

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](#).

For more advice on love and relationships from relationship experts, check out our [website](#).

Celebrity Interview: Reality TV Matchmaker Carmelia Ray Says, “Take Actions That Are Consistent With Your Commitments”



By [Rebecca White](#)

On May 3, a new Myx TV original dating series premiered that tested the old cliché that “mother knows best.” Carmelia Ray is the world-renowned professional matchmaker star in the new series, *Mom vs. Matchmaker*, which challenges a matchmaking titan with over 20 years of experience to find, train and prep a better suitor than determined moms who are inserting

themselves into their single child's love life. In our exclusive [celebrity interview](#), the relationship expert talks about the new reality TV show and gives her best love advice.

Carmelia Ray Talks New Reality TV Show, 'Mom vs. Matchmaker'

With any reality TV show, the contestants' future happiness is on the line in the hit new series. Emotions run high and audiences are able to get a behind the scenes look at the matchmaking process. As the matchmaker, Ray is most excited for viewers to see what it takes to find a match so they can appreciate the process of working with a matchmaker. "Matchmaking is a real alternative and a great one at that," the expert says. "Viewers will be surprised at the lengths that both mom and I go to, to find the perfect match."

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The matchmaking process isn't just about finding someone who marks off checks on a list but is a creative training process. As the matchmaking titan says, "Nothing is predictable." The show features many twists and turns, because even if a choice seems obvious and makes the most sense, people tend to go with their gut, even if goes beyond what they say they want. Overall, the show also displays that mothers don't always know best. "I'm a mom and I'm willing to admit I don't always know best," Ray says with a laugh. "There's no manual and there are a hundred different ways to deal with a situation, so even though moms have a strong sense of what an outcome should be, they don't always know best."

Matchmaker Gives Best Love Advice

With summer right around the corner and summer love on everyone's mind, turning a summer fling into a full-fledged relationship can be tricky. Ray's best dating tips for summer love are to avoid sleeping with someone on the first date and take your time. "There's something to be said about saving yourself sexually," she adds. Slowly reveal yourself, because the mystery is half the charm.

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Along with summer love, comes wedding season. If you're single and navigating the upcoming wedding season, you don't have to bring your summer fling as a date. "It's always great to bring a date who has no expectations," the reality TV star says. "Bring a wing woman or a wingman or the DD." When you're single, going to a wedding doesn't have to have pressure or be awkward. You can bring someone who has your back and complements you so you can have a good time. But remember that the wedding day is also about your friend who is getting married. If you see that the bride is having cold feet, have them list everything that they love about their partner. "Ask them what they're really nervous about because a lot of times they are focusing on what can go wrong in the relationship," Ray says. To help your pal through this, have them remember why their partner is a good match and how their life is better with that person.

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You may also have friends who are already married and have thriving careers and families. Managing a career and a family isn't always easy, but moms need to remember to have "me-time." In order to get their energy and mood up, moms have to

make themselves a priority and let their family know what they need. Busy moms can also find support groups who have similar interests and will encourage you to get involved in the community. Whether you enroll in a group that does activities you like or a group of moms that support each other, look to other people to help you out. Focusing on your relationship is a great idea, as well. Making time for romance, your career, and your family is tough, but it's all about prioritization. "If you value your relationship, you'll make time," Ray says. "Everything else is just excuses." In our celebrity interview, the reality TV star shared that the best love advice she's ever received was to "Take actions that are consistent with your commitments." If you say you're committed to your relationship, then make sure you're calling your partner or texting them updates. If one thing is for sure: This matchmaker does not take excuses.

Mom vs. Matchmaker airs Tuesdays on Myx TV at 8 p.m. EST.

You can keep up with Carmelia Ray on [Twitter](#) and her [website](#).

Dating Advice: Top 10 Things to Know About Hiring a Matchmaker





By Melanie Mar

A matchmaker works on behalf of a client to set that person up on dates and ultimately find them a happy and healthy relationship. In today's society, more and more people are turning to matchmakers as they look for a qualified mate for a long-term, committed relationship that may eventually lead to marriage. Below are ten things that you should know about hiring a matchmaker:

1. Your time is premium. A matchmaker acts as a personal agent for your love life. You can go on with your busy day-to-day schedule, while matchmakers like myself are working behind-the-scenes to find your other half. It's an effective, timesaving approach.

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2. A professional matchmaker has the intention to orchestrate *quality*, not quantity, introductions. They only select matches that offer you the maximum chance of success. Identifying mutual compatibility in important areas such as religion and children help them decide who your potential matches are.

3. Your safety is of paramount importance. Matchmakers' clientele are screened for your security, allowing you to feel confident meeting the individuals selected for you.

4. Matchmaking is offline and highly personal. Matchmakers get to know you and find out what you think is most important in an ideal mate. All potential candidates are interviewed in person too. After all, you are hiring a professional to handpick someone who is perfect for you.

5. Matchmakers elicit feedback from both parties after each date, allowing them to better understand what you are looking for and to refine their search. They'll also gain insight into behavior patterns that you may not be aware of.

6. They keep your privacy in mind. Most matchmakers do not post your photographs or personal information on the Internet. Unlike online dating websites, it is a discreet way to handle your private life.

7. Matchmakers generally have a higher caliber of clientele. People who pay to enroll a matchmaker's services are serious about relationships and not interested in wasting anyone's time.

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8. A matchmaker will coach you through the whole first date process, from what to wear to breaking the news to your match if you didn't feel that crucial connection necessary for a relationship. Chemistry is the only thing a matchmaker cannot guarantee.

9. Matchmakers specialize in the different needs of you, the client. Whether you are retired, religious or gay, find a matchmaker who caters to your very specific requirements.

10. Matchmaking services, especially those designed to be boutique or elite like mine, do not necessarily take every

paying client who is interested in working with them. They have to feel that they will be able to match you and that you will meet the high standards of their current clients.

Once you have made the decision to hire a matchmaker, choose someone that you can truly trust and be honest with when it comes to what you want. Finding true love is one of the most important things in life, and emotions will be involved. Therefore, you must feel safe enough to share your feelings. Open your heart and mind and let your matchmaker guide you, even if they sometimes lead you down the road less traveled. Most importantly, remember that love is waiting for you; you might just need a little help finding it.

Melanie Mar is a celebrity relationship specialist, matchmaker and life coach. For more on Melanie, you can follow her on [Twitter](#).

3 Dating Mistakes That Prove It's Time to Use a Matchmaker





By Melanie Mar

Dating is certainly much more challenging than it used to be. For example, in the good old days, boy meets girl and off they run into the sunset together- cue screeching sound as the movie comes to an abrupt halt and fast forward to the 21st century and today.

Why is dating so difficult now? Although there are many reasons, here are just a few examples:

1. Women are more independent now, than ever before: Being a housewife is becoming less and less the norm. While working is great for financial independence and self confidence, it can also make you too tired and overly stressed to have the energy and high spirits needed to get yourself out socially, in the hopes of meeting your 'Mr. Right.'

Related: [Why Amazing Confident Women Remain Single](#)

2. Online dating sites: The internet is saturated with these. While we've all heard the success stories, the reality is that the success percentage is very low, and the time and effort

needed to sift through all the profiles may feel like a full time job. But, the real problem here is, if the first date isn't fabulous, then there are another 20 people in your "inbox" allowing you to just move onto the next, without giving one person a real fighting chance.

Related: [5 Low Profile Online Dating Strategies](#)

3. The 'bigger is better' syndrome: This is most frequently recognized in the more cosmopolitan cities. A midst all of the swanky bars and hotels in town, women are hunting men. There's this feeling of having a constant itch that needs to be scratched. There's an insistent desire to find someone younger, richer, smarter, better looking and better bodied. So, what used to be a nice night out has become an extreme sport with everyone competing for the gold medal (the hot guy), which doesn't necessarily mean the right one.

Could a matchmaker make it easier for you to find a substantial suitor?

A lot of people are curious, and ask me about the match-making process and how it works. In simple terms, a good matchmaker takes all the guess work, time, energy and effort out of the whole 'meeting new people with potential' scenario. I screen my clients and make sure they are who they say they are, look the way they do in their photographs and then check their real age. I gauge people's energy, code their body language, listen to the words they use to communicate and find out what their requirements are for a mate.

There's an art and skill to true matchmaking, and my advice is to go online, find three in your area and make appointments with them all. See who you have a connection with and who can assist you with your particular, unique needs. There really is no a downside in seeking a little professional assistance, only the possibility of finding that person with whom to walk down the aisle.

Melanie is a relationship and life coach, as well as co-owner of the Millionaire's Club International Matchmaking Agency for the U.K. and Europe. She is certified by the WANT Institute in Androgynous Semantic Realignment and a Transaction Analysis practitioner certified by the United States America Transaction Analysis Association. Visit www.melaniemar.com for more information.

Tough Love Miami: Steve Ward Talks About A “FunSexyCool” Way To Find Love In The Digital Age





By Andrew Pryor

Simply put, Steve Ward knows his way around the human heart so well it's a wonder he's not a cardiologist in his spare time. Having joined the family matchmaking business straight out of Drexel University, he's currently the CEO of Master Matchmakers, working alongside his mother, JoAnn Ward. They also co-host the breakout VH1 series *Tough Love*, now in its fourth season.

Being a co-host of *Tough Love* helped Steve share his relationship expertise with a much wider audience, and the show itself provided VH1 with a reprieve from the stigma of past shows like *Flavor of Love* and *Rock of Love*. "The executives over at VH1 were looking for more transformative programming," says Steve, "so that was kind of our hook." And that "hook" turned into a successful program that brought him and his mother into the limelight.

Related Link: [VH1's Flavor Flav Says Keep it Real to Make Your Relationship Work](#)

So what's a big part of their success, both on-and-off-camera?

Well, in Steve's opinion, a lot of it has to do with the way their business melds hands-on relationship advice with new technological developments. "I really enjoy being on the cutting edge of technology, especially when it comes to the dating world," he says. "We just have to keep up with the times. Dating and mating are evolving faster than we are."

This particular subject made its way onto a recent episode of *Tough Love*, where the women were taught how to text responsibly and were ambushed during dates with photos from their Facebook pages.

And Steve's newest innovation: a smartphone app named FunSexyCool. It combines technology and matchmaking in a way that's accessible and fun to use. It's an app that lets you upload a photo of yourself, look at the photos of other users, and rate them as Fun, Sexy, or Cool, hence the name. It's also one of the few social romance networks that actually rewards you for being active—the more pictures you rate, the more conversations you can have with other members of the site. It also includes a feature where you can contact a user in your general vicinity and chat with them.

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"Me and a couple of tech developers I know were talking about how people seemed frustrated with the options that were out there for finding love, so we worked together to come up with something new," he says.

Interested daters can sign up for the app at funsexycool.com.

And for those who want more of Steve Ward, visit MasterMatchmakers.com or watch *Tough Love* at 8 ET/7 CT.

Steve may be a practitioner of tough love, but it's definitely not difficult for people to fall in love with all that he's done to better people's lives.

Kailen Rosenberg Shares Expert Love Advice and Discusses Celebrity Relationships: “It’s Much More Than Matchmaking to Me”



By Deana Meccariello

[Kailen Rosenberg](#) is a nationally-respected matchmaker and relationship expert who has helped many stars establish celebrity relationships throughout the years. She has a gift

for bringing you back to the person you really are deep-down inside and helping you to shed the hard-coated exterior that society has forced you to wear. Given her background, it's no surprise that she's best described as a "love architect." So what is a *love architect*? It's someone who comes into a person's life, whether they are married or single, to help find cracks in their foundation (which is where the idea of an "architect" came from) that are in need of strengthening and repair.

As Rosenberg explains, "Whether you look at it spiritually or psychologically, I'm helping to mend areas that need truth and awakening. I come in and find those areas that need work, and then I help my clients come to their own truth. They discover which parts haven't been solid and built in a healthy way. Once that's done, they can finally have the relationship and love that they've always wanted and deserve."

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Kailen Rosenberg Discusses Being a Dating Expert on Reality TV Show *The Bachelor*

As proven by the many romance-focused reality TV shows of today, singles are finding it harder than ever to find a partner. Rosenberg can attest to that, having served as a matchmaker and relationship expert on season three of *The Bachelor*. "I worked behind-the-scenes in regards to seeking out the right bachelorettes for the show. I actually interviewed Bob the Bachelor," she reveals.

Reality TV or not, the dating expert can shine a light in the dark corners of an individual's personality and help them truly find what – and who – they are looking for. She

explains, “When most people come to me, they look pretty darn amazing in person and on paper. They believe that they like who they are, and in many ways, when we’re talking about the ego, they *do* like who they are.”

Rosenberg expands on this expert love advice and adds, “However, they come to me believing that the issue isn’t really about them but rather about finding the right person. During my beginning assessment process, people begin to realize that they never knew who they were and that they became the person they were told to be or taught to be by society. Therefore, they’re not only attracted *to* the wrong people, but they’re also *attracting* the wrong people.”

With this thought in mind, her first priority is to teach people who they truly are. “After I finally introduce and match my client with their true self, then we can get down to who this person should be dating. We’ve put over 200 marriages together and haven’t had one divorce, which is just crazy and unheard of,” she shares. “I think it’s because these people are connecting on a genuine level that most people never have the opportunity to experience.”

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

Revealing how important her work is to her, Rosenberg gushes from the other end of the phone, “It’s much more than matchmaking to me.”

The relationship expert knows that, in order to find love, her client must be a healthy-minded person. They have to be in a place where they are self-aware and know that what they’ve been doing isn’t working. This kind of acknowledgement tends to set the mind for positive experiences, whether they’re an everyday person or a celebrity. For example, a radiant and successful woman with everything going for her, like Jennifer Aniston, will still have problems keeping a man if she doesn’t have this mind set.

In fact, speaking of Aniston, Rosenberg says, “I do have clients that know her and say she’s lovely. However, there is a very apparent trend in her love life. She is darling, and there is so much to like about her, but there is something going on with her, something that she needs to pay attention to. She needs to get down to the reality of what it is that she is doing. What is surfacing in her relationships after a certain level of intimacy, and what unhealthy pattern she keeps accepting into her life? I really think that’s what it comes down to for her.”

The Highs and Lows of Celebrity Couple Clients

Celebrity relationships, media, and technology can be a dangerous mix. Rosenberg says that there are people, like Kim Kardashian, who are being followed around by a camera and dealing with sensationalism in every aspect of their love lives. Then on a real-world level, we have people using Facebook, Twitter and other social networking platforms to post every detail about their relationships – from happy pictures of the good times to angry rants detailing a harsh fight or break-up.

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“The reality is that they’re publicizing who they are as well as their personal relationships, and when you act this way, people are going to look at you and scrutinize you – the good *and* the bad,” the dating expert explains. “As a couple, you need to be a team and understand that all that matters is what you and your partner know to be the truth.”

Rosenberg then adds, “If there is something that is triggering a pain or disconnect from the outside based on what you read or see, that’s something that you have to look within to

understand. Couples need to be grounded in what love is really meant to be and not the attention it can bring.”

Another fascinating component of the relationship expert business is what she refers to as a “life remodel.” This particular piece caters to – but is not limited to – people in Maria Shriver’s position. For people who have been cheated on and are struggling with a messy divorce, Rosenberg can bring a person back from the ashes and help them move on. “In a case like Maria’s, there are always signs. We always have life poking at us with the truth, and it is up to us whether or not we want to see it,” she says.

However, this mindset is easier said than done. “Sadly, most times, we choose to turn a blind eye to things that are not good for us, and eventually, it comes crashing down. Then, we no longer have power or control,” says Rosenberg. “I think someone in Maria’s situation would have to ask, ‘Were there signs? How far back? Why did I choose to ignore them?’ It is important for Maria to forgive herself and, as hard as it may sound, to forgive Arnold. The most amazing thing is that sometimes, from the deepest trenches of pain, we can end up finding the most amazing love we’ve ever had.”

It always goes back to your past. “You have to look at your view on relationships, including that of your mother and father. What was your vision of love, and what is it now?,” Rosenberg asks. “Focus on what loving you means as well as what is still good and precious in your life. Surround yourself with people who are truthful.”

Prince William and Kate Middleton Invite Matchmaker to Wedding



It looks like there's one more addition to the already over 1,900 people attending the royal wedding. According to [RadarOnline](#), that person is Sam Waley-Cohen, 28, an old friend of the royal couple who is credited with reuniting the pair after they broke up in 2007. Although Cohen is modest in taking responsibility for reuniting the two, it was at a party thrown by Waley-Cohen at his family's Oxford, England country house where the two resolved their issues.

Should you hire a matchmaker?

Cupid's Advice:

Sometimes it can be tough to meet people, and if you aren't interested in turning to the internet, a matchmaker may be just what you need:

1. Fix something that's broken: Just like you would hire a professional to fix anything broken, why not hire one to fix one of the most important things in your life?

2. Increase your odds: We all know it's not easy out there finding love, so leave your stressful burden with someone else.

3. Busy life: The busier we get, the more our love lives get pushed on the back burner. While we're busy with our jobs and careers, there are people who make love their job and want to help you find love.

Gwyneth Paltrow Dishes on New Couple Jake Gyllenhaal and Taylor Swift





Jake Gyllenhaal and Taylor Swift's budding romance may be partially thanks to Gwyneth Paltrow, reports [Us Weekly](#). Paltrow hosted a private dinner party for Swift and Gyllenhaal during their quiet trip to London on November 13th. "Jake and Taylor were driven from the Dorchester hotel to Gwyneth and Chris Martin's house in Primrose Hill for dinner," explained an insider. "Gwyneth seems to have played a role in their relationship." When asked about the dinner party, Paltrow replied playfully, "I've just known Jake for a long time and he's a great guy, and Chris has a friendship with Taylor." Paltrow's matchmaking seems to have paid off, for over Thanksgiving Swift and Gyllenhaal had many a coffee date. **Who should be your matchmaker?**

Cupid's Advice:

Every relationship needs a good matchmaker, someone to help test the waters when things get heated (or cold). Here are a few tips to help choose your matchmaker:

1. A mutual friend: It's always nice to have a matchmaker who knows the two of you. This way, your confidante will be able

to talk more closely with both of you without either of you feeling awkward.

2. Somebody trustworthy: If a person is going to interfere in your relationship, that person needs to have your trust. You should keep your relationship personal, and be very cautious when opening up the relationship to another individual.

3. A professional: There are those who choose to make their careers about matchmaking. Make sure the professional you choose has a legit background and high success rate!