

Dating Advice: Think of Your Mind, Body, & Food When Out On Dates



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Founder of Single in Stilettos
Matchmaker & Dating Coach at
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On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert, Lynda Layng to offer their best [dating advice](#) that will help you improve your mental and physical health on the dating scene. Learn how you can better yourself and your future dates with these three dating tips. Follow this advice if you want to find the love of your life!

Dating Advice On What You Can Do For Your Mind, Body & Food

1. Change your thoughts. Use positive affirmation instead of fixating on negative thoughts. Even if you don't believe it, you'll eventually be affected by the praise you give yourself. Don't be afraid to be kind to yourself and say, "I'm beautiful. I'm grateful."

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2. Lighten up. Try to let go of the image you have in your mind of what perfection is. And don't take everything so seriously or be hard on yourself. You don't want to make yourself feel bad with unrealistic expectations.

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3. Eat more real food. Get rid of processed food. You want to eat healthier, whole food that can expire. Eating processed food all the time will have adverse effects on your waistline and energy levels, so make little changes if you want to be healthier overall.

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Celebrity Interview: Comedian Matt Bellassai Talks About Living Single Life: “I’m Comfortable in My Own Skin!”



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By Kayla Garritano

This guy has come a long way from his first web series *Whine About It* for BuzzFeed. Comedian Matt Bellassai has progressed from journalism to comedy, and his hard work has paid off. Winning a *People's Choice Award* in January 2016, Bellassai has plans to continue his career full of laughs. In this exclusive [celebrity interview](#), he opens up to us about his upcoming show, *To Be Honest*, as well as his new campaign with snack

company Soy Vay, all while living the life of a single celebrity in New York.

In our celebrity interview, Matt Bellassai talks about his career and sheds some light on the single life.

Bellassai's new show, *To Be Honest*, takes place in his apartment. The show is similar to what he's done in the past, where he gets drunk by himself, gives advice and "complains about stuff" to his viewers. "The idea is watch me have some drinks and get angry about something," he shares. Always open to requests from his fans, Matt takes some time, about a day or so, to think about a topic before he rants about it. He tells Cupid that it depends on what he's feeling usually the day of the show, or a couple of days prior. "Stay tuned," Matt says, keeping us in suspense. However, it wasn't until recently that he thought he could turn comedy into a career, about a year and a half ago in fact. "I always thought about being a writer," he shares. "I went to journalism school; I wanted to move to New York and be a writer. But it wasn't until recently where I thought , 'Oh, I could actually do comedy, be funny for a living.'"

Related Link: [Love & Laughs: Comedian Eric Patrick Shares His Relationship Advice](#)

Now that he's in New York, Matt talks about his life, which is about more than just humor. He is currently single and even has a live show based off of that fact called *Reasons Why I Will Be Single Forever*, on his *Drunk and Alone* tour. "I'm very comfortable in my own skin, and there's probably a handful of reasons why it'll probably stay that way for a good amount of time," he says on why he is single. But with a positive

attitude, he offers relationship advice to those looking for a meaningful partnership. He says you have to get to know a person to figure them out and understand why they are who they are today.

Aside from his shows, Matt has done more with his comedy and has partnered up with Soy Vay, a Chinese-inspired snack line. They create marinades, as well as other culturally-inspired foods. Now, snacks! Soy Vay's new line of rice clusters are hitting the market, and Matt is teaming up with the brand for new advertising! Their new campaign is called *SnackHour*. Matt says, "It's like happy hour, except it's in the middle of the day, and you get to eat snacks." The idea is that when it is the middle of the day, and you just need a break from everything, you can relax, eat some snacks, and watch videos that Soy Vay and Matt put together, all while eating some of their snacks. The video shows Matt with "hanger" (a mix of "hungry" and "anger") ranting about random things, much like on his own show. "The idea is that you satisfy that sort of urge with some fun, Soy Vay snacks."

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

What else is in store for Matt Bellassai? He is currently working on a book he wants to come out soon, and hopes to pursue a TV show as well as continuing with his live tours. "I'm just going to continue doing fun stuff, like I am doing now with Soy Vay."

You can view these videos out on snackhour.tumblr.com as well as order some of these snacks for yourself!

For more on Matt Bellassai, you can check out his [Facebook page](#), [Twitter](#) and [Instagram](#).

Relationship Advice: 6 Ways to Keep Work & Life Demands in Balance



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

How does she do it? You know who I mean. She's the one who makes achievement look easy—and her hair looks great in the process. As women, our relationship with the demands of work and home have been a historically tenuous balance. More often than not, we lose sight of our anticipated goals for the day and end up whipped by daily demands. But it doesn't have to be this way, and we are surrounded by influential women who demonstrate that strength every day. While their personal strategies may differ, the most common game plans for keeping our work and home life in balance include the following six

pieces of [relationship advice](#).

Relationship Advice That Will Help You Balance Your Work & Home Life

1. Be the boss of your time. For women whose schedules are often dictated by the needs of others, maintaining control over time is a constant challenge. But it's necessary. Set boundaries establishing clear work and personal times, then enforce it with colleagues and family. Unless it's an emergency, family must recognize that your attention must be focused on work. The same is true with demands from work. In her book, *Year of Yes*, Shonda Rhimes admitted she now signs off her emails with this signature: "Please note: I will not engage in work emails after 7 pm or on weekends. If I am your boss, may I suggest: Put down the phone." If you don't stay firm on setting clear boundaries, your ability to stay productive in both areas will be compromised.

2. Set priorities. "It's the person with the passion who get it done," said writer, director, and producer Autumn McAlpin. Her award-winning film, *Waffle Street*, is based on the true rags to riches tale that follows the life of a financier who loses his job on Wall Street but finds redemption and true friendship as a waiter in a 24-hour diner. Her success as a writer relies on disciplined organization and project management. "And, a lot of phone calls," McAlpin added. Life will deliver a hearty portion of distractions. Enforcing balance between work and personal demands by setting firm priorities will help you stay focused on your goals. "To this day, I keep a schedule that is almost minute by minute; Grabbing a power nap to facilitate recovery instead of wasting an hour online," said Olympic gymnast legend Shannon Miller. "Focus on those things that bring you further to your goal each and every day. Every moment counts."

Related Link: [Relationship Advice: How to manage your business when you're sleeping with the CFO?](#)

3. Focus and avoid multi-tasking. Business philosopher Dr. Stephen R. Covey once said, "The main thing is to keep the main thing the main thing." As tempting as it is to celebrate the art of multitasking, in truth, we are robbing ourselves of achieving excellence in both arenas. Health contributor and relationship expert Amanda MacMillan wrote, "Research shows that it's not nearly as efficient as we like to believe, and can even be harmful to our health."

4. Recruit help. "If there's one thing I've learned over my career as an entrepreneur, it's good things are rarely accomplished alone," wrote *CorpNet.com* CEO Nellie Akalp. "Success often hinges on getting the right advice or support from the right people." This could mean finding help with household chores or childcare. Or, it could mean emulating an admired mentor. Shonda Rhimes is candid about her dependence on Jenny McCarthy, her family's nanny. "I am proud to say that I do not do this alone," Rhimes wrote. Having someone to help you with your duties at home will curb resentment and any potential relationship problems.

Related Link: [Dating Advice: Balancing Your Career & Relationships and Love](#)

5. Don't forget to play. Having something to look forward to that doesn't include the demands of work or home keeps you motivated to stay on track. "With vacation days left at the end of last year, the principals of my firm encouraged me to take time off between Christmas and New Year's; time they took off as well," wrote Kristine Scotto, director of Strategic Planning. "And when we all arrived back at the start of the year, everyone was fresh, and the vibe of the team was more energetic than I've seen in months." Take a break from the work and home routine. Buy tickets to a concert for date night, spend Saturday morning walking on the beach, visit a

temporary exhibit at the museum. Make plans at the beginning of the week, then stick to them.

6. Schedule time for exercise. A healthy diet and regular diet is essential for energy. “Even when we’re busy, we make time for the crucial things in life. We eat. We go to the bathroom. We sleep. And yet one of our most crucial needs – exercise – is often the first thing to go when our calendars fill up,” wrote Forbes contributor Deborah Jian Lee. Despite her busy schedule, supermodel Cindy Crawford makes fitness a priority every day. “If you stick with it, even if it’s just a small amount, it becomes part of your life,” she said. Crawford incorporates dance and Pilates into her daily schedule, and she has been known to jump on the trampoline with her kids as a way to get in some exercise.

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

Life doesn’t guarantee it won’t throw interruptions in your path. But by establishing a routine that includes the relationship advice we’ve provided you: setting boundaries and priorities, focusing on each task, recruiting help, and scheduling time for play and exercise, can offset the imbalance in your work and life schedules and make room for the unexpected joys in your life- both of them.

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

Relationship Advice on What

Not to Do: Bad Dating Advice from Romantic Comedies



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By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#) with contributing writer Holly Kiffer

Who doesn't love a great romantic comedy? They're perfect for date night or spending quality time with your girls and a bottle of wine. Though the plot lines can be entertaining, romantic comedies are unrealistic and offer poor [relationship advice](#). However there are a few dating tips you can learn from romantic comedies about what not to do, according to relationship experts.

Relationship Advice That Goes Against Romantic Comedies

Be Yourself, Not Like In *How to Lose a Guy in 10 Days*. First thing's first, always be yourself! *How to Lose a Guy in 10 Days* has taught us how to be the best and only version of ourselves. Throughout the whole movie Kate Hudson tries to push Matthew McConaughey away by being the bananas crazy, clingy girlfriend, who most guys would run as far across the country as they could. If a guy is interested in you then they're looking for the real you, they don't want to get to know the pretend, "of course I'm okay" type of girl, when deep down you're really not. You should never have to pretend to be someone else just to impress a guy. In contrast, if they seem uninterested then, as Beyonce would say, "Tell that boy bye!" Our high end matchmaking relationship experts say dating should be a fun experience as long as you get out there and do your thing. You should never be afraid to express yourself. Moral of the story, always be yourself because the best version of you is always yourself.

Related Link: [Relationship Advice: Stay True to Yourself](#)

Don't Jump into Marriage for The Wrong Reasons, Not Like In *The Proposal*. Ah *The Proposal*, a classic movie where Sandra Bullock is going to be deported unless she becomes a U.S. citizen through marriage. Of course the closest person she can force into marrying her is her dreaded assistant, Ryan Reynolds. In this movie she attempted to marry because she felt like she had no other choice. When you find the one you truly love, you should do it because it's YOUR choice. When you marry someone, do it because you found your true love, not because you're about to be deported! That's settling, or just plain lazy and throwing in the towel. Marrying for the wrong reasons, like "settling down" is not the resolution; instead of quitting on the dating scene, push yourself to find the

one. If you just settle for an average Joe, you may never experience full happiness or a potentially happy marriage. The average Joe may make you regret the biggest decision of your life. Wouldn't you rather search for the prince charming that Cinderella found than settle for the boring Joe? Our matchmakers suggest never giving up on love, and never settle for the wrong reasons.

Related Link: [10 Celebrity Couples Who Have Made Marriage Work](#)

Don't Make Drastic Decisions After Heartbreak, Not Like In *Crazy Stupid Love*. It's *Crazy Stupid Love*, you know the one, with the eminent, sexy Ryan Gosling. In this case Ryan Gosling helps the heartbroken Steve Carell, get over his ex wife, while he goes through a divorce. Steve transforms into a player with relationship advice provided by Ryan Gosling. As a result, Carell picks up girls on different nights at the same bar. In this case, changing your persona 180 to recover from heartbreak can be more damaging to your health expected. You're heart and emotional self need time to recover. Splitting up is never easy and it takes time to fully recover; you don't instantly get over a person with the snap of your fingers. Elite Daily's Alexia LaFata, states there are seven factors that affect how long it'll take you to get over your past relationship, "the length of the relationship or marriage, how recently you split up, how 'intense' or even 'obsessive' the relationship was, how important it was to you, how it ended, whether there was any domestic violence, whether or not the relationship was an affair." If you instantly start going out as an attempt forget about your ex, your bank account and body will regret it the day after. Dating in NYC is a great way to experience and meet people but our matchmakers suggest giving it at least, the duration of the relationship before going out and spending all your money at the bars. Besides, going out 24/7 will not only hurt your bank account but your body will feel the effects as well. Losing your figure over heartbreak is simply not worth it. Just

remember to give it some time before jumping to conclusions like *Crazy Stupid Love*.

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Don't Have Sex with Your Friends As a Last Resort, Not Like In *Friends with Benefits*. A very modern twist to a rom com occurred in *Friends with Benefits*, the movie depicting how sex can ruin friendships or workplace environments. Justin Timberlake and Mila Kunis proved to the world that the phrase "just sex" doesn't always work out as planned. It's like the old saying your parents always said when you were play fighting with a sibling, "someone is bound to get hurt." Sex isn't just a physical thing; it's emotional and mental. It's almost impossible to tell yourself it's "just sex" because after a while you start to become physically and emotionally attached to that person. Then in worst-case scenarios, the opposite person doesn't share the same feeling and someone gets hurt. Then there's always awkward tension, knowing you saw one of your friends naked. Or that awkward moment when things have sizzled out and you see them in the coffee shop and you have word vomit. SO instead of having to go through that awkward stage, friends are just friends. Sex with friends just may not be the best idea. That doesn't mean you can't think about what your colleague looks like after he is about to shower. But if there's anything you can take away from *Friends with Benefits*, is that friends should remain friends, not sex friends.

Related Link: [How to Turn a Friendship into a Relationship](#)

In conclusion, always BE YOURSELF because the best version of you is always the you. Also marry for the right reasons not because you're about to be deported or feel like giving up and settling for the average Joe, instead follow your heart and find your prince charming. Remember emotional heartbreaks take time to fully recover, and don't go buck wild right away by changing who you really are. Lastly, don't make a friendship

awkward by adding sex into it. Or in other words, don't follow relationship advice from romantic comedies!

Relationship experts Lori Zaslow and Jennifer Zucher are BRAVO TV's Love Brokers and founders of [Project Soulmate](#), a high-end New York-based matchmaking company.

Dating Advice: What Do Men Want from Women?



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert, Kara Oh to offer their best [dating advice](#) on what men want in a

partner. Learn what attributes are most desirable with these three dating tips. Follow this advice if you want to start having success on your future dates!

Dating Advice On What Men Want In A Woman

1. Attraction: Men are visual creatures, so first and foremost a man wants to be attracted to you physically. Remember that each man appreciates different features in women, so don't worry about looking like a perfect model figure. If you look healthy and upkeep yourself, a man somewhere will appreciate it.

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

2. Let him be a man: You need to allow your man to feel masculine and powerful like he's your personal hero. While your man gets into his masculine, you should allow yourself to get in touch with your feminine energy. Men don't want to compete with their potential mates.

Related Link: [Relationship Advice: How to Stop Dating Bad Boys](#)

3. Make him feel good: Don't be afraid to compliment a man and offer praise. This will automatically boost his morale and be beneficial to the relationship. A man who feels like he isn't a provider will lose interest because his masculinity is not being exercised.

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



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By Kayla Garritano

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

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

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

2. Not every joke is a joke: Humor hides emotions sometimes. Guys don't always joke around because they're trying to be funny. There may be an underlying problem, and they're covering it up by inducing laughter. But have no fear, just communicate with him and everything will be fine! You'll know when there's a difference between humor and sorrow.

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

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

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

be serious.

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

Relationship Advice: 5 Ways Therapy Can Help Your Relationship



By Kayla Garritano

Sometimes, you and your partner can go through a rough patch, where it'll take more than the two of you to solve the

problem. Breaking up isn't a solution for you, because you want to be together. In order to make a strained relationship work, you want to find help. With that being said, therapy may be the way to go. Follow these pieces of [dating advice](#) to see how therapy can help make your relationship stronger!

These pieces of relationship advice will help to grow your connection with your partner and ensure a happy life with each other!

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

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

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

it best to get to know more about the one you're dating, problems and all?

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

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

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

Relationship Advice: What Do You Do When There's More Take Than Give In Your Relationship In Life?





By [David Wygant](#)

There is nothing worse than being in a relationship with a “taker.” I’ve been down this road before and let me tell you, it’s a pretty challenging battle to win. First off, takers never think they’re takers. They don’t see their behavior at all. As a matter of fact, they think what they’re doing is okay. I was once with a woman that was not affectionate at all. For those of you who have read the *Five Love Languages*, my love language equals words of affirmation and physical touch. So when your love language is not being fulfilled, you feel like you’re absolutely dying inside. You don’t feel loved at all. Heed this [relationship advice](#) so you can avoid being taken advantage of by a taker.

Relationship Advice On How To Handle A Stingy Or Greedy Partner

The woman I was with, I had to beg and ask for affection. Imagine that, asking for affection whenever you needed it. And I had to tell her that I needed affection all the time. When she physically touched me, I’d be very

happy, but she never felt the urge at all. As a matter of fact, in an ironic twist, she loved to be touched. So she took, and took, and took! And never gave back! Aside from this specific person, I've been in other relationships where women have taken my generosity and given nothing back. You see, relationships like these never work, and I believe we've all been in relationships with takers, whether it's affection, money, time; whatever you have, they will take.

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You see, the issue goes back to you. You are a big part of the relationship problems you're facing. You chose the wrong person in the first place, and chose to tolerate their negligence. The taker was always a taker and never a giver, but you decided not to see the warning signs in the beginning (because there's always an opportunity to notice these things). As a relationship expert, I take a look at someone's behaviors and actions in the very, very beginning. I tend to spend a lot of time now looking at someone's behaviors and actions. Do they walk the walk? Do they talk the talk? Are they a giver as I am? Are they nurturing and loving? If there is one thing you keep in mind out of all dating tips, I want you to get rid of the story and the fantasy about what you think the relationship is, and allow the person you're with to show exactly who they are.

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If you're already in a relationship with somebody, the best relationship advice I can offer is that you're going to need to sit down and actually have a tough conversation. More importantly, you can't just accuse somebody of being a taker. What you need to do is fully explain what you need, want, and desire in a relationship. Say what makes you feel fulfilled and happy, and how your partner can achieve this through their

actions. It's very important how you phrase this, because when you tell them it makes you feel love when they do those actions, it's a reward. They're going to want to do it again and again. Tell them all the things you love about what they do and ask for more. It really is that simple.

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](#).

Celebrity Divorce: Brad Pitt Takes Drug Test Amid Child Abuse Investigation





By [Mallory McDonald](#)

[Brad Pitt's celebrity divorce](#) from [Angelina Jolie](#) continues to be all anyone can talk about! In the most recent [celebrity news](#), Pitt has agreed to take a drug test amid his child abuse investigation. A legal source shared with [UsMagazine.com](#), "The DCFS [Department of Community & Family Services] wouldn't compel someone to provide the urine sample for the drug test; it would be voluntary." The FBI is investigating Pitt on federal charges as he was caught on tape "looking drunk" and yelling at his wife and kids on a private plane. One thing is for sure, the drama is far from over with this divorce.

This celebrity divorce and abuse investigation is anything, but drama-free! What are some ways to determine if there are dangerous

warning signs pertaining to your partner's habits?

Cupid's Advice:

No one wants to look for the worst in their partner, but sometimes you are the only one who is able to see it. Use this [relationship advice](#) to help detect the warning signs:

1. Mood swings: If you begin to notice your partner having fluctuations in their mood, this can be a clear sign that something is going on in your partner's life. Try talking to them about it and if they respond in a hostile way, it may be time to seek outside help.

Related Link: [Celebrity Divorce: Brad Pitt Will Fight Angelina Jolie For Custody of Kids](#)

2. Verbal warnings: Verbal warning signs can be a clear indication that things are beginning to take a turn for the worst. If your significant other is speaking to you in a harsher and louder tone this could be a warning to you that things may turn physical and you need to take action.

Related Link: [Celebrity News: Angelina Jolie Files For Divorce from Brad Pitt](#)

3. Behavior patterns: When you have been in a relationship with a person for a while, you pick up on their daily routines and patterns. If these steady routines begin to change, you may want to bring it up with your partner and learn what has been shifting.

Want signs do you notice when your partner isn't acting right? Comment below!

Dating Advice: Don't Be a Rules Girl!



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On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert, Wendy Newman to offer their best [dating advice](#) on finding true love without a rule book. Forget all that you thought you knew, and follow these three dating tips if you want to start having success on your dates!

Dating Advice On Not Following The

Rules

1. Don't strategize intimacy. You shouldn't worry too much about when is the right time to have sex. There is no right time, except for when you are both ready to take it to that level. Men in particular aren't interested in women who will hold out on intimacy in a strategic way.

Related Link: [Dating Advice: When Should I Sleep With A Guy?](#)

2. Take control of your dating life. Be available if you're interested in a man. You don't necessarily have to pursue, but take the opportunity to drop a hint that you're open to dating. This will allow you to have control instead of relying on men to make the first move.

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3. Make the time. It's alright if you want to give chase, but don't be too unavailable. You need to make time in your schedule for potential dates. If you're too busy and keep rejecting a man, he'll most likely move on to someone else. Try to pencil him in within two weeks.

For more information about Single in Stiletto's shows, click [here](#).

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Celebrity News: How Are JoJo Fletcher & Jordan Rodgers Doing Post-‘Bachelorette’?



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And they lived happily ever after? It has almost been two months since [JoJo Fletcher](#) said “yes” to Jordan Rodgers’ marriage proposal on *The Bachelorette*. According to [EOnline.com](#), an insider said that the [celebrity couple](#) spent last weekend at the iHeart Radio Festival in Las Vegas, where they showed a lot of PDA. However, some people are saying their relationship may not be the real thing. “There are people who know Jordan and JoJo who still don’t know what to make of them,” said another inside source. “On the surface, they act happy and in-sync. But it’s sometimes hard to tell if

it's real or not. If this relationship doesn't work out, both of them—JoJo especially—would loathe hearing the words, 'I told you so.'

In [celebrity news](#), the gossip tree has not been kind to this *Bachelorette* couple. What are some ways to keep gossip from affecting your relationship?

Cupid's Advice:

Gossip happens everywhere; with your gal pals, your significant other, or from anyone who loves to hear the "latest news." However, it's not fun for your private life. No worries, Cupid is here with some [relationship advice](#):

1. Don't listen to it: Everyone likes gossip. There's something about it that can't keep our ears away. But when it's your personal life, you should stay away from it. Only hearing gossip about you may affect your emotions, and hurt your relationship. Turn your head the other way; you don't need gossip to influence you and your partner.

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

2. Shut it down: Gossiping can mean rumors, too. You don't like what they're saying about you and your partner? Tell them. You don't need to prove yourself to anyone, but if you really want to show them that the gossip is wrong, let them know. They have to believe what you prove to them.

Related Link: [Celebrity News: 'Bachelor' Ben Higgins Offers](#)

[Advice to Ex JoJo Fletcher & Fiance](#)

3. Turn it around: If you're beginning to get into the middle of some gossip, turn the conversation around. Ask the other person how their day was, or what is going on in their life. The focus changes, and hopefully so does the conversation!

How have you kept gossip out of your relationship? Comment below!

Relationship Advice: How to manage your business when you're sleeping with the CFO?





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

When viewers tune into HGTV's *Fixer Uppers* each week, many wonder how TV hosts and real-life [celebrity couple](#) Chip and Joana Gaines manage to balance their personal life and professional careers. When considering the challenges of running a business, you want to surround yourself with people who share your vision and provide a comforting degree of trust. Many entrepreneurs turn to their spouse. Though the number has likely increased, in 2007, the U.S. Census Bureau's Survey of Business Owners reported there were 1.4 million firms "jointly owned and equally operated by a husband and wife." And while the organizational chart for your business venture may appear standard, the fact that a member of the executive board has seen you naked presents a unique set of challenges and rewards. How can husbands and wives go into business together and still like each other? It's something that my husband, Jeff, and I are managing carefully. Here are four pieces of [relationship advice](#) that have worked for us.

Relationship Advice On Handling Business With Your Significant Other

1. Recognize the difference between business and personal mode. Once you acknowledge that a business is going to dominate the majority of your time, your business will settle into a pattern. Thus, the number one dating tip relationship experts offer is to establish boundaries that honor both a business and personal arena. “Running a business is difficult and stressful enough. Add marriage to it? That’s quite the challenge,” wrote contributor H. Lerner. “When a couple knows how to turn off the business switch and enjoy their personal lives, they are one step ahead of the game.” Once those two worlds emerge, it’s up to you and your partner to respect them. My husband and I might be in a heated discussion about something I bought that I didn’t run through the “finance department”—then our favorite show comes on, and we move into “married” mode. As difficult as it is, you have to make the mental switch.

Related Link: [Dating Advice: Balancing Your Career & Relationships and Love](#)

2. Acknowledge that business and personal conversations are going to spill into each other. Things happen. The office manager runs off to Vegas to be an Elvis impersonator, or your teenager returns from soccer camp with a tattoo of Messi on his calf. You’re going to have to discuss it ... urgently. “Trying to separate work and family when your work is your family is pretty much impossible,” wrote contributor Valentina Zarya. She referred to Julia Hartz, CEO of the ticketing site Eventbrite. As a co-founder with her husband Kevin, she admitted she doesn’t even try to separate the two worlds. “We focus on Eventbrite and our family. That’s how we spend our

time, full stop. The nature of business today is that the lines of 'work' and 'life' are a little more blurred." Zarya added that when you include kids in the mix, things get even more complicated. Admittedly, Jeff and I aren't very good at this. We can't always compartmentalize the daily events of our personal or professional lives. But when one of us needs some time and attention on a personal level, we are pretty good about communicating it to each other. And we can also make it work for us. "Ok, let's discuss business for five minutes so we can expense this dinner," is commonly heard at our house.

Related Link: [Relationship Expert Shares Must-Dos for Career Women](#)

3. Share the housework... or hire it out. Regardless of whether you're running a business together, it's likely that both husband and wife work. Somebody has to mind the store at home, but nobody wants to do it— and for good reason. Work schedules have never been more stressful, and the distinction between public and private life is blurred with the additional flexibility that many businesses offer. If you're just too busy to do the dishes, it might be time to hire some help. I knew it was time when I came home from work to a dirty house and started blaming Jeff for it— when he had been working all day. While hiring help was expensive, it was cheaper than hiring relationship experts for marriage therapy, and was worth every penny.

Related Link: [Expert Love Advice: What to Do If Your Job Intimidates Your Partner](#)

4. Master the bedroom. When it seems as if the major parts of your day are regimented into "to-do" lists and schedules, there is one area where time and titles shouldn't matter. Your bedroom is a refuge from reality, so use it — a lot. "Appreciate your unique relationship," wrote David and Carrie McKeegan, writers and co-founders of Greenback Expat Tax Services. "The entrepreneurial lifestyle can be intense and

having someone to share it with help make it more manageable but also rewarding – sharing your passion for the business with the one you love can be powerful.”

Running a business with your trusted partner can be an exciting and rewarding experience—or, not. By establishing clear boundaries, relying on loving trust while treating this endeavor as a serious business, and sharing duties while being generous with private time, you can design an exciting future in entrepreneurship without scrapping a promising future with your spouse.

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

Relationship Advice: NYC Matchmaker Tips On How to Deal with Jealousy





By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#) with contributing writer Holly Kiffer

We all get jealous from time to time, it's part of being human. However, how can one overcome it and not let it ruin their relationship? Our relationship experts from **NYC matchmakers** have come up with three key pieces of [relationship advice](#) that will help you overcome your jealousy, and prevent it from ruining your relationship or date night.

Relationship Advice To Help You Deal With Jealousy

- 1. Write it down.** By writing your feelings down, you can express your exact thoughts and emotions. This is a great option if you don't feel comfortable sharing with your friends or partner because writing it down is an easy and private way to express how you're feeling about a situation. Keep it all written down in a journal or diary so it will in your sacred possession that will only allow you to have access. If you feel uncomfortable keeping a journal, you could always try

writing it down and then throwing it away. In a sense, you're throwing out your jealousy!

Related Link: [Relationship Advice: Listen With Your Heart](#)

2. Vent to your friends. Our [New York Matchmaker](#), **Lori Zaslow**, recommends venting to your friends. Venting to your friends helps relieve all the anger and frustration you are feeling. Essentially when you vent you're talking out loud to let it out instead of keeping your emotions bottled up and letting them eat you away, which should help prevent unwanted stress and anxiety. Everybody gets frustrated over relationships, because in relationships people often put themselves before their partner. Venting is like an actor's breathing exercise. Another great way to vent for example, in the movie *High School Musical*, the main character Sharpay, relieves stress by performing breathing exercises. Maybe not as dramatic as Sharpay but in hindsight your friends are always a great way to relieve how you're feeling.

Related Link: [Dating Advice: Don't Let Jealousy Impact Your Friendships](#)

3. Change your perception. Another way to not let jealousy control your relationship is to change your perception. View the situation from a different lens, put yourself in your partner's shoes. Our relationship experts recommend mindful listening. Mindful listening is along the lines of venting except, the person who is listening to you doesn't intrude or comment until you're done speaking.

Relationship experts Lori Zaslow and Jennifer Zucher are BRAVO TV's Love Brokers and founders of [Project Soulmate](#), a high-end New York-based matchmaking company.

Celebrity News: Angelina Jolie Files for Divorce from Brad Pitt



Suzanne Oshima

Founder of Single in Stilettos
Matchmaker & Dating Coach at
Dream Bachelor & Bachelorette

Lynda Layng

Founder of
Healthy Hoboken Girl

By Mallory McDonald

One of Hollywood's strongest couples is no more. People are left reeling after the recent [celebrity news](#) hit that [Angelina Jolie](#) has filed for celebrity divorce from [Brad Pitt](#). According to [People.com](#), [TMZ](#) reported that Jolie filed legal documents this Monday citing irreconcilable differences. The couple has not been spotted together since July, and multiple sources have confirmed the split. This [celebrity couple](#) seemed to have it all, but something in the relationship could not be mended. Lots of people, including us, are dying to know what went wrong!

This celebrity news has us disbelieving. What are some ways to work on your marriage before resorting to divorce?

Cupid's Advice:

Making marriage work is one of the hardest things to do. That is why Cupid is here to give some [relationship advice](#) on how to work on your marriage before resorting to divorce:

1. Communicate: It can seem redundant how often you hear the advice to communicate with your partner. That is simply because it is the best thing you can do for your relationship. Without it, the marriage will never survive.

Related Link: [Brad Pitt & Angelina Jolie Celebrate Celebrity Wedding Anniversary](#)

2. Counseling: It is okay to admit that you are struggling in your marriage. Not everyone is equipped with the skills of a relationship coach or a relationship specialist. Sometimes, if you want to make your relationship work you need to seek professional help.

Related Link: [Celebrity Couple Brad Pitt & Angelina Jolie: Cambodia Shoots Down Adoption Rumors](#)

3. Simplicity: It can be very easy in a marriage to make things complicated. Try to simple down your relationship to the basics. What are you looking for from your partner, and what do they need from you? Try to answer that simple question for each other and work from there.

How do you work on your marriage in the face of a divorce? Comment below!

Dating Advice: 3 Biggest Mistakes Keeping You from True Love



Suzanne Oshima
Founder of Single in Stilettos
Matchmaker & Dating Coach at
Dream Bachelor & Bachelorette

Lynda Layng
Founder of
Healthy Hoboken Girl

On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert, Nicole Moore to offer [dating advice](#) on finding true love. Follow these three dating tips if you want to start having success on your dates!

Dating Advice On Finding True Love

1. Putting the past in the future. Using criteria from your past in your future is a sure way to sabotage new relationships. There's usually pain in the past and bringing those thoughts with you can make you fearful or cause pain. Use your love desires instead, in other words, traits you'd like to find in a partner.

Related Link: [Dating Advice: Are You Repelling the Right Man Away?](#)

2. Try to be happy. Just like in the movies, the main character always falls in love when they're happy and having a good day. If you're open to being happy more often, you'll open yourself to men and invite them in with your positive energy.

Related Link: [Expert Dating Advice: Three Signs He Is Unavailable](#)

3. Learn to be confident. Nobody likes a person who looks insecure or desperate. Don't give your power away by seeking validation from men. When you're confident, men will simply be attracted to that and will want to be around you.

For more information about Single in Stiletto's shows, click [here](#).

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

Dating Advice Q&A: How Can You Tell Red Flags From Online Dating?



Question from Natalie L.: I was seeing a guy a while ago. It didn't work out in the end since he was too immature, but during the brief relationship he said something that stands out in my mind today. He said he had been checking up frequently for months to see if I was still with my boyfriend at the time (and jumped at the chance to be with me once he saw I was single). I didn't think much of it then but now I see it was kind of creepy. How can I tell red flags from online dating ideally sooner than later to avoid situations like this?

Dating has always been complex dance between couples. Add our

modern technology into the mix, and it gets even more tricky to find a partner who is best for you. 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 isn't going anywhere, so let's learn how to date properly in this technological age! Here you will learn a few dating tips that will help you avoid online dating red flags before it's too late.

Dating Advice On Deciphering Red Flags Online

[Suzanne K. Oshima, Matchmaker](#): When it comes to online dating, you don't really know someone until you "know" someone. If you rush into the first and subsequent dates, and then a relationship, then you may miss all the red flags along the way. So, it's always best to proceed slowly and get to know him. Dating advice I always recommend is to exchange a few emails, then move it to texting, then a phone call. Then if he seems okay, move it to the first date. And then as you go on more dates, really get to know him, ask questions and get curious. He will start to reveal more and more about himself. And with each step in the process, you will get to know him a little better and either the red flags will start to appear... or you will see that you have a great guy on your hands.

Related Link: [Dating Advice Q&A: How Has Technology Changed the Way We Date?](#)

[Robert Manni, Guy's Guy](#): This is a tricky area. What may have seemed like creepy behavior could have simply been be a young man waiting his turn for a chance to connect with a lady who sparked an interest. Or, it could be creepy. How can you know? And how can you spot red flags with potential suitors? There is no perfect method to address this common issue. However, deploying a combination of your intuition, common

sense, and due diligence will help. When meeting a new guy, ask him for his full name. If he hesitates or gives you incorrect information, it's definitely a red flag. You probably want to Google him, too. If you have mutual connections, get their take on his character. You might also ask him his thoughts about dating, his likes and dislikes, and why he's single. If any of his answers seem shaky, it's a possible red flag. But again, your most important tool when deciding if a new guy "feels" right for you is your gut instincts. Pay attention and 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.

How has technology affected your dating life? Share your stories in the comments below.

Celebrity Exes Justin Timberlake & Britney Spears Want to Collaborate





By Kayla Garritano

We can't stop this feeling! [Celebrity exes Justin Timberlake](#) and [Britney Spears](#) want to collaborate with each other on a new song! According to [EOnline.com](#), Spears said that she would like to collaborate with the "Sexyback" artist. And when he heard the news, he responded, "She did? Sure! Absolutely, absolutely!" But because he has a child at home, he told E! that he hadn't heard about the news. He added, "I apologize for not being in the know...I'm accessible, give us a call!"

These celebrity exes obviously harbor no animosity! What are some ways to fully get over your ex?

Cupid's Advice:

Getting over your ex can be tricky. But sometimes, it can work out for the best. And who knows, you may even be able to collaborate with them...or just hang out with them. Cupid is

here with some [relationship advice](#) on how to fully get over your ex:

1. Date other people: This doesn't mean finding a rebound, but it means give yourself time to figure out who you want to date. Once you do, you may end up finding the right "one" for you. Justin Timberlake found his wife, so maybe you'll find the one you're going to marry, too!

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

2. Make a list of reasons: You broke up for a reason. Make a list of reasons why you broke up, and you will begin feeling better about that person being your ex. By the time you look over the list, you'll probably be moving on to the next one.

Related Link: [Relationship Advice: True Love Or Rebound?](#)

3. See them: You're going to want to avoid your ex. It's never comfortable seeing them, and when you see them for the first time since the break-up, it will probably be a little awkward. However, you can't avoid them forever. Seeing them, and even hanging out with them if the situation arises, will help you overcome any leftover feelings you have for your ex.

How have you fully gotten over an ex? Comment below!

New Celebrity Couple: Ryan Seacrest & Adriana Lima Are

Dating



By Kayla Garritano

A new [celebrity couple](#) is taking on the world! In the [latest celebrity news](#), Ryan Seacrest and Adriana Lima are said to be dating, according to reports. The new couple was most recently seen in New York City for a romantic dinner, and has even been seen together in the Big Apple in the past. According to [EOnline.com](#) the two connected over their time in Rio for the 2016 Summer Olympics. Although they have yet to publicize their relationship, they have been definitely enjoying their time since the return.

There's a new celebrity couple on

the town! What are some ways to connect with a potential partner over common interests?

Cupid's Advice:

Being a new couple can be exciting! But, how can you make sure you get that spark when finding your potential partner? Cupid is here with some [relationship advice](#):

1. Talk on the first date: If your first date is a movie, odds are you're not going to be doing a whole lot of talking. If you want to make sure your potential partner and you have common interests, go on a date where you can just talk and get to know each other.

Related Link: [Relationship Advice: Turning Your Summer Fling Into Something That Lasts Longer](#)

2. Text them: In the 21st Century, texting is a common form of communication. You probably won't be calling them asking how their day was. It's also totally okay to text first, as it shows you're interested! Just make sure you aren't always the one texting first. It might mean "he's just not that into you."

Related Link: [Dating Advice Q&A: How Has Technology Changed The Way We Date?](#)

3. Pick a favorite hobby: Maybe you learned on your first date that you and your potential partner both absolutely love to paddle board. Why not make a date of it together next time? Commiserating over a common love can really help you bond as a new couple.

How have you connected with a potential partner? Comment below!

Relationship Advice: So When Exactly IS It Time For Sex?



Suzanne Oshima

Founder of Single in Stilettos
Matchmaker & Dating Coach at
Dream Bachelor & Bachelorette

Lynda Layng

Founder of
Healthy Hoboken Girl

By [Joshua Pompey](#)

I'm ready. At least I think I'm ready. No, I'm definitely ready. Ugh, I'm sorry, but I'm just not ready! Does deciding when to have sex sometimes feel like a ping pong match in your head that ends with nobody scoring? Or perhaps, people scoring a bit too much? Well, maybe I can be of help as a relationship expert. If you aren't sure if you should have sex or wait, let's take a long look at some solid indicators with the following [relationship advice](#).

Relationship Advice On When It's The Right Time To Have Sex

1. You feel comfortable *without* the assistance of liquor. First and foremost, it's all about how comfortable you feel when those 5 drinks aren't helping you to make your decision. Sure, most of us want to rip off our clothes when liquor is involved. Especially if we are extremely attracted to that person. But how do you feel when you're sober? If you aren't completely comfortable in intimate situations when your clothes are on, you probably won't feel comfortable with your clothes off either.

2. Silence feels normal. This might sound like a strange dating tip for an article about sex, but being able to be feel comfortable in silence around someone you're dating is a very strong indication of just how close the two of you are. Just don't stay that quiet when things get intimate!

Related Link: [Dating Advice: Should A Woman Split The Bill On A Date Night?](#)

3. You have talked about your relationship goals. Keep in mind that everyone is different. Some people are content with multiple partners. Some people prefer monogamy. To each their own. But regardless of your preferences, you should know what your partner is all about with his or her intentions before taking it to that next level. Or at least have a very strong idea.

4. The chemistry is undeniable. Sometimes this happens on the first date. Sometimes it's after several dates. Sometimes several months. But you will know when the chemistry is too strong to stop. When this happens, just let go and enjoy it. There is nothing to feel guilty about if you are two willing partners, because let's face it, those feelings don't come around often.

Related Link: [Relationship Advice: How Do You Know When It's Right To Move In With Someone?](#)

5. When it doesn't interfere with your relationship goals. You may feel perfectly normal having sex on the first night. But will the other person question who you are as a person if you do? Could it put a long term relationship in jeopardy? It's important to consider these questions before taking things to the next level. If you want to play it safe, having sex within the first couple of dates is risky if you're seeking out a long term relationship, unless you're absolutely certain your new partner shares your views. Otherwise, hold off until you are sure you won't be labeled or judged for your actions.

Keep an eye out for these indicators and consider my relationship advice next time you're faced with the decision on whether or not to have sex. Don't succumb to pressure, and remember that you're in charge of your body. Good luck!

For more information from Joshua Pompey, including why matchmaker's for women over 50 are a dangerous proposition, click [here](#).

Dating Advice: How To Get Over A Breakup





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert, Ellen Smoak to offer [dating advice](#) on getting over a breakup. Follow these dating tips if you want to start having success on your dates!

Dating Advice On Getting Over Breakups

1. Rewire your brain. For 30 days, you need to create a habit of not thinking about your ex. You'll never get over them if you constantly have them on your mind. After doing this for a month, you will have a far easier time to move on.

Related Link: [Single in Stilettos Show: How to Move On After a Breakup](#)

2. Don't stalk. It can be tempting to want to know what your ex is up to, but don't give in to curiosity! Don't stalk your ex online or in person, it will only hurt you in the end. Also you don't want to give them power over you.

Related Link: [Dating Advice: First Date Tips For Women](#)

3. Take a time out. Aside from stalking, you need to take a communication detox from your ex. Delete them from your social media and avoid talking to them for 30 days. If you don't do this you might risk getting back together and giving the power to your ex again.

For more information about Single in Stiletto's shows, click [here](#).

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

Dating Advice: First Date Tips For Women





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert, Nando Rodriguez to offer [dating advice](#) on what women should do on their first dates. Follow these dating tips if you want to start having success on your dates!

Dating Advice To Follow On Your First Date

1. Create intent. Make a promise to yourself that you'll have fun. Do your part on the date to try and make it enjoyable, so if it doesn't work out you'll know it wasn't all your fault.

Related Link: [Five Conversations to Avoid on a First Date](#)

2. Ask questions. You have to make an active attempt in getting to know your date. Women often get swept away with talking about their selves, don't do this! Take initiative and ask questions to get to know them.

Related Link: [Dating Advice: Moving Fast Towards a](#)

[Relationship...Is That a Bad Thing?](#)

3. Checklists. Be careful having a checklist ready on a first date. Being too rigid in what you want will result in you writing off eligible partners. Let yourself be open on a first date.

For more information about Single in Stiletto's shows, click [here](#).

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Relationship Advice: How to Stop Dating Bad Boys





By Creshawna Parker-Davis

Find yourself going after the same guy time and time again? You know the type: the guy who doesn't make you better, yet does an awesome job at stringing you along, but you have no idea where your relationship stands? Yeah, that can be confusing. It's like craving a highly carbonated and artificial soft drink. It's no good for you, but you want it anyway. Hey, no judgement here; however, while it's satisfying at the moment, it can be detrimental in the long run if you form a bad habit.

What do you do if you find yourself stuck dating these same type of guys over and over? Cut it off, and kick 'em to the curb. Here's some [relationship advice](#) to help

you stop dating bad boys for good.

Realize you can't change him.

Men, or people in general really, aren't projects. While you may be able to teach him how to wash dishes or to turn the TV off once he's finished playing his video games, don't attempt to do a man-over, as it may not go so well.

Be with someone who loves you for you.

Just as you can't, or shouldn't, attempt to change someone, don't be with someone who wants to completely change you. Growth is no doubt a good thing, but if your significant other is trying to change your style of clothes, your friends and make you into someone you're not or don't aspire to be, leave.

Related Link: [Relationship Advice: What NOT to Do In Your Marriage, Thanks to Celebs](#)

Be realistic.

If you're not happy with the way things are currently going in your relationship, especially during the early stages, that's a good sign that you should leave. If things aren't going too well now, don't assume placing an exclusive label on the relationship will make it any different.

Related Link: [Dating Advice: 10 Things You're Over-Analyzing In Your Relationship](#)

Make a list of what you want in a man.

Make a list of the qualities you want in a man. Do you want someone to take you on a [date night](#) every week? Write it down. Do you want someone who calls you to say goodnight instead of just sending a text? Yep, you guessed it ... write it down. Once you create this list, keep it handy to remind you of what it is that you'd like to have in a man, and make changes as

necessary.

Step outside of your comfort zone.

There's nothing wrong with having a type, but sometimes going outside of your safety zone can be a good thing. If you've never considered dating someone who typically isn't the bad boy you'd go for, try it out. Not only does this get you one step closer to leaving the bad boys alone for good, but it also allows you to learn something new.

What are some ways you ditched bad boys for good? Share your comments below.

Relationship Advice: Listen With Your Heart





By Debbie Ceresa from [Divorce Support Center](#)

How many times have you said this to your partner? “You never hear what I say! Aren’t you listening to me?” Or maybe they’ve accused you of not hearing or remembering what was said. The longtime celebrity couple Kurt Russell and Goldie Hawn credit listening as a secret to a successful relationship. “Learn to listen and live in the moment. Don’t over plan your future; focus on being the best partner you can be in the present moment, and the rest will follow.” Listening is key to building and maintaining a healthy relationship, but it’s not easy. The skills of a good listener require dedication and a heart with ears. You must have the ability to give yourself totally to the person who is talking. It’s not easy because we are constantly inundated with outside distractions, such as our thoughts, cell phones, and social media. In his book, *Wherever You Go, There You Are*, Jon Kabat-Zinn, professor of medicine emeritus at the University of Massachusetts Medical School, defines mindfulness, or active listening, as paying attention in a particular way, on purpose, in the present moment, and non-judgmentally. We listen to understand, to obtain information, and for enjoyment, but researchers and

[relationship experts](#) at the University of Minnesota found that “the average person only remembers half of what he or she has immediately heard said by another person.” Over time, that result can have a devastating effect on your relationships. A key factor in a successful relationship is to become a pro in active listening. Active listeners make an effort to hear what has been said and understand the message. To accomplish this, you must master four of these dating tips.

Relationship Advice On Active Listening

1. Create a listening ritual and space. Find a comfortable place to sit and listen to each other, particularly when the conversation is important. Your special place should be free of distractions thereby giving yourselves total attention to each other. Unplug, de-clutter, shut the door, do whatever it takes for some priceless listening time. My husband and I have created a morning coffee time on our patio. The morning sounds of birds, the tranquility of mountains in the distance, and the early neighborhood sounds provide us with a peaceful space to share stories daily.

Related Link: [Expert Dating Advice: How to Get Over “The Little Things”](#)

2. Pay attention. Give yourself to the speaker with a nod of your head, a slight gesture, or smile. Maintaining eye contact demonstrates you are in the moment. Most importantly, try to focus on hearing with your heart. “Wisdom is the reward you get for a lifetime of listening when you’d have preferred to talk,” said relationship expert Doug Larson.

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

3. Put yourself in your partner’s shoes. Don’t be afraid to be

empathic. Recognizing your partner's perspective will give you the opportunity to think beyond yourself. You'll be surprised as you discover their hopes, dreams, fears and expectations. These discoveries will lead to you honing in on your listening skills as you begin to know your partner more intimately.

Related Link: [Relationship Advice: Four Reasons To Be Thankful For Your Partner](#)

4. Collect moments and be prepared to retell the story. When your partner shares a story with you, it's important to them. The story is their moment, and it has now become yours. How many times have you and a friend retold the story of running through the airport together or the time you celebrated your anniversary at a special restaurant? "One of the best ways to remember something better is to know that you are going to tell what you learned to someone else," said writer Henrik Edberg. "Then you'll be more alert, naturally start asking more questions to understand and what is said – in my experience – simply seems to stick better." My best relationship advice is to learn from retelling your special moments, remember the eye contact, gestures, and emotions. With so many distractions vying for our time, the ability to listen is a quality often longed for in today's relationships. By creating the ideal atmosphere, paying attention, showing empathy for our partner, and being fully engaged in listening, you can show your loved one how much you care by not saying a word.

Debbie is a Certified Grief Recovery Specialist. She is an author, an inspirational speaker, and a relationship expert. For more information about and articles by our Divorce Support Center relationship experts, click [here](#).

Dating Advice: Moving Fast Towards a Relationship...Is That a Bad Thing?



Suzanne Oshima

Founder of Single in Stilettos
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On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert, Tinzley Bradford to offer [dating advice](#) on whether you're falling in love or moving your relationship too fast. Follow these dating tips if you want to start having success on your dates!

Dating Advice On Pacing Your Relationships

1. Think about it. Make a point to evaluate your relationship and it's speed. Rushing the relationship can have painful consequences, don't let yourself get swayed by chemistry.

Related Link: [Dating Advice: Do I Need to Be Happy Before I Can Be With a Man?](#)

2. Go with the flow. Be confident in yourself and don't ask too many questions about whether he likes you or not. You don't want to look insecure and pushy. A new relationship shouldn't be taken too seriously, especially in the early stages.

Related Link: [Dating Advice: When Should I Sleep With A Guy?](#)

3. Don't play games. Sometimes you and the person you're seeing will be busy. Don't play games to see who will contact who first. Reach out to show you're interested and be available when the person you're dating does it too.

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

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