

# 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>

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# Relationship Advice: Don't Let Distance & Lifestyle End Your Relationship



By Dr. Jane Greer

People in distance relationships, whether by choice or necessity, are able to have success with a great deal of effort and flexibility. In order to make the relationship work, there must be a strong desire to be together, and a willingness between both partners to make room for each other's respective needs. However, love does not conquer all, regardless if you are a celebrity or not.

# Is it possible to find a resolution? Read on for more [relationship advice](#):

Recently, [celebrity couple Jennifer Aniston](#) and Justin Theroux announced their [celebrity divorce](#) after two years of marriage, stating it was a mutual decision to part ways. While Aniston and Theroux love and respect each other, they said they simply couldn't agree on a lifestyle that worked for each other. This is a common issue couples may face: you can love someone, and still desire to live differently than them, or even desire to live in an entirely different place than them.

Splits like the one between Aniston and Theroux are often caused by the inability to find the middle ground when trying to successfully make a home in the same place. Compromise is hard enough for two people who live under the same roof, but when partners are separated by differing work schedules or physical office placement, compromise can be extremely challenging. The key to keeping the peace is to commit to a place together, making sure that both partners are happy and do not feel as though they have sacrificed their happiness and well-being.

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So, if you're in a long distance relationship right now, what should you consider before packing up your life and moving to a new place with your significant other, to best guarantee a successful outcome? How can you be sure you or your partner are sacrificing enough, without negatively impacting your relationship?

Above all, you and your partner must be in love. This is the most important box to check, as it gives each of you the

ability to be open to change because you'll be with your loved one. While this is a starting point, it might not be enough, as we saw with Jennifer and Justin. When deciding to take the plunge, be sure to ask yourself: do you actually like the place you're moving to? Will it take away your happiness?

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Here's some food for thought. If one of you lives in a sunny place, but the other one simply hates the sun, or if one of you lives in a rural community and the other thrives on city life, where to move might not be an easy choice to make. If all your friends live in your current town, would you resent moving away from them to be with your love? Think about how all of this might affect your day-to-day life, mood, and eventually, your relationship. If, on the other hand, your partner lives in New York City, a place you've always wanted live, great! Leaving your loved ones behind won't matter as much. Talk to your partner and hash out the details. A temporary move might not be a deal breaker. A permanent one may be, though.

It is most important to think about your relationship, what it means to you, and where you can find happiness and friends in your new home. Is this decision mutual? Do each of you want it as much as the other? Does moving mean you're ready to take the next step towards engagement?

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It is also important to consider the strength of your connection, especially during the triumphs and tribulations. Up until now, most of the time you've spent together was special and seemingly perfect. (It's called the honeymoon phase for a reason!) You have probably tried to be on your best behavior at all times to maintain the picturesque image. Once you move, it will be more difficult to keep up the guise.

Ultimately, if you are moving for the right reasons; for love

and for openness to adventure, it is less likely that you will feel as though you have lost yourself. What really helps is when you are connected with a partner who has similar aspirations, wants, likes, and needs. In the end it, it should not feel like either of you are sacrificing your “me” to be a “we.” This wasn’t possible for Jennifer and Justin, but hopefully they can both move forward and find happiness apart.

*Tune in to the Doctor on Call radio hour on [HealthyLife.net](http://HealthyLife.net) every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let’s Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at [askdrjane@drjanegreer.com](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on [Facebook](https://www.facebook.com/DrJaneGreer), at [www.facebook.com/DrJaneGreer](https://www.facebook.com/DrJaneGreer), and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.*

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## **Relationship Advice: What If Your Family Doesn’t Approve Of Your Partner?**





By Dr. Jane Greer

Choosing a partner for life is a big deal under any circumstances. There's enough pressure on yourself to ensure that you're making the right decision and meeting all your needs. So what happens when you come up against a thumbs down from a parent, sibling, or friend who has been weighing in on your choices all your life? Why is it that the people you love take a contrary position and see your partner completely unsuitable for you? Why can't they just welcome the people your care about with open arms? If this sounds like a familiar situation, you are not alone. This is a very common experience for many people, and it happens for a lot of reasons. It speaks to declaring your independence, freedom of choice, autonomy, and, most importantly, trusting your own judgement to know what is best for you, rather than what others think is best.

**Here are some key pieces of**



## relationship advice as you work to stay true to yourself and your commitment, without allowing conflict to tear apart your family:

It has been reported that [Selena Gomez](#)'s mother is not happy about her rekindled [celebrity relationship](#) with pop star [Justin Bieber](#). Considering how distraught Selena was in the aftermath of their much-publicized breakup, it makes sense that her loved ones would worry about her this time around. Whatever the reasons may be, Selena's mom has assured the public that she just wants her daughter to be safe, healthy, and happy. While the approval of your parents is always a plus in any relationship, is it crucial to the success of your union? What can you do, then, if you find yourself in a similar situation?

It is important to begin with an open conversation with the person criticizing your partner. Ask them to spell out their concerns and explain why they feel the person is not right for you. This isn't always easy to do. You might start from a defensive position, (especially if this is a continuous pattern) but it is worth hearing what's on their mind because their thinking is valid and you might be missing something. Keep an open mind while you are talking and consider what they have to say. If, for example, your romantic partner exhibited bad behavior in the past and your parents call that out, think about what has changed and what is different now. You have likely allowed yourself to fully trust that person and move forward with them. Explain the changes and describe why the previous behaviors are no longer something to worry about.

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If, on the other hand, your family members or friends raise

issues about a difference in race or religion, this may be a fork in the road where you choose to go your own way. It becomes a step toward independence, and a move away from the ideals of the family you grew up in. It is a time when you can take responsibility and voice your own values, even though they may differ from your parents, siblings, or friends. It can serve as an emotional emancipation and where you start to embrace what is important to you. When this happens, you acknowledge that they have criticisms, while asserting that they are not your personal beliefs.

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Whatever the case, if you continue to meet disapproval tell your loved ones that you would like them to “agree to disagree” and accept that you have clear differences of opinion in order to stay together as a family. This is also a time to put boundaries in place. Note that you are aware they don’t like your choice, but you do not want to hear anything more from them unless you specifically ask for an opinion. You can even warn that if they broach the subject, you will simply end the conversation. This will help you keep some control and prevent being blindsided.

The ultimate goal is to avoid getting into a power struggle that could make you feel controlled and judged by a parent or other loved one. It’ll also avoid lots of arguments, too! Try not to become defensive or feel you have to justify your choice. The only thing that matters is that you are happy, excited, and comfortable as you move forward with your partner with your eyes on the future. Hopefully Selena and Justin will be able to do this and find peace even with the family discord. And, in time, Selena’s mother will also come around and embrace her daughter’s rekindled romance.

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are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at [askdrjane@drjanegreer.com](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on [Facebook](https://www.facebook.com/DrJaneGreer), at [www.facebook.com/DrJaneGreer](https://www.facebook.com/DrJaneGreer), and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

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## 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.

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## **5 Reasons To Play Hooky From Work With Your Honey**





By Andrew Pryor and Kayla Garritano

You're at work, staring at your computer, avoiding the pile of papers sitting on your desk. Right now, all you're thinking about is an afternoon escape. If you're contemplating calling in sick or checking out early, see if you can plan a day with your partner so you can make it a "sick day" to remember. It's not like your work is going anywhere. Besides, what's a day off to have fun if your partner can't be there with you?

**Cupid has five reasons to hop the cubicle walls and give you some [date ideas](#) with your significant other:**

**1. Celebrate a promotion:** If you've just picked up a new title and a pay raise, what better way to celebrate than to spend some time off with someone you love? They can sweep you away to a late lunch or a fancy dinner date where you can toast your latest success.



**2. Get an early start on happy hour:** It's five o'clock somewhere! If you leave work early, you should have plenty of time to hit your favorite bar. Meet your partner there and think back to the first time you bought him or her a drink. Nothing like some good drinks, a couple laughs and nice memories.

**Related Link:** [Balance Work and Love Like a Celebrity Couple](#)

**3. Adopt or create your own holiday:** Whether it's Talk Like A Pirate Day, Flying Spaghetti Monster Day or the birthday of a celebrity you've always worshiped, find a reason to celebrate, and take time off from work. You can keep the holiday going every year and create some unique traditions!

**4. It's a nice day outside:** Look out the window, feel the sunshine hitting your face and imagine lying in the grass with the love of your life. Life is too short to spend eight hours of your day indoors, so find an out-of-the-way spot that you and your honey can call your own.

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

**5. No reason:** The best things in life are unexpected. Come home early and surprise your partner with a sensuous and lovely day together. Sometimes, you don't need an excuse to spend a day away from work – you just need someone to make that day worthwhile...and maybe a 'broken' alarm clock.

**Do you have any ideas about how to escape the workday with your partner? Share them with us in a comment below.**

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# 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.**

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## 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!**

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# 5 Date Ideas To Maximize Daylight Savings



By Linda Guma and Kayla Garritano

After a long, hot summer of late night festivities, followed by fall work hours that extend past 6 p.m., we could all use an extra hour of sleep so our bodies can catch up. Well, soon enough it will be here. On November 6, we'll turn back the clocks again to mark the end of Daylight Savings Time. While most of us are probably happy about gaining that extra hour of sleep, why not maximize those 60 extra minutes by spending it with your partner? Here is some [dating advice](#) on ways to capitalize on a little romance:

# These [date ideas](#) will be sure to give you the best use out of that one extra hour!

**1. Rise and shine:** Of course, not all of us are nocturnal. If you and your partner are early risers, there's no need to bother resetting your biological clocks. Take advantage of that additional time by going for a morning jog together before you start your respective daily routines. To save some energy, you've got to use some energy. Other ways to be creative with dates early in the day include morning swims, sweet mimosas at a nearby cafe, or breakfast in bed.

**2. Last call:** If you and your partner prefer sleeping in and staying up late, feel free to unleash your night owl tendencies. Bars and clubs will be open an hour later, which also means that last call for drinks will be extended as well. After grabbing cocktails at your favorite lounge, hit the club and dance the night away.

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

**3. Fall cleaning:** This may sound like a big drag, but it'll be worth it once it's over. You and your partner can make a game of tidying up together. Get rid of things you no longer use and make way for newer items. The sense of accomplishment will serve as a bonding activity and you if you aren't currently living together, be sure to save a drawer or two for him.

**4. Take a chill pill:** Sometimes, you just need to relax after the constant hustle and bustle of your busy life. Use the extra time to fuel your energy for the rest of the day. You can find romantic ways to unwind together, such as snuggling in bed or taking a bubble bath. Even the enjoyment of a local bookstore or a movie can be fun.



**Related Link:** [Famous 'Couples' Star in Best Movies for a Rainy Day](#)

**5. Bucket List:** Take the time to sit over some wine and plan out some exciting events for the future. You and your partner will each need a pen and paper. Each jot down creative activities and places you've always wanted to visit, your own personal bucket list. After you're done, consult each other's lists and then sketch out a tentative plan to create a joint list. You'll have some fun talking about the unordinary activities you want to do, and the unique places you want to go. It'll definitely be some good conversation!

**What can you do to make the most of Fall Back? Share your ideas below.**

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## **Relationship Advice: 5 Things to Know Before Dating a Funny Guy**





By Kayla Garritano

When you're dating someone, you should always be able to laugh. After all, isn't laughter the best medicine? Now, say you meet a new guy, and you go on a series of [date nights](#) with him. You realize he cracks a lot of jokes, and you're laughing along. You got yourself a funny guy! However, you may need to know a few things before you continue dating him. Cupid is here to help with some [dating advice](#):

## **These pieces of advice will help you when you're dating a funny guy!**

**1. You may have to get used to him:** A sense of humor can depend on the guy you're dating. Is he more sarcastic? Is he good with puns? The more you keep dating him, the more you'll adapt to his humor. And who knows? Maybe you'll even catch the same humor, and you'll be cracking your own jokes!

**2. Not every joke is a joke:** Humor hides emotions sometimes. Guys don't always joke around because they're trying to

be funny. There may be an underlying problem, and they're covering it up by inducing laughter. But have no fear, just communicate with him and everything will be fine! You'll know when there's a difference between humor and sorrow.

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

**3. He will make your day better:** Rough day? Your guy will be sure to make you smile with some corny joke that he was saving for that moment. When you want to talk, he will be serious enough to listen, but know when it's the right time to make you laugh.

**4. They aren't titled as the "funny guy":** Just because they are funny doesn't mean their new identity when being introduced to people is the "funny one." They don't like being labeled just as much as anyone. They may be funny, but they don't have a sense of humor when it comes to that title!

**Related Link:** [Celebrity Couples Who Always Make Us Laugh](#)

**5. They can be serious:** A funny guy knows when it's time to be serious and when it's time to be funny. He can't crack a joke during a tragic event and expect to receive good feedback from that. He should have the right judgement on when it's time to be serious.

**Have you ever dated a funny guy? What do you wish you knew before dating him? Comment below!**

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## **Relationship Advice: 5 Ways**

# Therapy Can Help Your Relationship



By Kayla Garritano

Sometimes, you and your partner can go through a rough patch, where it'll take more than the two of you to solve the problem. Breaking up isn't a solution for you, because you want to be together. In order to make a strained relationship work, you want to find help. With that being said, therapy may be the way to go. Follow these pieces of [dating advice](#) to see how therapy can help make your relationship stronger!

## These pieces of relationship advice

# will help to grow your connection with your partner and ensure a happy life with each other!

**1. You'll be able to speak and listen:** In therapy, a lot of it has to do with speaking what's on your mind in order to figure out what the problem is. You'll be able to speak your feelings, and your partner will be able to listen. Then the roles switch. You get to hear what they have to say while they talk it out. These two abilities will help you to grow as a couple. You'll learn how to speak how you feel and to listen to your partner in the proper way.

**2. You'll get to know yourself better:** By going to therapy, you may be able to unveil underlying problems you had, without even knowing it. This will help you accept yourself with any flaws you may have. Your partner will be doing the same. You will learn that it's better to realize your problems first, because that may open the door to solving a problem with your partner.

**Related Link:** [Relationship Advice: Why Isn't It Easy to Say Goodbye?](#)

**3. You'll understand your partner's problems:** Your partner has the opportunity, just like you, to pour their heart out and open up. You get the chance to hear what they have to say and will learn more about them. If you're in a relationship, isn't it best to get to know more about the one you're dating, problems and all?

**4. Your sex life gets help:** A lot of couples go to therapy because they have a dull sex life. Sex is supposed to be intimate, and you're supposed to have a connection with the person you're sharing the moment with.

**Related Link:** [Cameron Diaz: Is Sex the Answer to Relationships and Love?](#)

**5. No more repetitive arguments:** You and your partner may constantly argue over one particular problem. Constantly fighting over it will not solve anything. Once you go to therapy and acknowledge the problem, your relationship could get “unstuck” and move forward.

**How did therapy work for you and your partner? Comment below!**