

# Relationship Advice: When The Person You Love Suffers From An Anxiety Disorder



By Amy Osmond Cook for [Divorce Support Center](#)

This time of year is filled with holiday magic and festive gatherings with friends and family. But for many, the holidays ignite staggering levels of anxiety that paralyzes the sufferer with fear. Celebrities such as Emma Stone, Oprah Winfrey, and Jennifer Lawrence have been candid about their struggles with anxiety disorder while balancing public life. The road hasn't been easy. "The first time I had a panic attack, I was sitting at my friend's house, I thought the house was burning down," said Stone. "I called my mom, and she brought me home. For the next year, it just would not stop."

How can you create a feeling of normalcy with your partner when the circumstances are far from typical? “For the majority of our residents, the holiday season brings family together and cheerful memories of Christmases past. But for some, this time of year brings on higher levels of anxiety and depression,” said Mark Hymas, executive director of Copper Ridge Health Care. “We watch for changes in behavior and initiate conversations where we can talk about his or her feelings and find a solution that can best help during this stressful time of year.” If anxiety is a large part of your relationship, here are three pieces of [relationship advice](#) to understand when the person you love suffers from an anxiety disorder.

## Relationship Advice For Those Who Know Anxiety Sufferers

**1. Their anxiety disorder makes them tired.** Some people view their role as they are the one worrying about their loved one’s anxiety and trying to find solutions while their partner sleeps and doesn’t seem to think about it. In reality, nothing could be further from the truth. “I still do get terribly nervous, and that’s partly due to the fact I think too much and over-analyze things,” said Amanda Seyfried. Anxiety sufferers think about their situation – a lot. “Anxiety is naturally tiring,” said Ryan Rivera, relationship expert and founder of CalmClinic.com. “Anxiety can essentially cause both low and high levels of fatigue, and leave you feeling incredibly drained.” Rivera added that tiredness is much easier to prevent than it is to stop. “That’s why you need to take steps to start controlling your anxiety better,” he said. “The less intense your anxiety is, the less tired you should feel.” This year, limit your attendance to gatherings that are meaningful or more intimate with close friends and family.

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**2. They don't like being around their anxiety, either.** Like most people, anxiety sufferers don't want to be defined by their anxiety disorder. "If you truly want to be supportive of someone with anxiety, remind them that you appreciate the individual behind the anxiety," said contributor Jake Mcspirit. "Recognize that they are more than just their anxiety." Anxiety sufferers understand that their behavior is irrational, and they feel frustrated by seeing their irrational responses. It doesn't help to point them out. "What they need is compassion, understanding, and support," said Mcspirit. "Very rarely do they need advice on how irrational and pointless is their anxiety."

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**3. Partners can be part of the solution.** Most partners are unsure of the best way they can offer support to their loved one. Although living with anxiety disorder can be overwhelming, The Anxiety and Depression Association of America encourages partners of those suffering from anxiety disorder to play an active role in treatment. "In one approach, a mental health professional enlists the partner as a co-therapist," said the ADAA experts. "With training, the partner can assist the patient with homework assigned by the therapist. This might involve accompanying the patient into anxiety-producing situations and providing encouragement to stay in the situation by using anxiety-reduction techniques." ADAA recommends setting specific goals that challenge the loved one to progress through different levels then be sure to note the progress.

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If someone you love suffers from anxiety disorder, ensure all is truly calm and bright this time of year by recognizing the physical toll these emotions create for your loved one. Take time to understand the frustration behind their responses, and appreciate your role in the solution. With support and encouragement, your partner will share in your joy during what can be considered one of the most cheerful times of year.

*For more information about and articles by our Hope After Divorce relationship experts, click [here](#).*

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## **Dating Advice: 3 Online Dating Trends to Watch Out For In the New Year**





By [Joshua Pompey](#)

The New Year is upon us. And for some of us, this means a symbolic fresh start. Especially in the world of online dating. But before you start firing up those dating sites again, take a moment to note these three new trends that are emerging in the online dating world, and the [dating tips](#) that will help you avoid relationship problems.

## Dating Advice That You Should Try Out In 2017

**1. The emergence of the dating apps:** From my observations as a relationship expert, dating apps are quickly becoming a dominant presence in the online dating world. With the ability to swipe left and right for the perfect match, singles all over the world are flocking to the convenience that these apps offer. But with progress always comes a price. Dating apps are also filled with members who are flaky, have short attention spans, and members who are simply looking for a hook up. Enjoy the convenience if you wish, but if you are looking



for a serious relationship, this might not be the most effective road to go down.

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**2. Online dating exhaustion:** With the emergence of the online dating app, dating fatigue is also in full effect. Sometimes having too many options can create the paradox of choice, leading to a multitude of conversations and “matches” that never actually lead anywhere. Users constantly become distracted by the “next best profile” and this eventually leads to complete exhaustion and the urge to quit online dating. The solution? My dating advice, If you engage in online dating apps, stay focused and stop swiping until a few of the conversations you are already in lead to an actual date. If those dates don't work out, then you can resume swiping again.

**Related Link:** [Dating Advice: Do Pick Up Lines Actually Work?](#)

**3. Pick up the response rate:** Once upon a time emailing someone back once a day or every other day was more than sufficient. In fact, responding to someone's emails more than once every other day would run the risk of making you appear desperate. But not anymore. These days, attention spans are shorter than they ever have been and if you don't stay prominent in the other person's life, you run the risk of him or her flaking. Make sure you respond at least once a day, and if you can, twice a day. As a rule of thumb, try to mirror that patterns and speeds at which the other person is engaging you. If they are quick on the trigger and you are interested, don't leave them hanging too long.

*For more information, you can visit Joshua Pompey's [home page](#) for free advice and services.*

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# Dating Advice: Revive Your Love Life & New Year's Resolution By Losing Weight, And Keeping It Off!



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to fitness and relationship expert Tracy Campoli to offer their best [dating advice](#) for those who want to improve their health and love life. Learn how to live up to your New Year's weight loss resolutions and keep the pounds off with the following dating tips!

# Dating Advice That Will Help You Achieve Your Weight Loss Goals

**1. Get clear.** Don't just say you want to lose weight and never mention it again. You need to be clear about what exactly you want and how you'll feel when you achieve your goal. If you can visualize what it would be like when you've lost the weight, then you're in a good mindset to pursue your actual weight loss journey. Start from a place of success instead of making it a daunting task.

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**2. Create a strategy.** Stay away from the word "try," you need to say you'll "do"- and create a plan accordingly. In business, people create a clear plan and support system, and they need to implement the same for their weight loss goals. You won't be able to shed the pounds if you don't have any structure. Consistency is key! It's the only way you'll get your dream body after all.

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**3. Make it your lifestyle.** The best way to lose weight and keep it off is to turn your diet and workout routine into a lifestyle. The pounds will creep back on if you don't implement these changes into your daily life. They don't have to be drastic changes, they just have to be sustainable. Your body will thank you in the future.

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# Celebrity Couple News: Kourtney Kardashian is Hooking Up with Sexy Model Younes Bendjima



By [Mallory McDonald](#)

In recent [celebrity couple news](#), Kourtney Kardashian may be on the verge of a new fling. According to [UsMagazine.com](#), Kourtney has been seeing model Younes Bendjima for a little while now. The pair were most recently spotted on Friday, December 16, outside the SLS hotel in Beverly Hills. “Kourtney

contacted him on Friday afternoon and asked him if he wanted to meet up," an insider told *Us*. Despite Kourtney's [celebrity ex](#) Scott Disick trying to mend their relationship, she is enjoying having a little fun with Bendjima. While many in her inner circle felt like Kourtney and Scott would eventually end up together, it seems she is enjoying a new young flame!

## These two may not be a celebrity couple yet, but things are heating up between them! What are some ways to know you're ready for the label that comes along with a relationship?

### Cupid's Advice:

Just because you start seeing someone new, doesn't mean the new relationship is ready for a label. Use this [relationship advice](#) to help make that decision:

**1. Exclusive:** When you start seeing someone new and you both decide it is time to start seeing other people, this can be a good indicator that the relationship is ready for a label.

**Related Link:** [Find Out What's Going On with Former Celebrity Couple Kourtney Kardashian & Scott Disick](#)

**2. Gone public:** Once you and your partner have decided to take the relationship public, it may also be time to put a label on the relationship so that there is no confusion.

**Related Link:** [Celebrity News: Scott Disick Admits to Making 'Decisions That Weren't Great' About Kourtney Kardashian](#)

**3. Fully involved:** When you first start seeing someone, you don't always involve them in all the aspects of your life.

Once that person has become involved completely in your daily life a label should come easy.

When did you decide to finally label your relationship?

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## Relationship Advice: How to Compromise on Planning Your Nuptials



By Dr. Jane Greer

Matthew Lewis, who played Neville Longbottom in the *Harry Potter* movies, is engaged to be married to his girlfriend

Angela Jones. This will be his first [celebrity wedding](#), but her second. In fact, it was reported that they began dating shortly after she divorced her first husband. Matthew seems to have gotten the proposal right, judging from the photos of the ring and the Paris vacation during which the engagement was said to have taken place.

**The [relationship advice](#) question is, will the fact that she has already had a wedding change the dynamics of, and possibly complicate, the marriage planning that lies ahead for them?**

This is something that happens often when two people decide to spend their lives together. One might have gone through it all before, the big wedding and honeymoon, and the other might be experiencing it for the first time. Sometimes this can affect what each is hoping for as far as their big day goes. For the one who hasn't experienced it before, this might be something they have been dreaming about since they were a little kid. They might have family members who have looked forward to it for years, and may even have strong ideas about how it should play out. For them, the whole idea of a traditional wedding dress and all the fanfare might sound great. The other person, though, might feel they have been there and done that, they might no longer see the appeal of all the details and possible headaches that can go along with planning such a large, involved event. They might even think it would be nice to sneak away to City Hall or Las Vegas and elope. If you find yourself in this situation, how can you reconcile it?

The first thing to keep in mind is the end goal, which is to



commit to each other for life. There are so many paths to take to get there, and as long as you find one you will be achieving that all-important objective. Having said that, though, people still want what they want. Make sure you are able to talk about what you each desire and hope for, and really listen to why each person is requesting what they do. Try to compromise, maybe the person who doesn't want a huge wedding or honeymoon will give in to the big day for the sake of his or her new spouse and family, but will then get to choose the honeymoon destination with the aspiration to keep it low key. Or maybe the reverse could work for you, the one who hopes for a grand occasion will be willing to tone it down but then might opt for an extravagant honeymoon.

Do your best to stay focused on what you want as a couple without giving up what is most important to you as an individual. Be sensitive to your partner's needs, and try to find a middle ground that will work for both of you. That way, each of you can be invested in their wedding.

Hopefully Matthew and Angela will be able to navigate these complicated decisions as they plan their important day. Maybe all they'll need is a little Hogwarts magic.

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# Dating Advice: 3 Signs He's Not Into You!



On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Nick Karson to offer their [dating advice](#) for those who want to improve their dating life. Learn how to determine whether or not your partner is into you.

## Dating Advice That Will Help You Figure Out If He's Into You

**1. Look out for low energy.** Keep an eye out for your date's pupil dilation. The pupil gets larger when person is excited,

which is biological response that can't be faked. So look out for this telltale sign along with lackluster energy. If your date isn't going out their way to be nice or impress you then they just aren't into you.

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**2. If you have to initiate contact.** It's very uncommon for a man who is interested in a woman to not reach out. So if he isn't calling or texting you at all then that's a huge sign that you're not the one for him. Or he should at least make himself available to you if he seems to not be a chatty type of guy.

**Related Link:** [Dating Advice: 3 Types of Women Men Avoid](#)

**3. Check his attitude.** Make sure to observe how he treats you when you're both around different people. If he doesn't wrap his arm around you or show some kind of affection in front of people then he might not care about you as deeply. Men like to show off the women who are important to them, so take note of how he introduces you too.

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# Dating Advice: We Just

# Started Seeing Each Other, Should I Get Them A Christmas Gift?



By [David Wygant](#)

*'Tis the season to spend a lot of money, fa la la la la, la la la la.*

You just started dating somebody. You're getting to know them. So the big question is, what do you get them for Christmas? As a relationship expert, the greatest thing in the world is meeting somebody between Thanksgiving and Christmas because you literally are the gift. If you think about it, what have both of you been craving the entire year? Meeting somebody who is absolutely amazing and crazy about! So isn't that enough

of a gift when it comes down to exchanging something this holiday year? If you still think you should do something special for your new partner, then follow my holiday gift related [dating advice](#).

## Dating Advice On Whether Or Not To Get Your New Partner Gifts This Holiday

So follow me on this one. The gift you give them is something that the both of you can do together because you came together during the holidays. So you need to do something that is going to be fun for the two of you to experience. Ask yourself a few questions: What do they like to do? What type of music do they like? Is there a restaurant that they love? Is there a place that they wanted to go for a little overnight trip? Is there a sporting event that they've been wanting to go see?

**Related Link:** [The Best Holiday Gift for Your Man](#)

Think of something that the two of you can do together and either buy tickets, book a little hotel room, or make a reservation. That, to me, is what this time of year is all about. It's about bonding. Connecting. And it's not about the physical gift at all. So if you're dating somebody and you just started dating them, do something that the two of you can experience and enjoy together! That is the best gift that you could possibly give them. The most important part of this brand new relationship is to continue to connect and get to know one and each other.

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In Los Angeles there's an island called Catalina, where you can get tickets to take the ferry over. Just imagine what a

perfect date night that could be if I was just starting to see somebody during the holiday season. I could take them to Catalina, a place where we'd walk around and have lunch or dinner. And while you're going to be doing something different from my hypothetical Catalina date; you should try to do an activity that's unique and bonds you both. And there's nothing better than buying each other a little trinket from that adventure. If their eyes light up when they see a certain t-shirt because it reminds them of when they were a kid. Or if it's a woman, and she sees a little bracelet that's really inexpensive, get it for her. It's something that will remind her of the first Christmas the two of you spent together. Taking actions such as these are cute and adorable things that will trigger the emotions of a great first holiday, and romance that will hopefully turn into something unforgettable.

Keeping it simple, and keeping it together is what this is all about. You've already delivered the best Christmas gift each of you can give: you became each person's best person you dated all year. So cap it all off by spending some time together and trying out these few dating tips.

*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](#).*

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# New Celebrity Couple Amber Rose & Val Chmerkovskiy Step Out Holding Hands



By [Mallory McDonald](#)

A new [celebrity couple](#) could be forming and we couldn't be happier! Amber Rose and Val Chmerkovsky have stepped out together holding hands looking happier than ever. A source shared with [UsMagazine](#) that they were initially, "just friends, but it's recently turned into more and they have been hooking up." A source close to Val, meanwhile, denies the romance and says, "They are just friends." Despite the gossip, Chmerkovsky is trying to remain cool. "I can't control what people think," he asked about Rose. "I live my life and I try to live it, you know, the way I want to live

it.” However, the recent sitings and social media flirting have people wondering if it could be developing into more despite his denials.

## **This new celebrity couple isn't shy about going public. What are some ways to know you're ready to go public with your new relationship?**

### **Cupid's Pulse:**

When you have to make a decision to go public in a relationship, you have to be sure that you are ready. Use this [relationship advice](#) to help make that decision:

**1. Exclusive:** A good sign that your relationship is ready to go public is when you are exclusive. It can be hard to explain to the public if you are seeing someone who is still seeing other people.

**Related Link:** [Celebrity News: Amber Rose Pays Tribute to Ex Wiz Khalifa on Father's Day](#)

**2. On the same page:** Both you and your significant other have to be ready to take it public. If both of you are ready to take that step in the relationship then do it!

**Related Link:** [Is Wiz Khalifa Bashing Celebrity Ex Amber Rose in New Song?](#)

**3. United front:** When taking a relationship public it is important that you and your partner can provide a united front to the world. If you both are not able to feel the same and speak on the relationship the same it may not be time to go public.

**When did you decide to go public in your relationship?**

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# Celebrity Couple News: 'Bachelor' Alums Becca Tilley & Robert Graham Are Getting Serious



By Justin Thomas

After endless social media surmising, there's a new [celebrity couple](#) trending. In [celebrity news](#), *The Bachelor's* Becca Tilley has finally set the record straight about her relationship with fellow *Bachelor* Nation star, Robert Graham. Tilley confessed to [UsMagazine.com](#), saying, "I am dating

Robert” at the 2016 *iHEARTRADIO* Jingle Ball on Friday, December 2. She continued, saying, “It’s fun. We’ve been friends for a long time and it was just a natural progression, and he’s just amazing and been patient with me.... I need someone that’s patient and willing to deal with me, and he’s been that way. So it’s been fun, it’s been an easy transition.” Rumors ignited when affectionate photos of the now couple surfaced on Tilley’s Instagram featuring some suggestively cute captions. But things really began to heat up when she posted a shirtless photo of Graham as her “Man Crush Monday.” The couple seems to be on the up and up as Tilley went on to mention she’s introduced him to her family. She said, “He met all of my family Sunday night, except for my brother. Everyone loved him.”

**This celebrity couple news was a long time coming. How do you know when you’re ready to introduce your partner to your family?**

#### **Cupid’s Advice:**

Timing is everything when it comes to introducing your partner to your family. Cupid has some tips:

**1. Make sure you’re exclusive:** The bottom line is that you want to make sure your relationship is serious before you introduce your family and friends. That means all the “you’s” and “me’s” have turned to “us” already. Don’t put your family through the process meeting, getting know, and potentially liking someone you know almost for certain won’t be around for much longer.

**Related Link:** [5 Tips for Meeting Your Partner’s Family Stress-Free](#)

**2. Don't rock the boat:** Meeting someone's family is a substantial jump in a relationship and when appropriate could make your relationship much stronger. But it's not necessarily a right of passage. Evaluate your partner's relationship with their family, and don't pressure them if they don't feel like it's the right time to introduce you. However, don't be naive. Three months is very different than three years when it comes to meeting the family.

**Related Link:** [What to Wear to Meet His Family](#)

**3. Be realistic in your expectations:** Everyone's family dynamic is unique, so try to think less romantic comedy and more "Hi, nice to meet you." As palm-sweating as it is, first impressions are more important than you might think, but only in the context for setting the tone for family interactions down the line. People often latch on to the first perspective they're offered, so the first impression you make might be the impression you keep.

**How important is meeting your partner's family to you? Share your thoughts below!**

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## **Celebrity News: Meghan Markle Rocks Personalized Necklace for Prince Harry**







By Kayla Garritano

How charming! Meghan Markle was spotted wearing a necklace with the letters M and H on it. According to [UsMagazine.com](https://www.usmagazine.com), the [celebrity couple](#) has yet to step out together, but it doesn't mean their love is a secret. Markle was spotted shopping in Toronto on Saturday, December 3, wearing her Maya Brenner Asymmetrical Letter & Charm Necklace. This shinning piece of jewelry is available in white, yellow or rose gold starting at \$240, with each letter beyond the first being an additional \$60. However, she isn't the only one smitten. Though he was set to return home from his tour of the Caribbean Sunday, December 4, Prince Harry flew to Toronto to visit Markle, squeezing in a quick trip before he was expected back in London on Wednesday, December 7.

**Things are heating up in this [celebrity news](#)! What are some ways**

# to show you care about your partner when he/she is not there?

## Cupid's Advice:

It's tough when you can't see your partner every day. However, it doesn't mean your love should go unnoticed. Cupid has some [relationship advice](#) for when you want to show your appreciation, even when they're not there:

**1. Put your initials somewhere:** Like Markle, your partner can be wrapped around your neck with their initials. It can be any piece of jewelry, their name on a t-shirt, or if you really want to, a tattoo. Just two letters can mean a lot, especially if there's a personal, emotional connection with them. Always have their initials close to your heart with a personal touch.

**Related Link:** [Celebrity News: Johnny McDaid Gets Courteney Cox's Initials Tattooed on His Wrist](#)

**2. Pictures:** A picture is worth a thousand words. Whether it's a framed picture on your desk at work, or one you keep in your wallet, keep a picture of your partner for a happy reminder that they are with you wherever you go, even if you're not physically together.

**Related Link:** [10 Ways to Make a Long Distance Love Work](#)

**3. One call away:** A call just to see how your partner's day went can mean a lot, especially if they can't wait to vent to you or share some exciting news. Talking on the phone shows you care about your partner and want to hear what they have to say. Plus, you get to hear their voice, which is very helpful if you can't see them.

**How have you shown you care about your partner without them being there? Comment below!**

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# Relationship Advice: Love At First Sight From a Guy's Perspective



By [Robert Manni](#)

Although some argue against it, there are studies that show the phenomenon known as “love at first sight” is possible. Partially because we are all connected at a spiritual level, it can be argued that people can actually “know” someone almost instantly, including if they are a good fit for them. But others say that we need to know someone through their actions first before truly falling in love. I think a

combination of those intense beginning feelings and the gradual reveal of the person melding with those passionate first impressions makes a case for love at first sight. Remember, modern dating and relationships can be tricky, so heed the following [relationship advice](#) on taking additional steps to validate our initial reactions saves yourself from heartache later.

## **Relationship advice for guys on, “Love at first sight.” Does it exist?**

It's no surprise that men are more visually stimulated than women when it comes to attraction. Frequently, men mistake “lust” or “infatuation at first sight” for love, only to have buyer's remorse when the woman does not live up to their fantasies. But, there is a silver lining. Both men and women can experience love at first sight— it just might not be exactly what they expected. The discussions I've had with women on this topic reveal that for them, love at first sight is more of a process with layers that unfold quickly. Although they may not get an overpowering visceral reaction to a guy instantaneously; what he says, how he looks, his energy, confidence, and how she feels around him all create the possibility for love. This process occurs rapidly in a case of “love at first sight,” and can also work for a guy, especially if he has created the space in his heart for new love while also taking the time to look beyond a woman's looks. That's how it happened when I met the woman who became my wife. On the relationship advice of her sister, she signed up for a three-day trial on a popular dating site. She posted a late night selfie without any makeup and winked at me because she liked what I had written on my profile. At the time I'd been happily dating up a storm online and was going to take a pass. But, there was a beautiful simplicity about her in that photo,



and especially in her eyes. I studied her face and then re-read her profile. Hers was more of a “hey, this is what I’ve been doing,” instead of the many packaged profiles I’d seen that were built to sell. So, I decided to write back.

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

After a few short emails we agreed to have a date night. We met at the corner of West 79th and Broadway in Manhattan. I arrived first and climbed the steps of a church so I could keep my eyes out for her. When I looked across the street the first person I laid eyes on was a very pretty lady in a green and white summer dress. I knew this was her, and I could not take my eyes off of her as she gracefully approached the church. I was pleasantly surprised because she was even better looking in person than in the photo she’d posted online. I met her halfway as she crossed the street and without thinking hugged her. She reciprocated with a curious smile. As we walked towards the 79th Boat Basin, I took her hand and she accepted mine with a welcoming clasp. All of this felt very natural. Was it love at first sight? Maybe. It sure was a nice beginning. When we sat down to eat she mentioned that she was a vegetarian. I wanted a cheeseburger, but for some reason when I heard this, I ordered something else. Afterwards we walked hand in hand along Riverside Park. When we stopped to sit on a bench, a former online date of mine roller-bladed past us. For some reason I took this as a sign that the woman on her blades was my past and the woman beside me was my present and future. And, I have not eaten meat since that day. Was it love at first sight?

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My wife and I have been happily married for six years now and are the proud parents of a wonderful little boy. So is love at first sight possible for men? At least that’s how it worked for me. As a relationship expert, this is how I advise readers



of my blog and listeners of my radio podcast when they ask questions. With so many wonderful available women looking for a good guy, it's never been a better time to be a man. But to make the most of this opportunity, guys need to follow dating tips that make room for love, and take a little bit of extra time to look beyond a woman's exterior and into her heart.

*Robert is the author of The Guy's Guide To Love, a novel praised as the "Men's successor to Sex and the City." Robert's website, RobertManni.com, features his syndicated blog, media appearances and other projects.*

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## **New Celebrity Couple Ariel Winter & Boyfriend Levi Meaden Make Red Carpet Debut**





By [Mallory McDonald](#)

There is a new [celebrity couple](#) alert! [UsMagazine.com](#) reported that Ariel Winter and Levi Meaden made their red carpet debut at the Trevor Project's TrevorLive Los Angeles 2016 fundraiser Sunday, December 4. Though Winter was single just a few months ago, she is now clearly happier than ever with her new boo Meaden. "We all deserve to be happy and live our own lives the way we want to with the people we want to!" Winter wrote on Instagram November 28, perhaps in response to the speculation surrounding her personal life. "We all deserve love and support – it's what we need."

**This new celebrity couple is making it official by going public. What are some reasons to bring your relationship into the light?**

**Cupid's Advice:**

Deciding when to let the public and those close to you in on your relationship is a tricky process. With this [relationship advice](#) you can make the right decision:

**1. Taking the next step:** If you have been dating someone for a while and you are ready to take the next step, bringing your relationship into the light can be the perfect way to do that.

**Related Link:** [Celebrity News: 'Modern Family' Star Ariel Winter Confirms She's Single](#)

**2. Strong foundation:** When both you and your partner have built a strong foundation on your relationship and are ready for other people's opinions, then it is time you make your relationship public.

**Related Link:** [Celebrity News: Did Ariel Winter Split with Longtime Beau Laurent Claude Gaudette?](#)

**3. Mutual decision:** Both you and your significant other have to be ready to take that next step. If you both had discussion about it and are ready to make it public then go ahead and make that leap!

**When did you make your relationship public? Comment below!**

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# Shia LaBeouf Has a New Outlook on Marriage Post Celebrity Wedding with Mia

# Goth



By Kayla Garritano

A changed, married man! After his [celebrity wedding](#) with Mia Goth, Shia LaBeouf says he has a changed perspective on marriage! According to [Eonline.com](#), he chatted with E! News at the premiere of *Man Down* on Wednesday, November 30, discussing his recent discovery on marriage. "It's better on the other side," he admitted. "I've been lied to my whole life. You always hear these people who are all cynical, like, 'Ah, man, once you get married everything changes. But for the better though!'" One thing he's really excited about is starting new traditions while celebrating their first holiday season as a married couple.

# Shia thinks things are better on the other side after his celebrity wedding. What are some ways being married can be better than just being in a relationship?

## Cupid's Advice:

Relationships have their perks, but there's something about being married that's more special. How are you sure marriage is the right idea? Cupid is here to help with some [relationship advice](#):

**1. You're at home together:** There's a difference between living together as a couple and making a home together. In a relationship, you're more likely to be visiting between apartments and keeping a toothbrush at your partner's place. Marriage helps put the aspects of your "bachelor pad" or "bachelorette pad" lives together. You're combining two lives into one house. You can have your own personal touches all while keeping yourselves in order.

**Related Link:** [Celebrity Wedding: Shia LaBeouf Marries Girlfriend in Elvis-Themed Vegas Wedding](#)

**2. Legal rights:** There are some legal benefits to getting married. For example, taxes. You can create a "family partnership" under federal tax laws, which allows you to divide business income among family members. There are other perks to tying the knot, and you can use those to your advantage!

**Related Link:** [Relationship Advice: What Makes a Marriage Strong?](#)

**3. Combining goals and growing:** This is the first step towards



the rest of your life. You can start a family and share your goals. You work for your goals together, you share responsibility, and you work together to create the best life you can have together. It's truly an exciting experience!

**Why do you believe marriage is better than just being in a relationship? Tell us in the comments below!**

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## **Dating Advice Q&A: Is It Okay to Start a Relationship via Social Media?**





*Question from Alex O.: A few weeks ago, I reconnected with a friend from college on Twitter. We've been tweeting at each other since then and have plans to meet up this weekend. I feel like our flirtation is going to turn into something more – is it okay to start a relationship via social media?*

Dating has always been complicated. Add the internet, social media and electronic devices into the mix, and it can get even trickier. However, do not fret. Leave it up to our relationship experts who can offer their best [dating advice](#) on using technology the right way. Online dating is here to stay, after all, so don't be afraid to jump in and catch up with the times! Learn valuable dating tips from Cupid's very own, matchmaker Suzanne Oshima and relationship expert Robert Manni. Here you'll have your questions answered on whether or not it's a good idea to start a relationship through social media.

## **Technology Dating Advice On Whether**

# You Should Start A Relationship Using Social Media

[Suzanne K. Oshima, Matchmaker](#): Don't even think twice about starting a relationship via social media, it's totally the norm nowadays to meet and date someone who you met over Twitter, Facebook or Instagram. In fact, I know several people who have met the right man/woman that way, and they ended up marrying! And if this relationship turns into something more and you end up getting married, you will have a great love story to tell all your friends and family about how you reconnected with each other over Twitter.

**Related Link:** [Dating Advice Q&A: Why Do Men Ask for Photos?](#)

[Robert Manni, Guy's Guy](#): It's perfectly normal to begin a relationship on social media. My wife winked at me online and with that one digital exchange, we met in person and have been together ever since. So, I highly recommend using social media for romance if you are mindful of who you are and what you want out of the relationship. In your case, you already knew the person from college, so reconnecting on Twitter was not technically beginning a relationship on social media. But, you are using your digital re-connection to move the relationship forward. And, that's great. Because, let's face it; no matter how well we text, tweet or craft our Facebook messages, a true connection can only happen when two people get together face-to-face in the "real" world.

*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](mailto:cupid@cupidspulse.com).*

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# Dating Advice: Best Online Dating Photo Tips



On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Wendy Newman to offer their [dating advice](#) for those who want to improve their online dating profile photos. Learn how to attract a quality partner through your online dating profiles with the following dating tips.

## Dating Advice On Taking Your Best

# Profile Photo

**1. Do it for you.** Get comfortable and take photos of yourself that look simple and natural. Don't have anything in your profile photo that distracts from the message that you're looking for someone. Also avoid posting group photos as a main way to represent yourself, it gets confusing.

**Related Link:** [Author Wendy Newman Shares the Relationship and Love Advice She Learned After 121\(!\) First Dates](#)

**2. Know what you're showing.** You only have a few photos to show who you really are. Be aware of what you're showcasing, and try to provide a variety. If you only upload photos where you're out drinking or working out, a person online will think that's all you care about and that you don't have other interests. It's a sure way to get yourself overlooked.

**Related Link:** [Dating Advice: Don't Be a Rules Girl!](#)

**3. Have a full body shot.** You want to show what you really look like. Avoid taking shots that misrepresent how your body naturally appears. Be comfortable in your own body and be yourself. Let your potential date choose whether or not they want to meet you based on how you look. It avoids awkward in-person interactions in the future.

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

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# Celebrity Wedding: Lauren Bushnell Says When She'll Marry Ben Higgins is the 'Million Dollar Question'



By [Mallory McDonald](#)

In the season finale of *Ben and Lauren: Happily Ever After*, former *Bachelor* [Ben Higgins](#) called off his [celebrity wedding](#) to Lauren Bushnell. Rumors of the two not making it after this decision are completely untrue. [UsMagazine.com](#) learned how Higgins feels about their relationship status, as he said, "I think at this point, Lauren and I are focusing on our relationship, which is obvious. We're definitely together – we are happily engaged. The wedding in our mind – 'Where's your

ring at?’ – is still on, but we are just taking some time to help plan that where it’s not stressful or overwhelming.” Bushnell shared, “Any couple feels the same pressures – you get engaged, and everyone asks when is the wedding. ... We’ve navigated it relatively well and [are] doing things on our own timeline, honestly.” The stress of the show may have definitely changed the dynamic in this [celebrity relationship!](#)

## **We sense a little bitterness when it comes to the planning of this celebrity wedding. What are some ways to deal with a partner who is reluctant to tie the knot?**

### **Cupid’s Advice:**

Tying the knot is a serious step in a relationship and for many, it can feel overwhelming. Use this [relationship advice](#) to help ease your partner into marriage:

**1. Be understanding:** It can be hard to be understanding of your partner when they are putting the breaks on a wedding and you are ready to move forward. But you have to always be supportive of your partner’s feelings.

**Related Link:** [Celebrity Wedding: ‘Bachelor’ Ben Higgins Reveals Proposal Tips After Calling Off Wedding](#)

**2. Discuss the decision:** Make sure to not let this decision fly under the rug. It is important to understand why your partner isn’t ready so that there isn’t any confusion.

**Related Link:** [Ben Higgins & Lauren Bushnell Butt Heads Over Televised Celebrity Wedding](#)

**3. Be patient:** Trying to be patient when you are ready for the

next step can be extremely challenging. However, the more patient you are, the easier it will be for your partner to become ready.

How did you handle your partner not being ready for marriage? Share your experiences below.

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## New Celebrity Couple? Ariel Winter Kisses and Holds Hands with Levi Meaden After Friendsgiving



By Kayla Garritano

There's a new couple of love birds in show business! *Modern Family* actress Ariel Winter was seen out in Los Angeles with actor Levi Meaden on Saturday, November 26, where they happened to share a kiss. According to [UsMagazine.com](http://UsMagazine.com), the rumored new [celebrity couple](#) was seen dressed-down in comfortable clothes for their day out, holding hands. The pair even celebrated Thanksgiving together with a bunch of friends. Winter's friend Jack Griffo captioned a Snapchat of the duo sitting down to dine together with the caption, "Family dinner friends giving that's my girl w her man."

## **This new celebrity couple is indulging in some PDA. What are some ways to show you care about your partner in public?**

### **Cupid's Advice:**

New love is exciting! You want to show the public that you and your partner are happy together. Cupid has some [relationship advice](#) on how to display your affection:

**1. Hold hands:** If you and your partner are walking somewhere, hold their hand and follow each other. Sometimes it may get difficult, like if it's hot out and your hands get sweaty. Even if it's for a little while, you get to acknowledge the fact that someone is holding you, and it makes you feel secure and happy.

**Related Link:** [Q&A: Where Does Social Media Draw the Line on PDA?](#)

**2. A kiss hello or goodbye:** We aren't talking about giving everyone the full make-out scene, but a simple kiss to display

your affection says a lot. It's a sweet, endearing action. It also means you're excited to see them or you'll miss them when they're gone. You also have those to look forward to whenever you leave or see each other!

**Related Link:** [New Celebrity Couple Joe Jonas & Sophie Turner Cozy Up for PDA Packed Date](#)

**3. Manners please:** Whether you hold the door for your partner or you avoid stepping in giant rain puddles, manners go a long way. The smallest gestures can show that you care and that you want to make sure they are protected when they are with you. You'll be such a proper gentleman or woman!

**How have you publicly shown you care about your partner in public? Tell us in your comments below!**

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## Dating Advice: Is It Possible To Find Love After 40?







On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert David Steele to offer their [dating advice](#) for those who are looking for love later in life. Learn how to attract a quality partner that's worthy of your time with the following dating tips.

## Dating Advice For Those Single Over 40

**1. Go for it.** Don't discourage yourself by saying it's too late for you. Pursue a relationship believing you're good enough. Take a risk and go out of your comfort zone to find love. Since so many older in age refrain from entering the dating pool, your chances in finding someone increases with the few who are also looking.

**Related Link:** [Dating Advice: Why Do I Attract The Wrong Men?](#)

**2. Analyze your thinking.** You might believe you're alright on your own, and that may be true. But if you find yourself desiring companionship or feel that you're missing something

in your life, then a relationship might be what you need. If you decide to start dating again then you need to change your mindset a bit.

**Related Link:** [Dating Advice: 3 Biggest Online Dating Mistakes](#)

**3. Ask for more.** If you end up getting lucky and find someone that you really like, don't be afraid to ask for more. At this age you shouldn't deprive yourself from the joy that stems from affection. Just remind yourself of how you weren't afraid to ask for the things that made you happy when you were younger. The same applies at 40 and over!

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

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## Dating Advice: 3 Biggest Online Dating Mistakes





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Carmelia Ray to offer their [dating advice](#) for those who are looking for love through online dating. Learn how to avoid these online faux pas through the following dating tips.

## Dating Advice For Those Who Want To Communicate With Their Body

**1. Don't give up.** Some people are too impatient or call it quits after a bad experience. Give yourself time to find a quality date. It's not fair to write everyone off just because you bumped into one bad person.

**Related Link:** [Celebrity Interview: Reality TV Matchmaker Carmelia Ray Says, "Take Actions That Are Consistent With Your Commitments"](#)

**2. Avoid misrepresenting yourself.** The biggest complaint many have in the online dating community is coming across people who exaggerate or flat out lie about their qualities. Honesty

is the best policy, so don't build anything on deceit.

**Related Link:** [Dating Advice: Best Body Language Tips](#)

**3. Choose a good photo.** You need to be aware of how you're presenting yourself online. A bad profile photo can really hurt your chances when trying to find a match. Pick a flattering picture that shows who you truly are.

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

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## Nick Cannon Confirms He's Expecting Celebrity Baby With Ex Brittany Bell







By Kayla Garritano

This celeb is playing the part of dad once more! [Nick Cannon](#) confirmed that he is expecting a [celebrity baby](#) with ex-girlfriend Brittany Bells. According to [UsMagazine.com](#), Cannon released the [celebrity news](#) in an interview with *The Breakfast Club* on Thursday, November 17, with *US Weekly* exclusively breaking the news earlier this month. "Who said it wasn't mine?" Cannon said when asked about Bell's baby. "I've got a baby on the way ... absolutely ... God said be fruitful and multiply. I'm doing the Lord's work ... everybody get a baby! I'm passing them out," he jokingly included.

**This celebrity baby is coming into an uncertain relationship. What are some ways to prepare for a baby if you are no longer with the other**



# parent?

## Cupid's Advice:

Sometimes, babies are born from a relationship that didn't work out. It doesn't mean that the gift of a child is any less exciting or less important! Cupid has some [relationship advice](#) to make sure you prepare for your baby in the best way possible:

**1. Be there for each other:** It's hard going through the pregnancy process alone. If you are still in contact or on good terms with your ex, then it's best to keep each other on speed dial, so whenever your ex needs you, you're there. You're going to want to be there during the birth of your child, so it's good to be there in the steps leading to it.

**Related Link:** ['Gimore Girl' Star Jared Padalecki's Wife is Expecting Celebrity Baby No. 3](#)

**2. Create space in your home:** If you aren't together anymore, you're probably not living together, either. Your baby is going to be shared between your house and your partner's, so make sure you get that extra room going for when your baby takes over the house. You want your precious gem to be comfortable and in a happy environment!

**Related Link:** [Rumored Celebrity Couple Nick Cannon & Chilli Get Steamy on Camera for Music Video](#)

**3. Keep significant others away:** If you're already back in the dating pool, things may get a little complicated if your new partner wants to get involved with your soon-to-be child. What happened with you and your ex should stay between the two of you, and only you both can really solve the situation. It makes for less stress!

**How have you prepared for a baby with your partner no-more?**

Comment below!

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# Budget-Friendly Tips for Holiday Weddings



By Cara Davis and Kayla Garritano

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

glamorous like a [celebrity wedding](#), but keep it all in a budget!

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

**1. Deck the halls:** Most event locations will have already decked the halls for the holidays, allowing you to piggyback their efforts for a low-cost wedding. Go with Christmas hues of gold, red and green – or go for a silvery winter blitz. Strings of white Christmas lights will transform any room into a holiday paradise. Beautiful, and affordable.

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

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

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

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

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

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

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

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

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# Dating Advice: I'm Never Single. Is it Bad to Go From One Relationship to the Next?





By [Joshua Pompey](#)

There's no doubt that single life can be a bit unsettling at times. In this day and age of swiping left and right- where sexual deviants and creepy singles are running rampant, sometimes the mere thought of staying single for a few months can feel like an eternity. And I'm sure with the emails some of you women receive on a daily basis on dating websites, it's a wonder that some of you are even able to maintain faith in the prospect of a relationship. So when a nice guy comes along as a potential partner, I can't blame you for wanting to dive right in. Great men are scarce, so why not jump at the opportunity when you see one right? As a relationship expert and matchmaker, I need to caution you that there's a problem with this. Jumping from relationship to relationship without ever exploring the single world, it's nearly impossible to learn who you are and what your needs are. Therefore, you're placing the need *for* a relationship over your ultimate needs *in* a relationship. And this can become very problematic down the road. If you don't want this to happen to you, take note of the following [dating advice](#).



# Dating Advice For Those Who Are Never Single

When I think of those who are always jumping from relationship to relationship, I always think of a former friend of mine who I unfortunately lost touch with a few years back. For the sake of this article, let's just refer to her as Jessica. Jessica was an extremely funny, extremely attractive, and an all-around quality catch. Why didn't I ever date her? Well, truth be told, I never even had the chance to try. Jessica had spent pretty much her entire adult life in a relationship. After breaking up with her boyfriend of four years slightly after college, she was single for another two weeks before entering another relationship that lasted four years, and then waited another two weeks before meeting the man she ultimately married.

**Related Link:** [Dating Advice: Do Pick Up Lines Actually Work?](#)

Happy ending right? Well, it depends on the way you look at it. Truth be told, every single man she was ever with, including her husband, were good guys. They were nice, respectful, and never really did anything bad to her. At least that was the perspective my friends and I had from the outside. But at the same time, they never really seemed to have much in common. There was never any spark. Never any magic. Nothing that made you look at her past boyfriends or her now husband and say, 'Wow, they are great together!' It was always just two nice people that happened to find each other, got along, and continued onwards in that manner. Is she happy to this day? This is a question I can't answer for certain. I guess if someone *thinks* he or she is happy that's all that matters right? But as a matchmaker I ask the more important question, which is how much *happier* could she have been if she truly dedicated herself to finding a *great* match and not just an *acceptable* match all her life?

**Related Link:** [Relationship Advice: How To Handle Single-Shaming](#)

My point is, finding someone who is nice or that you get along with isn't good enough. Nor is jumping from relationship to relationship with a person who doesn't treat you well or with the respect you deserve. Finding the right person is a process that takes time, dedication, and the ability to understand who you are and what your needs are. And the only way to truly figure out your needs is by being single, dating around a bit, and learning about yourself. So have fun being single for a bit and take your time out there with the dating tips I've provided. You never know, you just might enjoy it!

*For more information from Joshua Pompey, visit [Next Evolution Matchmaking](#), where you can learn how he is changing the landscaping of traditional matchmaking. Learn more [here](#)!*

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## Dating Advice: Best Body Language Tips





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Robyn Hatcher to offer their [dating advice](#) for those who need help in communicating through body language. Learn how to effectively get your message across without words in the following dating tips.

## Dating Advice For Those Who Want To Communicate With Their Body

**1. First impressions are key.** A first impression is important because it helps people determine whether or not they can trust you. So the first few minutes you spend with someone are crucial! A good first impression starts with openness and vulnerability, so don't obstruct your torso with crossed arms or excessive clothing, or else it will look like you have something to hide. Another great way to show vulnerability is by exposing your neck while you're interacting. In other words, leave the scarf at home!

**Related Link:** [Dating Advice: 3 Ways to Master the Art of the](#)

## First Impression

**2. Be aware of your voice.** Take note of how you sound when you speak. The pitch of your voice can either be helpful or detrimental when you're trying to date. A deeper voice is often seen as more confident, whereas a higher pitched voice can be interpreted as "weak" or "needy." If you struggle with your pitch, voice lessons might be beneficial. But of course, keep in mind that all people have their preferences. You don't have to change your voice if you don't want to, just find someone who appreciates that quality.

**Related Link:** [Dating Advice: How To Attract A Man Through Your Body Language](#)

**3. Look at other people's body language.** Not only should you be aware of your own body language, but you should keep an eye out for other people's as well. Is the person you're with leaning in? Are they making eye contact? Are their feet facing towards you or are they pointed at the door like they want to make a run for it? These are all things you should look out for in order to have a successful date.

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

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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.**