

Ask the Guy's Guy: How to Make Valentine's Day Work for You



By [Robert Manni](#)

Valentine's Day is a day most of us dread.

It's commercial, pressure-filled, exploitive, and most importantly— forced and unromantic. I'll leave all of that to next week's *other* Valentine's Day post. But there are two ways to look at V-Day as it gets pitched our way each and every year. Whether it's chocolate, flowers, jewelry, vibrating panties, weekend getaways, etc.—you name it and they're selling it in fire engine red. Here are a few suggestions for

how to not only cope, but to have fun and share the love. And that's the point. Valentine's Day should be about celebrating heart-felt love. Your Guy's Guy suggests that the best way to make this a special occasion is by *personalizing* it. That means making it all about your partner...and not about you.

Related Link: [Should I Date More Than One Person At A Time?](#)

If love is in the air and you want to fan the flames.

If you're a guy and you want to get intimate with a woman for the first time the tendency is to buy her lingerie, hoping that she'll wear it for you on Valentine's Day. Don't do it. She is more than aware that you want the show. If you consider my suggestions and it's meant to be, the show will open to rave reviews... and it will go on and on. Chocolates and flowers and cards and jewelry are always welcomed, but a Guy's Guy adds intimacy to her gifts that empower them as expressions of love. So instead of doing the expected and buying a printed card at Walgreens, buy her a card that allows you to craft your own special message to her. Remind her of all the things she does that make her special and why you want to get to know her better. [Pay attention](#) to the details the way a woman does. Believe me, she will notice and you won't have to buy her red lingerie. She'll bring on the black when the time is right and when she does you'd better fasten your seat belt. Other things to consider are attending events together like a sake tasting or a Broadway show that she mentions in passing. Sharing brings couples closer together.

If you want to keep the fires burning.

Again, it is all about personalization. If you buy her jewelry, have it inscribed with a special message. A former paramour once bought me a silver necklace with an understatedly elegant pendant. Nice. When I looked closer she inscribed the underside with, "Love Slave". Talk about marking

your territory. It [worked](#). Of course when my next girlfriend took one look at it, it came off instantly. If you show some effort to personalize your gift when you are in a long-term relationship or marriage, it makes your partner feel appreciated. How about writing down the twenty things she does that make her so special. Why is she so important to your life, what makes her sexy, funny, etc? Make her feel special. That is intimacy.

Related Link: [Ask The Guy's Guy: What Do I Do If I Have Trouble Opening Up To My Significant Other](#)

Wild Cards

If you're going down the sexual path remember to make it all about your special someone. That's where the lingerie and crazy stuff like vibrating panties and sex toys come into play. All good. That said, you want to make sure that there is as much giving as receiving so that the festivities go all night long. I recently read about an "arousal gap" between men and women. A real Guy's Guy wants to make his woman happy. It's not a race to the finish line; the goal is to arrive at the same time so everyone wins. Remember that Valentine's Day is all about your partner, so have fun. And play safe.

Are you making Valentine's Day all about your partner?

Previously posted on [RobertManni.com](#)

Hope this helps,

Guy's Guy

Robert Manni

If you would like relationship expert Robert Manni to answer your online dating/relationship questions, please email gillian@nvmediainc.com

More about the Guy's Guy:



Robert is the host of Guy's Guy Radio, featured on Blog Talk Radio and available on iTunes, Stitcher, and TuneIn. The weekly podcast features interviews with relationship coaches, entertainers, authors, wellness experts, spiritual teachers, sports personalities, and a weekly "Guys' Guy's Guide" exploring current guy-focused topics.

His novel, THE GUYS' GUY'S GUIDE TO LOVE, praised as the "men's successor to Sex and the City," has been developed into two feature-length adapted screenplays, a scripted television series (pilot and treatment), and a series of non-scripted Guy's Guy show concepts.

Robert has appeared on broadcast television (NBC's Morning Blend, WPIX11 Morning News) and is a frequent guest across a spectrum of satellite, terrestrial, and web-based radio programs and podcasts, as well as a contributor to Huffington Post, Thought Catalog, Cupid's Pulse, GalTime, is a featured expert on GoodMenProject and YourTango. He was also named a Top Dating Blogger by DatingAdvice.com.

Robert developed the Guy's Guy Platform to help men and women better understand each other and bridge the growing communication gap between the sexes. He continually creates a fresh, robust palette of timely Guy's Guy [content focused on life, love and the pursuit of happiness](#). Whether it's navigating the challenges of dating, relationships, friendship, career or wellness, Robert explores ways to help both men and women be at their best so that everybody wins.

Read more at [Cupid's](#).

Date Idea: Enjoy a Secret Sunset



By [Sarah Batcheller](#) and [Mara Miller](#)

When we think of iconic images of romance, we often visualize the sunset. The soft glow of the sun going down and blanketing us in darkness makes us want to cuddle up close to the one we love. If you want to plan an unforgettable summer date night and show how much you love your partner *without* having to spend a dime, just follow this [dating advice](#) and find a

peaceful spot to enjoy the sunset together.

Enjoy a beautiful sunset on this summer date night!

For this weekend date idea, finding a place to watch the sunset gives you the option of staying close to home or traveling to a more unfamiliar place. After all, who doesn't love a good road trip to the beach? Wherever you decide to go, you may enjoy the melody of crickets, the twinkle of fireflies, or the sound of the waves washing away all your worries. At the end of the day (literally), you're there to enjoy the mystifying view of your side of the world turning away from the sun. We can already envision the silhouette of that perfect kiss with your love!

Related Link: [Date Idea: Dance the Night Away](#)

Since darkness will impede on your ability to see during your date night, bring along some things that will ignite your other senses. Pack a picnic and enjoy a delicious dinner for two with no interruptions. This also gives you the opportunity to create some homemade masterpieces together before you head to your special spot. Bring speakers to play your favorite music while you dance the night away. To make the occasion even more special, create a playlist of songs that you've dedicated to your one true love. If you're able to, light a bonfire and cuddle up in its warmth. If a little ambiance is all your looking for, bring along some tea light candles to set the mood.

Related Link: [10 Great Date Ideas Under \\$50](#)

The good thing about the sunset is that it happens every day, so if spontaneity is your way of life, you can grab your babe and go catch the view any day you please. This date idea requires no planning or research – all you need is the desire

to have a magical night. You could even make it into a tradition: It can be your way of commemorating the start of summer or a weekly date until it gets too chilly. Maybe you'll even fall asleep and wake up for the sunrise! Whatever you decide, Mother Nature's wheels will always be turning.

Where is your favorite spot to enjoy the sunset? Tell us in the comments below!

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.

How to Campaign for a Better Relationship





By Tanni Deb and Kayla Garritano

With Election Day in recent history, the best time to campaign for a better relationship is now. Whether that means leaning to the left with a liberal approach or moving toward the right with a more conservative one, you deserve the best relationship. For future [date nights](#) with your partner, let's make sure you can get their vote towards a better relationship.

This [relationship advice](#) may win a vote from that special someone:

1. Figure out what you want in a partner: Knowing exactly what you want in a partner will help you narrow down your choices, just as you would with a candidate in an election. Otherwise, you'll settle for anyone. You can make a list of pros and cons, or just make a mental note, anything to help you make the right moves.

2. Figure out what issues/things you can compromise: Figure

out what things you're willing to let go, such as finding a mate who doesn't have certain features or doesn't meet your height requirement. Although compromising is important for a healthy relationship, and this will help you prepare for compromises with your partner in the future, never do it for major issues. For instance, if you want a family in the future, don't make a life with someone who doesn't like children.

3. Search: You'll probably need to search in a variety of places before you find your perfect partner. Dating sites, clubs or even attending a party at your friend's house can lead you to your ideal mate. You usually end up finding your perfect partner where you least expect it!

Related Link: [How to Deal with Online Dating Rejection](#)

4. Communicate: Communication is the key to every successful relationship. It helps avoid misunderstandings, fixes problems, and aids in understanding each other in order to improve your relationship. Ask your partner how their day was, if they have any new interests, and other common questions like that. You should also show that you appreciate your partner by complimenting him or her once in a while.

5. Listen: Just like communication, listening is another major factor in a successful relationship. Your interest and focus is important to your partner, and when you show that they have your full attention, it means the world to them. It will also build a sense of respect and trust between both of you.

6. Think positively: When you concentrate on the negative aspects, it'll cause tension in your relationship. The next time you have a negative thought about your significant other's actions, come up with a more reasonable explanation for his or her act and then discuss it. If an argument arises, control your tone and figure out what the major issue is or the message your partner is trying to communicate. Lastly,

remind yourself frequently of the good times you've spent together.

Related Link: [How to Communicate to Get What You Need](#)

7. Common goals: Having similar ambitions in life makes your relationship stronger. Figure out what both of you want and where you both want to be in the future. Find common goals and talk about how to achieve them together.

8. Find time for each other: Work is important, but for relationships to flourish, it's essential to have time for your significant other. Instead of taking things too seriously, spend time with your sweetheart, have fun and just relax. Whether it's a movie night in, an impromptu [romantic getaway](#), or a date at a [famous restaurant](#), make sure you get your time together.

9. Get to know him/her: After you've found the person you think is "The One," date seriously for a while. If you find that the person has way too many red flags or your feelings for him or her aren't strong enough, it's best to end the relationship so you don't drag it out for four more years, or even the rest of your life.

Related Link: [Relationship Author Kailen Rosenberg Gives Dating Advice for Finding 'Real Love, Right Now'](#)

10. Marriage: Talk about settling down and moving onto the next step in your relationship if you can see yourself married for the rest of your life. Unfortunately with relationships, it's not quite as easy as electing a new candidate whenever you hit a rough patch.

What methods did you use to find the perfect partner or help change the relationship you're in? Let us know in a comment below!

Find Out Why JoJo Fletcher & Jordan Rodgers' Celebrity Wedding is Still on Hold



By [Mallory McDonald](#)

Fans of *The Bachelorette* are wondering when [celebrity couple JoJo Fletcher](#) & Jordan Rodgers' are finally going to tie the knot. According to [EOnline.com](#), there is one particular reason why the two haven't set a date yet. The two are stuck trying to decide on a location! "We're trying to figure out where it's going to be first," Jordan explained. "We have family in California, family in Dallas... we're just

enjoying being together right now,” JoJo chimed in, adding that living together in Texas is “so good.” It seems that Fletcher is taking on a lot of the wedding responsibilities as Rodgers’ feels that the wedding planning is all on her. But don’t worry; Fletcher isn’t planning alone! Rodgers’ mother has been helping her out in the process. “His mom is always sending me wedding books, and we’re like, ‘We’ve gotta figure out where it’s going to be first!’” However, despite all the drama, the couple does hope to be wed sometime in 2017!

This celebrity wedding to be has no date set as of yet. What are some warning signs that you and/or your partner are having second thoughts about marriage?

Cupid’s Advice:

Sometimes marriage just isn’t right for everyone. Use this [relationship advice](#) to help decide if that next step is right for your relationship:

1. Zero mention: If for months you and your partner have been discussing the wedding and the planning that goes with it, and then all of the sudden there is no mention of it, this could be a sign that you or your partner isn’t ready for that step in the relationship.

Related Link: [Celebrity News: How Are JoJo Fletcher & Jordan Rodgers Doing Post- ‘Bachelorette’?](#)

2. Hostility: If either you or your partner is starting to become hostile or irritable when the topic of marriage or wedding planning comes up, this could be a sign that it should be put on hold. You may need more time to build your relationship.

Related Link: [‘Bachelorette’ Celebrity Couple JoJo Fletcher & Jordan Rodgers to Appear on ‘Ben & Lauren: Happily Ever After’](#)

3. Emotional distress: Making the decision to get married and make that commitment can sometimes be overwhelming. If your partner is becoming anxious and unsettled over the decision, it may be best to hold off on it for a while.

How did you know if marriage was right for you? Share your experiences below.

Celebrity Couple News: Katy Perry Reveals the One Problem with Dating Orlando Bloom





By Mallory McDonald

Distance doesn't always make the heart grow fonder. For [celebrity couple Katy Perry](#) and Orlando Bloom, distance put a slight strain on their relationship. In recent [celebrity couple news](#), [UsMagazine.com](#) revealed that the long drive from Los Angeles to Malibu was once a big hurdle. Perry told the magazine, "My boyfriend lives in Malibu, and getting used to that [drive] was like, 'Are you kidding me? What kind of life is this?'" But when you truly want to make a relationship work you will, and that is exactly what Perry is doing.

Sometimes distance effects even celebrity couples! What are some ways to cope with long distance in your relationship?

Cupid's Advice:

Relationships are hard work, especially when you are commuting long distances to see each other. Cupid's here with

[relationship advice](#) to make the distance seem shorter:

1. Focus on the good: Sometimes when you are in a long distance relationship, it can be hard to think about anything other than the distance. But, there is a reason you are willing to be in a long distance relationship, so try to focus on those things.

Related Link: [Sources Say Orlando Blooms Wants Celebrity Babies With Katy Perry](#)

2. Make it exciting: There is always an anticipation and an exciting factor when you haven't seen a person in a while. Use this to your advantage and really build up the excitement in the days before you see each other. This way, when you see each other, it is special and can be cherished.

Related Link: [Celebrity Couple Katy Perry & Orlando Bloom Heat Up On Romantic Getaway](#)

3. Utilize technology: We live in a world with constant communication at our fingertips. Use this as a way to stay connected with your partner when you can't see each other. Try to Facetime multiple times a week, and shoot each other texts reminding them you are thinking of them.

How do you handle a long distance relationship? Comment below!

Dating Advice: 10 Things You're Over-Analyzing In Your

Relationship



By [Josh Ringle](#)

There are a lot of good, bad, weird, and typical things going on in your relationship at any given time. There are some components of a relationship that can be analyzed with no harm, and then others that if over-analyzed can have devastating impacts on the relationship, leading to severe problems. [Celebrity couples](#) have often times failed because of over-analyzing the wrong things, and we don't want that to happen to you. Follow these pieces of [dating advice](#) to stop over-analyzing the things that you shouldn't!

These pieces of dating advice dive

into the over-analyzed aspects of your relationship to prevent relationship problems!

1. Social media: Whether it is your partner liking an interesting new photo, getting a new friend/follower, or posting an unusual status, don't let social media create relationship problems for you. Don't sit around worrying about their latest update, even if it isn't positive. It could be about school, work or family life!

2. Opinions: With an election coming up, opinions matter. But if you're a huge Hillary person, don't let your partner's possible opposing views get in the way. You shouldn't over think how they feel because everyone is entitled to an opinion. Let them use their first amendment right, whether it is about politics, celebrity couples, or life choices! Compromising is a great piece of dating advice.

3. Time not together: As a couple, it is obviously okay for you to spend time apart. Instead of assuming the worst, the space between the two of you shouldn't create any problems. If you over-analyze it, then maybe it will. But, by thinking positive, everything will be fine!

4. Who they are texting: It is common to be worried that there could be someone to replace you and take you out of your partner's life. While texting *can* lead to something more, if your relationship is stable and happy, it means nothing. It may be hard to think the optimistic way, but at the end of the day, if you and your partner are together, you shouldn't be worrying whatsoever!

Related Link: [Dating Advice: 5 Ways to Stop Fighting Over Minor Things – Like the Dishes!](#)

5. Partner's feelings: If you and your partner are together in a long-term relationship, you probably have had doubts about how they feel about you. If they are with you, they care about you and love you. Don't believe what others say about your partner. Thinking otherwise could just undermine your feelings.

6. Your own doubts: A really good piece of relationship advice is to believe in your feelings and to not doubt yourself. While it is natural to have feelings that things may not last, you shouldn't treat every one of these as a reason to end it with your partner. If you are into your loved one and wants things to work, they will as long as you don't over think it!

7. Fights: If you and your partner fight, that could indicate a major relationship problem, but if it is a rare occurrence, or over very trivial things, you shouldn't get worked up about them. It is true that they aren't good for your relationship and could turn toxic, but if there are few of them, you should not think about them to the point where you get tired of your partner.

Related Link: [Relationship Advice: 10 Strategies to Make Your Good Relationship GREAT](#)

8. The past: Every relationship has their share of past problems, whether it be in the current one or it's a past bad experience. While it is important to be like [Blake Shelton](#) and learn from your mistakes in order to move on, it is also important not to dwell on the subject. Why should your partner date you if all you think about is your previous partner or problems in your relationship from months ago?

9. The present: If things at the moment aren't the best, do not fear. It is completely natural for a relationship to hit high points and low points. If you are in one of those low points at the moment, but still feel the sparks and the connection, don't give up! Things can happen that are out of

your control that can paint sadness into your love life, but if you stay determined, there is no reason to call it quits.

10. The future: If you've been dating for three months, and you have your whole life planned together with your significant other, stop now. While it is great to be optimistic, you need to be *realistic*. Don't over-analyze the future because it could scare your partner away!

What do you over-analyze in your relationship that we missed? Comment below!

Date Idea: Embrace Each Other with a Scary Movie Marathon





By Tanni Deb. Updated by [Josh Ringle](#)

Halloween is approaching, and it's time to get ready with a thrilling scary movie marathon, one of the many scary Halloween weekend [date ideas](#) for those who can handle it!

Boot up Netflix, head to your local movie theater, or rent movies that you've always been scared of or maybe that you love, and make a night of it with your significant other. Pop some popcorn and get ready for a few thrills and chills that'll have you jumping into the arms of the person you love – staying close is always one of those romantic and important dating tips!

Halloween offers the perfect time for some spooky weekend date ideas!

If neither of you are frightened by horror movies, then make it a competition to see how many you can watch in one night without falling asleep on the couch. A great piece of [dating advice](#) is to have little competitions when you can, to keep things interesting! This challenge is sure to keep your eyes wide open until the break of dawn.

Related Link: [10 Spooky Ideas to Strengthen Your Relationship and Love Life](#)

If you and your partner are huge horror movie fans, consider playing scary movie trivia and see just how much you really know about the genre. This is a great way to bond with your sweetheart and share your common interests – plus a little competition never hurt anyone. Start your marathon on a weekend because rest assured, you may have nightmares when it's over. This could lead to the two of you waking up holding one another in the middle of the night, which is as far from scary as you can get!

Did you watch a scary movie recently with your partner? Have any other weekend date ideas for Halloween? Let us know by commenting below!

Relationship Advice: Are Your BF and Best Friend Too Close for Comfort?





By Dr. Jane Greer

Recent images of [Selena Gomez](#) with [Katy Perry](#)'s boyfriend Orlando Bloom looking cozy together had people talking about whether a [celebrity relationship](#) was brewing, but the women cleared up the [celebrity news](#), quickly promising there was nothing inappropriate going on between them. Selena took to Twitter to endorse Katy's quick response to the pictures. Katy addressed the drama surrounding the two of them, calling it a "dumb conspiracy." While Katy is clearly confident there's nothing going on with them, sometimes remaining secure in your relationship when your partner has close female friends can be challenging.

This gives us the opportunity for important relationship advice around the following question: Is there such a thing as being too

close to your girlfriend's boyfriend, and is there a point when it can and does feel threatening?

When we become close to someone, our natural instinct is to share them with the other people we are close to. Eventually you want to introduce your new boyfriend to your best friend so you can proudly show them how great the other is. You might even end up spending a lot of time together as a group. Sometimes, this can lead to a separate connection between your significant other and your friend. That is all okay to a point.

Related Link: [Relationship Advice: Why Are Women Attracted to Unavailable Men?](#)

However, there is a definite line that exists which defines how close the two most important people in your life can get to each other, and that is based on the fact that you are sexually intimate with your boyfriend so there is a clear element of exclusivity that should never be violated by either party. As long as the connection remains about sharing the strong feelings they have for you, it is all good. If there is ever a point when you might feel threatened or begin to doubt their intentions, then follow this [relationship advice](#) tip and start to think about putting boundaries in place. How can you tell if that time has come?

The first red flag is if you start to feel left out. If your boyfriend and best friend develop inside jokes that you are not a part of, or they find reasons to spend time together away from you – even if you are sick or out of town – it is only natural to wonder if something is brewing between them. Another indication of a problem could be if your friend is

admiring you so much that she starts to dress and act like you. If it begins to appear that she almost wants to be you, which can sometimes be flattering, but usually means she is jealous of what you have and might want it for herself, you should absolutely be on guard.

Related Link: [Relationship Advice: 5 Ways to 'Affair-Proof' Your Relationship](#)

The best way to gauge when and if that line is being crossed is to trust your feelings and go with your instincts. If it is all positive, and your interactions are supportive and caring, then that is exactly what love and friendship is about. But if you start to feel uneasy, uncomfortable or a sense of competition surfaces from your friend, that is a good time to start setting limits on how much time you spend together as a group, and begin to monitor what you share with your friend so you can build your own sense of identity separate from her, which is a great piece of relationship advice. By doing this, you can protect yourself and not have to worry about being betrayed by someone close to you.

In Selena Gomez and Katy Perry's situation, all is above board. With these tools in place, you can make sure it will be for you, too

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Relationship Advice: 10 Strategies to Make Your Good Relationship GREAT



By [Josh Ringle](#)

Being in a healthy relationship is a really good thing. Having a GREAT relationship is an even greater thing! Below are 10 pieces of [relationship advice](#) that will help you and your loved one go from good to great, and hopefully even better than that. These tips are easy, fun, and will surely enhance the strength of your relationship. Sometimes a relationship will hit that make-it-or-break-it point, and if yours is one

that you think will make it, check out the tips below to really make your love life grow.

Check out these pieces of relationship advice to skyrocket the greatness of your relationship:

1. Don't get stale: Becoming the greatest can take some time whether you're focused on yourself or your relationship as a whole. But if you want to turn your relationship from good to great, a crucial key to that will be keeping things fresh and preventing "old" or "tired" feelings. Date nights with creative [date ideas](#) should only help improve your love life and keep things growing.

2. Surprises: Along the same lines, an important piece of relationship advice is to keep the surprises coming. One a week is probably too many, but even little things to change up your routine will help. If you and your partner are trying to keep things exciting, surprises are a great way to accomplish that.

3. Inside jokes: Laughter is a great way to sooth the soul and to make your relationship shine. Whether it is a funny word or a funny facial expression that only you and your loved one understand, it will keep your relationship lighthearted and easy, instead of serious and difficult.

4. Work out any problems that arise: Problems in a relationship are unfortunately likely to happen now and then. If you have your heart set on working it all out, keep it that way. A great relationship doesn't allow the little waves to sink it. It's important to work out whatever issues arise, and to fight for those you love!

Related Link: [Relationship Advice: 10 Tips for Couples from 'The Energies of Love'](#)

5. 'Make communication great again': The level of communication you and your partner have is a great way to determine the level of success of your love life. If your communication is getting stronger, your relationship will, too. If there are talking problems, you may be experiencing some relationship problems, too. So, take this essential piece of relationship advice to heart and work on communicating better.

6. Keep working on it: If you want to make your relationship great, you have to work on it. Just sitting around letting things happen may not work to really get your relationship to where you want to be! Put some effort, time, and care into your relationship and it will definitely become great.

7. Vacations: Day-cations or vacations are an effective way to change up the scenery while adding awesome memories to your relationship's collection. Consider going to an amusement park, water park, or even a fun day in Central Park. Find a mountain to go hiking in to get out in the fresh air! Vacations are awesome ways to spend a lot of time together while also indulging in new experiences together.

8. Spice it up: If some of the sparks in your relationship are going out, or if there are aspects that have gotten too pre-determined, changing things up behind closed doors, or in the way those moments are done can really help to improve the relationship. If the sparks are many, the relationship will be beyond great.

Related Link: [Top 5 Pop Culture Celebrity Couples To Seek Relationship Advice From](#)

9. Family time: Spending time with the loved ones of your beloved is really a great way to show that you sincerely love and care about their family. Whether it is playing with their

younger cousins/siblings, or having an extended family dinner with their parents, family time is a nice way to enhance how the two of you feel about each other.

10. Gifts from the heart: Feelings are sometimes best shown and not talked about. A hand-drawn card, a bouquet of flowers, or maybe their favorite candy that is hard to find is a way to *show* that you care. Gifts that come from your heart show her/him that you are really thinking about them and that you want to make them smile! Smiles go a long way in turning your relationship into a great one.

What are some other ways to take your relationship from good to great? Share your thoughts below.

Author Interview: Linda & Charlie Bloom Talk Relationship Advice, Debunk Myths About Love





By [Michelle Foti](#)

Growing up, kids watch movies like *Cinderella*, *Snow White*, and *Sleeping Beauty*, which promote an ideal that “happily ever after” exists. In fact, many people get their beliefs about love from movies and pop culture. In their third self-help book, *Happily Ever After...and 39 Other Myths About Love: Breaking Through to the Relationship of Your Dreams* authors Linda and Charlie Bloom prove that accepting common myths such as “couples with great relationships don’t fight” can prevent you from building the strong relationship you hope for. In our author interview, the married couple offers some [relationship advice](#) on how to get over those myths that may be causing you relationship problems. Prepare to have your belief system turned upside down, for the sake of a thriving relationship in your future.

Married Couple & Author Duo Offer Relationship Advice On Getting Over

Myths About Love

To start, we know your first two published books were very successful! What are your hopes for your newest release *Happily Ever After*?

Linda: We hope that we can get into the heads of many couples who are motivated to take a deep look at their belief systems. We want them to see whether the beliefs they are basing their relationships out of are really serving them or maybe inhibiting them in some way. We're all about going for the gold. If we're in a relationship, we might as well have the greatest relationship we can have. And we think really looking at some of the ideas we have and the myths that are popular in our culture is a direct avenue to having a finer, more fulfilling relationship.

Was it something in your mutual experience as psychotherapists and counselors, your personal lives, or another inspiration that led you to choose the angle of relationship myths?

Charlie: We've been doing the work for quite a while. It just seems in the last few years we've come upon a lot of people who are making decisions about their future in terms of relationships and marriage that are based on assumptions that we have found aren't always necessarily true. It seems to be an increasingly large number of people who are buying into certain cultural assumptions and beliefs about relationships without really checking them out. We decided to collect what we came to believe are some of the more prevalent, popular beliefs and myths. Our hope is really that people will just begin to be a little bit more open to questioning the possibility that this isn't necessarily always true.

What is the biggest relationship myth that people often believe? Why is it so often thought to be true?

Linda: We call the book *Happily Ever After* because we all grow up with these fairy tales. The prince and princess stories, the Cinderella stories, where you finally find true love and walk off into the sunset together. It's such a romantic myth and it sets up people for so much disappointment. It's not realistic to think that you're going to be happy all the time. Even the happiest people get the blues. Even the happiest couples sometimes have an argument and every couple, if they're together long enough, is going to hit a rough patch. Maybe a big rough patch. This is the one we lead with because we want to introduce the reality right away. Especially to the young starry-eyed couples who expect to always be so starry-eyed. That fading effect is going to happen and you have to be more purposeful about keeping the relationship cleaned up. Our marriage advice is to have apologies and forgiveness ready if you have an argument. There is some work that needs to be done periodically for the relationship to be a great one.

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One myth that you disprove in your book is, "Love can heal all wounds." Why isn't this idea true? How can believing it hurt your relationship?

Linda: Love is an extremely powerful force. It can take us quite a long way, but this is another one of those leaps that can set us up for an expectation that's going to be bashed because even if the person that we're with loves us a great deal, we may have experiences where we lose something and it's a deep, grievous loss. Losses can be very horribly painful and our partner can certainly be there for us. Certainly they can listen to us, they can let us cry on their shoulder, but we have to do some of the work by ourselves. Just because they love us doesn't mean that heals it. We have to be proactive about learning from those downfalls, about learning how to repair after there's been a nasty argument when we said things that we didn't really mean. So it takes some skill in addition

to the love and it takes a lot of love to get people motivated to get their skill level up.

What expectations, if any, should individuals enter a marriage with? What crosses the line as being too high of an expectation?

Charlie: I don't think there's anything wrong with having expectations as long as you're willing to take a certain amount of responsibility for having them come about. So for instance, if you have the expectation that you're going to be taken care of by your partner in every way after you get married, I think you're probably going to be disappointed when that doesn't happen because one of the myths in the book is that my partner should be able to fulfill all of my needs. Some people do go into a committed partnership with that expectation and that is inevitably going to lead to disappointment because there is no one person, no matter how much they love you, who is capable of providing for all of your needs. So, expectations themselves are not the problem. What I would say can be a problem, and this is related to expectations, but is a little bit different, is entitlement. Entitlement means that I have a right to expect you to provide this for me. That's my inherent right. I can do that, I'm entitled to it. That is something that is doomed to disappoint.

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“Once a cheater, always a cheater.” How do you justify this idea as being a myth? If a partner cheats on their significant other, how is the relationship supposed to return to its former state? Is this even possible?

Linda: We have met many people over the years who in their sub-consciousness, or their immaturity, or in their self-indulgence broke their fidelity vow and they cheated on their

partner. They may have lied about it and covered it up, but eventually they did come clean. It's always easier if they volunteer the information and confess rather than being sought out. But couples can learn from their downfall because this is one of the really painful things that some couples have to go through. It's actually rather common, that at some point in the decades of the marriage that one or both of the people are going to stray and break their fidelity vow. It's the belief that the damage could never be repaired that really finishes a relationship off. We want people to take a look at this and see if this belief is in them, whether there's any openness to possibility. If you can avoid it, do that. But if it happens, at least be open to the possibility that a full recovery can take place and then some.

Did your relationship inspire the inclusion of any particular myths in *Happily Ever After*? If so, what one?

Charlie: There's a lot of the myths in the book that I think one or both of us have bought into to some degree. It's pretty hard to live in this culture and not absorb some of the beliefs that are prevalent, particularly when they are reinforced by a lot of other people. Some of them are used in popular culture, in movies, in songs.

Linda: I thought that telling the truth meant I wanted to have an honest relationship. I didn't want secrets and lies, so I was committed to an honest relationship. But the way I went about speaking some of my truths was not very skillful. I was run by the belief that I had to express my anger as if holding that anger in was going to explode like a pressure cooker. I was unkind, unpleasant, and rude. Sometimes I cursed and threatened and did things that caused harm to the relationship under the guise of 'I'm just being honest.' It took me a while to get past this belief because I didn't want to repress myself and be inauthentic. I realized this belief was making a mess of my life and damaging my relationship. People were afraid of me. But there is a way to be honest and it's not a

lack of genuineness; you can be genuine, you can be authentic, you can be honest, and you don't have to cause harm with your truth telling.

Now for some love advice! In your 44 years of marriage, what's the best piece of relationship advice you've received?

Charlie: Three words: Hang in there. Because an awful lot of people, when the going gets rough they tend to bail out before they really give it their best shot. I'm not saying that every single relationship can or should work. There are some that are just plain mismatches and they're really not meant to be. If you're giving it your best shot, you do hang in there, things don't change, and it really starts to erode your well-being then it is time to take a step back and take a look at whether this really is something that you need to reconsider. But more often than not, people don't hang in there long enough to really turn things around. Sometimes they may quit just before the potential turning point comes up because sometimes we have to sink down. So what we often encourage people to do is to see if you can just hang in there a little longer to see if things can turn around. Hang in there. That's a piece of relationship advice that I think can serve a lot of people.

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What would you consider the greatest adversity that couples experience today? How can they overcome it?

Charlie: We live in a culture that doesn't really support relationships as much as they need support. There's a saying that it takes a village to raise a child. It also takes a village to raise a partnership. I think it's a great adversity to many of us that there isn't enough necessary support for people who are really trying to create a healthy, successful, fulfilling relationship. We seem to put more value on the

material side of life and that is very unfortunate. When you don't have a fulfilling inner life and you don't have a fulfilling interpersonal life then you're going to be much more inclined to seek out material success and money and ego. We need to recognize and accept the natural human tendency to seek and need deep connection with other people and not get pulled into the cultural myth that material, financial success is going to lead to greater happiness.

For more on Linda and Charlie Bloom visit Bloomwork.com. Happily Ever After...And 39 Other Myths About Love: Breaking Through to the Relationship Of Your Dreams is now available on Amazon.