two have a favorite vacation spot nearby, book a nice hotel for the night or weekend and make reservations at your favorite restaurant. Or you can plan a road trip to a secluded destination. It's the perfect chance for you to reconnect. Looking to make it more extravagant? Plan a few days of vacation in a different city or even a different state. If you're tired of the cold, find somewhere warmer to travel for the weekend, like Arizona or California. You can find a nice place to stay through Airbnb. Whether it is an outdoorsy vacation or a few days filled with good food and shows, you're sure to have created the perfect birthday weekend for your partner.

Don't be afraid to alter these birthday date ideas to fit your relationship. Make it personal and memorable. Your significant other will appreciate the thought and planning you put into this date, whether it's sentimental or spontaneous!

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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.

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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.

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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](#).

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





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

In just a few short weeks, we'll be entering 2018 (ah!). The past year has been one for the history books. From the presidential inauguration to the total eclipse of the sun, this year has been one of fast-paced news cycles and memorable moments. It's hard to imagine leaving 2017 in the past; however, when it comes to an unsuccessful love life, we can hope for nothing more than that in the coming year. Or maybe you have a good love life, but it's a new year, and you and your partner want to shake things up. Either way, here at Project Soulmate, we have matchmakers and [relationship experts](#) Lori Zaslow and Jenn Zucher to supply you with [dating advice](#) on how to start the New Year with a bang.

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

2018!

Try New Date Ideas

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

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

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

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

Shake Up Your Routine

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

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

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

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Create New Traditions

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

May you find love and happiness in 2018!

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

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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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.

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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!

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Dating Advice: When To Say I Love You?



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

One of the biggest and perhaps scariest questions that arise when you begin to date someone new is determining when to say those three big words, “I love you.” But how do you know when it’s the right time to say it? Here are the key pieces of [dating advice](#) to keep in mind before putting your heart on the line.

Dating advice on the right time to say I love you.

Make sure its love. This may seem like an obvious point, but when you first start dating someone, you mistake lust for love. Before you say it, realize there are no take backs. You can't say it one day and change your mind the next. If you are going to say it, make sure you really feel like you love the person and have the feeling that they love you too. Are you excited to spend time with the person and get to know them on a deeper level? Do you feel completely yourself around this person? These are questions that you should ask yourself before taking the plunge.

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Can you let your guard down? Often times when you start out dating someone, it is easy because you haven't fully opened up to one another. Make sure that you are prepared to let your guard down and open up to this person. Also make sure you are willing to listen and not judge when your partner opens up to you.

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How long have you been dating? There is no set number of weeks or months that you need to abide by before saying I love you, but it should be long enough where you have spent enough time together to really get to know each other and fall in love. Also make sure enough time has passed that you aren't going to freak your partner out or cause [relationship problems](#).

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Dating Advice: Can An Open Relationship Ever Work?



By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#) with contributing writers Elizabeth Hamilton and Julia Presten

Relationships, platonic and otherwise, provide us with something important and needed: love. The affection, care and intimacy that love gives is a beautiful part of life. But what happens when one partner wants to start seeing other people? Open relationships can be extremely difficult to handle and can ruin a perfectly good relationship if you're not careful. Check out NYC's top matchmakers and [relationship experts](#) Lori Zaslow and Jenn Zucher's [dating advice](#) on whether or not an

open relationship is a good idea for you.

Dating advice on whether you should consider an open relationship.

1. Why an open relationship? When deciding whether or not you and your partner are going to pursue an open relationship, the first question you have to ask yourself is why you're both looking for one in the first place. Have the two of you been having [relationship problems](#)? Fighting often? Some people begin open relationships because they think that one person, no matter how amazing they are, will never be able to give them everything they're looking for. Ask yourself whether or not it's a problem specific to this relationship or one that's more long-lasting.

2. What about you? Are you the jealous type? A little self-conscious? Or are you more laid-back? If you've always been a bit jealous or self-conscious when it comes to love, an open relationship is probably not the best fit for you. Keep in mind that if your partner starts seeing someone else it might shake your self-esteem even if you've never had those feelings before. Be as honest with yourself as possible. You'll also need to consider how adding a third or fourth (even if you never seen or met them) person into your relationship will affect both you and your partner. Could you handle seeing them text heart emojis to someone else? Spending the night in someone else's arms? Even at their best, relationships offer love *and* stability. You'll need to ask yourself whether you can feel loved by your partner while they're also intimate with someone else.

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3. Set ground rules and know your expectations. Will the two

of you have a “don’t ask, don’t tell” policy? Is sex on the table? Is love on the table? When you talk with your partner, you need to ask these questions. Make sure you set ground rules and have the same expectations for what an open relationship would mean. Would you go on dates with your *other* significant other? Or would you be hush-hush with the details? Establish some boundaries before diving into an additional relationship. If you and your partner aren’t on the same page, both of you – plus whoever else you’re bringing into the relationship – could end up really hurt.

4. Have an ongoing conversation. Is this one-sided? How does your partner feel about open relationships? What do they want out of it? As you continue with your first relationship, you should keep talking to your partner. Check in, see how they’re feeling with everything going on. You and your partner are a team – team members have each others’ backs. Be honest and tell your partner if you ever start feeling uncomfortable and need to change ground rules. If there’s ever a point where you need to end the “open” part of your open relationship, it’ll be easier to do so knowing that you’ve had an ongoing talk.

No matter what you and your partner decide to do, keep talking and listening to each other. Relationships are supposed to be fun! If you approach an open relationship with an open mind and a confident heart, it might work out. If it doesn’t, remember you are loved by many different people – not just your boyfriend or girlfriend – who will support you no matter what happens.

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Relationship Advice: What To Do If Your Partner's Family Doesn't Like You



By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#) with contributing writers Elizabeth Hamilton and Alexandra Ciuffo

We've all been there: you're dating the man or woman of your dreams and then all of a sudden they suggest meeting their parents. *gasp* This can either go really well or be something of a disaster. When a loved one's parents don't like you dating their son or daughter, well, it can bring a lot of stressful elements into your relationship. Here is some [relationship advice](#) from VIP Matchmakers from Project Soulmate on getting through tough times with your "in-laws" – and how you can come out from it even stronger than before!

Relationship Advice That Will Help You Deal With Difficult Parents

1. Take A Second To Think: Before even talking to your significant other's parents, take a second to decide how you feel. If you've met their parents, chances are things are pretty serious. However, if you've been having doubts about your relationship, this might be a sign of a deeper problem. If you decide that you are happy with your partner, then keep that in mind for the next few steps. Finding love in NYC can be hard enough, so if you've found it, hold onto it! Your love for them is what will make all the hardships of your relationship, including difficulties with their parents, worthwhile.

2. Talk To Your Partner: Once you've thought about your feelings, bring them up to your partner. Getting this awful feeling off your chest will ease your relationship and will open up true honesty between the both of you. By talking to your partner, it will give both of you the opportunity to express your true feelings and see what the next steps should be. Tell them how you feel and ask them to do the same. Chances are they may have noticed their parents behavior too! They might even have insight to help you improve your relationship with their parents. Keep in mind that they may need some time to think about what's going on, especially if they weren't aware of [relationship problems](#) in the first place.

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3. Talk To Their Parents: Once you've talked to your partner, the two of you should take the discussion to their parents. A laid-back and open talk gives you and your significant other and their parents an opportunity to express and understand

each other's feelings with compassion. Here's helpful relationship advice that will help you move forward during this talk:

- Start off by telling your S/O's parents what you've noticed tension and how it makes you feel. Focus on yourself. Remember those "I" statements you had to learn in middle school? Bring those back. Tap into your own emotions and avoid blaming them.
- Come together as a united front. Make sure the parents know that you and your S/O have talked about this and are on the same page. Have each other's backs, and support each other during the discussion.
- Listen to what their parents have to say. Maybe this whole thing has been a misunderstanding. Or maybe something you said when you first met your S/O's parents left a bad taste in their mouth and they didn't know how to approach you about it. Maybe they genuinely just don't like you. You won't know until you ask and listen to what they have to say.
- [Relationship experts](#) and NYC Matchmakers Jenn and Lori say that the most important step is to express your feelings towards their son or daughter. Tell them that you care about your S/O and want to have a better relationship. Also tell them that their actions will not influence your relationship with your loved one. You should be friendly when you talk with them, but don't let them push you and your S/O around.

4. Move Forward, But Don't Obsess: If the talk goes well, great! If the talk doesn't go well, don't worry! All is not lost! Remember what has grounded you throughout this experience: your love for your significant other. If you don't think that your relationship with your boyfriend's or girlfriend's parents will improve, there's nothing more you can do at this point to help the situation. Ultimately, you and your partner decide what's best for the two of you. Dating

in NYC can be tough, but just keep calm and focus on being happy with your cutie!

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Relationship Advice: From Cheater to Keeper – How to Make Amends



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

Cheater – someone who is in a committed relationship and breaks the trust of his or her partner by physically or emotionally involving themselves with another person. We've all been there, either in the form of the cheater, or as the cheated. The cheater is generally remorseful, claiming they "made a mistake" and "are willing to go the extra mile to mend what's broken." The cheated generally experiences emotional chaos as they decide between swallowing the heartbreak and moving forward, or letting the heartbreak crumble the relationship. Studies have shown that over 50 percent of men and women alike admit to being unfaithful at least once. With this statistic being so high, cheating has become a commonality, or an expectation, for most relationships. Some couples have the maturity to overcome infidelity scandals through in-house methods. However, most of us are guilty of spilling our heartbreak to any and all individuals with ears and time. Here's where the majority of the problem lie; everyone has their own opinion regarding how to handle a cheater. Most [relationship advice](#) includes conducting a dramatic breakup, followed by an overt exit, and finalized by the removal all social media posts hinting at the existence of any form of a relationship. Realizing that at time colleagues, friends, family members, and even complete strangers are quick to give their relationship advice and [dating tips](#) before taking into account your thoughts and feelings. Professional [matchmakers](#) and [relationship experts](#) Lori Zaslow and Jennifer Zucher, founders of Bravo TV's *Love Brokers* and Project Soulmate, are here to provide an outside perspective on the situation, giving you three scenarios that will hopefully allow you to decipher between a cheater and a keeper.

Relationship Advice On Handling Cheating Scandals

Friend advice #1 – "Don't fall for a dog who has eyes for

every bitch. If he really loved you, he wouldn't be tempted to stray." The art of checking out another person. Men think they've mastered it; women don't think they're actually doing it. Either way, your partner always seems to catch you mid check. At this point, no physical cheating has occurred, however, everyone can admit even a glance at another person stirs the insecurity pot. Feeling insecure, an immediate text is sent to the first group chat in your phone. Your friends, siding with you obviously, return advice strikingly similar to the quote above. Yes, there is some truth to their advice, however, they may be premature in their responses. You must keep in mind that your partner is human, and it is a natural human instinct to look at things we find beautiful or attractive. The act of simply looking at another person does not mean your partner is not happy with you, wants you to look like them, or wants to be with them. Your partner will most likely look at them, recognize some form of harmless attraction, and then move on with their day, completely forgetting the interaction. In this particular situation, your partner is guilty of human behavior, not infidelity, labeling him or her as a keeper.

Relationship Advice: [Relationship Advice: How to Handle Your Significant Other's Family](#)

Friend Advice #2 – "Once a cheater, always a cheater." So you're in a new relationship. You ask your friends what they know, what they've heard, or how they feel about your new partner. They inevitably reply with the cliché, "A cheating scandal ended the last relationship. Once a cheater, always a cheater." This is the most common cop-out for anyone trying to not get hurt in a relationship, and provides an excuse to not trust their partner. Unfortunately, this is too easy, and cheating is never that easy. Ultimately the most important thing to understand is why your partner cheated previously, or why people assume they cheated. Trust after affairs in previous relationships or in your current relationship lies in

your own hands. It is your choice whether you want to trust your partner again. If your partner has yet to cheat on you personally, but you've heard he or she has cheated in the past, you must make the decision to trust them or not. You must also keep in mind that there are two sides to every story. Although they may have cheated in the past, they may not have been as stable as they are now, or they may have felt insecure with the person they were with. The fact of the matter is that you do not know. In this situation especially, you must ask yourself the right questions, find out the full story, and decide if you have a keeper.

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

Friend Advice #3 – “Stop holding on to what hurts, and start making room for what feels good.”

You've been cheated on. It doesn't matter what form, how it went down, or who caught who. Someone in the relationship is now labeled as a cheater. Every affair has two sides to every story, and overcoming an affair takes time to dissect both sides. Both sides will give an insight to what state the relationship was in, as well as the story behind the unfaithful partner. Unfortunately, cheating has a purpose. It doesn't happen “just because” or “by mistake.” All behavior is purposeful. What's important, however, is finding the purpose behind the act. If you chose you want to overcome the affair, you must become your own relationship detective- collecting data and evidence to solve the infidelity crime. You must ask both yourself and your partner the right questions in order to fully understand and comprehend the situation. This won't be easy. This will hurt. This will take time. But, time heals. And with that time you have the ability to both work on your relationship and yourself. Finding the ability to forgive and trust your partner again is the most important part of overcoming an affair, and will help you turn a cheater into a keeper.

Relationship experts Lori Zaslow and Jennifer Zucher are BRAVO TV's Love Broker and founders of Project Soulmate, a high-end New York-based matchmaking company.

Relationship Advice: How to Handle Your Significant Other's Family



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

So there's a new someone in your life. They're the bee's

knees, the cat's meow, the best thing since sliced bread. You're so head-over-heels in love with your new partner. You two have gone through almost everything as a couple- the laughs, the tears, the fights. Unfortunately, you have yet to cross off one of the leading causes of breakups: the family. You decide it's time to mention the forbidden four word phrase, "Mom, I've met someone." You set the day, time, and place for the big reveal. You eat, talk, laugh; all seems to be going well. After several attempts to reunite are turned down due to "last minute obligations," you begin to question your confidence regarding your family's approval. So what do you do? Potentially hinder the future of your relationship by molding yourself into the ideal candidate the family wants? Or risk furthering the divide between you, your significant other, and your significant other's family by remaining true to who you are, making uncomfortable family outings few and far between? [Relationship experts](#) Lori Zaslow and Jennifer Zucher share insightful relationship advice on how to maintain a steady, healthy relationship with the family by understanding and accepting the situation and remaining yourself within your relationship. If you think your significant other's family aren't fond of you (or vice versa), take heed of the following [dating tips](#) and avoid relationship problems.

Relationship Advice on How to Handle Your Significant Other's Family

1. Don't force it : Just because you're in a new relationship, don't expect your significant other to perfectly fit into the family dynamic right away. In some cases, the significant other is exactly what the family expected. However those cases have made their way onto the endangered species list. Don't

get offended if your significant other doesn't want to take part in, or isn't invited to every family outing. Allowing both your family and your significant other to ease into the family relationship at their own pace is healthy for a long, successful relationship. As the significant other, don't patronize the family, or act differently in an effort to impress them. Any fake personalities will just come off as awkward and uncomfortable, and give the family more excuses not to like you.

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2. Understand and learn to accept the outcome : Sometimes no matter how hard you try, two people just don't click. It doesn't mean either one is right or wrong. It just simply means that these two particular people weren't meant to get along, and it is up to you to learn to accept this. The sooner you accept the fact that your knight in shining armor may not be the hero your family was looking for, the sooner you can learn to navigate the situation. Make the best of a not-so-favorable mix through compromises, such as agreeing to attend family gatherings but keeping the house an outside family free zone. Remember, in these situations, compromises are made not for one person, but for the relationship as a whole. Therefore, if the compromise doesn't exactly go in your favor, take a step back and remember the real reason you're in this situation, because you love your significant other unconditionally want things to workout between the two of you.

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3. Remain respectful: As soon as the situation has been accepted, the people involved can begin working on a relationship that works for everyone. The most important thing to remember, however, is to remain respectful and rid of any hostility felt towards one another. Learn to respect

boundaries and control your emotions when in familial situations. However, if you ever feel guilty or pressured into choosing between your family and your significant other, it may be wise to re-evaluate the relationship from other points of view, or consider if their requests are fair. Your family or your significant other should never put you in the situation to choose one over the other. Instead, all parties involved should respect one another's decisions and remain as positive about the situation as possible.

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Celebrity Breakovers: Kardashian Breakups That Have Broken Necks & Other Helpful Relationship Advice





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

As healthier lifestyles have become a steady trend across the nation, the next generation grows more comfortable bringing health and fitness into their relationships. The latest craze that is catching fire is the breakover. What on earth is a breakover you may ask? Well, a breakover, otherwise known as the “revenge body,” is a complete reinvention of oneself. By changing one’s image through the transformation of mind and body as they shed both the pounds and people holding them back. If there was an award ceremony for Hollywood breakovers, spots one, two, and three belong to, yep, you guessed it, Khloe, Kourtney, and Kim Kardashian. Not only did their breakovers that focus on being fit, but also on staying fabulous, and falling back in love. In other words, the Kardashian sisters turned their breakups into breakovers and started breaking necks. Here’s some [relationship advice](#) that can help you achieve your own breakover.

Relationship Advice That Will Encourage You To Turn Breakups into Breakovers!

Be Fit Like Khloe: [Khloe Kardashian's](#) breakover is probably the most significant of all time. Since her split from husband Lamar Odom in 2013, she has shed 35-pounds and transformed herself from “the fat, chubby, unhealthy sister of Kourtney and Kim,” to a gym enthusiast with a commitment to healthy living. Her breakover focused on finding self-love and independence after a devastating divorce, and she managed to break the bank as it inspired both her own book *Strong Looks Better Naked* and her own TV series, *Revenge Body*. Getting a “revenge body” after a breakup is one of the best ways to move on. Yes, you have the ability to show your ex what he or she is missing. More importantly, however, you gain the confidence you need to get through one of the most humiliating, insecure times in your life. Exercise has the ability to transform from the inside out. A breakover that focuses on fitness and healthy living not only improves how others view you, but how you view yourself. Trimming the fat includes both the extra relationship weight and the negative attitudes, vibes, and opinions surrounding the breakup. Breakups can leave you with a lot of free time. Instead of wallowing in self-pity and a pint of ice cream, do yourself a favor and sweat out your negative energy, thoughts and feelings. Your future self and significant other will thank you for it.

“Fitness is not about being better than someone else... It's about being better than you used to be. I'm not where I want to be, and who knows if i ever will be.” – Khloe Kardashian

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Be Fab Like Kourtney: Back in 2015, [Kourtney Kardashian](#) called it quits with long time love Scott Disick. After nine years and three children, Kourtney decided it was best if the couple spent some time apart. As Scott continued to spiral, Kourtney continued to squat, making her, hands-down MILF of the year. Although Kourtney flaunted her post-baby abs and cellulite-less tush, she gained most of her recognition from her Kylie-like fashion statements. The eldest of the three sisters had no shame in her game as she flaunted her revenge body in stylish crop tops, daisy dukes, and bodycons while rocking bold lips and eyes. How you dress after a breakup speaks volumes about how you're handling the split. It is important to critique your style so that, although you're an emotional mess on the inside, you project a classy lady who hasn't lost her grace and dignity. Just like Kourtney, don't be afraid to step outside your comfort zone and wear something you feel sexy in. Heels are also a breakover essential. Heels transform the way you look, from your legs up to your shoulders. You'll be amazed at the level of confidence a few inches adds. Transform your normal makeup routine with sparks of glamour. Don't be afraid to test a new lip color, or a sultry smokey eye. The glam additions will only further your confidence, helping you to love the new you in your new single life. The strong, confident face you see in the mirror now is the perspective you need to move on in the future.

Khloe – “Who calls you Queen?”

Kourtney – “Every single person on Twitter, Instagram, and anyone that meets me.”

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Be Fallen Over in Love Like Kim: Although Kourtney and Khloe used physical attributes to motivate their breakovers, [Kim Kardashian's](#) breakover focused more on an emotional makeover. After her disastrous, 72-day marriage to Kris Humphries ended,

Kim, just like the rest of us, was left heartbroken and humiliated. Opinions swirled regarding the two, adding to the emotional turmoil of the split. We all are aware of the drama that followed the split, and later Kanye's proposal of the century, so I'll just skip right to the most important part of Kim's breakover: Time... Time to heal, and time spent alone. Breakups, separations, and divorces are all nasty and affect all parties involved. All incur lingering heartache, while some experience a degree of guilt, issues and questions. None of which can be fixed or answered immediately. Yes, rebound hookups and dates make you feel uplifted in the moment, however those feelings are only temporary and don't resolve long term sorrow. A breakover that focuses on regaining independence, finding self-love, and taking the time to grow a friendship with your prospective partner is more important than jumping back in the saddle with the bartender at Chili's. Instead, try a slow burn relationship like Kim and Kanye to see your relationship from a different perspective. You meet, hangout, build a friendship, experience things separately, and then realize this person is actually your lifelong partner. Give yourself enough time to heal from your previous relationships, and realize that you can stand on your own two feet. Get to know the friends you already have; you never know when one might just be "the one." The honeymoon stage will wear off, but the passion from knowing your best friend on a deeper level never will.

*"I used to think, well, can you really have it all? The truth, the excitement, and the passion? Now I know you can."
– Kim Kardashian*

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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.

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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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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.

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





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

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.

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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!

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

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.

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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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Relationship Advice: From Website to First Sight



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

contributing writer Erin Infelice

Dating in today's world is complicated since most people choose to make the first move from behind cellphone screens. With dating apps and social media sites that offer personal messaging options, you can reach anyone at any time. But when it comes time to finally meet the man from behind the screen, it can get scary really fast. How can you be so sure that he isn't faking it? As relationship experts, we understand that this is a nerve-wracking situation, but don't be too afraid because you might just miss out on a great catch! Follow our [relationship advice](#) to make sure you aren't getting catfished anytime soon.

Relationship Advice For Those Who Want To Meet Their Online Crush

1. Do a thorough background check. Before taking the first leap of faith, you want to make sure you are definitely going to meet the person you think you're meeting. This might seem crazy, but your first step should be to Google him. See if any links come up for Facebook, Instagram or LinkedIn, and take a look at his profiles. This gives you an insight into both his personal and professional lives and gives you the assurance that he actually exists. If his profile says he works at a law firm but his Facebook says he's a bartender, you might want him to clarify this info before deciding to go on a [date night](#).

2. Look for tagged pictures. Make sure he's tagged in pictures from friends and family, and that these pictures are from multiple events. If he only has pictures of himself, chances are he stole the pictures from another person and is catfishing you. It's much easier to copycat pictures that someone uploaded of themselves than it is to take pictures from others' profiles.

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3. Make sure you're talking to the guy you see in the pictures. Try talking on the phone with him, FaceTiming him, or maybe even using an app like Snapchat to catch a live picture of him before deciding to meet up. The more proof you have that he is the same guy, the more comfortable you're going to be when it's time to meet up.

4. Pay attention to your interactions. If he keeps rescheduling your first date or doesn't actually make any effort to go on a first date, chances are he's not who he says he is online. Try not to allow too much time between a cancelled and rescheduled date, or else you both may lose interest altogether.

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5. Have an escape plan. Just like any date, a date with an online match can easily turn sour quickly. The best dating advice we offer new online daters is to keep your first date short and sweet – maybe grab coffee instead of dinner. And make sure you tell a couple of friends where you will be so that they can keep tabs on the situation if he turns out to be someone other than the guy in the pics. If anything does go wrong, you will be able to remove yourself from the situation quickly.

6. Once you've decided that you feel comfortable, go for it. It's not uncommon for people to choose the online dating route. This means that there is a pretty good chance that the guy you are planning to meet is totally normal. Don't forget – you found him on a dating site, so if you think it's weird then maybe that's not the place for you to be looking for potential dates. If you've followed our relationship advice, are comfortable with everything he says and portrays online,

then it's definitely time to try it out.

Happy swiping!

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Relationship Advice: The Pressure To Choose Friends Over Your Significant Other



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

contributing writer Christina Madera

You just won two tickets to see the Broadway play, *Hamilton*. You know your best friend has been dying to go but your boyfriend is an American history junkie who would really appreciate the production. Who do you choose? You love your best friend and you love your boyfriend, and they both love being around you. So really, why would you even want to choose? We determined the three main reasons women think they have to choose between their BFF and their boy-toy. Follow our [relationship advice](#) and dating advice to avoid any relationship problems.

Relationship Advice On How To Balance Time Between Your Best Friend And Boyfriend

1. Are you the absent-minded friend? Being in love is not just beautiful, it's exhilarating. You want to dedicate every second of your time with your lover because they make you feel content. But don't sacrifice your friendships for your significant other. Remember that your friends came before your boyfriend or girlfriend, and will probably be there after. You can't just run to them when your relationship has fallen into the abyss if you ignored them during the honeymoon period. Denying yourself of "me time" or girls night outs may lead to loss of lifelong friends, which may make your romantic relationship turn sour. Make a day in the week that's dedicated to your friends and only your friends. Get mani/pedis with your girls and talk about something other than your relationship. Let your friends know that there is still a 'you' even though you're apart of a 'we'. Enjoying time with your friends will help you avoid date night guilt that comes when spending a lot of time with your sweetheart.

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2. Are you the mediator friend? If your friends don't like your significant other, there has to be a reason. And if your significant other doesn't fancy your friends, there's reasoning behind this as well. Sometimes we're blinded by love or friendship, that we cannot see when we're in a poisonous relationship. If this is the case, seek out other perspectives on the situation and improve your relationships with their relationship advice. In other cases, the feelings of distaste between friend and significant other surfaced after one has been dishonest. You've forgiven your friend or lover for something that the other won't overlook. If trust was broken, their relationship may need a healing period. But if time has passed and the relationship between your friends and significant other is still weak, try strengthening their relationship by reliving great memories you've all shared. Make time for your best friend and your boyfriend together! It doesn't have to be just the three of you from the start. Invite them to a barbecue or a game night so that they can interact with each other naturally without feeling pressured into it. If this is the person you'll potentially marry then your best friend will eventually warm up to him and vice versa.

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3. Are you the ultimatum friend? If you've ever had anyone in your life utter these words, do yourself a favor and remove this person from your circle. Forcing someone to pick a side is selfish and inconsiderate. What they're asking is not for you to choose between them and another important person in your life. They're actually asking for you to decide between happiness and heartbreak. This request is extremely possessive and if you were to grant it, there would be an opening for manipulation. If your significant other doesn't like you

hanging around a hazardous friend it's fair for them to let you know how they're feeling, but how they express it is most important. The decision to continue a friendship or not should ultimately be yours.

Your relationship with your friends and your boyfriend need equal maintenance. You don't want to be labeled as the girl who forgets their friends while in a relationship, the same way you wouldn't want your significant other to complain that they are neglected. But you don't want to be controlled by either. You need to water both of your relationships in order for them to grow while also pulling out the weeds that attempt to overpower you.

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Relationship Advice: How To Handle Single-Shaming





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

For one reason or another, there is an undeniable stigma that is attached to being single. As relationship experts, we know that sometimes your friends and family constantly ask why you're still single and nagging you to meet someone. During times like those, dating can become more of a chore. Here are 3 dating tips to handling single-shaming. Our [relationship advice](#) will help you focus on yourself, surround yourself with single friends, and dress to impress.

Relationship Advice On How To Handle Single-Shaming

1. Focus on Yourself. Use this time that you're single to be a little selfish and focus on yourself. Whether it is finding a new hobby, getting in shape or even searching for a new job – use this time to find your happiness. In order to find love, you have to be happy and secure with yourself. Once you're feeling your best, your new-found confidence will help you go

out there and meet the right person. Our relationship advice is to love yourself before you can find love.

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2. Change Crews. If all of your friends are in relationships or married, it might be time to get out there and meet some new friends. When you're single, it's important to have a few single friends who can go out for a night on the town with you. The reality is that prince charming is not going to show up at your doorstep, so going out and being social with a few girlfriends is a great way to meet people. Even if you are going out with the intention to just have a girls date night, going out and having fun is a must when you are single. Plus you never know where you will meet your soulmate!

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3. Dress to Impress. Being single is a great excuse to revamp your look. Sometimes change is a good thing, use this time of being single to experiment a little...with a new hair color, lipstick or even just nail polish. And no matter where you're headed put a little effort into your look. Even if you're not looking to meet someone at the moment, everyone wants to feel pretty- it will boost your confidence.

Embrace being single and use this as your time to focus on yourself and have fun with your girls. Dating should be fun, not something that you're forced into from your family or friends. And when you love yourself and feel the most confident, the right person will come along.

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Relationship Advice: When to Share Your Passwords



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

Is there ever really a right time to share your password? Is there a bad time? Most people don't know, and that is completely understandable because sharing passwords is kind of an awkward situation. Sometimes people believe sharing a password means taking the next step in a relationship, and allowing oneself to be completely open with their partner. Other times, people feel like they should never have to give out their password because it is an invasion of privacy, and

they figure “why does my partner need it anyways?” Both are totally logical, and lead me to the [relationship advice](#) that the relationship experts at [Project Soulmate](#) have, which is that there is never a *right* time to share passwords, but there can be a *wrong* time.

Relationship Advice On Sharing Passwords: How Soon Is Too Soon?

If you are trying to show your boyfriend a picture or video and your phone locks in the middle of him looking at it, then by all means tell him your password. Sometimes people just take the idea of sharing a password too far, when in reality it is not a big deal at all. Often times people are scared of sharing their password simply because they feel like they have something to hide. My question is if you really have something that secret to hide from your significant other, then why are you dating your significant other? In a [healthy relationship](#), there is no particular day that you both agree to share your passwords, it just happens naturally. It happens when the password is needed to do something, not needed to “snoop” on something.

Related Link: [Relationship Advice: Keep Your Relationship Strong When You Share Home and a Workplace](#)

When your partner requests your password simply because they feel like you are being unfaithful, our relationship advice is not to give it to them, because that is the *wrong* time to share your password. This makes the whole password sharing moment have a negative connotation behind it and should be avoided. If your significant other is worried you are cheating, or vice versa, then you are having bigger relationship problems than simply not having shared passwords. Relationships should be built on trust, and without that trust, the love will be lost. Sharing your password won't

bring the love back, it will only lead to more and more distrust, and more and more “snooping” of each others stuff.

Related Link: [Expert Dating Advice: Why Using a Matchmaker is Better Than Dating on Your Own](#)

Our dating tip: Share your password when the time naturally comes up, not the time that someone just wants to snoop.

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.

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?](#)

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Expert Dating Advice: Why Using a Matchmaker is Better Than Dating on Your Own





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

It's no secret that relationships are not always easy. In some cases, going to a professional matchmaker might be better than dating on your own. Consider our [dating advice](#) on how to know when it's time to get an expert involved and everything they can do for your love life. This love advice may save your troubling love life!

Relationship Experts Give Dating Advice On Using A Matchmaker

So let's first see why you might need a matchmaker. Below are five scenarios which may indicated your relationship and love life would be better off with the help of a relationship expert. Warning: If you identify with the below scenarios do not panic. There are **professional matchmakers** just waiting to provide you with dating advice to solve your dating woes!

Related Link: [Top 10 Things to Know About Hiring a Matchmaker](#)

1. Your friends pick guys they like, but not necessarily a guy you would like.
2. A bar is great for finding a hook-up, but you've come to realize it's not so great for finding **love in NYC**.
3. Meeting and falling for a guy at work has led to way too many negative consequences.
4. You've tried dating sites, but get exhausted with all of the options and questions and usually just give up.
5. You finally get asked out on a date with a semi-attractive person, but you have no clue what to talk about.

Related Link: [11 Ways to Meet Your Next Date](#)

Do any of these issues seem like you? Yeah? I thought so and that is exactly why using a **professional matchmaker** is an essential step for you. Take a look at some of the benefits a **top matchmaker** like [Project Soulmate](#) can bring you. Don't swoon just yet, the best is yet to come!

1. **Matchmakers** have the time to look at a wider range of options. They know how hard it is to find **love in New York**, but they have their own networks filled with quality people looking for love who they're just waiting to match you with.
2. Matchmakers don't get tired. Trust me, matchmakers *can* and *will* spend every waking moment looking for the right match for you; they genuinely care about finding you love.
3. Your matchmakers have your best interest in mind, and by that we mean they perfectly match you based on your interests, not just your looks. You'll never be at a loss for words on your first date because the similarities between you two will just keep flowing.

Related Link: [Top 5 Secret Celeb Matchmakers](#)

4. Your matchmakers are with you every step of the way. Once you and your match cross the line into dating, your matchmakers don't disappear. They're always there to give you feedback and expert dating advice. Your matchmakers are **relationship experts**, who go far beyond just finding the guy; they will make sure your new relationship will **last a lifetime.**

5. When you fall, your matchmakers pick you right back up and resume the mission. After all, the first match will not always be *the one*; the second and third may not be either. Although you may feel like you want to give up, your matchmakers never will. They know love is out there and they won't stop until they've found it for you.

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Relationship Advice: Four Reasons To Be Thankful For Your Partner





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

Leaves are falling and frost is here, which can only mean one thing: the holiday season is here! Thanksgiving is a time to be thankful for the things in your life that you may not stop to appreciate on a daily basis. But most importantly, Thanksgiving is a time to be thankful for the *people* in your life. As relationship experts, we know that it can be difficult to take the time to appreciate your significant other as often as you probably should. Aside from birthdays and anniversaries, Thanksgiving is the perfect time to show the person you love why you care about them. But before you do, our [relationship advice](#) is to realize why you're thankful for them.

Relationship Advice: Be Thankful For Your Partner This Holiday

Season

Here's 4 reasons you should be thankful and appreciative of your partner this Thanksgiving:

1. It's the holidays. Who doesn't love holidays? Holidays bring food, friends, family, and most importantly love. The Thanksgiving spirit in and of itself should give you a reason to celebrate your relationship and love a little extra this week. Spend some time cooking together or watching a game of football. Listen to our love advice and whatever the tradition is, share it together.

Related Link: [Taking Your Partner on a Family Vacation](#)

2. They put up with you. Okay, this is a big one. If nothing else, you should appreciate your significant other because they have to put up with you on a regular basis. Sure, we all think we're great and have no flaws, but the fact of the matter is that we do. Thanksgiving is meant to ignite a sense of gratefulness for the people you care about, so be grateful that he/she puts up with you during your best and worst moments.

Related Link: [Expert Dating Advice: How to Get Over "The Little Things"](#)

3. It's the season of giving. Relationships live and thrive through compromise. The ever-changing cycle of give and take is what makes a relationship tick and function properly. Only you and your significant other know your system of give and take, but consider giving a little extra this holiday because it's good-natured and it even feels good too. If you know he/she likes their potatoes made a certain kind of way, consider making their favorite dish this Thanksgiving to put a smile on their face and satisfaction in their stomach. The little things go a long way, so consider what they love and try to give them what you can this Thanksgiving.

Related Link: [Love Advice: What To Do If Your Friends Don't Love Your Partner Like You Do](#)

4. For all the times you didn't say thank you. We're all guilty of taking things for granted, but it's important to stop and appreciate who you have every once in a while. There probably has been countless times that your partner has done something for you that you didn't notice, like hanging your keys up in the same spot so you don't forget them. Again, it's the little things that count. It's okay to forget a thank you here and there. Thanksgiving is an opportunity to tell the person you love how you truly appreciate every time they do those little things, even when you may not say it every time. It's the perfect time to say thank you for all the things that typically go unnoticed. Our relationship advice is to spread thanks as generously as you spread your gravy and your holiday is bound to be a success along with your relationship.

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Dating Advice: First Date Fashion Do's And Don'ts





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

A first date is just as important as a first impression, so things like introduction and attire really count. The introduction and conversation aspect comes with the territory, but sometimes it's tough to decide what to wear to the occasion. What do you wear on a date night? It's important to look good, but it's also important to not appear like you're trying too hard. So as relationship experts, here's our [dating advice](#) and tips on do's and don'ts of fashion when going on a first date.

Dating Advice On First Date Fashion

Do: Wear something flattering

This may be an obvious one, but you'd be surprised how many people miss this memo. It's important to look your best and in order to do so you should always wear something that fits your figure; not too tight, but not too baggy. Most importantly, make sure you're comfortable in what you're wearing because it will make you feel better when you're out on the date knowing

that you like the way you look.

Don't: Wear something too flashy

Flattering is chic, flashy is trashy. Don't be that girl that shows up to a date in a low cut shirt or sequins all over your outfit. A man may appreciate your womanly features, but it's the first date and you should leave something to the imagination. This is essential because you want his first impression of you to be classy, responsible, and someone he can picture himself in a relationship and love with.

Related Link: [Expert Dating Advice: 5 Signs He's Mr. Now and Not Mr. Right](#)

Do: Lipstick

Not only is lipstick very in right now, but it also screams classy with a hint of sexy. Lipstick is the perfect make-up "do" because it balances your face in a way that compliments every woman. So, wear some lipstick to the first date, but make sure you find the right color for both your complexion and the outfit you're planning to wear!

Don't: Get too crazy with your make-up

Historically, men aren't huge fans of crazy amounts of make-up on a woman. That being said, women love make-up, so you do you and wear what you please, but just remember that the "natural look" is classic and looks really nice. So, our dating advice is wear the "natural look" for the first date because it's a win win.

Related Link: [Expert Dating Advice: 5 Surefire Signs He's Into You...or Not](#)

Do: Wear cute shoes

Who doesn't love shoes? The first date is the time to pull out your really nice shoes whether they're your nicest boots, your

brand new stilettos, or a cute bootie you just bought. The right shoe will pull your whole outfit together and he's going to appreciate that you're putting your best foot forward to look great for him.

Don't: Wear shoes you can't walk in

This is important. Shoes are like a Venus fly-trap. They suck you in with their beauty and then slowly kill your feet with pain while you wear them. I don't care how pretty the shoe is, if you can't walk in them or you're going to be complaining the whole night about how your feet hurt, DO NOT WEAR THEM. He wants to know that you are having a good time and I can guarantee he will be able to detect the pain on your face when you wince every time you walk, which will just bring the mood down for both you and him. So, our love advice: When looking in your closet to pick a pair of shoes, pick the pair that is cute, but provides a certain level of comfort so that both you and your guy can enjoy your night to the fullest.

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Expert Dating Advice: How to Get Over "The Little Things"





By [Project Soulmate](#) matchmakers Lori Zaslow and Jennifer Zucher with contributing writers Nicole Hartley and Samantha Cohen

Is there something about your significant other that bothers you a little too much and a little too often? Relationships and love are often born on “the little things.” It’s the little things that attract you to your significant other, but it can also be the little things that really annoy you about that person too. Is her voice too squeaky? Does he talk too loud in public? Does her taste in music really drive you insane? Partnerships are difficult enough without those small annoyances getting in the way. Finding the perfect person can be a difficult task, but once you do find your match, how do you get over those things they do that bother you? Read on for our expert dating advice!

Getting Over Small Annoyances in Your Relationship and Love

Related Link: [Love Advice: What to Do If Your Friends Don't Love Your Partner Like You Do](#)

First things first: If something they do bothers you to the extent that you really just can't get over it, maybe it's time to face the reality that they may not be your soulmate. However, in most cases, this is the extreme. Sure, hating your girlfriend's taste in music can be a bother on occasions, but it is something you can get over. On the other hand, if you're a neat freak and she's a hopeless slob, *that* can be a deal breaker.

Let's face it: Every person has flaws. It is the size and the severity of the flaw that can determine whether or not the relationship and love is worth it for the long haul. As relationship experts, we think we can all admit that, at times, we love to hate things about people. It's just what we do! However, sometimes those flaws are what make us love someone even more. So what if you hate her taste in music? Maybe you love the way she dances or the way she can never get the lyrics quite right to her favorite song. In order to appreciate these little quirks, you may have to sacrifice putting up with music you might hate.

In any relationship, it's important to always look for the good things in your significant other and in the partnership itself. If it's "the little things" that made you fall in love with them, then it's safe to say that getting over those things that bother you should be just as simple. Hopefully, for every thing that bothers you about them, you have a handful of things that you really love about them. That is what you should focus on when feeling bothered by that annoying thing your soulmate does.

Related Link: [Love Advice: You Love It, He Loves It Not](#)

Always remember that no one is perfect. Love isn't perfect, and neither is your significant other. It is important to look for the best in everyone, so give your boyfriend or girlfriend a break. If you're feeling extra nice, consider this love advice: Get up and dance to that awful

music with them! Maybe karma will reward you, and they will cherish your peculiarities too.

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Love Advice: What To Do If Your Friends Don't Love Your Partner Like You Do



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

We have all had a friend that falls head over heels for a guy that you can't stand to be around. But what happens when that friend is you? There is nothing worse than falling in love with a guy that your best friends hate to be around. As relationship experts, we know that, if the people around you think that you're making a mistake in your [relationship and love](#), they might be right.

Love Advice: Relationship Experts on Friends versus Boyfriend

Here is our love advice for what to do when your friends don't quite love your partner like you do:

1. Take a step back: A lot of times, when you fall hard and fast for someone, you become blinded by love and overlook a lot of qualities that are important to have in a partner. You should hear what your friends have to say and really listen to the points that they make. At the end of the day, they have your best interests at heart. Our love advice is simple: Instead of making excuses for your man and getting defensive, take the time to listen to your friends' arguments and start to really pay attention to the points that they make. You might start to see your partner in a different light.

Related Link: [Expert Dating Advice: 5 Signs He's Mr. Now and Not Mr. Right](#)

2. Set initial intentions: It's important to truly listen to the points that your friends make because you don't want to end a good thing for a bad reason. If your friends are jealous that you're spending more time with him or have been dying for a boyfriend, but you snatched one up first – be wary. While we like to think that our buddies always have our backs, sometimes, jealousy can play a factor in their decision to not like your boyfriend. This situation is also fixable. Our

dating advice is to balance the amount of time you spend with your friends and your man, as difficult as that may be. And make sure you tell your friends how happy he makes you. If they truly love you, they will understand and be happy for you.

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3. Make a choice: You have to expect that not all of your friends are going to quickly fall in love with your boyfriend the way that you did. Your pals might be more cautious because they want to make sure that he treats you the way that you deserve to be treated and that he really makes you happy. You should ask your friends what they really think and why they feel that way, because sometimes your googly eyes may blind you from the truth. And while your friends may be right about your man, you have to follow your heart and find out the truth for yourself.

Your buddies should respect your decision either way and be there for you, even if you have to separate yourself for a while to see where things can go with your boyfriend. Remember that you can love your girlfriends *and* your boyfriend even if they don't love each other. Neither of them should make you choose if they really want you to be happy.

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Relationship Advice: 4

Reasons To Leave The Past In The Past



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

One of the hardest decisions in life is knowing when to walk away from a relationship and love. It's no secret that romance is hard work, but when your love life becomes more work than it's worth, you have to realize that, while fighting for love is admirable, you might be fighting for a lost cause. As relationship experts, we know that when the connection begins to unravel, sometimes, there's no coming back. And while that may be hard to accept, take our [relationship advice](#) and stick to your guns when you decide to pull the trigger on an unhealthy relationship.

NYC Matchmakers Give Relationship Advice: Never Get Back With Your Ex!

Take our expert love advice and remember these four reasons to never to get back with an ex:

1. Trust is token: There's a reason that you decided to break up with your partner in the first place. Whether it was because of cheating, lying, or even abuse, once the trust is lost, there's no coming back. Relationships are built on trust, which is nearly impossible to earn back because you will always be wondering what else they lied about and feel the need to track every move they make. It's also hard for them to break the cycle. Even if you get back together and they try to fix the issue at hand, the chances of them slipping up are high. It'll feel like you're waiting for them to mess up, which is not a healthy foundation for a partnership.

Related Link: [Love Advice: You Love It, He Loves It Not](#)

2. Never settle: You may feel the urge to get back with them because it feels comfortable. You know them inside out and don't have to put yourself back on the market. But by settling for someone who you know in your heart is not right for you, you're not giving love a fair shot. If someone broke the trust and you're considering taking them back, think again. If they were the right match for you and loved you, they would not have betrayed you. While everyone deserves a second chance, you will quickly learn that you can't change someone. While you're trying to change your ex into someone you want them to be, you could be missing ample opportunities to meet your soul mate.

3. Staying is harder than moving on: We all know that when it comes to a break-up, the hardest part is moving on. And while

time heals all wounds, it's a very painful and sometimes long process to get over someone that you loved. Getting back together with your ex may seem like a short-term solution, but it's not. The only thing harder than moving on from your relationship is moving forward in it. Getting over the betrayal or trust issues and being able to move past the reasons that you initially broke up is very difficult.

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4. It's not worth the ego boost: If your boyfriend broke up with you and wants to get back together, you will be tempted because it is a boost to your ego that he wants you back. And if you broke up with your boyfriend, he will probably try to earn the trust back and get back together because it is a blow to his ego that you rejected him. When it comes to deciding whether you want to get back together, you cannot let your ego (or his) cloud your judgement. If you get back together for the wrong reasons or what seems like a good idea in the moment, you will quickly regret it.

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