

Relationship Advice: Why Isn't It Easy to Say Goodbye?



By Dr. Jane Greer

Some say [Ben Affleck](#) is waiting to find out if his [celebrity ex Jennifer Garner](#) wants to reconcile with him. Despite their [celebrity divorce](#), they have remained close. According to a source, many people feel Jennifer is stringing Ben along and “making him jump through hoops.” They say she’s acting hot and cold, and he has no idea where they stand as a couple or a family. It can be very frustrating to remain in limbo and not know what to expect. Many people find themselves in this situation after a break-up or an attempted break-up.

Sometimes the road to splitting up permanently isn't clear, and there can be lots of fits and starts before either reaching the final end of a relationship, or deciding to give it another solid try. Why is it so hard for people to let go, sometimes even if they are officially divorced? Check out the following relationship advice:

The most compelling reason people continue to hold on is the fact that they have a shared history. The person who might be an ex-partner has a sense not only of who you are, but who you were with them and during your time together. To then say good-bye to them can also feel like saying goodbye to who you were during your relationship. Another thing that can keep you hopeful, even if you aren't happy right now, is the possibility that something will change and the good times you once shared and the positive aspects of the relationship will resume.

Related Link: [Jennifer Garner Source Says Ben Affleck's Alleged Celebrity Affair Was the 'Ultimate Betrayal'](#)

Another thing that can keep the glue between you from completely giving way is if one of you wants to hold on more than the other. When this happens, the one who isn't ready to finally end it might persist with calls, emails, and texts which can increase the doubts the other might feel as well as any guilt feelings he or she might have about ending the relationship in the first place. The partner who wants to

continue to be together might also make assertions that they will change whatever behavior may have led to the unhappiness between you. They might even start to do it, which can make the other person stick around with the hope that the negative behaviors will disappear completely. As a result, a couple can often seesaw because even small changes can increase optimism and give someone the stamina they need to be willing to try to give it another shot. In the case of a betrayal, when the initial and intense anger diminishes, there can be a willingness to give the person a chance to rebuild your trust. Also, when there are children involved, as there are with Jennifer and Ben, there is often a desire to keep the family together for their sake. That can be one of the strongest driving forces of all. Whatever the case, certainly if a lot of loving feelings remain it is hard to imagine life without them in it.

Related Link: [Lessons From Jennifer Garner and Ben Affleck](#)

The question becomes, how do you know if you are wasting your time, holding on with the hope that the happiness will be rekindled or the bad behaviors will change when there is the chance that neither of those things is likely? How can you know how much time to give it before reaching the decision to finally call it quits? Are there any strategies to employ for ending a relationship?

If you are moving forward with the intent to give your relationship a try and see if things can work out, it's good to be clear about what specific changes you are looking for and how long you are willing to wait to see if they actually take place. For example, if you are looking to see if you can trust your partner again, the only real way to do that is to give them enough time to show through their actions that what they say and do is worthy of your trust. But if months go by and you continue to be disappointed because the promised changes aren't happening, or they have happened once but were never followed up on, that can be a good indicator that things

aren't really going to be different from what had been upsetting you all along, and if you want to be happier it is time to let go. Ideally, you or your partner can look for counseling, which can help you either get your relationship back on track or help you reach the difficult decision that it really is time to say good-bye to each other.

It appears that Jennifer and Ben continue to share loving feelings, as well as children, and therefore remain open to the possibility of reuniting as a couple. Here's to hoping for the best!

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

Relationship Advice: Turning Your Summer Fling Into Something That Lasts Longer





By [David Wygant](#)

Summer loving, have me a blast. Summer loving, happened so fast. I met a girl crazy for me. I met a boy cute as can be. Summer days drifting away to oh oh the summer nights.

You remember those lines from that iconic song in the movie *Grease*, *Summer Nights*? Well for those of you lucky enough to find a special someone during the hot months, you've just had a little summer loving, or you're experiencing it now. The days are winding down, nights are getting cooler, the sun getting weaker, and Labor Day is almost upon us! What are you going to do about your summer romance? Will it last? As a relationship expert, I'm here to tell you that summer isn't hunting season. Fall actually is! Whoever you met in the summer is thinking the same thing you are. They're thinking, "Have I met somebody that I'm actually going to be able to celebrate Christmas with? Will they be able to cuddle and snuggle all warm by the fire with me?" So how do you actually turn this summer fling into something long-lasting? My [relationship advice](#) is very simple, just continue with the fun!

Relationship Advice On Turning Your Summer Fling Into Something More

In the beginning of a relationship, it's all about having a good time, getting to know one another, learning each other's love language, figuring out who each other is. So what you want to do is continue this relationship by being the same person. Maybe you won't be taking walks on the beach or around the lake anymore. Maybe you'll be doing things in your hometown. It doesn't matter where you are, or how you met. The bottom line is, summer flings can turn into long-lasting relationships, so you should treat it just as that. Continue doing things that were fun.

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Summer may be ending, but if you want a serious relationship, keep courting him or her. Court this person because you've been courting them the whole time in the summertime. Court them so they knows exactly what you're talking about. The best dating advice I can offer is to be open, loving, and present to continue this relationship. To me, summertime is a great time to meet, but now it's time to get down to the nitty-gritty, and get down to the beauty of what you can actually co-create together. Bring back memories of the summer. Take lots of pictures now as summer winds down to an end. Take time to text your special someone these photos throughout the fall so you both can be brought back to that moment. There's no reason for summer flings to end. It can easily continue into the fall. Follow my relationship advice and dating tips, and I assure you, you'll be able to sing *Summer Nights* this same time next year.

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](#).

Dating Advice: When Should I Sleep With A Guy?



On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Jonathan Aslay to offer their [dating advice](#) about when it

would be right to sleep with a new partner. Follow these dating tips if you want to start having success on your dates.

Dating Advice On Sleeping With A New Man

1. Do what is right for you. There is no real timeframe that is right for everyone. You need to come to terms with yourself and find out when the right time is for you. If you're looking for a serious relationship, you may not want to sleep with a new man too soon. A man who truly cares about you will try to get to know you before taking you to the bedroom.

Related Link: [Dating Advice: How To Be Sexy On Date Night](#)

2. Try the 10-date rule. You'll be able weed out the men who only want to have sex after the third and fourth date. The likelihood of sleeping together increases somewhere between the sixth and tenth date. This is a great option for those who are looking for someone that legitimately like them. The ten dates should occur somewhere between 6-weeks if it's not a long-distance relationship.

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3. Don't be jaded. Negativity and cynical attitudes sabotage a lot of relationships. Don't assume all men are bad. The experts dating advice is to be open to love and realistic with your expectations. Many women say they need a commitment before having sex, but you need to define what commitment means to you and go forward with your relationships accordingly.

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Dating Advice: Should A Woman Split The Bill On A Date Night?



By [Joshua Pompey](#)

The moment has come. The bill arrives. Sweat trickles down the back of your neck once the server drops the checkbook at your table. What do you do? Do you let him pay for the meal? Or do

you sit there awkwardly while he reaches for his wallet? Ah, the age old question that relationship experts love to answer. If you're looking for [dating advice](#) that will help you navigate this dilemma, take into consideration the different scenarios that can arise on a first date.

Dating Advice On Splitting The Bill With Your Date

The dating advice that I provide you will vary depending on the context of the situation. Suppose a man invited you out to an expensive restaurant or took you somewhere that costs a lot of money, without you being aware of the situation ahead of time. In this case, you really shouldn't be reaching for your wallet. It's not on you to cover an expensive bill that someone else imposed upon you.

But in any other situation, you should at least reach for your wallet at the minimum. This motion is less about the actual act of paying, and more about what it reveals about you as a person. When you reach for your wallet, you aren't just letting him know that you are willing to pay. You are communicating that you are considerate, interested, and trying to do the right thing. A man will notice and process this, even if he quickly waves you off.

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Back when I was single, this was something that I always looked for on a first date, and I know for a fact that most men do as well. When we're on dates and someone sits there as the check comes without even flinching, we start to wonder if she expects to always be taken care of, and even worse, will wonder if she is innately selfish. This may not be you at all, and maybe you've mentally planned on paying for something on a

second date, but remember, it's a first date and he still doesn't know you very well. A man's perception of you is based solely on the limited amount of time that they're engaged with you on a first date. In the event that the man waves you off, just smile and say, "Okay, but next time the first round is on me!" And in the event that he doesn't wind up waving you off, that shouldn't be a big deal either, even if you don't like him. As a rule of thumb, don't accept a date if you can't afford to partially contribute. And if him not paying bothers you, then maybe it's a sign he's not your type anyway.

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At the end of the day, what most quality men want (pending they don't have unresolved mommy issues) is a woman who is down to earth and considerate. The more you make this clear with the things you say and the actions you do, the easier it will be to avoid unnecessary relationship problems in the future regarding finances. You don't want to start any partnership with unequal footing. Having a guy shoulder the bill all the time is a sure way to stir some resentment. The best dating tip that I can offer is to at least give it a try.

Joshua Pompey is an online dating and relationship expert. If you need help getting to that first date, visit his world famous profile writing service and sign up for a free profile evaluation [here](#).

Dating Advice: 7 Things to Remember While on Vacation

with a New Love



By [Josh Ringler](#)

Vacations can be a great way to solidify your relationship, or a way to start a new one! While there are plenty of ways to get your relationship to the next level, a vacation with a new love interest is one of the best for sure. With that being said, there are some things that you have to consider while on vacation to keep the relationship smooth when you come back home! Follow these pieces of [dating advice](#) to avoid some turbulence on the way home!

These pieces of relationship advice

will make vacation great and it will help keep that loving, honeymoon feeling when you two get home!

1. New scenery, same you: Just because you are not at work and are not in the comfort zone of your home area, that doesn't mean you should act completely differently. While [celebrity couples](#) on [celebrity vacations](#) sometimes use vacations as a change of pace, you and your partner are probably using the trip to be together for a few days. That's something special that shouldn't be wasted.

2. Be romantic: Obviously, things between the two of you have been romantic if you planned a trip together. But don't make that be a reason to forget about all the other romantic gestures that got your love to this level. There are countless ways to get romantic on a trip, and your imagination should be able to come up with one thing per day to show how much you love your partner.

3. Be affectionate: This one seems like a no-brainer, but in all the craziness that is traveling, it can sometimes be forgotten. Hold hands, let them rest your head on your shoulder on a nap on the plane, or just give a little random peck on the cheek. Showing affection will really help intensify your love over the course of this trip!

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4. Find a way to surprise your partner: Vacations are the perfect time to create memorable surprises. Cute romantic gestures, hidden as surprises, are a great piece of dating advice. Set up a romantic candle lit dinner on the beach, or

plan a day trip to a hidden waterfall. Whatever it is, your partner will be happy, so don't forget to surprise her or him if you can!

5. Be spontaneous: While this one goes along with surprises, it is also different. Instead of surprising your partner with a day trip, discuss it. Maybe after breakfast head into the local town, or find a local eatery to try for dinner. Communication is the key to success in a relationship, so talk about doing something crazy, but fun. Consider skydiving!

6. Use this experience: Being together 24 hours a day for a few days may be something new for your relationship. There may also be habits that you did not know about your partner until now. A great piece of relationship advice is to use the time as a learning experience to really assess if your relationship is built to last. Get closer to your partner by talking about things that may not come up at work or home, and use the time together to really see if the two of you have wedding bells in your future!

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7. The trip will end: Unfortunately, not everything is meant to last, except for your relationship, hopefully! The trip will be over before you know it, and life will return to normal, but that doesn't mean you should forget about the romantic getaway when you return home. There should be no regrets when you get home, so take advantage of your time together to have an amazing time with each other!

How did your vacation with your partner go? Did you follow these pieces of relationship advice? Let us know in the comments below!

Relationship Advice: The Guy's Guide to Dating Like a Man



By Robert Manni

Who would have thought that writing a blog post on how to go on a date would be necessary in 2016? But, it is. With all the changes taking place in our hyper-fast-paced culture, sometimes the fundamental [relationship advice](#) that we take for granted is overlooked or gets lost in the swirl of changes. And with the long overdue recognition for women and their awesome achievements, modern men's role and subsequent

behavior are in flux.

It begs the question—in today's ever-changing world, how do you act like a man when meeting a woman and going on a date? It seems so obvious, right? But, with all the changes, it's not always that easy to find the right kind of relationship advice. Expectations and social behavior keeps changing.

But one thing that never goes out of style is being a man and a gentleman when it comes to dating. So, let's get started. You meet a nice lady, you ask her out, you make a plan, etc., etc., etc. And, if you do things the right way and the stars are aligned, you're on your way to a satisfying intimate relationship. But, we all know how many distractions and detours can get in the way of your pursuit of love and happiness. And, when it comes to dating, things can go wrong and get complicated real quick. Before you know it, you're back on Tinder.

Since it's August— the time when NFL ballers take reps and run sweaty drills at training camp as they prepare for the upcoming season— it's a good time for guys to get back to basics. So, please allow your Guy's Guy to lay out his step-by-step guide for meeting a woman, making a connection, going on a date, getting her home safely, and following up. You can take it from there.

1. Decide what you want.

Between your job, your finances, your outside interests, and your fantasy football prep, you have a lot going on. When it comes to dating, it's important to take a breath now and determine what you want out of dating. No judgments. You may only have time for hook-ups, you may be interested in finding a mate, or you simply want to meet new women while keeping an open mind about possible relationships. The only thing that matters is that you know what you want before diving into the dating pool. Most young bucks I know are not necessarily up for grabs, but they are open to offers. So they date casually and play the game from there. There is nothing wrong with that. But for the sake of focusing this post, let's work under the assumption that you are interested in dating and open-minded about developing a relationship.

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2. Make your move.

Nowadays, women, and especially younger women, are more aggressive when it comes to making first moves. And as a result, it's easy for young bucks to sign up for a dating app, kick back, and wait for the honeys to come their way. And, it happens. In fact, my wife winked at me first on Match. This is not a bad thing. But, most women I have spoken to want men to be the hunters when it comes to dating. That means making the first move and showing a woman that you're interested in getting to know her. It's called the chase. And it can be fun and bring a sense of accomplishment when a guy pursues a new woman and scores that first date. And, by first date, I don't mean "hanging out" with a group of people. I mean a real, old school date. Amigos, I assure you that single women love going on real dates with guys they are interested in. It's called romance. And romance is a good thing.

3. Meet in person.

Many of today's singles meet online, and as a result, a flurry

of texting ensues. But some fellas are studs when it comes to plinking the keypad on their phone, but duds when faced with engaging in a real conversation. Today's women want to meet guys in person, not just by texting. They want to check you out—your eyes, your smile, hair, your hands, your shoes, your whatever. And that's a good thing, especially if you are comfortable in your own skin and know how to handle yourself in social situations. My advice? If you are interested in someone, however you first connect, meet up face-to-face ASAP. It will save you time and psychic energy.

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4. Plan a real date.

So, you've met a young lady at a bar, online, through friends, however. And there is chemistry. Now comes the moment of truth. By way of hints she has provided, it's up to you to ascertain mutual interests and set up a real date. She likes tequila? First of all, you're lucky. Now do your research and find the best high-end tequila bar in the city, a terrific Mexican restaurant, or one of those "secret" cool spots where hipsters sample tequilas and mescals. Then ask her out, telling her that you'd love to take her to one of those places. It's that simple.

5. Dress for the part.

On date night, clean up as best you can. That means leaving the baseball cap and flip-flops home. If you are unsure how to dress, err on the more dressed up side and make sure you sport nice shoes and keep your fingernails clean. Offer to pick her up. She might prefer that you meet at the venue. No problem. You'll score points just by offering.

4. Pay attention to your date.

So, it's a sultry Thursday night in mid-summer. You take her to a cool restaurant where everyone is looking their best. And

the women at the place are amazing. You're a guy so you're visually stimulated. Want to win? Remind yourself that you are on a date and keep your eyes on the lady sitting across the table from you. She is well aware of the other hotties inhabiting the space and will be clocking you to see how well you manage your inner horn dog.

Eyes front, young man, and listen actively. Make her feel comfortable. Stay relaxed and let the conversation flow. If it feels forced, try a fresh angle. It's a first date. You might be a little tight. She may be nervous, too. Whatever the case, enjoy the meal and keep it light.

5. Pick up the tab.

I realize that in 2016, most of the dating rules have been thrown out of the window. But for a Guy's Guy, there are a few unbreakable rules. Like this one: If you ask her out, you pick up the tab— at least on the first date. There is no middle ground, unless she insists on paying half. That might signal that she may not be that into you and does not want you to think that she owes you anything for picking up the check. In any case, offer to pay. Then pull out your credit card and smile when the waiter drops the check on you. She'll be watching how you handle this.

6. See her home safely without expectation.

Time for a nightcap? Good idea. Pick out a quiet, romantic place nearby beforehand. However, if she balks or says no thanks, offer to call her a cab or Uber. It might cost you, but you will score mucho points, and in most cases she'll find her own way home. That is, if she does not invite you to her place for that nightcap. If she does, that's a great sign, but do not push the envelope. She is showing you that she trusts, you so be a gentleman.

Whatever the scenario, I always go for a good night kiss. Her response is usually a good indicator of her interest. Whatever she does, respect her wishes and don't be too disappointed if

she only shares a peck on the mouth and a hug on at the end of a first date. I've experienced this and having hung in there for a date or two, was repaid handsomely at the appropriate time. Good things come to those with patience.

7. Follow up.

You like texting? This is the perfect time to hit her up. If the date well and you are still interested in her, tell her you had fun and would like to see her again. That's all. If she's agreeable, hit her up again within the next few days with a suggestion. And, use the phone when asking her out. By this point, you should have this routine on autopilot.

Mission accomplished, amigo. Now, was that so hard?

Dating Advice Q&A: How Has Technology Changed the Way We Date?





Question from Sandy L.: I'm a recently divorced mom of three who is jumping back into the wonderful world of dating. I can already tell that things are very different than when I was last single! How has technology changed the way we date? Should I definitely try online dating?

Dating can be complicated. Add social media and electronic devices into the mix, and it can get even more tricky to find a compatible partner. This feat is especially challenging for new singles leaving failed marriages. 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!

Technology Dating Advice After Divorce

[Suzanne K. Oshima, Matchmaker](#): Dating after divorce can be scary, exciting and challenging all at the same time. But wait, don't let that scare you... because while things have

completely changed since the last time you dated, it's also a really great time to be single. Meeting men has never been easier, especially with the advent of online dating. And while it can seem a little scary to put yourself out there so publicly, online dating is actually one of the best ways to meet someone. Just put together a profile with great photos (men are very visual, so you need to attract him) and an essay that shows your fun personality and what you're passionate about...soon your calendar will be booked up with dates! And if you need more dating advice on how to get back into dating after divorce, you can grab a free copy of my eBook: "Dating After Divorce: A New Beginning."

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[Robert Manni, Guy's Guy](#): Technology has had a huge impact on dating, and it can be a great tool for meeting prospective partners. So, the answer is a resounding "yes" for trying online dating. Here are a few tips to help you get started. Before signing up for any sites or apps, decide what you want from the experience. Save time, psychic energy, and money by limiting your initial foray into the online dating world by signing up for only a few services. Talk to your single friends about their experiences and ask them for dating tips in setting up your profile. Most importantly, don't limit your dating life to the online world. Meeting other singles the old fashioned way—through friends, at work, by taking a class, and just by living your life still works. After all, no matter how successful you are at meeting people online, the real chemistry test for a new relationship happens when you meet face-to-face.

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.

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

Dating Advice On How To Attract The Right Man



On this week's episode of [Single in Stiletto's](#), founder and matchmaker Suzanne Oshima talks to relationship expert Iris Benrubi to offer their [dating advice](#) for those trying to find the right man. Follow these dating tips if you want to start having success on your dates.

Dating Advice On Attracting The Right Man

1. Be feminine. This is very different from being “masculine,” meaning you’re focused on being independent and strong. A straight man doesn’t want to be in competition with a controlling partner. Women have more success in maintaining a relationship when they are in touch with their gentler side.

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2. Surrender. You need to follow your man’s lead every once in a while. Constantly trying to dictate what your partner does is a sure way to cause conflict in your relationship. Also, it can be very emasculating if you’re always telling your man what to do. A man is happiest when he can be the leader and guide, so let him do it from time to time.

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3. Prize yourself. Get in the right mindset when you’re pursuing relationships. You need to truly know yourself and be confident in who you are to have success with a man. The experts dating advice is that if you see yourself as his prize, you won’t falter in your attitude towards him. Men will definitely be attracted when you carry yourself in this manner.

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

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Relationship Advice: True Love or Rebound?



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

It's a familiar scene; we watch a friend wallow in a doomed relationship for a while only to hear him or her declare their true love was found in a brand new relationship. For example, as fans watched multi-platinum recording artist Taylor Swift switch from her [celebrity relationship](#) with Calvin Harris to cozying on the beach with new squeeze Tom Hiddleston, it makes one wonder if this truly was perfect timing for a new love to grow, or simply a rebound relationship? Sometimes it's hard to know for sure. But if your new relationship feels a little too

good to be true, here are some dating tips and [relationship advice](#) to determine if you could be somebody's rebound.

Relationship Advice On Rebounding

1. Your partner just got out of a long-term relationship. Following a failed relationship, it's always wise to take some time alone to realign one's goals and evaluate lessons learned from that experience. This time is valuable to ensure you don't make the same mistakes in future relationships. But if you are involved with someone who has recently left a long-term relationship, you need to determine if your new partner was ready to move on, or are you simply filling in as the emotional gap? "If you've met someone you like that recently got out of a relationship, take it slowly," advised relationship expert and blogger Alina. "Even if he or she says they are completely over their ex and have moved on, it is in your best interest to take your time getting to know this person a little more before giving yourself the green light to emotionally dive in."

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2. The relationship is moving at a fast pace. You may have dated for a short time, but the relationship has already escalated to a highly physical and committed relationship. While you are spending every moment together and talking about your future, consider how well you know this person. If this relationship is moving at rocket speed despite the fact you know very little about your partner, you may be the rebound for your partner's crushed heart. "I think I married for the wrong reasons. Instead of following my heart and doing something that made me really happy, I just did it for the idea of everything," said [Britney Spears](#) of her failed marriage to Kevin Federline. She talked about her decision to wed in a 2008 *For the Record* documentary.

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3. The former flame is the third member of your relationship. It's common for people to share stories of old relationships. But if a past love is a common component to your romantic dinners, this could be a sign that he or she hasn't moved on from that former relationship. It's likely you are a vehicle in helping your partner get back with the person they truly want to be with. The staff at *eHarmony.com* offered relationship advice with the following scenario as a warning: "He talks about his ex all the time. He mentions that you look like her, or that your mannerisms or interests remind him of her. He takes you places he once took his ex – and tells you so. If he's still preoccupied with someone else, he's not ready to fully move on."

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4. Friends are surprised your partner is dating again. You and your partner's friends are helpful in determining if the person you're sharing your time with is worthy of that commitment. If you see outsiders shaking their heads at the relationship, it may be a warning sign. The staff at *eHarmony* warn that the new relationship "may be poorly timed and concur that sometimes it's wise to trust the red flags coming from others." Finding someone to share your life with is a gift. But if the foundation for that new relationship is sitting on shaky ground, it is destined to fall.

By being aware of your new love's past, keeping control of the pace, ensuring former partners are out of the picture, and measuring the reactions of others who care about you and your partner, you are lined up to score big on the relationship front rather than being sidelined as a rebound.

For more information about and articles by our Hope After

Divorce relationship experts, click [here](#).

Dating Advice: Why Do I Attract The Wrong Men?



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 feel that they're meeting the wrong men on dates. Follow these dating tips if you want to start attracting the right men.

Dating Advice On Why You Attract The Wrong Men

1. Fear. Dating can be scary, but that fear of change makes people stay in their comfort zones. Learn to push yourself past where you're comfortable so you don't miss a chance at finding your man. The best dating advice the experts have is to take a risk.

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

2. Doubt. It's common to feel doubtful towards relationships, but you should really try to change this mindset if you want to find the right man. Having doubt can truly sabotage your chances of having a successful relationship with the men you meet.

Related Link: [Dating Experts Give Relationship Advice To Attract a High Quality Man](#)

3. Low expectations. Don't try to settle for men who don't meet what you want. Look for one hundred percent rather than eighty, and say no to those who don't meet your expectations. Be careful to not reject men for superficial reasons, however.

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

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

Dating Advice: What Is A Man Looking For In A Woman?



On this week's episode of [Single in Stiletto](#)s, founder and matchmaker Suzanne Oshima talks to relationship expert Cyndi Olin to offer their [dating advice](#) for those who want to know what men are looking for in a woman. Follow these dating tips if you're interested in finding the love of your life!

Dating Advice On What Men Are Looking For

1. Attraction. The first thing men look for in women is attraction. Whether it be physically, mentally, or

emotionally, a man is looking for something in you that pulls him in. If there's no attraction or curiosity then there can't be a relationship.

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

2. Happiness. Another aspect men really look for in women is positivity! Don't sabotage your relationship with negative thoughts or attitudes. A man doesn't want to be with someone who is unhappy all the time so try to look at the brighter side of life. Your happiness will act as a magnet that reels him in.

Related Link: [Expert Love Advice: Matt Adams Reveals the #1 Thing a Man Wants After Looks](#)

3. Safety. Men want to be able to take you seriously and feel connected to you on a deeper level. He needs to be able to trust you with his inner self and insecurities. The experts dating advice is to put in the effort to make your man feel safe in the relationship.

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

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

Relationship Advice: 3 Ways To Scratch The Seven-Year

Itch



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

If you listen to the relationship experts, the seven-year itch can just as easily be called the three-year itch, four-year itch, or the twelve-year itch. “There’s no consensus among experts as to why the seven-year itch may occur,” explained relationship expert Jennifer Nagy. Experts identify irritating contributors like hasty marriage proposals (Pamela Anderson or Khloe Kardashian), declining interest in his or her’s partner, and growing family responsibilities. But with married couples facing a 50-50 chance at success, it makes one wonder how to extend the rather short shelf life of a marriage, despite the growing needs of maintaining a life together.

Fortunately, society is filled with [celebrity couples](#) who have defied the odds. Will and Jada Pinkett Smith will celebrate

twenty years together next year, Bill and Melinda Gates have been married over twenty years, and Billy Crystal and his wife, Janice, have been together forty-six years. If you and your partner are truly committed to making a marriage work, here is my [relationship advice](#) where I provide three ways to scratch that seven-year itch. Follow these dating tips to increase the longevity of your marriage.

Relationship Advice On How To Have A Lasting Marriage

1. Search for the things you first loved about each other. “I just love him more and more,” said Reese Witherspoon about her five-year marriage to Jim Toth. “I want so much for him to be happy, and he wants me to be happy.” Life is filled with distractions that make it difficult for those once-endearing traits to present themselves. Between family, changing interests, and work, we have many things demanding a portion of our time. Remember: You committed to share your life, dreams, and your whole self with this person. Don’t take that promise lightly, and don’t search for perfection—you won’t find it. Instead, uncover the things about your partner that make you feel secure, more focused, and better able to grow and expand your evolving interests as a couple.

Related Link: [Dating Advice: How To Go From Single To Married](#)

2. Make the private moments meaningful. “For us,” explained Chrissy Teigen about her marriage to John Legend, “it’s exciting to have time away and then be together and make up for that lost time.” As a mature relationship grows, the opportunities to share alone time are few and far between, but the need to find that time becomes so important. “When the sexual intimacy in the marriage can be nurtured and given the time to grow, then the marriage will be successful,” wrote Dawn Michael. “The problem, of course, is that many couples

lose the closeness that brought them together in the first place.”

Related Link: [Relationship Advice: Keeping The Fireworks In Your Relationship](#)

3. Leaving is not an option. “At our facility, it is not uncommon to see a loving spouse sit with his or her aging partner while illness, dementia, or frailty robs them of meaningful twilight years together,” said Scott Hanson, executive director of Lake Ridge Senior Living. “Even though the loved one may no longer recognize him, the thought of leaving or loving her any less is simply not an option.” That kind of commitment through good times and bad is what strengthens the bond Gisele Bündchen shares with her husband Tom Brady. “My father always said, the quality of your life depends on the quality of your relationships, and I think, no matter how challenging it was, we’ve always been supportive of one another. I think that’s the most important thing you can have in life.” With the array of circumstances that continually take shots at a relationship, it’s hard to know whether or not a marriage will be strained at any specific time. According to Nagy, “The studies do seem to agree that couples need to put in the extra effort every day in order to sustain happy marriages. If a couple doesn’t prioritize their relationship, their marriage will fall by the wayside – no matter how long they’ve been together.”

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

Relationship Advice: Stay True to Yourself



By Jennifer Craig

Relationships bring with them many changes. Sometimes we can become so wrapped up in a relationship that we slowly lose ourselves along the way. The best piece of [relationship advice](#) I can offer is to make sure to take time for you so that you have energy to give to your significant other without feeling lost and emotionally drained. If you do that, your relationship may be as successful as David and [Victoria Beckham](#)'s!

Check out the following relationship advice I entitle, "Free to Be Me."

Take Time for Your Interests

Especially in a new relationship, we can sometimes have the tendency to want to spend every single waking hour with the new person in our lives. There is nothing wrong with soaking up quality time together, except for when that time cuts into the hours that you used to spend on your personal interests.

In her post, "Five Signs that You've Lost Yourself (and Your Integrity) in Your Relationship," Jenni Bevill states that the most important relationship in life is the one we have with ourselves. Even if it's hard to do, carve out time for the things that you love to do. This will ensure that you don't lose yourself in someone else by foregoing your own interests.

Maintain Friendships

One of the biggest mistakes that people in new relationships make is to neglect their other friendships in favor of a significant other. Your true friends will be happy for you and will likely understand that you want to spend much of your time dating instead of hanging out with them.

But, it's still extremely healthy for you to take time to honor your existing friendships. You will be glad that you have taken the time to relax with friends and you just might have some interesting stories to share on your next date with your partner.

Related Link: [Relationship Advice: The Pressure To Choose Friends Over Your Significant Other](#)

Share Your Interests With Your Partner

Share your interests with your significant other by teaching them one of your hobbies or having them watch your favorite television show. It may not be their new favorite thing, but they will appreciate learning more about what makes you unique. Return the favor and explore their interests as well; you might just find a new hobby along the way.

Your Individuality is Attractive

Your friendships, your interests, and your personality are all the reasons that your significant other was first drawn to you, according to Doctor Lisa Firestone in her Psychology Today article, "Staying Compatible by Staying Yourself." If you allow yourself to lose what makes you unique by investing yourself too heavily into a relationship, you might end up losing both yourself and your new love interest.

Related Link: [Dating Advice: 7 Things All Healthy Relationships Require](#)

Alone Time is Healthy

Trust your partner enough to know that time away from each other is healthy for the both of you. In her article, "How Not to Lose Yourself in a Relationship," Shelly Bullard states, "Love is the ultimate opportunity for evolution." You will find that you are more easily able to give yourself to your relationship. Investing first in yourself lends to a happier, healthier version of you, which benefits everyone.

Jennifer Craig is a long-distance relationship success story. She created SurviveLDR to help women in long-distance relationships overcome their struggles. She knows what it's like to experience the roller coaster of emotions from frustration to joy, sadness to excitement, happiness to anger within a long-distance relationship. She wants to help other women alleviate some of the suffering that she went through making her long-distance relationship work. In addition to sharing her own insights, she also offers women the

opportunity to share their ideas and experiences. Read more about Jennifer's experiences at <http://survivedr.com/author/jennifer/>, or visit her website at <http://survivedr.com/>.

Dating Advice: How To Go From Single To Married



On this week's episode of [Single in Stiletto](#)s, founder and matchmaker Suzanne Oshima talks to relationship expert Jaki Sabourin to offer their [dating advice](#) for those who wish to go from dating to marriage. Follow these dating tips if you're

interested in finding the love of your life.

Dating Advice On Getting Married

1. Keep your word to yourself. Know what you want and go for it. Don't go against your initial intention of getting married. The experts dating advice is to understand commitment and don't send mixed messages to the men you're seeing. This is how you'll make space for your husband.

Related Link: [Dating Advice: How to Create an Irresistible Online Dating Profile](#)

2. Watch your behavior. Stop doing things that wouldn't serve you well if you were married. Act like a wife and develop that mindset. This will ensure that you behave well when you actually get married. Your future husband will surely appreciate it.

Related Link: [Dating Advice For Women: What Are Men Attracted To?](#)

3. Go out and be curious. Don't be afraid to ask questions in the beginning stages of dating. This is how you find out if you're in alignment with the man you're out with. Talking about what you want will save you from wasting time and it won't feel so personal if it doesn't work out.

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

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Relationship Advice: From Website to First Sight



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

Dating in today's world is complicated since most people choose to make the first move from behind cellphone screens. With dating apps and social media sites that offer personal messaging options, you can reach anyone at any time. But when it comes time to finally meet the man from behind the screen, it can get scary really fast. How can you be so sure that he isn't faking it? As relationship experts, we understand that this is a nerve-wracking situation, but don't be too afraid because you might just miss out on a great catch! Follow our [relationship advice](#) to make sure you aren't getting catfished anytime soon.

Relationship Advice For Those Who Want To Meet Their Online Crush

1. Do a thorough background check. Before taking the first leap of faith, you want to make sure you are definitely going to meet the person you think you're meeting. This might seem crazy, but your first step should be to Google him. See if any links come up for Facebook, Instagram or LinkedIn, and take a look at his profiles. This gives you an insight into both his personal and professional lives and gives you the assurance that he actually exists. If his profile says he works at a law firm but his Facebook says he's a bartender, you might want him to clarify this info before deciding to go on a [date night](#).

2. Look for tagged pictures. Make sure he's tagged in pictures from friends and family, and that these pictures are from multiple events. If he only has pictures of himself, chances are he stole the pictures from another person and is catfishing you. It's much easier to copycat pictures that someone uploaded of themselves than it is to take pictures from others' profiles.

Related Link: [Relationship Advice: When to Share Your Passwords](#)

3. Make sure you're talking to the guy you see in the pictures. Try talking on the phone with him, FaceTiming him, or maybe even using an app like Snapchat to catch a live picture of him before deciding to meet up. The more proof you have that he is the same guy, the more comfortable you're going to be when it's time to meet up.

4. Pay attention to your interactions. If he keeps rescheduling your first date or doesn't actually make any effort to go on a first date, chances are he's not who he says he is online. Try not to allow too much time between a

cancelled and rescheduled date, or else you both may lose interest altogether.

Related Link: [Dating Advice Q&A: How Can You Know If Someone is Being Honest Online?](#)

5. Have an escape plan. Just like any date, a date with an online match can easily turn sour quickly. The best dating advice we offer new online daters is to keep your first date short and sweet – maybe grab coffee instead of dinner. And make sure you tell a couple of friends where you will be so that they can keep tabs on the situation if he turns out to be someone other than the guy in the pics. If anything does go wrong, you will be able to remove yourself from the situation quickly.

6. Once you've decided that you feel comfortable, go for it. It's not uncommon for people to choose the online dating route. This means that there is a pretty good chance that the guy you are planning to meet is totally normal. Don't forget – you found him on a dating site, so if you think it's weird then maybe that's not the place for you to be looking for potential dates. If you've followed our relationship advice, are comfortable with everything he says and portrays online, then it's definitely time to try it out.

Happy swiping!

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.

Relationship Advice: Post-Engagement Behavior



By Dr. Jane Greer

Only a few short months after former child star [Lindsay Lohan](#) and fiancé Egor Tarabasov professed their love for each other with an engagement, it appears there's trouble in [celebrity couple](#) paradise. Lindsay shared a series of posts on social media recently, including a video on Instagram of her fiancé in a club, which she captioned "Home?" She posted another shot with the caption, "Thanks for not coming home tonight. Fame changes people."

After you get engaged, taking that next step in your relationship, the expectation is that you will both live up to your new commitment and want to spend even more time together building your new life. What happens, though, when just the opposite seems to be taking place, and what might it mean for your future?

Sometimes it isn't such a clear path from getting engaged to getting married. For some people, undertaking such a big change and lifelong responsibility can cause people to question their choices and judgment, basically asking, did I make the right decision? That concern and insecurity can trigger their fears and hamper their ability to move forward. As one partner might be looking to be more involved and connected than ever, the other, questioning partner might actually be pulling away and become less available, spending more time elsewhere and possibly even dabbling in activities that can cause jealousy and trust issues. These actions, however, can often be more of a statement of the trepidation that becoming engaged conjures up, rather than a reflection of their true feelings for their partner.

If this happens to you, whether you are on the side of needing more space or the side of wondering what is going on with your fiancé, the most important thing to do is have a conversation with each other to explore the feelings that were triggered by this huge, life-changing event. Leave room to talk about

misgivings and insecurities, even if that is difficult, so that at least you have an opportunity to express your concerns with the hope that they don't weigh you down and pull you apart permanently.

Another piece of [relationship advice](#) is to seek counseling to address whatever might be getting in the way of your future happiness. Talking to someone about this can help you determine if you jumped into the engagement prematurely, and the best thing to do would be to postpone the wedding or even walk away, or if it is just a temporary setback that can be fixed. Given Lindsay and Egor's apparent break-up, this might be a helpful step. This is a way to work through the tough time and have a better understanding of each other, know you are able to share your fears and conflicts, and perhaps move toward a happy ending.

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

Relationship Advice: 4 Ways to Keep Your Long-Term

Relationship Hot this Summer



By [Josh Ringler](#)

Summertime is the perfect time to heat up your relationship to new heights. Those in long-term relationships can really take advantage of the long summer days by spending more time together, and finding creatively fun ways to spend that time with each other. If you are looking for ways to keep your long-term relationship hot over the summer, look at the following pieces of [relationship advice](#).

**These pieces of relationship advice
will keep your long-term**

relationship hot in the warm summer months!

1. Romantic getaways: Take advantage of travel deals, the weather, and those extra days off to take a nice trip with your love. Go to somewhere romantic like [Cabo](#) or [Hawaii](#), or find a more local place. Don't break the bank, but don't be frugal! This trip will really heat up your love life with your partner and the two of you will definitely enjoy spending time together away, alone, in a room by yourself.

2. New date ideas: Cupid has plenty of date ideas, and there will certainly be one that is new for you! Try a new restaurant or a new at-home idea. Whatever it is, changing things up is a great piece of relationship advice and will surely bring joy into your love life. While it may be hard to come up with new ideas to do together, there are plenty of options to keep things fresh and new, especially in how you and your lover go on dates.

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

3. Try new and different things: Being in a long-term relationship, sometimes things can get stale. Of course, new date ideas will help that, but it is not just dates that make up a relationship. Trying new and different things, like new vacations, new ways to communicate, and maybe even a new game on your phone, can really make a difference and keep things hot. Even trying a different place to go on a walk can keep things exciting and keep the love flowing!

Related Link: [Relationship Advice: 10 Simple Ways to Be More Romantic](#)

4. Cool off: The best way to keep your summer hot is to take advantage of the weather and have fun in the water. Whether it

is a pool, the beach, or a lake, being out together and enjoying the warm weather will definitely make the two of you happy. Take advantage of water parks and spend a day acting like eight year-olds or go find a romantic secluded waterfall off a hiking trail to go swimming in. Whatever it is, there are plenty of watery options to make your love heat up!

How do you keep your long-term relationship hot in the summer? Let us know in the comments below!

Relationship Advice: How Do You Know When It's Right To Move In With Someone?





By [Joshua Pompey](#)

So you think you're ready to move in with your significant other? After all, he's fun, treats you well, and let's face it, he really only gets on your nerves about 20 percent of the time. What more could you ask for in a man? But before you go unpacking in his place, you better make sure you're prepared for what comes with the move ahead. Moving in with the wrong person can be a nightmarish experience. Especially when you find yourself packing up your bags and single again. As a [relationship expert](#), here is my relationship advice and thoughts on whether you should make the big move.

Relationship Advice: 4 Questions To Ask Yourself Before Moving In With Someone

Are you compatible living partners? What does his place look like when you visit or sleep over? Are there socks always laying around his apartment floor? Does he ever make his bed?

Does it look like some of his dishes have taken a permanent residence in his sink? If you too have a fondness for living off paper plates and doing dishes once a month, this may be a match made in heaven. But for all you women out there who prefer to keep clean, the best [dating advice](#) I can offer you is that you may want to reconsider moving in with someone who will unintentionally turn you into his own personal maid. This will eventually build resentment and lead to big problems down the road.

Related Link: [How to Make A Man Initiate The First Move](#)

Will you be a guest or a resident? How big is his place? Is there room for your 25 pairs of designer shoes? Is he willing to let you convert his man cave into a floral masterpiece of feminine energy oozing out of every wall? At the end of the day, you need to be able to feel like you're at home with the person you're moving in with. Maybe you don't have to tear down his man cave on an extreme level. But at the minimum, make sure he is open to letting you provide a little personal touch to your place so that you feel like you are a resident, not a visitor.

Related Link: [Dating Advice: 5 Steps To Securing A Second Date](#)

How often do you fight? Fighting is one thing when you live apart. You can get mad, hug it out, then have some space for a day or more. When you live together, that person who is driving you crazy will be there when you wake up, eat, and go to sleep. There is no escape. Everyone will fight once in a while, but if you are fighting on a weekly, or even monthly basis, moving in is an absolutely horrendous idea.

Related Link: [Dating Advice: Does A Man Really Have to Call?](#)

Are you trying to heal the relationship? Some couples that are struggling in their relationships figure that moving in will make them closer. Maybe if you live together you will stop fighting as much and form a stronger bond right? Wrong.

This will only end the relationship at a rapid-fire pace. My relationship advice: Work out whatever issues you have or strengthen the love between you and your man before you jump to that next level of sharing a residence.

Want more advice from Joshua Pompey? Click [here](#) to learn his best online dating profile tips for women of the past 7 years.

Dating Advice: How to Create an Irresistible Online Dating Profile



On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Michelle Marchant Johnson to offer their [dating advice](#) for those who wish to revamp their online dating profiles. Follow these dating tips if you're interested in finding the love of your life through the world wide web.

Dating Advice On How You Should Set Up Your Online Profile

1. Write for your audience. In the written sections of your relationship profile, remember who you're writing it for. You want to represent yourself the best way you can, but you also want to present yourself in a way that is attractive to others.

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

2. Mind your presentation. The same way you want to look your best at an interview, you should also want to with online dating. Especially if you're trying to find a lasting relationship. Therefore your online profile should have a clear head shot and appropriate title/screen name.

Related Link: [Dating Advice for Women Over 40: Why He Didn't Call?](#)

3. Don't be too serious. Online dating should be fun. This dating advice says not to take it too seriously. Profiles that present themselves as too picky or intolerable have less success. No one wants to go out with someone who might be troublesome on a night out.

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

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[channel.](#)

Relationship Advice Q&A: Is Liking Other People's Photos Suspicious Behavior?



Question from Valerie M.: I have been with my guy for a few years. I love him and he loves me, but we view social media differently and it causes us to bump heads. He “likes” photos of other girls constantly, especially if they’re half naked. I’ve told him repeatedly why it bothers me when he does this and ask how he would feel if I did the same thing, but he

continues to do so. Am I being too sensitive? I know you can find others attractive while in a relationship, but letting the world know you like all these suggestive photos seems a little unnecessary and juvenile.

Dating during these technologically savvy times is a bit more complicated than it used to be. Social media has completely changed how people view relationships, love and faithfulness. Gone are the days when men used to open up a magazine and silently admire the opposite sex. However, do not fret, leave it up to our relationship experts who can offer [relationship advice](#) and dating tips that may provide comfort about your partner's social media activity.

Relationship Advice On Social Media Etiquette

[Suzanne K. Oshima, Matchmaker](#): Your boyfriend "liking" other women's provocative photos is not only a bit inappropriate, but it's also completely disrespectful to you. Especially after you explained to him how it makes you feel. He's being insensitive to you and your feelings. Sometimes the only way to make him see your point is to give him a taste of his own medicine by doing the same thing with other men's photos. If that doesn't work, then I suggest you have another heart to heart talk with him and if he still doesn't get the point, then I would re-evaluate whether you want to be with a man who doesn't respect you or your feelings.

Related Link: [Q&A: Should I Be Concerned About My Man's Social Network Activity with Other Women?](#)

[Robert Manni, Guy's Guy](#): Although I am not a big fan of poking around my partner's online content, you've already opened Pandora's Box. And now you have to do something about what you've discovered. Men are visual creatures, but when a guy is

in a committed relationship, “liking” scores of scantily clad women online is not a great idea. Since you’ve been together for a few years, you can most likely chalk this behavior up to “checking out the menu without ordering.” But can you be sure? You’ve asked him to stop, yet he continues “liking” these women. My relationship advice is to ask him to curtail his behavior one more time. If he is deliberating doing something that bothers you, his priorities are out of order. At this point, if he won’t stop... maybe he has to go. Your call!

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.

How do you and your significant other go about liking other people’s photos? Share you experience or suggestions below.

Dating Advice: 3 Types of Women Men Avoid





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 aren't having the best luck in the dating world. Learn whether or not you fall into one of the three types of women that men tend to avoid. Follow these dating tips to get your love life back on track.

Dating Advice On Who Men Try To Avoid

1. Being bossy. Very few men find bossy or rude traits attractive. Men do like strong women, but not if she is self-centered and generally mean. There can't be a relationship if you're entitled and trying to rule everything. Mutual respect is always best.

Related Link: [Dating Advice: How To Be Sexy On Date Night](#)

2. Being needy. Insecurity and constant calling is usually a

red flag. If you can't allow a man to have space, then he will most likely avoid a real relationship with you, especially if you're suspicious without reason. Being overly needing is overbearing. Take time to relax.

Related Link: [Dating Advice for Women Over 40: Why He Didn't Call?](#)

3. Being flirty. Men don't like women who are always seeking compliments from others. Men are territorial, so be careful how you receive and react to attention. The experts dating advice: It's disrespectful to be flirty or be perceived as flirty with other people in front of your man. Don't do what you wouldn't like done to you if the roles were reversed!

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

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Celebrity Interview: 'Famously Single' Star Dr. Darcy Reveals Her Favorite Cast Members & Those Who Surprised Her Most





By [Rebecca White](#)

Over a year ago, Dr. Darcy Sterling received an email inviting her to audition for a new reality TV series, *Famously Single*, which focuses on helping eight single celebrities work through their relationship problems. Having made her television debut on E! in 2011, the network was familiar with her, so she flew out, auditioned, and the rest is history. Her experience as a licensed clinical social worker and relationship expert facilitates her work to help individuals and couples who want more out of life. She hosts workshops focused on psychology and runs a Q&A blog. In our exclusive [celebrity interview](#), Dr. Darcy dishes on the *Famously Single* cast members, from who was her favorite to who surprised her the most, and shares her best [relationship advice](#).

Dr. Darcy Dishes On *Famously Single* Cast In This Celebrity Interview

In the latest [celebrity news](#), before filming the show began, Dr. Darcy reveals that she was most concerned about working

with *Jersey Shore* star Pauly D. “Based on what I knew of him, which was very little, he’s a big prankster always making wise cracks. I thought he was going to be the difficult, oppositional child in the classroom,” the social worker shares. “He actually turned out to be one of my favorites! Not that a mom really has favorites, but he was a delight to work with. He came in so earnest and really showed up with an openness to the process that made it so easy to work with him.” However, now that she’s finished filming the show, Dr. Darcy says that Somaya Reece surprised her the most. On the show, Reece shared her story of domestic abuse and became a poster child for resilience. “How she bounced back from that was mind-boggling,” Dr. Darcy says. “It speaks to human resilience and she is such an inspiration.”

Related Link: [Celebrity Interview: ‘RHOD’ Star Stephanie Hollman Says Her Life Is All About Her Family](#)

The main premise of the reality TV series is to teach relationship skills to celebrities who are infamous for being single. But since filming ended, the celebrities who have the best chance of finding love after this experience are those who were able to learn about themselves. “Those celebs that walked away learning about themselves, taking personal responsibility, recognizing that they’ve made mistakes in the past that having nothing to do with being famous are the ones who have the best chance at finding love,” the therapist says. While being famous supersedes relationship problems, notoriety doesn’t create problems that didn’t pre-exist. With Dr. Darcy leading the group therapy sessions, these celebs can’t use fame as the reason for their relationship issues. “The fact that they’re famous is not justification for why they’re single,” the psychologist shares. After discussing their issues and teaching them relationship skills, the celebrities have had a chance to practice these skills through interacting with each other and mock dates.

Related Link: [Celebrity Interview: ‘RHOD’ Star Cary Deuber](#)

[Says Co-Star LeeAnne is “Loud and Obnoxious”](#)

The [celebrity couple](#) who made the biggest splash in the headlines was Brandi Glanville and Calum Best, who began dating on the show. Although their courtship has ended, Dr. Darcy says both celebrities have learned a lot about themselves from the experience. “Brandi is much more aware of certain things she’s done and Calum has thrown himself into yoga, which is major progress for him,” she adds. “The show wasn’t meant to create long-term sustainable change, though. It was intended to provoke a level of awareness in everyone and ignite a desire in each individual to go on their own journey and do their own work.” After working with the celebs, the therapist says that Glanville does tend to pick the wrong people for her, but that there is a reason she’s attracted to certain types of people. “Brandi has done a lot of work on herself and her work’s not done,” she says. After all is said and done, Dr. Darcy said filming *Famously Single* was an amazing and challenging experience, saying, “I would love a second season.”

Reality TV Therapist Shares Best Relationship Advice

From filming a hit reality TV show to managing time with her clients, Dr. Darcy has a busy schedule. However, she knows that her relationship needs to be her top priority. “You cannot give everything you have away at work,” she says. “You have to come home with a little reserved. It’s unacceptable to come home on empty.” The reality TV therapist says that relationships require work every single day and that it’s a fallacy that relationships “shouldn’t feel like work.” If you’re struggling to manage your relationship and busy lifestyle, think back to what created your relationship. Think back to the beginning when you courted, seduced, supported, encouraged, and admired your partner. After the honeymoon

phase, relationships are about self-discipline. “You have to incorporate it into your everyday life,” Dr. Darcy says. “This is the person you want to show up most for, not the least.” In her own relationship with her wife Stephanie, it is all about self-care. The duo makes sure they are highly involved with hobbies, such as yoga, dance, meditation, and CrossFit. “Steph and I try to walk the walk,” she shares. “There have been times when we haven’t engaged in the level of self-care we need to and our clients reflect that. They don’t absorb the information if we don’t walk the walk.”

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

The most important skill to maintaining a healthy relationship is communication. “You have to be willing to listen to your partner, even when you’re tired and feel like they’re picking on you,” Dr. Darcy says. It is crucial that you actively listen, remain quiet, and control the impulse to be defensive. You have to mirror back and paraphrase what they said so they know you listened to them and you know you understood. Most of the time, your partner just wants to be heard. “If you can deliver that to your partner, you have a basis of a great relationship,” she says. Once you learn the basic relationship skills, all of your relationships will improve because you will use these same skills with your family and friends. “I really hope people are motivated to learn about relationship skills because the quality of our lives is predicated on the quality of our relationships,” Dr. Darcy reveals. “It’s the most important thing in our lives and nobody teaches us.” At the end of the day, the best love advice from Dr. Darcy is the metaphor: “Use the good china every night.” Relationships are about showing up for your partner the same way you would for a stranger or company that you’re trying to impress. Make every day a date and bring romance into everything you do.

Famously Single *airs on Tuesday’s at 10 p.m. on E!*

You can keep up with Dr. Darcy on her [website](#) or [Twitter](#).

Celebrity Interview: Brandi Glanville Is More Than a Housewife on 'Famously Single'



Interview by [Lori Bizzoco](#). Written by [Stephanie Sacco](#).

Brandi Glanville is more than a “real housewife” and reality TV star. She’s also a single mother looking for a good man. Known mostly for her infamous (drinking) escapades on *The Real*

Housewives of Beverly Hills (RHOBH), the mother of two has joined the cast of the new reality television series, *Famously Single*. The new E! series centers around eight single celebrities living in a house together with the goal of mending their broken hearts and relationship issues once and for all. The singles are advised by relationship coaches, practice dating techniques and attend group therapy sessions throughout the season.

Glanville opened up to CupidsPulse.com in an exclusive [celebrity interview](#), where she gave us the scoop on her recent Instagram booty post, filled us in on her tryst with Calum Best and dished on all things marriage, love and her experience on the new reality TV show, *Famously Single*.

Reality TV Star Brandi Glanville reveals who the booty Instagram & Tweet were for in our celebrity interview.

Glanville has kissed a lot of frogs in her dating life but last week she addressed her most recent (ex) flame on social media by sharing two pictures of her booty on Instagram and on Twitter, where she reclaimed her body and said it no longer belonged to him. The photo created a lot of [celebrity news](#) headlines but Glanville gave us the real scoop on who that booty shot was intended for saying, "There's always that guy that you go back and forth with and you know it's not good for you, but he's there when no one else is."

She says the relationship was on again, off-again for about a year before she decided to end it for good on social media. "We would just hook up but we would never really go out together," explained Glanville. "He's an actor and he didn't want to be seen with someone on a reality show because I guess

it makes him less legitimate as an actor.”

Related Link: [Celebrity Interview: Virtually in Love's Kansas Discusses Falling in Love Online](#)

Glanville decided to go along with the half-relationship and let it play out. But last week, on her way to his Fourth of July party, her love interest called and told her not to come because it wasn't the best idea that she be there. Her response? “I got a bottle of rosé, I went to my gay husband's house, we made Instagram videos, and I taught him how to walk on a runway, and that was my Fourth of July.” Instead of letting her flames rejection consume her, she took to social media and ended it-her way!

Reality TV Star Addresses Recent Celebrity Gossip

The most recent [celebrity gossip](#) has focused on the fact that Glanville claims she never wants to get married again and while she admits that to be true she also says that she “would love to meet someone who changes her mind.” Glanville says that she is open to the possibility if it happens but “she doesn't need a paper to define the relationship.” I guess never say never. On *RHOBH*, Glanville says that she wasn't seen as a mother with emotions and a woman with a romantic side, but instead as ‘your drunk friend Brandi.’ *Famously Single* shows a different side to the former model and allows her to be herself.

The former *RHOBH* star says that she was skeptical about doing another reality show and unsure how open she should be about the process. “I used to be very touchy feely, and I used to snuggle and now for seven years I don't do PDA, I don't snuggle,” she says. Her doubts proved unnecessary because she did connect emotionally on the show with her new Bestie, Calum Best. “Luckily I met someone in the house that I ended up

having feelings for,” says the *Famously Single* star. “It made me feel good again. It made me feel like I’m ready for this again and I don’t have to be so tough and scare everyone off. I really just need to put myself out there and if I get hurt, I get hurt.” The most important part of life is learning how to cope with change and moving on after hard times.

Related Link: [Celebrity Interview: Virtually in Love’s Iyanya Discusses His Online Relationship](#)

Famously Single taught Glanville a lot about herself, although she didn’t find lasting love in the end. She says Best, her equally famous and single love interest, played a huge part in helping her figure things out. “Ultimately I love him, I adore him. If he was five years older and lived here, things would be different.”

Being on the show was a life changing experience for Glanville and she received plenty of great [relationship advice](#). “I realized that I have to be softer. I have to let people in and give them the chance to get to know me.”

Instead of exploiting single celebrities and trying to make them look bad, the dating coaches on *Famously Single* try to help them fight through their dating past to make a better future. “I want to be a girl sometimes. I want to let that side of me down and I want to be vulnerable, but having said that I know that’s how I get hurt,” Glanville says. “So it’s just about finding that recognition and Laurel and Darcy helped me find it.”

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

Glanville doesn’t want to dwell on the past and she isn’t interested in ever going back to the *RHOBH* show that made her famous. According to Glanville, her time on *Famously Single* was nothing like *RHOBH*. “It was completely different,” she

says. "They weren't trying to have us fight with each other. We were all there to work on ourselves. I fell in love with all of them a little bit. It was nice. It was a completely different experience."

Famously Single airs on Tuesdays at 10 p.m. on E!

You can read all about Brandi Glanville's love life in her books on [Amazon](#) or follow her on [Twitter](#).

Relationship Advice: Keeping The Fireworks In Your Relationship





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

“I wanna know what love is. I want you to show me.” The rock band Foreigner made that desperate request thirty-two years ago, and we are still wondering about the answer today. With summer romance in full swing, many are looking for [relationship advice](#) on how they can keep the fireworks flying in a relationship that is worth protecting. A common truth behind some of today’s most enduring relationships is that it takes work to keep that spark alive, and these four dating tips will help ensure your love is a total blast.

Relationship Advice On How To Keep The Spark Alive

1. Keep dating. Typically, a secure, committed relationship means we don’t have to pay close attention to it, right? Wrong! Relationship experts stress that just the opposite is true. Marriage counselor Michele Weiner-Davis says that many times her clients can’t recall the last time they spent any time alone together. “They are just not recognizing that

romantic time with one another is what a relationship should be about—it should not just be the icing on the cake,” she says.

Related Link: [Have a Front Row Date Night to the Fireworks on a Circle-Line Cruise](#)

2. Stay connected. A healthy relationship needs to be nurtured. That means your significant other needs to be reminded regularly that you are his or her number one fan. By using today’s technology, you can drop a message to your main squeeze in any form. Be careful who is on the receiving end, however. [UsMagazine.com](#) reported on Kelly Ripa’s experience sending a photo of her toned behind to her husband, Mark Consuelos. Unfortunately, the photo made its way to her in-laws’ iPad instead. “My mother and father-in-law respond from their email and they’re like, ‘Dear Kelly, we are so proud of all your hard work,’ she said. ‘Your exercise classes are really paying off.’”

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

3. Stay interested. When the relationship began, we wanted to know everything about our new love interest. As your relationship continues to progress and evolve, staying curious about what makes your partner tick keeps you both engaged in the relationship. “Romantic profundity embodies frequent acute occurrences of intense love over long periods of time, along with romantic experiences that meaningfully resonate in all dimensions, helping the individuals flourish and thrive in all dimensions of love,” wrote relationship expert Aaron Ben-Zeev, Ph.D. In other words, the best relationship advice to follow is recognizing and celebrating the new, positive discoveries with your partner which will keep things hot in the relationship.

Related Link: [Famous Couple Robert Pattinson and FKA Twigs Exchange Promise Rings](#)

4. Do whatever it takes. When you have made up your mind that you are committed to this relationship, you will find the little things that often chip away at a marriage won't be a factor in yours. For example, actor Hugh Jackman and his wife, Deborra-Lee Furness, have made a promise to each other not to be apart for more than two weeks at a time. They have been together since 1996. The decision to stay committed early on will be the foundation when difficult times challenge the relationship. Since actor Dax Shepard opened up publicly about his personal struggles with addiction as a result of childhood abuse, his wife, Kristen Bell, has remained supportive of her husband and offers public support to others who live with mental illness and addiction. "Seeing the world through his eyes has really opened mine to knowing that it is a disease, and nobody is choosing to drink more than others. They are doing it because of a variety of reasons, and they deserve the attention of a mental health professional, and not the county jail or however else we're choosing to pretend we're fixing the problem," says Bell.

The secret dating advice behind a healthy relationship is that there is no secret. But it does require an understanding of what you want in a loving partner and an awareness of what you are willing to share. Then, by investing time in keeping private time a priority, being generous with loving gestures, staying curious about your partner, and being fully committed to the success of the relationship, you are destined for a lasting love that lights up the room.

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