

Relationship Advice: Losing a Pet During the Pandemic Like Hope Solo and Jerramy Stevens



By Dr. Jane

Greer

In this traumatic and unprecedented time of the global pandemic, we are surrounded by so much loss of life. In the United States alone many more than 90,000 people have died, and that number grows every day. With that in mind, it may seem that the loss of a pet pales in comparison to the death of a human loved one, and therefore people think they don't have a right to experience or express their heartbreak. But for many, pets are among their most loved ones, and saying goodbye can be devastating, even, or more so, during this time of isolation and widespread sadness. Sports couple Hope Solo and her husband Jerramy Stevens recently talked about the [loss of their dog](#), Conan, after he was tragically shot. Solo posted about it on social media, saying, "We're broken-hearted to

share that Conan passed away from blood loss last night. He fought up until the very end. We're crushed. Just a dog running through the woods, trying to make his way home."

In the same way people wonder if it's alright to find things funny during these incredibly difficult times, many wonder if they can truly mourn the death of their beloved pet without feeling guilty. In this relationship advice, is it okay to grieve for an animal when so many people are suffering?

The short answer is a loud yes, and there are a number of reasons why. For many people, especially those who live alone, a dog or cat can be a lifeline and can sometimes be the only interaction they have with another living thing, particularly in this time of social distancing. Your animal gives you companionship and unconditional love, which can be so important and fortifying that when they pass it can feel like a huge hole has opened up in your home and heart. The pain you experience can be overwhelming. With that in mind, in the same way it is important to continue to laugh, it is also important to make room for and acknowledge the sadness that comes with losing a treasured pet.

Related Link: [Relationship Advice: Susan Trombetti Talks Love & Dating Amid COVID-19](#)

Try not to compare your loss to those that other people are going through. While they may be different, they are

nonetheless the same in terms of the emptiness they create. Keep in mind that nobody really knows how prominently your pet factored into your days – whether it was your feeding routine and the boost you got to your self-esteem through taking care of them, or the comfort you found when they jumped into your lap each afternoon or when they slept next to you every night. These many moments are now gone, and the magnitude of that is great. Furthermore, they have shared a substantial piece of your life history with you. Maybe as a kitten he was your first roommate in your new apartment. Or maybe you got her as a puppy the year you were married. Perhaps it was your faithful dog that saw you through your first breakup and helped you survive. They were present and a touchstone for facets of your life that proved immeasurable.

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For some, the anguish can be so excruciating that they decide they never want to go through it again and choose not to get another animal. Others, though, feel that a way they can heal and honor the pet who came before is by replacing them and keeping their spirit alive.

Some get the same breed again, or even use the same name as a tribute of love. If you aren't ready to tackle the commitment of a new pet, during the pandemic it could be an opportune time to consider fostering an animal on a temporary basis. Sadly, dogs and cats are also losing their owners to the virus and are being abandoned, so it is a way to provide a home to animals in need while forging a new bond that can be healing for you as well.

The bottom line is that mourning the passing of a pet should not be minimized. Hope and Jerramy shared their loss publicly, and hopefully got much-needed support in doing so. It takes a long time to move beyond the sorrow after the death of a beloved animal. Appreciating what you are going through is the

first step.

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Relationship Advice: 7 Reasons Why People Love Speed Dating



Dating. Finding your match. Meeting the one. To some it sounds exciting. To

others, it's fright-inducing. The good news is that there are more ways than ever to meet that perfect someone. Which is good because it seems there is also less time than ever to do just that these days.

Relationship Advice: Speed dating. The perfect remedy for the time-starved single.

We'll call it "smart dating" because it makes perfect sense, and you'd be crazy not to [love](#) it. Here's our [relationship advice](#) on seven reasons why everyone is talking about speed dating right now:

1. It's highly efficient: There aren't many instances where it's considered acceptable to go out on 20 dates in one night. But, this happens to be one of them. The good news is that they are very short, bite-sized dates – lasting only a few minutes each. Everyone is there to meet people, so there's no wondering, "Is this person available or not?"

2. It's less stressful than normal dates: You don't have to commit to a full evening out with a complete stranger. Plus, the whole night is organized for you. So, you don't have to worry about all the details. If you don't click with one of the dates, no problem! You only talk to each date for less than 10 minutes.

3. Speed daters make more matches: Online dating might seem appealing, but according to the *New York Times*, that method only finds 1 in 100 matches. Speed daters, on the other hand, find an average of 2-3 matches in 10 dates. Not to mention, meeting in person gives you a way more accurate assessment of a person.

4. It's easy to find events: Speed dating is becoming more

popular. So, when you ask, “Is there [speed dating near me](#)?” The answer is a resounding YES! Options are great to have, aren’t they? The opportunity to find a great match is happening every day.

5. There’s no pressure: The amazing thing about these kinds of events is that there’s no pressure to approve or reject someone to their face. You choose who you like, privately. They choose who they like, privately. You only get connected with the people you chose who also chose you. So, you can just relax and enjoy the night.

6. It’s set-up for conversation: Go to a bar or a nightclub and the conversation may go like this: “SO WHAT DO YOU DO FOR A LIVING?” “HUH?” “WHAT DO YOU DO?” “OH, I’M OVER ON BROWN STREET.” This is not an appropriate way to assess a mate. Speed dating events want you to succeed. It’s facilitated in environments suited for conversation, allowing you to get a glimpse of someone’s true personality.

7. It’s flat-out fun: Take a deep breath, forget about expectations, and remember everyone is there for the same thing. Surely, everyone feels a little nervous. But, when you remind yourself that you are an incredible, worthy human being, you give yourself permission to just enjoy the experience and have fun.

There you have it. Seven reasons Speed Dating is a no-brainer. If you want to meet great people and have the doors of possibility opened for you, try it out yourself!

Movie Review: Last Christmas



By [Ahjané Forbes](#)

Last Christmas is a movie that sets the mood for the upcoming holiday. The film takes place in London and is directed by Paul Feig, who is known for his work on *Bridesmaids* and *Someone Great*. The female lead Kate, played by Emilia Clarke, has been having a streak of ongoing bad luck. After coming out of the hospital, she finds a job singing and working as an elf in a year-round Christmas store. When Kate meets Tom, played by Henry Golding, he impacts her life in a very special way by turning her misfortune into a positive experience. Eventually the two of them start dating, and Tom shows Kate that even damsels in distress can find love, too.

***Last Christmas* is a modern-day**

feel-good movie that makes you feel love for the holidays! Check out our movie review.

Should you see it: If you are a fan of a rom-com with a little sprinkle of reality then this the the movie for you!

Who to take: Take someone that you are comfortable sharing your feelings around. A few close friends or your partner would be a good date choice for this movie.

Cupid's Advice:

Last Christmas represents the heartfelt relationship between Kate and Tom and shows us that love can happen when you least expect it. Cupid has some relationship advice for those singles looking for love this holiday season:

1. Search for a person that you are attracted to: It's not all about looks! Attraction can be based on intellect and how a person makes you feel emotionally. Sometimes love comes in a way you may never anticipate.

Related Link: [Movie Review: Midnight Sun](#)

2. Adds value to your life: Find someone who feels good to be around and who goes the extra mile to make you feel special. A good partner will push you to be a better person and support you in both the good and bad times.

Related Link: [Movie Review: The Sky is Pink](#)

3. Create your own ending: Not everyone's love story is the same. The way you plan to tell your story is completely up to you.

Are you going to see *Last Christmas*? Let us know in the comments below!

Movie Review: Hustlers



By [Emily Green](#)

If you're looking for a fun, action-packed girl power movie, look no further! *Hustlers* is a movie focusing on the revenge strip club employees take on their clients who are employees on Wall Street. This movie is based on a 2015 article for *The Cut*, that follows the story of two girls who worked as strippers, and as an attempt to get more money, they lured their clients to the club and spiked their drinks to cloud their memories. This movie has many notable stars, including [Jennifer Lopez](#), Constance Wu, Lili Reinhart, KeKe Palmer, Cardi B, Lizzo, and many more.

Check out our movie review on

Hustlers, an action-packed film for you and your girlfriends!

Should you see it: If you believe that women are treated unfairly and not paid as much as men, definitely go see it. Women deserve to be paid equally to men, and this movie is a great movie to remind you that you are worthy, and you are a BOSS.

Who to take: If you are looking for a female empowered film, grab your best girlfriends and head to the theater! It's the perfect movie for a girl's night out.

Cupid's Advice:

We're inspired by the drive these girls have, and the willingness to do anything for their family, no matter what. These girls know that even though they are being treated unfairly, they are true girl bosses and will do whatever it takes to fix that because they know what they deserve. Here is some of Cupid's advice on how to stand up for yourself in the face of adversity:

1. Practice being transparent and authentic: This can definitely be hard at first, but the more you practice being open and honest with people in your life, the more you won't have to deal with carrying a constant weight on your shoulders. Tell these people how you feel, and no one will be able to tell you otherwise!

Related Link: [Movie Review: Spider-Man: Far From Home](#)

2. Clarify first, without attacking: Figure out what the root of the problem is. You are aware of your viewpoint, but take a moment to listen to the other side. Are you truly in the right or wrong? By clarifying what you mean and listening to the opposing side, you can start a real discussion and get to the

solution quicker.

Related Link: [Movie Review: The Lion King](#)

3. Recognize that no one can invalidate you: You are the sole owner of your feelings and emotions. No one can tell you how to feel, what to feel, or invalidate your opinions. Have an open discussion with your peers, so they know their opinions are valid, and vice versa.

What are some ways you stand up for yourself in the face of adversity? Let us know in the comments below!

Check out some other movie reviews from Cupid's Pulse [here](#)!

Relationship Advice: The Beauty, Meaning, & Power of Love





Love is amazing, and everyone should experience it at some point throughout their life.

Take a look at our relationship advice on why love is beautiful, meaningful, and powerful:

Why is love the most beautiful feeling?

Love is a bright, positive and good feeling, which triggers kindness, positive emotions and the desire to share it with your soulmate. Love is one of the [steps to healthy relationships](#). If the feelings you have for a person make you constantly worry, then, most likely, they have nothing in common with love. The root cause of such a scenario may be the inability or unwillingness to understand yourself. People tend to cling to the past. Sometimes, it is difficult to leave and start life from scratch. Everyone has their own vision of love. People are sure that they know how ideal relationships should look like, that's why the reality makes them suffer. It is necessary to learn to reject all conventions, which do not allow you to love, and only then this beautiful feeling will bloom in all its glory. It is hard to describe love with words. It needs to be felt, experienced and revealed. You

should work on this amazing feeling. Only your own experience will help unlock the secrets of love.

What is the meaning of love?

What is the meaning of love, and why do people think that this is the most beautiful feeling, without which life becomes limited, faceless and monotonous? Love gives strength, saves from loneliness, makes you feel that someone needs and misses you. It helps understand the essence and meaning of existence. This wonderful feeling opens up new qualities in people, making them more tolerant, kinder and better. It is love that makes it possible to understand a person, to look into their soul, to accept them with all their strengths and weaknesses. People in love seek to share everything they have as well as to help, support and make the life of a loved one easier. The meaning of love is that it binds close people. Members of a big family realize that they are strong when they are together, and whatever surprises they face, they can overcome any problems. Love gives faith and hope in the future. Probably, the meaning of love lies in something different for each person. It is enough for someone to see a loved one several times a month, and for others, it is important to fall asleep and wake up together every day. Nonetheless, whatever views on this wonderful feeling you have, the main thing is that it makes you happy and allows to feel the fullness of life.

What is the power of love?

It is very difficult to meet a person who doesn't dream of meeting a person who will share their views, read between the lines, support, pay attention to signs. That is, everyone dreams about meeting a soulmate. The power of love is that people are ready to give in to the partner, make compromises, change their principles, put the healthy wishes of the beloved one above their own, and even sacrifice themselves for the sake of this wonderful feeling. A life without love becomes

gray and dull. For some people, even the meaning of existence is lost. This feeling can be compared with the healing balm, which makes you healthy. The power of love is manifested by a twinkle in the eyes and is reflected in any field of activity. A man in love feels a huge surge of energy, and it seems to them that they are up to the task at hand. All the problems and hardships seem insignificant and easily solved when a person falls in love. Probably, this high feeling gave the world people who are admired by more than one generation. It's about artists, writers, poets, composers, singers. Often, they were inspired by all-consuming love, which doesn't allow to think about something else. They poured out their feelings on canvas and paper, giving the world brilliant works and proving once again that love is the most beautiful feeling.

Dating Advice: 5 Activities for a Fun and Fresh Date With Your SO





Valentine's Day is over and done. But, celebrating and expressing love should never be limited by a holiday or a certain month of the year. Trying out new things as a couple is proven to strengthen any relationship regardless of stage. Sure, a candlelit dinner, flower bouquets, and expensive chocolates do sound romantic, but you can do that any day with your S.O. Go for something new, and never be afraid to try out other things!

Once in a while, isn't it amazing to go all-out? Whether you and your S.O. are the outdoorsy types or incorrigible homebodies, here is some [dating advice](#) with five simple activities you can do for fun.

Camp Under the Stars

For the outdoorsy couple, an excellent Valentine's celebration would mix romance and adventure, and that's exactly what you can get when you go camping. Camping in the wilderness makes you feel as if you were the last people on earth. It's just you and your SO underneath the stars, surrounded by the quiet

and peace of nature. Nothing can be more intimate than that.

Plus, camping outdoors has lots of [benefits to your physical and mental health](#), including stress reduction, getting exercise, breathing fresh air, and unplugging from social media, to name a few.

Of course, if you don't fancy the long trek and lugging heavy camp gear to the site, you could always [go for glamping](#). It may not be as thrilling or as adventurous as traditional camping is, but you'll have more comfort and convenience in exchange. In any case, you can always rough it up next time.

Do an Arts and Crafts Day

Not everyone enjoys going out. Some people just want to stay in and relax with their SO at home. You can watch some movies, play video games, and share a home-cooked dinner. Or you can do something that you don't do every day to celebrate the holiday—like doing arts and crafts.

Whether you and your partner are artistically inclined or not, there are plenty of benefits of doing arts and crafts. Staying at home, making origami, [creating a photo book](#), coloring, or just doing something creative is a great way to have fun and just relax. You can compete with your arts and crafts with something 'romantic' as prize for the winner.

Try Paintball

If you and your partner are itching for some thrill and adventure, invite all your friends and organize a paintball competition this weekend. There's nothing like adrenaline rush to add fun and excitement to your celebration.

Paintball is perfect for people who want to have fun and let off some steam at the same time. You're free to go wild, get competitive, and make as much mess as you can. A game of paintball may be just what you and your partner need to

decompress and loosen up some knots.

First time trying the sport? Learn all about the rules and whatnot of the game using this [detailed paintball guide](#).

Have a Slumber Party

Who says only kids can have slumber parties? Adults need them too! Slumber parties are a lot of fun, and you and your significant other deserve to as much.

You can stay up watching all your favorite movies, playing video games, doing your nails, having a rap battle, holding an impromptu concert, or simply chatting. It's a great way to catch up especially if you've both been so busy doing individual things.

Having a slumber party also takes away the stress of planning a romantic celebration on one or both of you. And you save yourselves from struggling with a million other couples who are rushing to make it on time for their dinner reservations.

Spend a Relaxing Day at the Spa

For the busy couple, a relaxing spa day may be the perfect way to celebrate special days. Sure, spending the holiday at the spa may not be the most romantic thing to do for others, but both of you deserve to feel more refreshed and a really great massage and pampering. Adventure and excitement can wait until the next holiday or weekend. For now, you both deserve to treat yourself.

Final Word

You're not obligated to celebrate and express your love for each other all the time. But these little things make a huge difference for any relationship. Planning such activities add spice to any relationship and will make your significant other feel loved. You don't have to stick to conventional ways of celebrating all the time. If you and your SO have the time,

energy, and resources, why not do something fun and unique and even more extreme?

What are some fun date ideas you do with your SO to keep the spark alive? Share below!

Simple Social Media Rules During Divorce: Don't Do It!



By Jacqueline Newman

According to the American Academy of Matrimonial Lawyers, in 2016, over 80 percent of divorce attorneys reported a large increase of evidence collected from social media in the past five years.

No matter how much you are itching to fire off a tweet or

update your Facebook status with details about your soon-to-be ex, I strongly advise against engaging in social media during the divorce process. Social media is simply a world that can make your divorce much more difficult.

Social Commentary Feeds Public Opinion

Anything the public has access to can be used against you in court. So the first thing your spouse's attorney is going to do is Google you—and Google will show what you have been up to. Opposing counsel wants to know who you are, and however you showcase yourself to the world on social media, this will be the way you are presented in court. I cannot stress this enough: If you are getting a divorce, do not go on social media and post things about your spouse or your children because chances are it will be used as evidence against you in court.

Related Link: [Dating Advice: Thriving After Divorce](#)

Consider the following facts:

- Ninety percent of lawyers use evidence from text messages.
- Cell phone bills are used as evidence in divorce.
- GPS on cell phones offers opportunities for tracking and recording conversations.
- Email accounts can be subpoenaed and used as evidence.
- Deleted emails are easily retrieved.
- Facebook leaves a trail on everything from behavior to spending to traveling with photographic proof.
- Dating websites provide profiles letting everyone see dating activities.

Related Link: [Dating Advice Q&A: Is It OK to Start a Relationship Via Social Media?](#)

I have dozens of anecdotes about individuals who posted random status updates on Facebook and tweets on Twitter that got them into massive trouble during divorce proceedings. One man started posting photos of himself socializing, drinking, and living the good life while his wife was going through economic hardship with their young child. In that case, opposing counsel showed the judge the husband's Facebook feed and used it as evidence of his ability to pay higher amounts in child support. The lesson here? Control your fingers.

If you are claiming you cannot afford child support, do not post pictures of your brand-new BMW. Do not advertise the fact you just closed a lucrative deal at work with a new client or that you made a killing on Wall Street. Just be quiet.

[During divorce just] stay off social media. I have never heard of anyone whose problems were instantly solved after she aired her dirty laundry on Facebook. Sometimes loose fingers are worse than loose lips.

About Jacqueline Newman:

Jacqueline Newman (<http://nycdivorcelawyer.com>) is a New York City based divorce lawyer and experienced NY matrimonial law expert. As managing partner of a top tier 5th Avenue Manhattan law firm focused exclusively on divorce, her practice runs the gamut from prenups for high net worth people contemplating marriage to high conflict matrimonial litigation in dissolutions involving complex financial assets and difficult custody issues. She is also the author of "Soon-to-Be Ex: A Woman's Guide to Her Perfect Divorce and Relaunch" & "Soon-to-Be Ex for Men: Preserving Wealth, Fatherhood, and Sanity during Divorce"

Jacqueline Newman TV Appearances on
WPIX-11: <https://www.youtube.com/watch?v=hGrZgJf0WXU>

Movie Review: *Adrift*



By [Jessica Gomez](#)

Adrift is a story of love and survival. Love birds Tami (Shailene Woodley) and Richard (Sam Claflin), set out to sail from Tahiti to San Diego and get caught in one of the most powerful hurricanes to ever happen. Their boat capsizes and is damaged, and Richard is badly hurt. Tami then takes on the fight for her survival and the love of her life's, not losing hope. Watch this breath-taking love story play out now that it hit theaters June 1st. A great watch for those who crave love with the chaotic, intense twist of the struggle to survive.

***Adrift*, although having a natural**

disastrous twist, is about the perseverance of love and not losing hope due to that love. Read on to continue reading our [movie review](#) and get some tips on how not to lose hope when you're in love:

Should you see it: Yes! *Adrift* has a good story line that can keep our eyes glued to the screen. With the topics of love, hope, and fighting to survive with your loved one – we will get the intensity we are asking for.

Who to take: Take your other half or a friend. Grab some drinks and snacks, sit back, and enjoy the movie. The plot is good for whoever likes a love story and/or a movie of surviving a natural disaster.

Cupid's Advice:

Sometimes we find ourselves in a situation that we feel has no remedy. And yes, there are times that this is true and we have no choice but to move on. However, there are also times where we shouldn't lose hope. Here are a few mental techniques to keep yourself hopeful in what feels like a hopeless situation:

1. Be appreciative: Evaluate the situation and see what you should be glad for. Think about the positives of the situation and how things could have been worse. Then, appreciate the situation you are in before fixing it. At the end, be glad you're learning from all this.

Related Link: [Movie Review: Book Club](#)

2. Think it through: Most of the time – where there is a will, there is a way. This brings us to evaluating again, but this

time in search of a solution or something to calm things down a bit. Sit down, think deep about what's going on, and ponder it all until an idea comes to mind. Don't be shy to ask for help either, two heads are better than one after all.

Related Link: [Movie Review: Samson](#)

3. Be positive: It is easier said than done, but whenever you think of the situation negatively, push it out of your head. Think about what is to come and how things will be okay again. Look ahead. Things may look glum now, but they will get better. Positive thoughts can bring positive outcomes – like the law of attraction states.

What tips do you have? Share below!

Ways to Incorporate Food Into Date Night That's Not Just Dinner





By [Karley Kemble](#)

Dinner [date nights](#) are pretty standard among most couples. Sure, it's fun to get dressed up and have a night out, or even have a sultry night in and cook together. Sometimes, though, dinner can feel like a drag or the safe, comfortable option. While there are plenty of potential options that do not involve food, we all have to eat sometime! If you still want to incorporate munching into your date night, but want to break free from the standard dinner-and-a-movie mold, you'll love these awesome alternatives!

Grab a pen and paper, you're going to want to write these yummy [date night ideas](#) down!

1. Have a Friendly Bake-Off: For some competitive fun with your partner, try a bake-off. You can make something as simple as cookies, or something more challenging, like a pie! Make sure to set some stakes before getting started: loser has to clean the kitchen or pay for the next time you go out!

Related Link: [Dating Advice: Survey Results Are In! What Does it Mean to be Single in America?](#)

2. Samples, samples! Get your samples: Ever been to Costco in the evening? Make it a date night! Get your bulk shopping done and fill up on some yummy samples. It's a fun and certainly different date idea. You can even make a game out of it, and see how many samples you can wrangle before being turned away. Though we can't guarantee there will be samples readily available in the evenings, it's still worth a shot!

Related Link: [Do We Sleep Differently When in Love?](#)

3. Breakfast for Dinner: We all know breakfast is the most important meal of the day. You don't just have to eat eggs, hash browns, or pancakes during the wee hours of the morning! Breakfast for dinner is an amazing substitute for a traditional pasta dinner at a sit-down restaurant. You can either find a cafe that serves breakfast all day, or whip up a meal in your own kitchen! It'll feel much more special than a regular dinner, guaranteed!

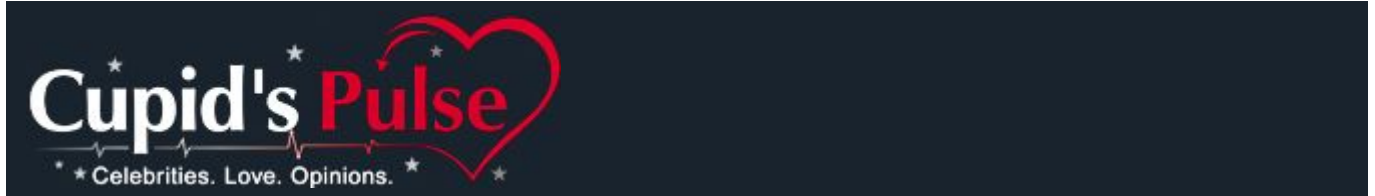
Related Link: [Relationship Advice: When Is the Old New Again?](#)

4. Everybody Loves Brunch: If you want the traditional dining-out experience but are tired of going to your usual dinner restaurants, switch it up and go on a brunch-time outing! Though this date wouldn't take place during the traditional night setting, day dates are very fun, too! Brunch has become a loved meal of the day, because of its versatility. It pleases those who enjoy breakfast foods, and those who gravitate toward lunch.

5. I Scream for Ice Cream: Ice cream is a good idea year-round. Seriously! Nothing beats a spontaneous ice cream run, and there are plenty of places to grab a scoop, pint or gallon! Whether you want to split a huge sundae or do your own thing, ice cream is a great way to spend time together and treat yourselves!

How have you incorporated non-dinner date nights into the mix? Share your experience with us in the comments!

Movie Review: Love, Simon



By [Karley Kemble](#)

Love, Simon is a charmingly modern coming-of-age movie that tells a story about a teen struggling with his sexuality. Simon Spier (played by Nick Robinson) claims to live a “normal” life, and has a strong relationship with his family, great friends, and thriving academic life. But, the big secret he has yet to tell anyone is that he’s gay. Simon so desperately desires to experience romantic love, but finds that his inability to come out of the closet is holding him back. Once he begins to correspond with an anonymous peer who is presumably gay through email, Simon begins to find full, true happiness: maybe even love! Will Simon embrace his identity? Is he actually finding comfort in a catfish, or is this person the real deal?

This movie is a very heartwarming, and puts a modern twist on classic coming-of-age films. It also teaches us about relationships. Check out our [movie review](#):

Should you see it:

Absolutely! You don't want to wait 'til this movie hits your local Redbox kiosk. This movie will open your eyes and will cause you think differently about how you interact with the world that surrounds you.

Who to take:

With a PG-13 rating, this is the perfect movie for teens, couples in need of a [date night](#), and single adults. See it with anyone, or by yourself. All that matters is that you see it!!

Cupid's Advice:

Love, Simon is a comedy, romance, and drama that has themes related to love, acceptance, and self-discovery. It also touches on modern romances and finding love through the digital realm. If you've been wanting to dive back into the dating world and have been considering using an online dating service or mobile application, here is some [relationship advice](#) from Cupid:

1. Know what you're looking for: The online dating realm may sometimes seem like an endless cycle of tacky pick-up lines, boring conversations, and constant ghosting. It can be very tiring and cause you to feel hopeless. Don't give up: know what you want and engage in conversation! Take the chance and send the first message if you're usually the type to wait

around.

Related Link: [Relationship Advice: Can You Fall In Love Just By Chatting Online?](#)

2. Be authentic: Yes, it's cheesy. *Be yourself*. We've heard that saying a million times, but it is an important one to stand by when you're seriously entering the online dating world. While it may seem tempting to tell little white lies from the onset, it's better to remain authentic and gradually reveal more details when you become more comfortable. By doing so, you'll attract authentic people, too.

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

3. Pictures, please!: Perhaps the most important component to your online profiles are the photos. Since you are eliminating the in-person element, pictures are key! Refrain from posting too many group photos, and be sure to choose the ones that show your personality. Selfies are okay, just make sure you show other dimensions of who you are! (Stay away from Snapchat filters!)

Will you be seeing Love, Simon? We want to know! Have any advice for online daters? Let's talk about it in the comments!

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



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

Our definition of love and

relationships has changed, and it is entirely possible to fall in love online. Check out our relationship advice:

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

Online applications facilitate connection

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

There is positive association between internet technology and

romance.

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

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

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

A study by Toma (et al in 2008) finds put that deception patterns are common. Participants in the study strategically balanced the deceptive opportunities presented by online self-presentation (e.g., the editability of profiles) with the social constraints of establishing romantic relationships (e.g., the anticipation of future interaction). This study also found that 81% of online daters admitted lying about their weight, height or age. This appears to support the claim

that meeting up in real life is an important step in cementing the relationship. However, if you are duped you shouldn't give up on online dating. Your feelings were certainly real, and many people have fallen in love and even have gotten married because of online dating.

Falling in love must be approached positively

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

Date Idea: Best Shows to Binge-Watch With Your Partner





By [Karley Kemble](#)

If you and your partner enjoy staying in, kicking back and watching shows together, then you've probably binge-watched a show (or five) together. Are you on the hunt for another one? Look no further. Check out these four [date ideas](#) that will have you hooked!

You'll love these show recommendations for your next [date night](#)!

1. Friday Night Lights: Regardless if you are a football fan or not, this show is a must-see. The five seasons follow a close-knit Texas football team and their community at-large, and also talks about topics surrounding contemporary American culture.

Related Link: [Date Idea: Get Out Of Your Comfort Zone](#)

2. The Office: There's a reason "The Office" was a household name for nine seasons! Each episode perfectly captures the hilariousness of a normal 9-5 workday, and the characters are so unique and compelling. You and your partner are sure to laugh until your stomachs hurt.

Related Link: [Date Idea: Indulge In a Night of Laughter](#)

3. This is Us: If you've been wanting to tune into "This is Us" but don't want to feel lost during the current season, dive in on Hulu! This show takes you on an emotional journey within each 45 minute episode, following the lives of the Pearson family throughout the course of their lives.

4. Scrubs: "Scrubs" is another oldie but goodie, because it brings humor to a rather mundane place – the hospital. Nine seasons will definitely keep you and your partner busy for awhile, too.

What shows do you and your partner watch together? Share in the comment section!

Date Idea: Make Your Love a Masterpiece





By [Sarah](#)

[Ribeiro](#) & [Melissa Lee](#)

Get creative with your love this weekend: paint, sculpt, or throw some pottery and feel like an artist for the day. Make something with your sweetheart that the two of you will proud to show off to your family and friends. Try this unique date to tap into your inner creative genius and create a work of art that you and your love can keep as a memento of your time together.

If you're looking to get in touch with your creative side, this weekend date idea is perfect for you and your partner!

First, pack up a picnic basket loaded with your favorite foods. Include finger foods that you can feed to each other, like berries, veggies or pretzels, as well as your honey's favorite meal. Bring a bottle of wine and two glasses as well, then head up to the most scenic spot in your area. Scope out a high hill, a look-out point or a state or national park. Enjoy the sounds of nature around you or bring your iPod with you to play a soothing painting playlist. Examples of great relaxing

music to spark creativity include Yanni, Pearl Jam, Pink Floyd, Adele, Animal Collective or classical and instrumental music.

Related Link: [Weekend Date Idea: Get Crafty](#)

After you and your love have a romantic sunset picnic, set up an easel (or two) and try your hand at painting. Choose between painting your sweetheart or the landscape around you. Don't be afraid to experiment with color and style. Be silly with one another – you can even try painting a caricature! You don't have to be a great artist to enjoy being creative. Painting is a great way to unwind and relax on a quiet night with your love.

Related Link: [Date Idea: Run Outta Moonlight](#)

Another way to get artsy is to head to your local art supply store or studio and register for a class. Most studio-based art classes offer deals for couples who register for classes, sometimes providing Date Night specials which include complimentary champagne. Pick something you and your partner have never done before: shops like Color Me Mine let you paint your own ceramics, or you can try making ceramics yourself. Glassblowing is also becoming incredibly popular and is showing up in more studios. Plus, you'll get a professional product that you and your sweetheart can take home with you.

Have an idea for a crafty date? Share it in the comments below.

Date Idea: Listen to the Music



By [Sarah](#)

[Ribeiro](#) & [Melissa Lee](#)

It's almost June, which means it's time to start doing summer activities. This weekend, start the new season off right by spending some time at outdoor performances with your love.

If you and your sweetheart are huge music fans, this weekend date idea might be perfect for you two!

Some of the most popular summer activities are outdoor fairs, concerts and music festivals. Not only are they fun, but they can be incredibly romantic too. Look up your local symphony orchestra; most of them hold open practices in the early summer, where you and your sweetheart can wrap yourselves in a

blanket at the park and listen to classical music under the stars. For a more private experience, you and your love can stay in the parking lot, canoodling in the back seat of the car, high-school style, while you listen through the open windows.

Related Link: [Weekend Date Idea: Karaoke Night](#)

Check your newspaper and community bulletin board to find more local outdoor concerts or music festivals where you can cuddle with your sweetheart. You can try something new, like a bluegrass festival: Bluegrasser has a database of national bluegrass events where you and your beau can get country. Most bluegrass festivals even feature farmer's markets, where you can buy local produce and other goods like handwoven blankets and handmade jewelry. Or check out a jazz festival, where you and your love can spend the day dancing in each other's arms, filling up on goodies from food vendors and exposing yourselves to rising musicians.

Related Link: [Date Idea: Binge Watch a New TV Show](#)

If you're more of an active couple, you can check out a bigger-scale music festival. Larger festivals are typically three days long, with tens to hundreds of mainstream acts playing on multiple stages. Some festivals that are traditionally held in late May and early June are Electric Daisy Carnival in New York, Sasquatch! Festival in George, Washington, and Bonnaroo in Manchester, Tennessee. In past years, these three festivals have featured acts such as Fatboy Slim, Avicii, Jack White, Bon Iver, Radiohead and Red Hot Chili Peppers. Find a festival that best suits you and your sweetheart's music tastes and plan a road trip with them. Spend the entire weekend listening to your favorite musicians, dancing and falling even more in love.

What are some of your favorite musical dates? Share with us below.

Dating Advice: Five Ways Social Media Can Help Your Relationship



By Diamon Hall

and Kayla Garritano

Perhaps you reconnected with the girl who used to pinch you on the playground, the professor who inspired you to land your dream job or a long lost distant relative who lives in Germany. Whatever it may be, websites like Facebook, Twitter, LinkedIn, Snapchat, or Instagram are used in many different creative ways. In fact, it seems that people can hardly function without social media nowadays. It helps you keep in touch with family, friends and even people you wouldn't normally communicate with if it weren't for those sites. If social media can help you in the platonic aspects of your

life, then it can certainly help your love life, whether that means meeting a new flame or enhancing a relationship you already have.

This [dating advice](#) can help you use social media to find that special someone:

1. More ways to keep in touch: Just like social media can help you keep in touch with family and friends, it can also help you keep in touch with your mate. You may not always be able to pick up your phone to call or even shoot a text. If you're at work and there's a computer available, it's probably easier to log on to a social site like Facebook and chat for a quick minute or send a personal message just to say, "I love you."

2. Dig deeper before the first date: If you're just meeting someone for the first time and about to go on your [date night](#), social media can greatly assist you in figuring out who this person is and what you can expect. Although you shouldn't judge solely on what you read online, the image someone gives off via social media sites can be telling. Browse through their identifying information, photos, and friend's comments. Often times it's insightful to see how a potential partner interacts with others.

Related Link: [Relationship Experts Q&A: Does Social Media Stalking Create False Intimacy?](#)

3. Stay close even when distant: You or your honey may have to go out of town without the other sometimes, such as going on a business trip. You can upload pictures of yourself to let them know what's occupying your time while they're not there on Instagram or Facebook. Twitter also let's you update followers about your life as many times as you want. Snapchat, you're just a picture away from sharing with your partner the most

current unflattering photo you could take, or putting a goofy filter on. Facebook has even incorporated video chat on their site, which is a great way to seemingly shrink the distance between the two of you.

4. Communicate more with his or her family: Social media is a way around being the shy one at the extended family dinner table. Your partner's family is going to want to see you in person sometimes, but for the other times, talk to them via a social site. They'll be thrilled to know you think enough of them to include them in your virtual social life. Plus, they get a chance to see what you and your partner do with the pictures you up!

Related Link: [Love Advice Q&A: How Do I Show My Interest In Someone Online?](#)

5. Meet through mutual friends: Sometimes you meet the love of your life through mutual friends. Social media makes it easier to find mutual friends. Whether it's by a retweet that you share, or a like on a friend's picture, it's a simple gesture to know that they exist. You can even sneak into a friend's snapchat when she's sending silly pics to her closest friends. Plus, you can go the extra mile and "follow" or "friend" them. Who knows what could happen!

How has social media helped your relationship? Share your experiences below.

Budget-Friendly Tips for

Holiday Weddings



By Cara Davis
and Kayla Garritano

The countdown to the holidays has begun! The holiday season can be the only time of year that's simultaneously joyous and stressful. For some, this season will bring with it the event of a lifetime: a wedding. Those planning holiday winter weddings have several opportunities to save money and lessen the stress burden for themselves and their guests. You can be glamorous like a [celebrity wedding](#), but keep it all in a budget!

These tips will be sure to give you a holiday wedding that won't break the bank!

1. Deck the halls: Most event locations will have already decked the halls for the holidays, allowing you to piggyback

their efforts for a low-cost wedding. Go with Christmas hues of gold, red and green – or go for a silvery winter blitz. Strings of white Christmas lights will transform any room into a holiday paradise. Beautiful, and affordable.

2. Silver bells: Create budget large-scale ornaments as decorations using styrofoam balls. Spray-paint them and cover them in glitter. Or you can create groupings of bare branches spray-painted white and covered in silver glitter. Sounds like a winter wonderland! Paper ornaments can play as great wedding invitations or wedding favors.

3. Seasons eatings: Comfort food is a popular winter wedding choice (think soups, pasta, pot pies and mac-n-cheese). Don't shy away from cost-cutting measures like serving family-style or buffet. Consider a hot chocolate, cider, eggnog or coffee bar to which your guests can immediately help themselves (plus, you'll save hundreds by skipping the alcohol).

Related Link: [5 Celebrity Couples Who Got Engaged Over The Holidays](#)

4. Marshmallow world: Gingerbread houses make quaint table centerpieces, as do natural greenery and berries. Cocoa mixes or cookie cutters also make inexpensive wedding favors. You can also buy a bunch of marshmallows, chocolate and graham crackers to make a s'mores kit!

5. Peace on Earth and online: Couples are increasingly using online wedding planning tools, like creating or sending save-the-date and invitations online, personal websites and online RSVP services. They are also using social media to communicate wedding details. Brides and grooms also have the option of registering online for gift cards at sites like CardAvenue.com, which is a great option for guests already overwhelmed with holiday shopping lists.

Related Link: [Reap the Benefits of Cutting Costs on Your Big Day](#)

6. Jingle Bell Rock: If you chose to have your wedding around the holidays, it's likely a favorite time of year for you. As such, incorporating favorite holiday tunes into your wedding reception is a must, and a fantastic way to get your guests into the holiday spirit. Pandora or Spotify are excellent, economical methods to pipe in some yuletide carols at the appropriate time during your reception.

If you had a holiday wedding, how did you save money? Comment below!

10 Holiday Gift Ideas Your Special Someone Will Love Just in Time for Date Night



By Linda Guma
and Kayla Garritano

The start of the holiday season means the inevitability of shopping for the perfect gifts for all of your loved ones. And with the holidays comes the romance. If you get to spend the holidays with that special someone, make sure it's one to remember. The more consideration you put into your present, the more meaningful it'll be. So, when you're on [date night](#) with your partner for a special holiday treat, make sure they open a present they'll be sure to love.

If you're looking for gift ideas that don't involve the usual or traditional ugly Christmas sweater for your partner this year, Cupid is here with some relationship advice and ideas:

1. Personalized compilation: Make a personalized CD or playlist for your partner by putting together his or her favorite tracks. Don't forget to include any romantic tunes that remind you of special moments you experienced together, such as your first slow dance. And, of course, mix it up with some holiday numbers, to celebrate with the joyous spirit.

2. Customized calendar: Nothing says "I care about you" more than something home made. With a new year fast approaching, a calendar can come in handy. Select 12 photos of you and your partner and paste them on the pages for each month. Circle important dates, and write headers for your anniversary, among other special occasions.

3. Matching wrist watches: This is a great way to punch up your style, as well as a guilt-free way of pampering yourself with a present. Buy matching watches and ask your jeweler to engrave a message on the back, such as your names and the

words “forever” and “always.”

Related Link: [Relationship Advice: 10 Holiday Date Ideas For Long Time Couples](#)

4. Tickets to your favorite show: If you’re really not into personalized gifts, you can always find a thoughtful way to experience something together. Buy two tickets to a show that you and your partner both love, whether it’s a movie, a concert or a ballet performance of *The Nutcracker*. Surprise your partner to a dinner at a [famous restaurant](#), followed by their favorite show.

5. Photo frame collection: It’s a simple idea, but a classic way to keep the loved ones close at hand. Buy your significant other a silver-plated frame, and insert a photo of the two of you. To make it extra mushy, inscribe “I love you,” or a love sonnet by your partner’s favorite poet.

Related Link: [Relationship Advice: Four Reasons to be Thankful for Your Partner](#)

6. Massage coupons: A thoughtful way to express your love this holiday season is to create some free massage coupons. Your partner will surely appreciate them after a stressful day and finally get the chance to relax a little with you.

7. Breakfast-in-bed tray: You don’t have to rise and shine for this celebration. Treat yourselves to a bed tray and the luxury of having breakfast in bed together. Maybe pop in a movie and just cuddle under the covers!

8. Vacation getaway: Be spontaneous! Organize a weekend trip for two. Choose a tropical place to escape the winter chill or simply tour a neighboring town you’ve never visited. Your partner will appreciate your effort to plan the holiday trip. It’s a great way to get away from your daily routines and reconnect with your honey.

Related Link: [The Holiday Gift Guide For New Couples](#)

9. Get-out-of-chores passes: Get your arts-and-crafts on by making some paper passes to let your partner skip out on their chores. You'll have to take over the cooking or cleaning probably, but it's a great way to show your love, and it can be a fun, goofy way to get out of something, all in good fun!

10. Lovers pillowcases: Get some personalized pillowcases to touch up your bed. For instance, you can get some signs embroidered that say "His" and "Her," or "Mr. Right" and "Mrs. Right." If you want to keep with the holiday theme, decorate it with some snowflakes and mistletoe. It's a different take on putting your face on a mug or a t-shirt. Make it your own!

Got any creative ideas for what to get your partner this Christmas? Share your ideas below.

Dating Advice: Five Ways to Get Your Partner to Put Down the Phone When You're On a Date





By Deana

Meccariello and Kayla Garritano

Have you ever felt like you had to send your date an email or text across the dinner table just to get his or her attention? In the age of technology, sometimes a smart phone can be more threatening to your relationship than another person. With communication so readily at your fingertips, these days it's hard for some people to interact on a deeper level. Between checking emails, staying updated on everybody's status on Facebook and Twitter, and "liking" pictures on Instagram, a real conversation can be hard to come by.

This [dating advice](#) will help your partner put down the phone when you're together:

1. Practice what you preach: Put your own cellular device away. How can you get mad at your date if you indulge in the same bad behavior as they do? Quit constantly glancing at your phone. It makes you look anxious, like you have somewhere else to be or are waiting for a message from somebody. Make sure you're not texting, either. This may be the most annoying thing a person can do on a date. It tells your date that they do not have your full attention. Your top priority should be

the person across the table from you. And above all, don't take a call. We understand that emergencies happen; however, unless it is a loved one, let it go to voicemail.

2. Make a subtle comment: If they're texting away every two minutes, say something like, "Well, aren't you Mr./Ms. Popular?" Hopefully, they'll hear the hint of sarcasm and put the phone back in their pocket for the remainder of the evening.

Related Link: [Dating Advice Q&A: Is It Ever Okay To Go Through Your Partner's Phone?](#)

3. Just ask: Communication goes a long way in any relationship. Instead of making your date be a mind reader, just tell them that the constant cell phone use bothers you and that you would like your time together to be intimate and personal. Sometimes the direct approach is the best approach.

4. Set limitations: Obviously it's not possible to ban cell phones from your relationship completely. Every once in a while, there will be an important work-related email, emergency or a friend in need. Make a compromise. Say that on date night you would like their cell phone to be on silent and out of sight for the few hours when you are at dinner or watching a movie together. Realize that when the two of you are just lounging around, you can't expect to shut themselves off from the world. After all, while you should be the most important thing to them, don't give them the idea that you think the world revolves around you. With reasonable limitations, your partner should be willing to compromise.

Related Link: [Five Ways To Get His Undivided Attention](#)

5. Give him a taste of his own medicine: As a last resort, one day when you are doing something that they love to do, pay a little more attention to your cellular device than to them. Text your girlfriends, check your Facebook, send an email and

post a tweet. Keep this up until he says something to you about it. Maybe then they'll understand what it feels like to you.

Do you have any tips to keep your partner's attention on you and not his phone? Share your comments below.

Dating Advice: How to Turn Your Man into a Gentleman



By Deana

Meccariello and Kayla Garritano

Okay ladies, we've all been there. Your man isn't being a gentleman to you, so now what? Make it known. Make sure you deal with these issues from the get-go, because if you don't, you will end up resenting your partner and the relationship will ultimately fail. We wouldn't want that!

This [relationship advice](#) will help turn your man into a gentleman!

1. Be vocal: As with any relationship issue, communication is key. Tell him that his actions make you feel unappreciated and disrespected. Lay out what he does that you find rude and tell him how to fix it. If he has to choose between your relationship or holding open a door for you, hopefully he will change accordingly. Make him think about his actions before he lets the door hit you on the way out.

2. Ignore his actions: If you want your boyfriend to pick you up at the door, rather than honking the horn for you like some sort of taxicab service, when that horn starts blaring outside your home, simply ignore it. When he calls your cell phone, don't answer it. That way, not only will he be forced to exit the car and cross your threshold to call for you, but he'll also recognize the message you are trying to send him.

Related Link: [Guys Edition: How to Behave Like A Gentleman](#)

3. Mention another relationship: Try talking about a friend's relationship and how cute it is when her boyfriend holds the door for her or pulls out the chair so she can sit down. Holding another man in high regard will spark the alpha male complex, making him want to be better than another man.

4. Follow the movies: Make a date night that's a marathon of romantic movies. Seeing you swoon over Humphrey Bogart in *Casablanca* or watching you tear up at the grand gestures Ryan Gosling makes for Rachel McAdams in *Notebook* will show your partner the type of man you are longing for him to be.

Related Link: [Relationship Advice: The Guy's Guide to Dating Like a Man](#)

5. Dress fancy, be fancy: Sometimes a man will learn by

example. Take him to a nice restaurant for dinner, or host a fancy dinner party where all these people, including the men, are dressed to impress. Hopefully, your man will follow and take a lesson on how to act.

How have you gotten your man to become a gentleman? Comment below!

Dating Advice: 7 Things to Remember While on Vacation with a New Love



By [Josh Ringler](#)

Vacations can be a great way to solidify your relationship, or a way to start a new one! While there are plenty of ways to get your relationship to the next level, a vacation with a new

love interest is one of the best for sure. With that being said, there are some things that you have to consider while on vacation to keep the relationship smooth when you come back home! Follow these pieces of [dating advice](#) to avoid some turbulence on the way home!

These pieces of relationship advice will make vacation great and it will help keep that loving, honeymoon feeling when you two get home!

1. New scenery, same you: Just because you are not at work and are not in the comfort zone of your home area, that doesn't mean you should act completely differently. While [celebrity couples](#) on [celebrity vacations](#) sometimes use vacations as a change of pace, you and your partner are probably using the trip to be together for a few days. That's something special that shouldn't be wasted.

2. Be romantic: Obviously, things between the two of you have been romantic if you planned a trip together. But don't make that be a reason to forget about all the other romantic gestures that got your love to this level. There are countless ways to get romantic on a trip, and your imagination should be able to come up with one thing per day to show how much you love your partner.

3. Be affectionate: This one seems like a no-brainer, but in all the craziness that is traveling, it can sometimes be forgotten. Hold hands, let them rest your head on your shoulder on a nap on the plane, or just give a little random peck on the cheek. Showing affection will really help intensify your love over the course of this trip!

Related Link: [Relationship Advice: 4 Ways to Keep Your Long-Term Relationship Hot this Summer](#)

4. Find a way to surprise your partner: Vacations are the perfect time to create memorable surprises. Cute romantic gestures, hidden as surprises, are a great piece of dating advice. Set up a romantic candle lit dinner on the beach, or plan a day trip to a hidden waterfall. Whatever it is, your partner will be happy, so don't forget to surprise her or him if you can!

5. Be spontaneous: While this one goes along with surprises, it is also different. Instead of surprising your partner with a day trip, discuss it. Maybe after breakfast head into the local town, or find a local eatery to try for dinner. Communication is the key to success in a relationship, so talk about doing something crazy, but fun. Consider skydiving!

6. Use this experience: Being together 24 hours a day for a few days may be something new for your relationship. There may also be habits that you did not know about your partner until now. A great piece of relationship advice is to use the time as a learning experience to really assess if your relationship is built to last. Get closer to your partner by talking about things that may not come up at work or home, and use the time together to really see if the two of you have wedding bells in your future!

Related Link: [Relationship Advice: 5 Ways to Break Your Routine & Keep Things Fresh](#)

7. The trip will end: Unfortunately, not everything is meant to last, except for your relationship, hopefully! The trip will be over before you know it, and life will return to normal, but that doesn't mean you should forget about the romantic getaway when you return home. There should be no regrets when you get home, so take advantage of your time together to have an amazing time with each other!

How did your vacation with your partner go? Did you follow these pieces of relationship advice? Let us know in the comments below!

Relationship Advice: Author Kira Asatryan Talks Loneliness and Relationship Problems



Interview by

[Emma Malefakis](#). Written by [Mary DeMaio](#)

Everyone experiences loneliness at some point in their life. Loneliness isn't just something that happens when we are physically separated, but can also arise in the presence of others when we fail to build strong connections. The new self-

help book by certified relationship coach Kira Asatryan, gives readers [relationship advice](#) on how to create closeness to fulfill human interaction. Her book, *Stop Being Lonely: Three Simple Steps to Developing Close Friendships and Deep Relationships* suggests many helpful approaches for satisfying long-term relationships, as well as casual companionship's through knowing and caring for others. In this exclusive author interview, Asatryan talks about how closeness is established on a deeper level to understand people from their own perspective.

Author Opens Up On Best Relationship Advice When Feeling Lonely

To start, we love the premise of *Stop Being Lonely*. Can you give us some background on what inspired you to write this book?

I have been interested in the topic of loneliness for years because I have experienced a lot of it myself over the course of my life. I found it really frustrating and confusing mainly because I have always had relationships with people and always had people in my life, so I didn't quite understand why that wasn't enough to make me not feel lonely all the time. That is why I wanted to explore the distinction between having people in your life and having a certain quality in one's relationship.

Related Link: [Kate Gosselin Reveals She's Lonely on Dr. Drew](#)

What do you feel the primary cause of loneliness is in our culture?

There are a number of things that have made it so that people are becoming lonelier. The trends say that the amount of

people feeling lonely is increasing. It is up 30 percent over the last couple of years. One thing that is sort of crazy to me is that we have more and more access to each other than we ever had before through technology specifically. It is an interesting counter-intuitive thing that we have more access to people and yet loneliness is increasing.

How would you say online dating impacts loneliness in a relationship? Can you explain if it sets a precedent for communicating only via email/text?

Online dating is starting to be studied in depth both how people use it and how it is affecting people. At this point, the results are that online dating is just really complicated. Both men and women are struggling with how to interact with each other over these mediums. I think you are right, it does set a precedent of leading these relationships through text, email and messaging. One thing we do know is that you cannot get very close to somebody unless you interact with them in person.

Related Link: [Relationship Author Daisy Buchanan Shares Her Dating Advice For 'Meeting Your Match' Online](#)

You mention that the cure to loneliness is closeness. Can you explain how closeness would cure loneliness in a romantic relationship?

In the social science world, people tend to typically say intimacy when they are talking about romantic relationships. To me, intimacy encompasses what I define as closeness and also the sexual component. I talk mostly about the closeness component because it applies to more relationships than just your sexual relationship. Closeness, as I define it, is direct access to another person's inner world. I say that it is the antidote to loneliness because the kind of loneliness that we are experiencing these days is not really a lack of people, it is a lack of feeling like we can really understand each other

and that we are really valued by the people in our lives. So closeness kind of minimizes that internal distance that we are feeling, which creates the feeling of loneliness.

What advice would you give to a couple who has relationship problems and is struggling with loneliness?

Loneliness in romantic couples is challenging because if you are already in a committed relationship, say a marriage, you have to start at a different place than you would if this was a new person that you just met. In general, I say people should create closeness by knowing and caring. Knowing means getting to know the person on a deeper level and understanding them from their own perspective. Caring means showing them that you are interested and that you matter to them. For couples who are already married or in a committed relationship, I would start with the caring part because the couple that has been married for 10 years would typically say we know everything about each other. Whether or not that is actually true, that is what they believe. Caring and showing the other person that you appreciate them or support them can really diminish quickly in a marriage, so bolstering that side of it up can make a huge difference.

What dating advice would you give to someone who is holding out and not dating because they haven't met anyone who has all the criteria on their checklist?

I would say that there is value to taking that step to meet someone in person if you are at all interested in them. Don't go into a date prepared that the other person might be totally terrible and you might regret doing it. My relationship advice is to view it as an opportunity to get to know the person, especially if this is an online situation. It is basically impossible to know if someone is a good fit for you on deeper level through the online stuff. So as painful as it can be, if you can get yourself out there to meet them, I think that is the right thing to do.

Stop Being Lonely: Three Simple Steps to Developing Close Friendships and Deep Relationships is available now on [Amazon](#). For more on Kira Asatryan visit the [Stop Being Lonely website](#) and check out Kira's twitter at <https://twitter.com/kiraasatryan>.

Celebrity News: 'Bachelorette' Emily Maynard Opens Up About How She Finally Found Love



By Jasmine

Igwegbe

Love will find you when the time is right, and it's just the matter of being patient until then. In [celebrity news](#),

Bachelorette [Emily Maynard](#) finally found happiness after dealing with depression, the death of her former boyfriend Ricky Hendrick, and life as a single mother. According to [People.com](#), Maynard, a practicing Christian said, “I wanted that love so bad; I felt like there was something wrong with me if I couldn’t make it work. But I look back now and see that the times I felt the lowest, God was still there for me, planning something better than I ever could have imagined.” After giving love several chances on *The Bachelor*, Maynard left and reconnected with her best friend Tyler Johnson who later proposed to her. A [celebrity relationship](#) has found Maynard and her life is exactly how she wanted it years ago.

This celebrity news is heartwarming. How do you know when you’re ready to enter the dating scene again after tragedy strikes?

Cupid’s Advice:

We all hope to find true love one day, especially after experiencing a tragedy. There are going to be times where love is not going to work out the way we hope. Unfortunately, this happens to many people more frequently than desired. However, you should always remember that there is somebody out there for everybody, and it’s the matter of patiently waiting your turn. Cupid has some advice for you:

1. Are you happy by yourself?: This means, are you happy without the addition of someone else in your life? One should be able to enjoy their life as an individual before dating. This allows you to open your heart to other possibilities instead of trying to fill an empty hole in your heart by using someone else.

Related Link: [Ali Fedotowsky Says Emily Maynard “Deserves to Find Love” on ‘The Bachelorette’](#)

2. Are your emotions truly ready?: Your emotions can make a big difference when it comes to whether you’re ready to date again. After experiencing a tragedy, ensure that you are emotionally available to another person. If you feel as if you are not emotionally ready, take a step back and focus on yourself for now.

Related Link: [Celebrity Pregnancy: Former ‘Bachelorette’ Emily Maynard is Expecting!](#)

3. Are you able to leave the past in the past?: Even though you absolutely loved your past relationship and what they did for you, do yourself a favor and keep it in the past. You are allowed to think of all the great memories you and that person had, but don’t let it interfere by measuring prospective dates against it.

What do you believe are some other signs to know you are ready to date after a tragedy? Share your ideas with us below!

Dating Advice: 4 Signs He’s About to Say ‘I Love You’





By [Katie Gray](#)

Love is such a beautiful thing. When you're in a new relationship, there's no doubt that it's an exciting time, as we get to truly know the other person we have developed feelings for. That being said, there are also tons of thoughts swirling around your head. A big one is, "When is he/she going to say 'I love you'?" Cupid has some [dating advice](#) on how to look for signs that he's about to utter the L word.

This [relationship advice](#) is sure to help you as you navigate your way through the journey of love!

Whether you feel like your partner is about to say they love you or if you just think they might, there are signs to tell if they really love you and are going to stand the test of time. Cupid has some dating advice on the four signs to look for:

1. He's spending tons of time with you: A sure sign that he's going to confess his love for you is if he's spending a ton of time with you. Guys don't eagerly spend time with people who they don't have strong feelings for. It's for sure a sign if he's busy, but still makes time for you. If he's the one

initiating the get together, you know he cares and is on his way to saying those three words that mean the world!

Related Link: [Relationship Advice: 10 Actresses To Look To For Guidance](#)

2. He displays sweet gestures: When your partner is making a lot of effort and is giving you random acts of kindness, you know that they care and are a keeper. When they cherish you, they make sure to display sweet gestures for you. It's a definite sign that he likes you and is going to say "I love you" soon. Why would they put in effort if they didn't care? When they go out of their way to do something, it's because they genuinely care.

3. He can't keep his hands to himself: Take a cue from Selena Gomez's hit song. When your partner wants to always show affection, hold your hand, run their fingers through your hair, kiss you and hug you, it's a sign that they're most definitely falling for you.

Related Link: [Relationship Advice: 10 Emotional Stages of Being in a New Relationship](#)

4. He remembers everything: When people remember things you have said or done in the past, it's because you know they truly care. People don't remember things that don't matter to them. If your partner remembers dates, like the firsts of the relationship, it's because they do care deeply for you.

What are some signs you knew your partner was about to say 'I love you?' Share your stories below!

Celebrity Interview: 'Newlyweds: The First Year' Stars Talk Love & Celebrity Relationship Struggles



By [Michelle Foti](#)

As seen on reality TV show *Newlyweds: The First Year*, newlyweds Tara and Rob Radcliffe have showed America that no marriage is perfect and not every wedding can be either! Looking past the burlesque dance and into the hearts and home of the celebrity couple, their awe-worthy connection is illuminating. In our latest [celebrity interview](#), CupidsPulse had the pleasure of chatting with the reality TV stars about their love life, some of their celebrity relationship struggles, and they even gave us some marriage advice and strategies when things aren't always going well.

'Newlywed' Couple Talks Celebrity Relationship Struggles in New Celebrity Interview

Tara and Rob have faced the camera and faced America, but at the end of the day it's about facing one another with the gaze of appreciation and of course, a love life that now mimics a public celebrity relationship. Sharing their first year as newlyweds with America has actually brought the famous couple closer! "We have this journey we're going through together," Tara says. "We can talk to one another about certain things with the show that we couldn't necessarily talk to another person about....It's nice to have someone to share it with that you're married to or you're close with."

For this duo, their daily tasks are filled with laughter because of one another. In fact, laughter is one of Rob's favorite things about their famous relationship along with how much time they spend together. "I've never been in any relationship, married or otherwise, where we spend so much time with one another out of choice," Rob says. The laws of attraction do not even scratch the surface of the marriage.

"In this relationship with Tara, I find myself really gravitated towards her and just wanting to go spend time with her," the *Newlywed* star says. "For instance, today she's cooking and rather than being upstairs in our gym area, I chose to do push-ups and sit-ups right off the kitchen so I can be talking to her while I'm working out."

With a bond that seems unbreakable, Tara attests to how deep their connection runs. "For me and Rob, I feel like we've had many lifetimes together, so the minute I saw Rob I felt like our souls were just reconnecting again and it was a really beautiful thing," she says.

Related Link: [Relationship Advice: Are You Ready For Storybook](#)

Love?

As newlyweds, the happy celebrity couple are no strangers to relationship problems. For the pair, struggle most typically comes in the form of family. "We have had a lot of issues just with the importance of family and the Persian culture," Tara reveals.

"Although family is important in Rob's life as well, he kind of picks and chooses who he wants a relationship with and who he doesn't. For me, it's like you don't have a choice. You are going to be respectful and fake it with family members that you don't always necessarily get along with."

And although they've had their marriage problems, one thing that the famous couple not only loves to do but also helps their relationship grow is asking questions: date night questions. When they're on a date night and the conversation lulls, they like to ask each other questions about the relationship to make sure that it is growing and healthy. "They're questions, like for example, what do you feel like you should be acknowledged for," Tara says. "Or what would you like to be appreciated for? Is there anything that I haven't allowed you to say yet, something like that," Rob added. "They're helpful. Keeps the marriage strong."

The reality TV stars would advise other couples to use this dating tip to overcome hard times. "I feel like when we do have these date night questions, it's like a safe zone," Tara says. "There's no judgement around it, there's no hurt. It's just two people being upfront and real and being able to walk through a problem with one another." Rob's relationship advice is to just appreciate each other on a daily basis. "Of course there are those days that we bump heads," he says. "We disagree on things, we go off on our little spats with one another. But for me, it just comes back to appreciating each other." Even in the strongest of marriages, it isn't all smooth sailing. Rob says that in these situations, the love they share conquers all. "We're both so in love with each

other, when we start stabbing and fighting I try to take a breathe and go 'You know what? Let's get through this fight because what we have is so special and the love that we have for each other is so important,'" Rob says.

Related Link: [Five Ways To Cope With A Relationship Breakdown Just Like the Celebs](#)

Before the celebrity couple exchanged vows, they had an interesting start. Tara worked for Rob for three days. "I remember I looked into his eyes and I was like, 'Oh my God, this is the man that I'm going to spend my life with. This is the soul I am supposed to be with.' And I just knew I wanted to be with him," Tara says.

Although they're newlyweds, neither Tara nor Rob are new to marriage. "For me I learned what I don't want in a partner from having a previous marriage," Tara says with a laugh. "I knew exactly what was making me unhappy, so coming into another relationship, it was nice to feel happiness again. I know how I should be feeling now in a relationship," Tara says. In our celebrity interview, Tara reveals that she loves the quirky things Rob does and he just loves being around her. Both Tara and Rob treasure the relationship they share.

"The exit door is not one I want to go walking through quickly because I've walked out through the exit door before," Rob says. "It makes me more committed than ever before, so I make sure that I appreciate the love that Tara and I have."

You can keep up with Tara and Rob Radcliffe via Twitter at [@robradcliffe180](#) and [@tara_radcliffe](#) and on Newlyweds: The First Year on Bravo, Wednesday 10/9c.