

Dating Advice: Maximize Your Online Profile to Attract the Right Man



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert PJ Dixon to offer their best [dating advice](#) on creating an eye-catching online profile that will attract any man on the dating scene. Find out how you can adjust your single status with the following dating tips!

Dating advice on maximizing your

online profile to find a man.

1. Name your wants. Your profile statement should not just be about you, but it should also list the kind of partner you're looking for. The statement should have conditions, provide details on what kind of action you want a date to take and clarify your reasoning for wanting these traits. At the end, you can include additional information so a man can get a better idea of who you are.

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2. Add a point of contact Going out on a limb and contacting a stranger on the internet for a date can be a daunting task, so make it easy for a man to reach you by providing a point of contact on your profile. This gets rid of some of the awkwardness in the early stages of dating and allows you both to jump right in and get to know each other. Whether it be a phone number or email, just add something so potential suitors know you're a real person.

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3. Pictures are important. Select about three or four photos where you look your best to add to your dating profile. Try to diversify your images to show your personality and attract the right man. Outdoor shots are good, but make sure you add front-on and dressy pictures that complement your figure. Casual shots with friends also don't hurt, but be aware that men are visual and may have wandering eyes for your good-looking friends.

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Dating Advice: 5 Reasons You Should Consider Hiring A Professional Profile Writer



By [Joshua Pompey](#)

Over the past 10 years as a [relationship expert](#), I've written a whole lot of dating profiles. From teachers, to doctors, to CEOs, and even best selling authors, I've had the pleasure of helping people from all walks of life. And while most of the people I've worked with are intelligent, well-rounded, and perfectly capable people, it wasn't until they outsourced a professional profile writer that they will be able to find true

online dating success. If you've been having less than stellar results online, or are even just beginning, I would strongly urge you to consider hiring a professional profile writer of your own. Here are five pieces of [dating advice](#) as to why.

Dating advice that will improve your odds on the field.

1. Online dating is a unique language: Remember when I said I wrote profiles for a couple best selling authors? Well I've also written a whole lot of online dating profiles for English professors, journalists, English teachers, and various other careers that specialize in writing. Most of these people possessed overall writing skills that were far superior than mine, but online dating is a different kind of language that requires a unique skill set. I may not be able to decipher Shakespeare on the same level or create meaningful poetry, but when it comes to online dating profiles, I bring much more to the table. Everything is relative.

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2. Professional profile writers have seen it all: Suppose you wanted to lose weight and are going to the gym for the first time. Or maybe you've been trying to lose weight for six months and your results have been rather mediocre. Who is more equipped to take you to the next level. You, or a professional trainer who has been helping clients to meet their goals for years? This is what you need to think about before you spend months, or even years with a profile that has not been looked at with a professional set of eyes. By hiring the best of the best, you are allowing yourself to chase your goals with the highest chance of success.

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[City Struggle To Forge Meaningful Relationships](#)

3. A profile writer can easily spot red flags: One of the biggest reasons men and women fail at online dating is because they unintentionally write statements that scare people away. Something as little as the wrong word choice, accidentally appearing desperate, or sending the wrong signal about yourself can destroy an otherwise perfect profile. A professional profile writer can spot these types of mistakes in a split second, saving you the unfortunate situation of being ignored without knowing why and improve your [date night](#) chances.

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4. A professional online dating profile writer will not be biased: When someone hires me, it's my job to give them a little tough love from time to time. Friends and family often try to be nice, or maybe they just don't know any better so they don't say anything critical. And you yourself might be your own worst enemy, as it's hard to objectively critique ones own work. But with a professional? You are going to get it straight, and you'll receive the tough love you need to achieve your goals. The [dating tips](#) you receive from a professional profile writer will be like none other.

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5. Their reputation depends on your success Every single time I write a profile, I know that my name has its stamp on that profile. My future success depends on your current success, which creates a tremendous incentive to create the best possible profiles for people who expect top quality work. In the age of the internet where people can write reviews and provide feedback on everything, a professional who wants to stay in business long term will definitely put his or her all

into doing right by you.

Joshua Pompey is an online dating expert, helping men and women to find love since 2009. For more information how to have your perfect profile created, men learn more [here](#), women learn more [here](#) .

Relationship Advice: Is Your Job Killing Your Relationship? How To Choose The Right Company To Work For?





By [Dr. Amy Osmond Cook](#)

When Andy Sachs ([Anne Hathaway](#)) took the job as an assistant for the infamous Miranda Priestly, (Meryl Streep) in the 2006 hit, *The Devil Wears Prada*, viewers knew things would get rough in the workplace. But this movie also illustrates the impact a stressful work environment has on a relationship. Studies conducted by [relationship experts](#) show that more than half of women are kept awake at night by job-related stress, according to [Metro.co.UK](#). Fortunately, not all bosses have this negative influence on employees, and many leading companies place employee engagement and job satisfaction as top priorities. Here are three things to look for in a company that values your personal life as well as your work life so you can avoid [relationship problems](#).

Relationship advice that will help you balance work and love!

1. Choose a company that values flexibility. In a global economy supported by cloud technology, the parameters for

innovative work structures are more flexible than ever. For example, companies like Simplus and Clif Bar offer remote and flexible work schedules for full-time employees. “That’s why nine out of ten employees report plans to grow with their companies for a long time,” says Jennifer Parris from WorkFlexibility.org. “And workers, grateful for the flex, report that the overwhelming majority (95 percent) will do extra if it means getting the job done.”

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2. Choose a company that values culture. Finding a company that values a positive work culture means management respects work boundaries and recognizes the importance of personal time. “We often hire with our work culture in mind,” says Ryan Westwood, CEO of Simplus. “We want our employees to thrive, and we understand that supporting employees’ personal lives is an important of that. We aim for high employee satisfaction, which is one reason we were ranked the #2 top company culture by Entrepreneur Magazine.” Things like yoga classes, healthy lunches, and generous vacation packages ensure companies retain valued staff, and employees can focus on other things when the workday is over.

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3. Choose a company with good benefits. While things like prenatal care or family dental coverage may not matter now, however a solid benefits package will support you when your long-term goals include starting a family, buying a home, or retiring early to kayak around the world. A generous benefits package means a company wants to keep you around for a while and be a part of your personal and professional growth.

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Contrary to what the movies may show, a qualified employee shouldn't have to sacrifice a valued relationship for work demands. Follow this work-related [relationship advice](#), and you're sure to bypass all that unnecessary stress Andy Sachs had to put up with. If you have the skills that an employer values, you can position yourself for positive professional momentum while nurturing cherished relationships at home.

For more information about and articles by our relationship expert Dr. Amy Osmond Cook, click [here](#).

Author Interview: Ashley Papa Shares Relationship Advice & Discusses New Book, 'Vixen Investigations: The Mayoral Affairs'





By [Melissa Lee](#)

As a journalist and expert on all things romance, Ashley Papa is a relationship columnist that writes about sex, love, dating, and marriage. She is the author of a news blog, *SEXTRA! SEXTRA!*, which covers love and sex headlines. In addition to writing articles about the current dating scene, Papa has recently published her first book, *Vixen Investigations: The Mayoral Affairs*. The fiction novel is about a young woman that has launched her own business with the purpose of solving infidelity crimes. As a victim of cheating herself, Paige Turner is hired to take on a case surrounding the mayor and his wife that gets intense when she finds enough evidence to take down the entire administration. Paige eventually finds herself falling in love with a man while she's undercover, resulting in the challenge of revealing who she really is.

Ashley Papa Spills Details on *Vixen*

Investigations: The Mayoral Affairs

The novel, which focuses on bringing justice to the broken-hearted, was completely inspired by the writer's own experiences. She frequently interviews relationship experts, so she used their expertise and translated it both to the book and the main character. "I created Paige as a heroine that encompasses this CIA-type coolness," Papa shares in our [author interview](#). "I still wanted to make her relatable though." The relatable aspect of Paige is certainly not missing: Though described as a headstrong woman, Papa made sure to include Paige's experiences with unhealthy relationships and infidelities as well.

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Although Paige is this incredibly strong-willed character, her downfall in the novel is when she finds herself falling in love. Papa explains that she wanted there to be an intense conflict in the book, especially since Paige's business is something that she typically keeps low-key. The author lends a bit of [relationship advice](#) when she touches on the importance of honesty, something that Paige struggles with when she doesn't want her identity to be found. "When you're not truthful from the start, it can start to snowball," Papa advises.

Author Dishes Important Relationship Advice That Everyone Should Hear

Papa's novel begins when Paige decides that she's had enough of being taken advantage of in the dating world. With such a powerful backstory, it almost seems criminal not to ask the

journalist about her tips for getting over a tough relationship. “We all have different ways of coping, but you need to identify what you deserve,” she explains, placing a heavy emphasis on self-worth. “We all deserve good relationships and respect, but if we’re not finding that, it might be best to take a step back from dating and be by yourself until you realize what you need.”

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In terms of trust issues, Papa is no stranger to learning to put your faith in someone again, especially after writing an entire novel on it. “Focus on yourself,” she explains in our author interview. “It comes with taking things slow – you don’t want to jump right into a relationship despite how confident you may feel.” She also takes a cue from *Vixen Investigations: The Mayoral Affairs* by encouraging troubled individuals to be their own investigators, though she urges those to trust their instincts at the end of the day.

And if you’re in a similar position as Paige, it’s important to understand that although you are the victim of cheating, it won’t be impossible to trust again. “Identify the fact that you deserve better, and make sure you fully understand that,” the author says. “You don’t want to get stuck feeling like everyone you date is going to cheat on you.”

Journalist Reveals Personal Details & What She’s Learned in Author Interview

The main message of her book, Papa discloses, comes from a caring place and completely depends on one’s self-worth: “Everyone deserves a good relationship and to be loved. You

don't need to put up with cheating just for the sake of being in a relationship.”

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She further opens up about the learning process she experienced when writing *The Vixen Investigations: The Mayoral Affairs*. When pulling inspiration from real life occurrences, it seems like it would be necessary to go through a great deal of self-reflecting. “Looking back at past relationships, I saw I didn't require the guys to respect me and be very truthful,” Papa reveals. Right after she finished writing the first draft, she swore she was done dating dishonest and untrustworthy men – and shortly after, she ended up meeting her current boyfriend, whom she has been dating for the past two years.

To keep up with Ashley, check out her [website](#). You can buy her book [here](#)!

Dating Advice: Dealing With a Dating Burnout





On this week's episode of Single in Stiletto, founder and matchmaker Suzanne Oshima talks to relationship expert Duana Welch to offer their best [dating advice](#) on getting through a romantic burnout in the dating scene. Find out how you can fix your single status with the following dating tips!

Dating advice on dealing with a romantic dry spell.

1. Practice self-compassion. Don't be too hard on yourself! It is normal to have a lull in your romantic life. You don't have to date all the time or make yourself feel bad about it. What you need to do is recognize your burnout and address how you can improve your love life without giving up. You need to stay positive about things.

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2. Challenge negative thoughts. If you ever fell pessimistic about your dating options, you need to oppose those dark

sentiments. Looking for love is normal, it's not desperate or accidental. Majority of people want love in their lives, and you shouldn't be ashamed of wanting it too. Don't undermine your chances.

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3. Just do it. Even if you feel tired, you need to just put effort in. Sure, life is hard and so is dating, but you can't quit. When you're not having luck finding a job, you don't just give up. You do everything in your power to find employment. That same energy needs to be put in to find the right partner, which will hopefully last longer anyway.

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Dating & Technology Q&A: How Bad Is It To Send Nudes, Really?





Question from Tanya M.: In light of all the Blac Chyna and Rob Kardashian drama, I wanted to ask on behalf of regular people: how bad is it to send nudes between consenting adults? It seems like it's so common in the dating scene now. I'm just not sure what to think of about the whole thing.

Dating in the era of social media and cellphones can be difficult. Communication and instant gratification is what many daters expect when they start seeing someone, especially when it comes to exchanging nude photos. With so many people partaking in voyeur, you may wonder if you should do it too. However if you don't want to, do not fret, you can have a successful relationship with or without nudes. Leave it up to our relationship experts who can offer their best [dating advice](#) on using technology the right way. Learn valuable dating tips from Cupid's very own, matchmaker Suzanne Oshima and relationship expert Robert Manni. Here they'll answer your questions on whether you should send nude photos or not.

Technology Dating Advice That Gets

Honest About Sending Nudes

[Suzanne K. Oshima, Matchmaker](#): What happened between Blac Chyna and Rob is something that can happen to anyone. While sending nude pictures is more common amongst today's daters, your body is your personal treasure and you should be discerning in who you send those images to. My recommendation is to only send them to a man who you're in a committed relationship with, and not just some man you went out on a few dates with. Because the reality is, once they leave your phone you have no control over where they may end up and there's no recall button after you stop seeing a man.

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[Robert Manni, Guy's Guy](#): In the wake of the current Black Chyna – Rob Kardashian drama being played out in the press, I strongly advise that you carefully weigh the pros and cons of sharing digital nude photos of yourself with anyone. Through the media we are now witnessing the pitfalls of how quickly a modern romance can turn ugly, and the ramifications of sharing nude photos even with someone as close with the father of your child. If you are really into a guy and he keeps hounding you for nude photos, stop and think about it before you hit send. When it comes to love I never say never, but unless you're 100 percent confident that you really know and trust this man, I suggest limiting the show to the bedroom or wherever you two get it on. Otherwise, the risks far outweigh the rewards. Good luck.

To find out more about our three dating and technology gurus, click [here](#).

If you have any questions you would like answered by our relationship experts, please e-mail them to cupid@cupidpulse.com.

Dating Advice: The 5 Stages of Love and Why Many Stop at Stage 3



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Dr. Jed Diamond to offer their best [dating advice](#) on how to navigate through the stages of love. Find out how you can reach marriage without losing the spark with the following dating tips!

Dating advice on the stages of love!

1. Falling in love. This is the stage when couples are hopelessly devoted to one another. Everything is new, exciting and passionate. Your heart will ache for your partner in a way that only new love can provide. Since this is the beginning of the relationship, there isn't much pain or history that 's wedged between you.

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2. Building a life. When you've settled on staying with your partner on a more permanent basis, you take steps to solidify your lives together. Whether it's moving in together or getting married, you're putting down your roots understanding you won't always be in love, but you'll have a deep love and connection with your partner.

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3. Disillusionment. This can happen at any time, and many couples don't make it through this stage, but stage three is a time of doubt. You'll find yourself incompatible with your partner and questioning whether you made the right choice. However, this disillusionment is a sign of a healthy relationship. It means you really see your partner for who they really are and heal emotional wounds.

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4. Real-lasting love. After getting through the tough times, you're able to enjoy the fruits of your renewed relationship. The projections you put on your partner will

fade away, and you'll be able to love each other the way you deserve when your emotional scars from past relationships are healed. This is a time when you'll be able to love like you're in stage one all over again.

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5. Finding your calling. This is discovered together as a couple, and it's one of the most exciting times. If you're able to have a loving and meaningful relationship with your partner, you're able to share great gifts with the world, such as wisdom, positivity and forgiveness. Whatever it is you're good at as a couple, go out and do it!

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Dating Advice: How to Make the First Move (Women's Edition)





By [Joshua Pompey](#)

The person sitting across from you is cute, charming, and you just can't seem to stop thinking about going in for that first kiss. But the question many women have is how to you make the first move? Truth be told, the first move shouldn't just happen at the end of the date. It should be the result of many small moves that occur over the course of a first date, eventually building to that first kiss by the end of the night. So before you make the first move at the end of your date, the following [dating advice](#) will help you to make the transition much easier while avoiding relationship problems.

Dating advice that will help you make the first move like a pro!

1. Playfully touch your date's arm when you laugh. The idea is to slowly build up comfort as the [date night](#) goes on. If you go straight in for a kiss at the end of the night without any prior touching, it will likely feel forced and awkward. With playful and innocent touches to your date's arm when you are

making a point, laughing, or just having a fun conversation, he or she will slowly get used to your touch.

2. Slowly progress to more intimate touches. Once your date gets comfortable with casual touches to the arm, it's okay to move towards slightly more intimate touches like a brief hand hold, or even grabbing his leg for a second or two when making a point before letting go. Remember though, keep it casual. These touches shouldn't feel overwhelming or sexual. The last thing you want to do is start sensually rubbing his leg on a first date! Just get the other person used to your touch and keep building those comfort levels.

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3. Keep the date fun, relaxed, and interesting. Your date may start getting used to your touch, but if he or she is not having fun and doesn't feel relaxed, then there will be little desire for a kiss at the end of the night. So my top [dating tip](#) is to make sure you and your date are having a good time. Fun should be prioritized above all else because it will set the tone while you prepare to make that first move.

4. And now it's the end of the night. It's time to make the first move! So what do you do next? Well, if you had a great date and followed the dating advice above, odds are you won't even have to. Your prior work will lead your date to make the first move for you. But assuming you still have to make the first move, let your date know with your eyes and smile as opposed to with your words. Wait for the visual cues, and if they clearly look like they are thinking about kissing you, go in for an innocent kiss on the lips, and pull about an inch or two away slowly. If your date is into it, he or she will almost certainly lean back in for some more fun.

At the end of the day, it's all about confidence and creating the physical comfort with another person. Establish that

comfort along with a fun first date night, and a first kiss will be completely natural when the time comes.

For more online dating advice from Joshua Pompey, including the questions you must ask an [online dating profile writer](#) before hiring them, visit this [link](#) now!

Dating Advice: Our Cultures Are So Different, Can It Really Work?



By [David Wygant](#)

There's a saying I have in life as a [relationship expert](#). Date someone from common backgrounds. Why? Because you understand one another. When you have a common background, grew up the same way, in similar neighborhoods and schooling, then you've got a lot of familiarity between the two of you. Now it doesn't mean that if you've grown up differently it can't work out at all. What matters most is how you took your childhood experience and manifested it into adulthood. If you're concerned about whether or not your differing cultures will cause relationship problems, follow my [dating advice](#) as someone who has made it work personally.

Dating advice that will help you date outside your culture successfully.

We live in a multi-cultural world right now. Where people from all over the country are living all over the planet. A person who grew up in New York City might be living in the deep woods in the dark south. A person who lived in LA on the beach might be living in the middle of Manhattan. A guy from India might be living in New York City. A girl who grew up in Bangladesh might be living in the heart of Chicago. The great thing about the United States and the world nowadays is that it's so multi-cultural. So can it work out if a couple is from different cultures? Can a man from India fall in love with a small-town girl from Sioux City, Iowa after a single [date night](#). The answer is absolutely yes! You see, if they grew up the same way, meaning they grew up with love, similar morals, values, and parents that actually cared about them, then their cultural backgrounds actually make life far more interesting. You see, it's fascinating dating somebody from another culture, because really it just comes down to communication. And love is not a cultural thing. Love is really about how you relate to things, where your value system is, and how you can

teach and show one another the lessons that you both need to go through.

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One of the most fascinating experiences I ever had was when I dated a girl from Vietnam. She was fascinating in so many different ways. She grew up in an entirely different time than I did. Her dad actually was an American GI and her mother was a Vietnamese refugee. They met during the war and she was born. She never really got to see her dad because he was moved back to the U.S. and never returned. She ended up moving to the U.S. herself when she was a young adult and going to college. She actually got to meet her dad in the process and got to form the relationship she always wanted. She may have grown up dirt poor, but she grew up with values and a culture that was different than my own. She was appreciative. I on the other hand, grew up in New York, where everything was go, go, go! Despite these differences, our value systems were pretty much the same. Our cultures were very different, but it was a fascinating experience. When it comes down to dating, it's really about what somebody's heart says.

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So ask yourself some serious questions when you think of your significant other. What is their heart about? What does their heart say to you? It's fascinating that we can date within your culture, but isn't it more interesting to date outside your culture and learn some new, amazing and beautiful things?

David Wygant is an internationally-renowned dating and relationship expert, author of the book Naked, and speaker. Through his boot camps, personal coaching, and his [website](#), his love advice has transformed the relationships and love of

hundreds of thousands of people from every corner of the globe.

For more expert relationship advice from David, click [here](#).

Marriage Advice from Celebrity Couples Who Stay Together



By [Marissa Donovan](#)

Over the years, there have been many “it” couples worth following in [celebrity news](#). Most of us admire the romance

between [celebrity couples](#), especially when they make their marriages work during their years of being [celebrity parents](#)! What can these couples teach us about how to make a marriage work?

Here is some [celebrity relationship advice](#) you can apply to your own marriage!

1. Take breaks from each other: [Chrissy Teigen](#) and [John Legend](#) may seem like a couple that is together 24/7, but they do spend time apart. According to [EOnline.com](#), the couple values trips away from each other because it allows them to miss being together and appreciate their relationship. Spending time apart really does make the heart grow fonder!



John Legend and Chrissy Teigen. Photo: Instagram

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2. Make each other laugh: These 90's Hollywood sweethearts are still together after 15 marriage! Freddie Prinze Jr. spoke with [EOnline.com](#) and shared that his secret to a successful marriage with Sarah Michelle Gellar is laughter! Keeping each other happy will continue to make your marriage work.



Photo:
sarahmgellar/Instagram

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3. Always communicate: [Neil Patrick Harris](#) and Husband David Burtka have been known for their awesome parenting skills, but the couple can also be a great example for making a marriage work! According to [ETOnline.com](#), the secret to their marriage is speaking up and talking to each other. Discussing your problems and letting each other know how you are feeling will make your marriage stronger in the long run!



Photo courtesy of Neil Patrick Harris' Instagram

Related Link: [Neil Patrick Harris and David Burtka Share Italian Wedding Photo](#)

4. Rebuild your relationship: This famous musical couple has

been under the spotlight in recent years over a cheating scandal. Jay-Z can assure everyone that not every marriage is perfect. The rapper spoke with RollingStone.com and revealed that he had to rebuild his marriage with [Beyoncé](#) in order for them to be happy again. Sometimes hardships can make a marriage crumble, but sometimes you can make it work at the end of the day!



Jay-Z and Beyonce. Photo: Rick Maiman/Fame Pictures

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5. Watch *Oprah* together: The funny duo Leslie Mann and Judd Apatow have worked together on many romantic comedies together and have been married for 20 years! The director shared with Vice.com that they both watch Oprah's *SuperSoul Sunday* and then apply lessons from the show to their marriage each week. Television shows that give you relationship advice can be helpful for you and your partner!



Leslie Mann and Judd Apatow. Photo: Janet Mayer

/ PRPhotos.com

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Which famous married couple is your favorite from this list? What advice will you be applying to your marriage? Tell us in the comments!

Dating Advice: Signs You're Settling for the Wrong Man



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Tinzley

Bradford to offer their best [dating advice](#) on how to have a successful relationship without settling. Find out the best way to avoid wasting your time with the following dating tips!

Dating Advice That Will Help You Avoid Settling

1. You're unhappy. If you're in a relationship and feel like you're doing all the work, then you're settling for less. You need to make sure your partner is giving you the attention you deserve. A relationship shouldn't feel like a chore or make you miserable. Find someone that treats you like a queen.

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2. You're passive. When you just take whatever a man gives you and it doesn't feel satisfactory, you are settling! The person you're with needs to make it known that you're their significant other and they should be able to let the world know that too. You shouldn't accept a partner that treats you badly. Don't settle for nothing.

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3. You're excusing. You could be settling and not even realize it. Making compromises is fine, but if you're making an excuse to accept a certain behavior you don't like, then you're settling for the wrong man. It doesn't matter if he's taken you on a few dates or has done a few nice things for you- if you see something you don't like, say something or move on.

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Dating Advice: 5 Signs He's Taking the Relationship Seriously



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Robert Manni to offer their best [dating advice](#) on how you can tell whether a man is taking the relationship seriously. Find out the best way you can advance your relationship with the following dating tips!

Dating Advice That Will Help You Figure Out Whether He's Taking You Seriously

1. Gets off dating sites. If he's willing to give you his time and focus, he may be taking you seriously. A guy that continues to go on dating websites while you're both in a relationship is someone you should be wary of. Some men may need a nudge to shut their profiles down, but it's always better if he does it on his own.

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2. He vacations with you. Going on a trip together adds a whole new layer to your relationship. It's an intimate experience and you get to know each other on a deeper level. You'll see how your partner reacts to new places, people, cuisine, etc. This stands out for a man because it's not common for men to do such an activity with someone they're not serious about.

Related Link: [Dating Advice: 5 Things Men Find Beautiful in a Woman](#)

3. Introduces you to friends. This shows your man is proud of you and wants to show you off. It's also a good opportunity for a man to see how you interact with the people in his life. He wouldn't invite you if he didn't think you'd mesh well, so relax and have a good time hanging out.

Related Link: [Dating Advice: Don't Lose Weight to Find Love!](#)

4. Invites you home for holiday. When a man makes an effort to include you in holidays and special events, he's taking the relationship seriously. Inviting you means you'll meet his family and will be shown off yet again. These instances also

help you figure out whether you should get involved with his family or run for the hills.

Related Link: [Dating Advice: The One Thing Men Want More Than Sex!](#)

5. Pays attention to you. Being able to remember little details shows he really cares about you. Men who don't take you seriously won't care to hear your needs, wants or background. If your man gives you the attention you deserve and takes interest in your life, then these are signs he may be thinking of a future with you.

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Dating Advice: Can An Open Relationship Ever Work?





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

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

Dating advice on whether you should consider an open relationship.

1. Why an open relationship? When deciding whether or not you and your partner are going to pursue an open relationship, the first question you have to ask yourself is why you're both looking for one in the first place. Have the two of you been having [relationship problems](#)? Fighting often? Some people

begin open relationships because they think that one person, no matter how amazing they are, will never be able to give them everything they're looking for. Ask yourself whether or not it's a problem specific to this relationship or one that's more long-lasting.

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

Related Link: [Relationship Advice: What To Do If Your Partner's Family Doesn't Like You](#)

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

4. Have an ongoing conversation. Is this one-sided? How does

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

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

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

Dating Advice: How Women In Their 30s Can Find Love





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Melissa Braverman to offer their best [dating advice](#) on attracting men while in your 30s. Learn how you can end your single status and find the right man for you (without settling) with the following dating tips!

Dating Advice That Will Help You Find Love In Your 30s

1. Make an effort. Put yourself out there more and try to be less discriminatory when dating. Your dating pool is smaller because of your age bracket, so don't fall into a rut and go out of your comfort zone. Try to go out and meet people organically instead of falling into a routine and missing out on potential partners.

Related Link: [Dating Advice: 5 Things Men Find Beautiful in a Woman](#)

2. Don't settle. You need to find the balance between

pickiness and openness. This can be achieved by determining your wants and needs before entering the dating scene. You don't want to hurt your chances finding someone, but you also don't want to settle for a person you're not compatible with.

Related Link: [Dating Advice: Don't Lose Weight to Find Love!](#)

3. Biological clock. Think about how important it is for you to have a biological child. Nature will not wait for you to find the right partner, so think of reproductive and parenthood options. Will you freeze your eggs? Are you okay with adoption? Do you want to have child before marriage?

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Celebrity Interview: 'The Cycle' Co-Host Aliya-Jasmine Sovani on Work, Life, Love and Balancing It All





By [Noelle Downey](#)

Aliya-Jasmine Sovani is one of the newest voices at NBC with the talk show she co-hosts, *The Cycle*, now airing digitally to reach a millennial audience. With her show, she strives to make the news more accessible to young people by creating a haven for a well-researched blend of political, pop culture, and sports news that so many viewers wish they could find with just a quick Google search on their phones. And now they can, thanks to *The Cycle*. When she's done at work, the co-host has a life full of love, laughs, fashion, and friends to enjoy. In our recent [celebrity interview](#), Sovani opens about how she manages to have it all, from her dream job to true love.

Aliya-Jasmine Sovani Spills Details on Her New NBC Talk Show *The Cycle* in Celebrity Interview

While *The Cycle* may be hosted by NBC, one of the biggest networks around, Sovani insists that this new digital take on a talk show is bringing something brand new and accessible to

younger viewers – and a lot of that has to do with the tone of the show. “Imagine Anderson Cooper doing the six o’clock news and then going home in the evening, and he throws a black v-neck T-shirt and cracks open a beer,” she explains with a laugh. “The way that he would explain his day to Andy Cohen at night over a drink is the way that we try to do the news every day.”

Related Link: [Celebrity News: Anderson Cooper Thanks Boyfriend Ben Maisani at GLADD Awards](#)

Of course, it’s not just the tone; it’s also the content, which the co-host says is chosen with younger viewers in mind. “We’ll do all the biggest headlines when it comes to world news and politics, but we also cover sports and pop culture,” she says, “so if Kendrick Lamar drops a new album, we’ll talk about that with the same kind of importance.”

In this new digital world, convenience is everything. Sovani believes it was important to make this show as easy to access on-the-go as possible to match the fast-paced life of most modern millennials. “Our show is completely made to watch on your phone, which I think is really cool and forward-thinking,” the co-host shares. “This is new: the idea of traditional news networks pushing out content to a millennial audience using digital and social platforms. Being able to be part of that movement, as a storyteller and as a journalist, is really rad and incredibly fulfilling. Not only am I getting to tell stories that I care about, but I’m able to tell them on a platform that I also use to consume information.”

***The Cycle* Co-Host Dishes on Her Favorite Date Night**

Of course, with a new show and such a busy work schedule, Sovani has to set some serious boundaries to make sure that she can find time to just relax. So what are her secrets for

achieving that perfect work-life balance? “I live about three blocks from the ocean. I have a little rescue mutt, and I bring him to the ocean every single morning, and that’s kind of my tranquility,” she says in our celebrity interview. “I also have a rule at home: I don’t have my phone in my bedroom at all. I won’t even use it as an alarm. And I have a ‘no weekends’ policy. So the only time I’ll check my email and my phone on the weekends is on Sunday night at 6 p.m., just to get ready for Monday.”

During these social media and digital fasts, Sovani still has plenty to entertain her: “I just let my weekends be about me and my dog and my boyfriend,” she enthuses. “We really like to go out for brunch, and we spend a lot of our weekends at the ocean. For me, that’s everything.”

Related Link: [Do-It-Yourself Date Night Advice from HGTV Host Monica Pedersen](#)

Sovani isn’t just making strides in her professional life; she’s also taking big steps in her [celebrity relationship](#). She admits that this is the first time she’s ever lived with a boyfriend, so she’s concentrating on keeping things fresh and fun. “I think it’s very easy to get into a routine where all you guys talk about is work when you get home,” she explains, “so we decided to try to go to more comedy shows! Instead of just doing a dinner [date night](#), we decided to start doing ‘dinner and comedy’ nights. We’ll see the show, and then we can go for dinner and talk about it and the world at large.”

So is laughter truly the best medicine? For Sovani and her special someone, it certainly is. “I think that it reminds you of why you were intellectually attracted to that person,” she reveals. “For both of us, that’s what we find really attractive about each other. So that’s been a great addition to our relationship.”

Aliya-Jasmine Sovani Reveals Her Go-To Fashion Item

Of course, whether in the office or on date night, Sovani is committed to looking fantastic. And there's one item that she just can't live without: "Sheath dresses are my new thing that I love in my 30's," she gushes. "I have these really great leather Oxford booties that I wear with my sleeveless sheath dresses and maybe a blazer thrown on top for work. Then, in the evening, all I have to do is replace those shoes with a cute pump and my briefcase with a nice little Chanel bag. That's been my new date night trick."

Related Link: [Fashion Advice: Choose the Perfect Date Night Dress](#)

With style tips as good as that, Sovani is clearly in-the-know when it comes to trends, and her knowledge of [celebrity news](#) is just as on point. Her favorite bits of celeb gossip right now are focused on two powerhouse ladies: [Kim Kardashian](#) and Serena Williams. "I read a headline about how Kim is being really open about getting a surrogate to have her next child. I know for many woman, that's been a taboo topic," she says. "So I think it's really interesting that she's being very open with it. It's opening up a dialogue for women who might not be able to have children and who have thought about that."

And it turns out the journalist is also a huge fan of how Williams recently shared her pregnancy photos. "I think that's really incredible because she has this iconic strong female body and all women are pressured into looking certain ways," Sovani explains. "Female athletes especially spend so much time conditioning their bodies, so for her to flip the switch and watch her body transform publically is really brave."

Tune into The Cycle and follow Aliya-Jasmine on Instagram [@AliyaJasmine](https://www.instagram.com/AliyaJasmine) for more from this up-and-coming millennial news superstar!

Dating Advice: 5 Things Men Find Beautiful in a Woman



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert PJ Dixon to offer their [dating advice](#) on what men find beautiful in women. Learn how you can attract the right man with the following dating tips!

Dating Advice On How To Be Perceived As Beautiful By Men

1. Softness and femininity. Men are often pushed to be rough and strong. Your gentleness will attract a man because it makes him feel safe, and that in turn puts him in his masculine. Men want to protect and serve you, so take the lead and encourage a loving relationship with your feminine energy.

Related Link: [Dating Advice: How to Manifest Your Man \(A Man's Perspective\)](#)

2. Be kind. Not just men, but all people love kindness. Being a nice person shows you're approachable and pleasant to be around. Men look for that quality in a partner because they want to make sure they'll be treated right. If you're standoffish, take a moment to decompress and smile. It'll put you in a better mood and men will notice.

Related Link: [Dating Advice: The Biggest Turn On's for a Man](#)

3. Men are drawn by smell. Aside from physical appearance, men are attracted to your scent. Fragrance experts say two popular smells that'll draw a man in are vanilla and cinnamon. It's a primal and sensual instinct that many men enjoy. Scents makes a man want to pursue you because it reminds them of a hunt.

Related Link: [Dating Advice: Don't Lose Weight to Find Love!](#)

4. Protect him from himself. Men are pressured to serve as the protector, and they don't like showing vulnerability as a result. But sometimes you need to step in and help them out. Show your support and love, especially during hard times, and your man will feel inspired to do more with his life.

Related Link: [Dating Advice: The One Thing Men Want More Than Sex!](#)

5. Just be yourself. Nothing is better than being the person you really are. Be the best version of yourself everyday, and a man will appreciate that. A man wants to come home to positive energy, so try your best to show your happiness and sensuality from time to time.

For more relationship advice videos and additional information Single in Stilettos show, [click here](#).

For more videos from CupidsPulse.com, check out our YouTube channel.

Dating Advice: Don't Lose Weight to Find Love!





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Duana Welch to offer their [dating advice](#) on why you shouldn't lose weight to find love. Learn how you can be confident and find a partner with the following dating tips!

Dating Advice On Handling Weight And Relationships

1. Men prefer voluptuous silhouettes. This one may seem obvious, but it must be reiterated that men generally prefer women with a little cushion. It's a biological instinct because men are searching for women who exhibit signs of fertility. As a result, narrow waists and wide hips are universally preferred body shapes. So if you're on the heavier side, go easy on yourself. There are countless men out there who love your body the way it is.

Related Link: [Dating Advice: How to Answer 'Why Are You Still Single?'](#)

2. Just be healthy. You don't need to have a perfect body, you just need to have a healthy one. Eat a balanced diet and try to work out regularly. Also make sure to wear flattering clothing, anything that doesn't make you feel good needs to get tossed in a donation bin. If you have to pick between your face or body, make sure to pick your face. It'll make up for any flawed body parts long-term.

Related Link: [Expert Dating Advice About Dating Traps to Avoid](#)

3. Find a man who accepts you. Be the best version of yourself always. There's no reason for you to change your physical appearance to please someone who may not even see a future with you. Men who only care about physical attributes are more concerned with immediate satisfaction, ie. one night stands. Men who are less judgmental are not only good for your self esteem, but they're more likely to commit.

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Dating & Technology Q&A: My Partner Fishes For Likes, What Do I Do?





Question from Carolyn S.: I've been with my partner for a long time now. I love him, but he's always posting inappropriate stuff (like memes or outrageous status updates) on social media for likes. It's pretty cringe-worthy to watch. Why does he do this? And why is my support not enough? I can't figure out why he needs validation from his peers or strangers online.

Dating in the era of social media can put a strain on relationships, especially when one party is constantly seeking approval in a negative way. However do not fret, crude internet personas should not be the cause of your breakup (or at least hopefully)! Leave it up to our relationship experts who can offer their best [dating advice](#) on using technology the right way. Learn valuable dating tips from Cupid's very own, matchmaker Suzanne Oshima and relationship expert Robert Manni. Here they'll answer your questions on how to handle a partner's inappropriate behavior online.

Technology Dating Advice That Will

Help You Deal An Inappropriate Partner Online

[Suzanne K. Oshima, Matchmaker](#): Remember back in high school, how everyone wanted to be the most popular person in school? The one that everyone liked? Well, this is no different. Your partner continually posting on social media is just to get likes and attention from others. While you may think it's inappropriate, I'm going to guess that this isn't something that he was doing before you became a couple. So, as long as it's not harming you or anyone else, don't try to change him. Just let it go and focus on more important things in the relationship.

Related Link: [Dating & Technology Q&A: How Do You Handle Dating Someone With An Internet Persona?](#)

[Robert Manni, Guy's Guy](#): As long as he is only fishing for likes and not other fish, I wouldn't be overly concerned about this fairly common social media behavior. Maybe he feels like he needs validation, and for whatever reason maybe he feels he's not getting the validation he needs at home. A heart to heart conversation usually clarifies underlying relationship issues. Have "the talk" and make sure he shows up with an open mind. Good luck.

To find out more about our three dating and technology gurus, click [here](#).

If you have any questions you would like answered by our relationship experts, please e-mail them to cupid@cupidspulse.com.

Relationship Advice: 5 Things To Do Before You Get Petty



By [Dr. Amy Osmond Cook](#)

[Katy Perry](#) has a new look, and her new attitude is the cherry on top. Between her sassy new song dissing Taylor Swift and her poorly reviewed album that just came out, Katy Perry has taken some heat in the past few weeks. Say what you will about Katy Perry, [Taylor Swift](#), and any of the other celebrities caught up in the drama relationship problems, *cough Nicki Minaj cough;* but there are a few notes we can take to apply in our lives about being petty. Think about these four key pieces of [relationship advice](#) before you take any rash actions against your significant others, especially when it comes to breakups.

Relationship advice that will help you be the bigger person.

1. Put your phone away: Your first instinct may be to tweet or text your way through frustration, but this can blow any situation out of proportion. Whether it's your boyfriend or your best friend, putting your problems out on social media in the heat of the moment can lead you to say things you'll regret. Just think of all the celebrity Twitter drama that could have been avoided had these celebs given things some time to blow over. Try to keep things between the people involved until you feel like you have a handle on the situation.

2. Take some time: Similar to the phone tip, take a few hours or days to think about things before making any decisions. You might be contemplating a breakup or deciding on whether it's time to meet the family; give yourself time with your thoughts. "Respect is earned simply by giving it," relationship expert Toni Coleman says, "And, if you are disrespectful, this is what will come back to you." Even if someone betrays your trust or says something rude, taking the time to evaluate the situation will help you decide what the best way to handle it.

Related Link: [Relationship Advice: Things A Nurse Will Tell You But Your Friends Won't](#)

3. Consider their perspective: Have you ever heard the phrase, "Broken hearts break hearts?" Well, sometimes it's true. Maybe your heart was recently broken. Maybe your boyfriend said the wrong thing at the wrong time. Maybe your crush bailed on plans. Emotions are natural, but when thinking about their situation, feelings, and intention, you can gain a little perspective of your own. "When you act without regard to how your behavior will impact your partner and relationship, you

are sending a very clear signal that their feelings and needs are not a priority,” Coleman says. If they need some time to sort through personal hardships or just don’t feel the connection like they once did, hearing them out and giving them the benefit of the doubt can be very healing. However, this isn’t an excuse to justify actions that are disrespectful, manipulative, or unkind.

Related Link: [Relationship Advice: 3 Ways Bad Credit Can Ruin Your Love Life](#)

4. Talk to a friend: If you’ve taken the time cool off, now might be the perfect time to talk to a friend. He or she can give you a different outlook on the situation, be a safe person to vent to, and help you avoid making any rash decisions. Your friends might know you better than you know yourself, and they can be a source of honesty when you’re looking for advice. Confide in someone you trust. Ask them what they see in the relationship.

5. Change your look: If all else fails and you feel the need for a little control in your life, follow Katy Perry’s lead and freshen up your look. I’m not saying chop all your hair off, but trying a new style out or adding some color to your wardrobe can give you an extra boost of confidence.

Being petty hardly ever pays off. Try these tips to deal with the rough patches in the varied relationships of your life, so you’re more likely to keep your dignity, have fewer regrets, and avoid burning bridges.

For more information about and articles by our relationship expert Dr. Amy Osmond Cook, click [here](#).

Celebrity News: Rape Charges Against Hilary Duff's Ex Mike Comrie Dropped



By [Marissa Donovan](#)

[Hilary Duff's](#) ex husband and co-parent Mike Comrie has been dropped from his rape charges. Back in February, the retired NHL player was under investigation for alleged sexual battery by The Los Angeles Police Department. According to [UsMagazine.com](#), his accuser claimed the sex was consensual, until Comrie engaged in an act the woman did not consent to. Duff has not commented about the case, but remains close with Comrie.

In this [celebrity news](#), Hilary Duff's ex isn't up against nasty charges anymore. What are some ways to deal with your partner getting in trouble with the law?

Cupid's Advice:

Like Duff, you may find yourself caught in the middle of your partner's allegations. Consider this [relationship advice](#) when your partner is in trouble with the law:

1. Listen to your partner's perspective: Your partner obviously has something to say about his current circumstances. Listen to what he has to say. You are allowed to agree or disagree with his statements, but it is valuable to hear his side of the story.

Related Link: [Celebrity Divorce: Hilary Duff & Mike Comrie Finalize Divorce 2 Years After Split](#)

2. Explain to your family: Do not leave close family members in the dark! Let them know what is happening and what procedures you need to take as a family. If you need a babysitter for a court date, let them know. Having extra hands during a time of trouble is necessary.

Related Link: [Celebrity Break-Up: Hilary Duff & Michael Koma Split](#)

3. Be patient: Investigations take time, which can cause anxiety for how this case might impact your future. It is important to be patient and wait for evidence to evaluate the incident. You can decide whether you want to be supportive or leave once the case has been assessed.

How would you deal with your partner's problems with the law?
Leave your thoughts in the comments!

Celebrity News: Tempers Flare Between Lee & Kenny on 'The Bachelorette'



By [Melissa Lee](#)

On this week's episode of *The Bachelorette*, jealousy proved to be a dominant emotion as fierce competitors Lee and Kenny began to battle it out. In [celebrity](#)

[news](#), [UsMagazine.com](#) reported that Lee initially interrupted a heartfelt moment between Kenny and Rachel Lindsay, this season's *Bachelorette*. By the end of the night, Kenny and Lee had engaged in a screaming match. According to Kenny, Lee had been giving him "shade" and was "super disingenuous," but Rachel ended up giving them both roses.

This celebrity news is evidence that jealousy comes in a lot of forms. What are some ways to deal with a jealous partner?

Cupid's Advice:

Although this conflict is a result of reality television, jealousy exists in a real life. Dealing with a jealous partner can be difficult, but can get easier when it's handled the right way. Luckily, Cupid has some [relationship advice](#) for this situation:

1. Trust: If there is jealousy in your relationship, it most likely exists because there isn't a mutual trust between you two. The first step to dealing with a jealous partner is to enforce trust as much as possible. Do your best to reinforce this by reflecting trustworthy behavior, and your significant other will slowly begin to understand that they don't have as much of a reason to be jealous.

Related Link: ['Bachelor' Celebrity Couple Sean & Catherine Lowe Share 'Foolproof' Marriage Advice](#)

2. Be understanding: If there has never been a breach of trust in your relationship, it's of importance to understand that your partner's jealousy comes from a separate cause, whether it be a previous unhealthy relationship or something as simple as anxiety. Don't get frustrated with your partner and

constantly question why they don't trust you. Instead, work with them, asking what you can do to make them more comfortable.

Related Link: [Celebrity News: ABC Suspends 'Bachelor In Paradise' Production in Mexico Amid 'Misconduct' Allegations](#)

3. Be aware of the healthy/unhealthy line: Jealousy is a natural emotion, so it's understandable if you or your significant other exhibits such behavior. However, you should be aware of when their conduct becomes unhealthy – if they prevent you from going places with other people, if they're texting/calling you *nonstop*, etc. Make sure you recognize if it starts to become obsessive and unhealthy.

What are some of your tips for dealing with a jealous partner? Share your thoughts below.

**Date Idea: Make Sushi
Together**





By Daniela Agurcia & Melissa Lee

Every girl loves to be wined and dined by her significant other. While restaurants are great, sometimes, you want a cozy night indoors when your partner surprises you with his best rib dish, a bottle of wine and a bouquet of red roses.

In reality, we're not all top chefs and often end up making a mess in the kitchen when we even attempt to make something as simple as macaroni. In this situation, a sushi kit can save date night.

You can find a sushi kit at a nearby grocery store for a reasonable cost. They're not as complicated as they sound and will walk you through the entire process, helping your date night to go as planned. Dress up and invite your beau over for a home-cooked meal. Greet him with a glass of Pinot Grigio,

and surprise him in the kitchen with the sushi materials all set-up for you to make your favorite rolls together. Sushi kits come with a cookbook, rice, nori for wrapping the sushi, ginger, spicy wasabi and soy sauce. A couple of simple rolls you can make include California Rolls, Tuna Rolls and Salmon Rolls. Put on your favorite playlist, and for the next 30 minutes, flip through the cookbook and create a 10-15 piece sushi set. Lay it all out on a big plate and fill a little bowl with soy sauce. You're ready to feast!

Related Link: [Tease Your Taste Buds on This Weekend Date Idea](#)

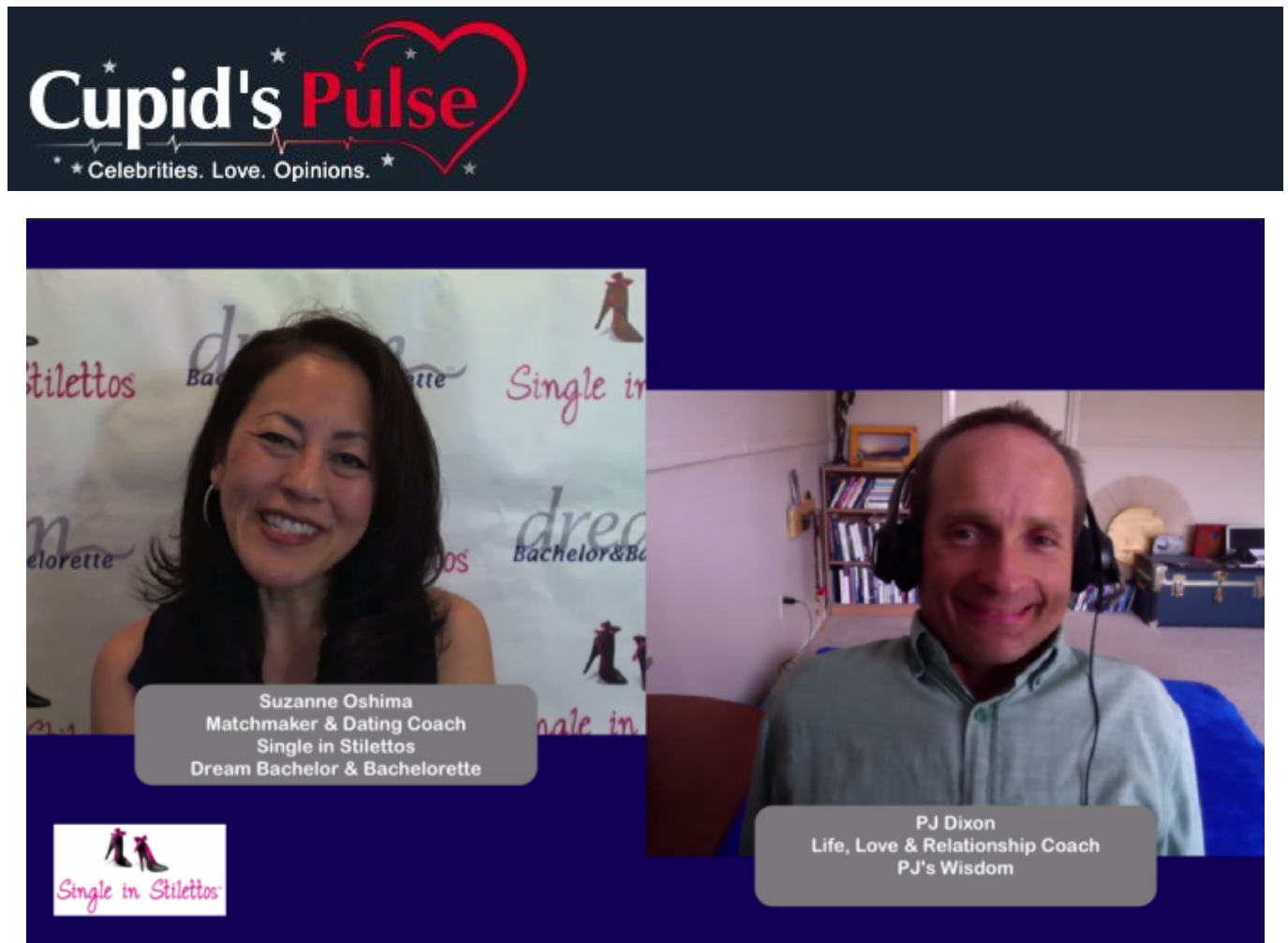
After you put your kit to good use, spend the rest of your time together enjoying your sushi and that bottle of wine. Catch up on what you've both done throughout the week, and sit back and enjoy each other's company. The best part about a sushi dinner is that you don't get that extremely full feeling you'd have if you ate something heavy like pasta or a burger. Sushi is the perfect meal to leave you feeling satisfied with some extra room for something sweet.

Related Link: [Date Idea: Stroll Through the Farmer's Market](#)

Go the extra mile and surprise your date with a fortune cookie for dessert...but customize it. Slip in a little note that reads "I love you" or "I'm happy I met you." It's an unexpected gesture that will make your date feel especially loved. Plus, it'll make this date night all the more memorable.

What ideas do you have for dining in with your loved one? Share your ideas below.

Date Idea: Workout Together



By [Daniela Agurcia](#) & Melissa Lee

April is here, with Summer just around the corner. Now is the time where everyone throws on their swimsuits and heads to tropical destinations like Cancun, Miami, and Hawaii to lay out in the white sand and soak up the beaming sun. It's the last chance for you to sculpt those legs and define those abs – and what better way to do it than with the one you love.

After a great workout for this date idea, you'll feel stress-free and energized. Plus, it provokes

happiness, which will benefit your relationship.

Use this month to develop an exercise schedule together. Take advantage of all of your options, whether it's at your local gym or a nearby park. Sign up for a spinning class, something you can do at your own pace since your strength level will be different than your partner's. It doesn't even have to be a workout – dancing provides great exercise as well. Hit up the nearest salsa class for a curve-building calorie killer. Whether it's dancing or weight training, be there for each other and remember that it's about support – not competition!

Related Link: [Date Idea: Become a Football Fanatic](#)

Don't want to waste a beautiful day indoors? Kill two birds with one stone by heading to the park. Run side-by-side for 30 minutes, and then help each other with a core workout on the grass. You can even go hiking or canoeing to put those legs and arms to work, all while engaging in conversation and enjoying each other's company.

Related Link: [Date Idea: Enjoy the Great Outdoors with Your Other Half](#)

Many people don't have time to fit in exercise between their jobs and their social lives. But you don't have to choose one over the other. Dating shouldn't derail your plans to get fit this summer. You both want to look good for each other, so what better way than getting fit with someone you love? With your new fitness regimen, you can accomplish this. Sounds too good to pass up. Give it a try!

What fun workout plans do you and your man do together? Share your ideas with us below.

Date Idea: Have a Colorful Day



By Ché Blackwood & [Melissa Lee](#)

Remember the fun of youth by creating a daytime date centered on coloring. With this [relationship advice](#), you'll be taking a trip down memory lane with the one you love. It'll you feeling rejuvenated and creative!

For this [date idea](#), invest in a box

of crayons, grab a few coloring books, stock up on old sweet films and give yourself the play date of your childhood dreams!

There are a variety of coloring books, allowing you to choose the best ones for your personality. If your honey likes baseball, pick up a workbook focused on the popular pastime. If you've still got a thing for princesses, purchase a Cinderella coloring book. If kid's books aren't your thing, head over to an adult store. Many of them carry adult themed coloring books, which will prevent your afternoon from staying G-rated.

Related Link: [Date Idea: Revisit Your Childhood](#)

Challenge your beau's artistic talents by judging each other's coloring. If you're really creative, grab a few colored pages from each book and make up a story together. Sketch to your hearts' content, but be sure to stop as soon as it loses its appeal. Some things are better in moderation.

Related Link: [Date Idea: Laugh Out Loud Fun](#)

Once the crayons have started to crumble, watch a favorite animation together. Whether a classic like *Beauty and the Beast* or a more grown up choice, like *Futurama*, savor the experience of watching cartoons together with popcorn and a cozy cuddle on the couch. The rare opportunity to forget your adult responsibilities will leave you feeling joyful and young at heart.

How do you like to stay young with your partner? Tell us in the comments below!