

# Dating Advice: 3 Tips to Turn Around Your Dating Life



On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Iris Benrubi to offer her [dating advice](#) to those that want to turn their dating life around.

## Dating Advice To Improve Your Future Dates

**1. Look for patterns.** If you want to get different results, you need to determine what your type is and date people who are outside of that type. The qualities you think you like might just be the reason why things haven't worked the way you

wanted them to. The experts dating tip: Your type might not be the best type for you.

**Related Link:** [Dating Advice: The Secrets to Attraction](#)

**2. Know your needs.** Don't compromise on your important wants and needs. Being clear on what you want in the very beginning will weed out the ones who aren't right for you and save you from wasting time with those you aren't compatible with.

**Related Link:** [Expert Dating Advice: What is Love & How Do I Find It?](#)

**3. Get feminine.** Expert dating advice says to show that you're open and need someone. For men especially, it's important to show that there is a place for him in your life. Asking a man to contribute is one way to show that he is needed and will keep him interested since he'll know for sure there is a role for him in your life.

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**Relationship      Advice:      10  
Simple Ways      to      Be      More  
Romantic**



By [Josh Ringler](#)

Love should be a constant, and in order to keep it that way, you have to work at it. Whether you have been dating for a few weeks, months, or years, it is crucial to continue the romance. The pieces of [relationship advice](#) below will give you some helpful ways to improve your romantic side and to make your relationship even better than it already is!

## These relationship advice tips will give an upgrade to your romance level!

**1. Compliments:** A great way to show you really are in love with your partner is by complimenting them. [Celebrity couples](#) do it all the time on social media, and in public, so why

can't you? Whether it is their new clothes, new hair style, or just the way they look that day, let them know. It is always appreciated and will only help the love between you two grow.

**2. Help each other:** While compliments may help with confidence problems, helping each other out with other things, like work problems and family issues, can really help, too. An important piece of relationship advice is to continue to show you care and want what is best for your partner. By helping them out, you're helping your love life out, too!

**3. Food:** Special date nights or date ideas are some of the best ways to get more romantic. Who doesn't love a night out? Food makes most people happy, and a fancy meal out, or a new local place, shows that you are trying to keep the love alive and are working on getting more romantic!

**4. Make things together:** Whether it is a meal, a new card game, or a birthday card for a relative, getting creative with your partner is a fun way to keep your romance growing. An important piece of love advice is to make even normal things fun and exciting. Making little things together can be a super way to grow your love!

**Related Link:** [Top 5 Pop Culture Celebrity Couples To Seek Relationship Advice From](#)

**5. Spontaneous adventures:** Another great date idea that can help your romance grow is a random adventure. Always keep things interesting with things like a hiking trip, a beach walk, or random day in the city.

**6. Cheesiness isn't always bad:** Flowers after a rough day, a cute Facebook post, or a mushy-like Instagram post can never make things worse. Cheesy ideas can sometimes backfire, but more often than not, they can show your romantic side and make your love life grow. You shouldn't overdo the cheesier ideas, but every now and then it's a must!

**7. Try something new:** Whether it is new food like the new Japanese restaurant down the street, or maybe just a new date night involving some mini golf, something new is a good way to mix things up. This is a really simple way to keep things growing. An essential piece of relationship advice is to continue to try new things that the two of you may like so that your relationship grows even more. Never been skydiving? Now's the time!

**8. Break "the usual":** Going along with trying new things, breaking your routine and keeping the love fresh, is a simple-yet-important way to be more romantic. Celebrity couples continue to break their routines and do fun, new things, and you can do it, too!

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

**9. Surprises:** Little things definitely matter, especially when you are trying to be more romantic. A surprise date night or just a nice little gift can really go a long way in showing your affection for your partner. Surprises are something you shouldn't do too much, but when you do it, make sure it is a gift from the heart!

**10. Public Affection:** PDA, like holding hands, hugs, and kisses, can be a great way to step up your romantic life. You can hold your partner's hand while you're on a walk, or put your arm around him or her while you are at a sports game. It will show you care, and make them feel loved. That's the goal to being more romantic!

**What are some other ways to amp up the romance in your relationship? Comment with your ideas below!**

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# Relationship Advice: The Power of Touch



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

A dim room, calming oils, quiet music, two masseuses, you, your significant other, and a few hours away from the world: A couples massage sounds hard to beat. While couples massages are known for being a relaxing and romantic date idea, have you ever considered the real health advantages of them? It turns out the power of touch plays a very important role in massage therapy and health. Follow my [relationship advice](#) and learn how a couples massage can provide you and your love with real health benefits that can ultimately strengthen your relationship.



# Relationship Advice: Strengthen Your Relationship Through A Couple's Massage

**1. Physical touch.** Physical touch is a vital part of any relationship. "Touch is important for sustaining a healthy relationship, but it's also necessary for our feelings of connection, safety and overall well-being," says Dr. Justin R. Garcia, Associate Director for Research and Education at The Kinsey Institute. Receiving a couples massage with your partner will not only satisfy a need for physical touch but also remind you both of the need for physical touch in your relationship. As a relationship expert, I always hear about couples who have been together for a long time, perhaps growing out of the stage of passionate love to companion love who tend to touch less. A couples massage presents an opportunity for you both to feel a renewed sense of satisfaction and peace. You can pick up on a few massage techniques to use on each other at home. Relationship advice: Take time to make touch a priority so you can become closer as a couple and give you both a greater sense of love and security.

**Related Link:** [Relationship Advice: 10 Tips for Couples from 'The Energies of Love'](#)

**2. An anxiety reliever.** Every relationship goes through tough times, whether caused by a difficult life event or lack of communication. A couples massage can help alleviate some of this stress and anxiety. Regular massages can decrease cortisol while increasing frontal delta brainwaves, causing you to feel more relaxed. After a couples massage, you and your partner will not only feel less stressed but will also handle challenges better. Releasing anxious feelings together can bring you closer and set the tone for a better week.

**Related Link:** [Weekend Date Idea: Spa Day at Home](#)

**3. Improved overall health.** A healthy couple is a happy couple. Massage provides a variety of overall physical health benefits, including heart health. “Studies show massage therapy can immediately lower blood pressure, decrease heart disease risk, and improve circulation,” said Dr. Candice Hall, D.C., an expert in Functional Medicine with Next Advanced Medicine. “We often use massage therapy to help our patients control anxiety and common digestive disorders.” If you and your partner are looking for ways to become healthier together, this is the perfect solution. Another added health benefit of a couples massage is how well it accompanies chiropractic care. Whether you or your partner have chronic back pain or are just in need of some TLC, massages can be a great way to get the most out of your chiropractic appointments. While a chiropractor can adjust your joints, massage therapy can help relieve stiffness and discomfort. If your loved one is suffering from back or joint pain, offering a couples massage is a great way to show you care. When you both feel good, you’re less likely to be irritable and more able to enjoy spending time together.

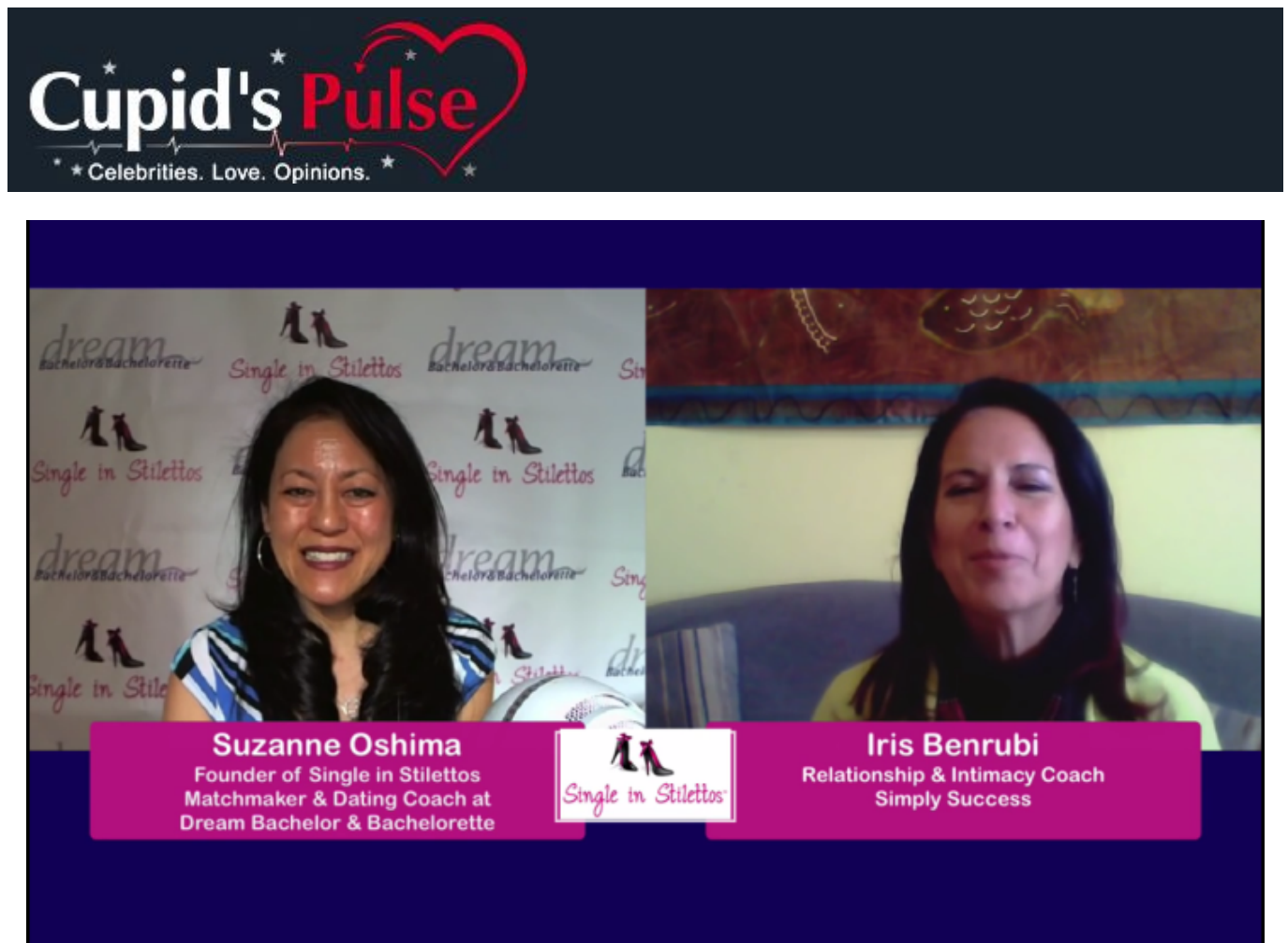
A dating tip for this weekend? Surprise your significant other with a couples massage and you’ll not only enjoy spending quality time together but could leave feeling healthier and more relaxed than ever.

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

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# Relationship Advice: 5 Ways to Break Your Routine and Keep Things Fresh



By [Josh Ringler](#)

Whether you've been in a relationship for a few weeks, many months, or several years, the feeling of something *too ordinary* can become a huge problem. If your love life is beginning to feel like more of a routine than a fun adventure full of love, that needs to change! Below are some pieces of [relationship advice](#) that anyone can use, whether you are part of one of those [celebrity couples](#) or just someone in love!

# The following relationship advice will freshen up your love life!

**1. What's for dinner?:** Dining out may seem generic, but it's a great [date night](#) to be had. Maybe you and your partner can try new food, or just go to a different place that neither of you have tried before. Food can absolutely make people happy, and it will help your relationship, too. Get spicy food to spice things up!

**2. Take a vacation:** Vacations are one of the best ways to break your routine and make things feel new or fresh. Finding a good place for a getaway will keep the two of you happy, and will make for an enjoyable time together. Remember, a good love tip is to compromise, and that is essential on any decision that affects the two of you! Changing the scenery you are in will give you a nice break from work or school, and it will also break you away from that routine to experience new things together!

**Related Link:** [Relationship Advice: 8 Creative Ways That Older Couples Can Keep the Romance Alive](#)

**3. Come up with new date ideas:** A great piece of relationship advice is to always keep things different and changing in a good way. A good way to accomplish that goal is to come up with new [date ideas](#), like the ones we have here on Cupid's Pulse. Celebrity couples only frequent the places they like, and maybe you are just looking for that place to "become yours" and help improve your freshened relationship!

**4. Surprises:** This may seem like a given, but it is an essential way to improve your love life! We always see dozens of celebrity couples surprise each other with vacations or cars, but acts from the heart don't have to be that glamorous! Give her a simple bouquet of flowers or tickets to show, and you're all set! It breaks the routine and keeps both of you

happy!

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**5. A list of things to do:** Consider making up a long list of things to do, places to see, and meals to be had. Go crazy with it! Pick exotic vacations, and local hangouts. An important piece of love advice is to keep making changes to this list until it works for you. A good mix of soon-to-be-completed ideas and ideas to be completed in the future will make you feel like you have a goal that needs to be accomplished!

**These pieces of relationship should make loving fun and keep your relationship happy. Did it help you? Comment below!**

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## **Independence Day Date Ideas: Fire Up Your Love!**





By Maria Darbenzio. Updated by [Stephanie Sacco](#).

It's the perfect time to get a little adventurous this weekend in the spirit of Independence Day. Fireworks (outside and in your heart) will appear as you celebrate this holiday weekend. With these 4th of July [date ideas](#), you'll be sure to have an awesome time with your partner by your side.

## Date Ideas for Independence Day

Begin your Fourth of July with this weekend date idea: A romantic nighttime picnic. Pack up some of your favorite (yet portable) foods, grab a bottle of wine, and take a trip to one of your favorite spots for this date night. For added fun, make it a group date and invite other couples to come along. If you're near a beach, watch the sunset over the ocean while enjoying a glass of Merlot. After dinner, build a cozy campfire and roast marshmallows to make s'mores. A perfect date idea for the long summer nights.

**Related Link:** [Enjoy the Outdoors with This Challenging Date Idea!](#)

Leave the other couples at home and take some one on one time to go out dancing. You and your partner can turn up the romance by taking a class together or winging it under the moonlight. The shining stars against the dark sky provide a lovely backdrop for your evening. To make your 4th of July date extra special, our relationship advice is to try playing some sweet slow jams that tell your partner how you truly feel.

**Related Link:** [Tease Your Tastebuds on This Weekend Date Idea](#)

End your weekend with a bang by attending a fourth of July fireworks display. Take a trip to a nearby lake or park to view the fireworks. Buy a drink to share or a plate of carnival food. Ride something romantic like the Ferris wheel. With sparks flying in front of you providing a backdrop for a romantic kiss, go for it with your partner. Secure your relationship by spending the whole weekend together. It's a romantic holiday to look forward to.

**What is your favorite way to spend the fourth of July with your partner? Comment below!**

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## **Date Idea: Float Away To Paradise**





By Amanda Martin. Updated by [Stephanie Sacco](#).

Take advantage of the summer sun by spending time on the open seas. Whether you're looking for excitement or relaxation, our relationship advice is to enjoy the water with your partner because it will unite you as a couple. For this [weekend date idea](#), grab your favorite swimsuit and get ready to make waves.

## Refreshing, Water Infused Date Ideas

Research your local (or not so local) area to find romantic dinner cruises. Find couples packages like massages and spa days. Look for specialty boat tours, a fireworks show, or a party cruise with a DJ and a full bar that both you and your partner can participate in. Enjoy night swims at the pool deck. Once you've embarked, the waves will whisk you away on a romantic date night.

**Related Link:** [Enjoy the Outdoors With This Challenging Date Idea](#)



Another adventurous date idea is to navigate your own excursion. Visit a nearby lake and rent a canoe or kayak. Pack a picnic lunch that you and your partner prepared together. Even just going for a swim or dipping your toes in the water can provide you with refreshing weekend date ideas. Our dating advice is to plan ahead so you have something to look forward to as the week winds down.

**Related Link:** [Date Idea: Around the World in 80 Minutes](#)

If you want to explore deeper waters, try scuba diving or snorkeling. Find a venue that offers couples activities that you can try together. Look at the various sea creatures or swim with dolphins. If you don't want to scuba or snorkel even just going to an aquarium with your partner would be fun. Dive into these date ideas, trust in your partner and most importantly have fun. Explore new territory with your significant other and make a splash!

**What's your favorite way to explore the open seas with your partner? Comment below!**

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## **Dating Advice: Use The Law of Attraction to Attract the Right Man**





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert David Steele to give his [dating advice](#) for attracting the right man using the laws of attraction.

## Dating Advice On How To Attract The Right Man

**1. Be ready.** When approaching a relationship, in order to avoid relationship problems, make sure you're ready to transition from single to dating. To find the love of your life you need to be available in order to meet him.

**Related Link:** [Dating Advice: The Secrets to Attraction](#)

**2. Don't settle.** Accepting less means you'll get less. Settling for someone you know isn't right for you is setting yourself up for failure much like a self-fulfilling prophecy.

**Related Link:** [Expert Dating Advice: What is Love & How Do I Find It?](#)



**3. Take risks.** You have to put yourself out there and take a chance. The experts dating advice is that getting out of your comfort zone will expose you to much more. Strictly sticking to what you're used to can be limiting.

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## Relationship Advice: How To Handle Single-Shaming



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

**Iris Benrubi**  
Relationship & Intimacy Coach  
Simply Success

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

For one reason or another, there is an undeniable stigma that is attached to being single. As relationship experts, we know that sometimes your friends and family constantly ask why you're still single and nagging you to meet someone. During times like those, dating can become more of a chore. Here are 3 dating tips to handling single-shaming. Our [relationship advice](#) will help you focus on yourself, surround yourself with single friends, and dress to impress.

## Relationship Advice On How To Handle Single-Shaming

**1. Focus on Yourself.** Use this time that you're single to be a little selfish and focus on yourself. Whether it is finding a new hobby, getting in shape or even searching for a new job – use this time to find your happiness. In order to find love, you have to be happy and secure with yourself. Once you're feeling your best, your new-found confidence will help you go out there and meet the right person. Our relationship advice is to love yourself before you can find love.

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

**2. Change Crews.** If all of your friends are in relationships or married, it might be time to get out there and meet some new friends. When you're single, it's important to have a few single friends who can go out for a night on the town with you. The reality is that prince charming is not going to show up at your doorstep, so going out and being social with a few girlfriends is a great way to meet people. Even if you are going out with the intention to just have a girls date night, going out and having fun is a must when you are single. Plus

you never know where you will meet your soulmate!

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

**3. Dress to Impress.** Being single is a great excuse to revamp your look. Sometimes change is a good thing, use this time of being single to experiment a little...with a new hair color, lipstick or even just nail polish. And no matter where you're headed put a little effort into your look. Even if you're not looking to meet someone at the moment, everyone wants to feel pretty- it will boost your confidence.

Embrace being single and use this as your time to focus on yourself and have fun with your girls. Dating should be fun, not something that you're forced into from your family or friends. And when you love yourself and feel the most confident, the right person will come along.

*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.*

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## Celebrity Interview: Virtually In Love's Iyanya Discusses His Online Relationship





Interview by [Lori Bizzoco](#). Written by [Dena Linzer](#).

Iyanya and Maria met and began dating online. Their story is just one of the many relationships followed on Oxygen Media's new reality TV show, *Virtually in Love*. The show takes the popularity of online dating and creates an exciting reality TV experience, where we follow young and eager couples as they progress in their relationships. Cupid's Pulse had the pleasure of getting to know Iyanya and Maria in our exclusive [celebrity interview](#).

## **Virtually In Love's Iyanya Discusses Online Relationship & Provides Relationship Advice in Celebrity Interview**

An unlikely place to find love, the social networking app, Instagram brought Maria and Iyanya together. "I was not looking to date anybody. I liked her humor and I thought she was attractive," Iyanya says of Maria, a 33-year-old lash



stylist living in Sweden. After several months of talking through direct messenger on Instagram, the two got to know each other and soon found themselves in a relationship.

**Related Link:** [Dating Advice: The Psychology of Online Dating](#)

The Brooklyn native was not concerned about the distance between himself and Maria, although he resides in Brooklyn, NY and she was living in Sweden. He considered it a “low-pressure situation.” At first, Iyanya did not rush into the relationship, wanting it to form organically and not feel forced. The current model, actor, and DJ had no intention of dating and was focusing on his career. But the couple instantly fit together, “It didn’t take long to realize we actually enjoyed each other.”

The concept of *Virtually In Love* is that audiences get to know a couple that has been in an online relationship while watching them as they break down barriers by meeting in person and being introduced to their significant other’s friends and family. For Iyanya and Maria, they dated for four months before deciding to take their relationship to the next level and meet in person. Their initial meeting was in Brooklyn, in front of the show’s cameras and they definitely felt the pressure. However, Iyanya said he was happy to finally connect with Maria face-to-face, “I felt alive,” he says of their first encounter. Maria stayed with Iyanya for a week. “I loved the way she smelled,” something unattainable and unknown through an online connection.

When asked if there was anything unexpected that he felt when they first met, Iyanya mentioned that Maria was shorter than he expected. But meeting in person did not change the emotional part of their relationship too much, “the vibe was always there” he said in our celebrity interview. He went on to explain that there were some big differences between talking online and meeting in person, and the emotional aspect of their relationship was online, but now in-person they

introduced the physical aspect as well.

**Related Link:** [Love Advice: What Makes A Great Online Dating Profile](#)

When it comes to relationship advice and tips for dating online, Iyanya stresses the importance of naturally getting to know someone and not forcing a relationship. "In relationships, people tend to prematurely get together," he says. The self-described people person feels it's crucial to be true to yourself in online relationships because the truth will come out either way. "Know yourself," he advises.

Keep up with Iyanya and Maria's celebrity relationship on *Virtually In Love* and find out if they stayed together or drifted apart.

*Virtually In Love premieres Tuesday, May 24 at 9 p.m. ET/PT on Oxygen Media.*

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## Former Celebrity Couple Gwyneth Paltrow & Chris Martin Reunite for Daughter's Birthday





By [Stephanie Sacco](#)

[Gwyneth Paltrow](#) and Chris Martin have reunited, at least for the moment. According to [UsMagazine.com](#), Paltrow posted a selfie of the [celebrity exes](#) in Disneyland. In [celebrity news](#), their daughter Apple turned 12, and the pair spent the big day at the happiest place on earth. This former [celebrity couple](#) is stronger now more than ever. Paltrow says, "I think we are better as friends than we were [married]. We are very close and supportive of one another." Paltrow proves that you can be friends with your ex and still be a family.

**This former celebrity couple is keeping a relationship for the kids. What are some ways to keep things civil with your ex for the sake of your children?**

**Cupid's Advice:**

It's crucial after a divorce that your kids don't think it's their fault. If a relationship fails, you have to think of them first and if getting along with your ex is what it takes, then so be it. Cupid is here with some [relationship advice](#):

**1. Stay positive:** Don't spend too much time with your ex if you can help it, but when you do, make sure to keep the mood light. Don't discuss bills or your past in front of the children. Always think of them first before you open your mouth.

**Related Link:** [Scarlett Johansson Says She 'Hit Rock Bottom' in Celebrity Relationship](#)

**2. Stay alert:** If you feel yourself getting into angry territory with your ex, remember it's only a temporary visit. Laugh it off when you feel yourself start to slip. Look to your kids if you get desperate; they'll remind you who you're fighting for.

**Related Link:** [Celebrity News: Jennifer Garner Says She & Ex Ben Affleck Will Make Co-Parenting Work](#)

**3. Stay together:** Be a team when it matters most. Try to make decisions as a unit and if you can't, at least compromise. Find a balance so neither of you has the upper hand. Be aware of the volume of your voices when you're around your child.

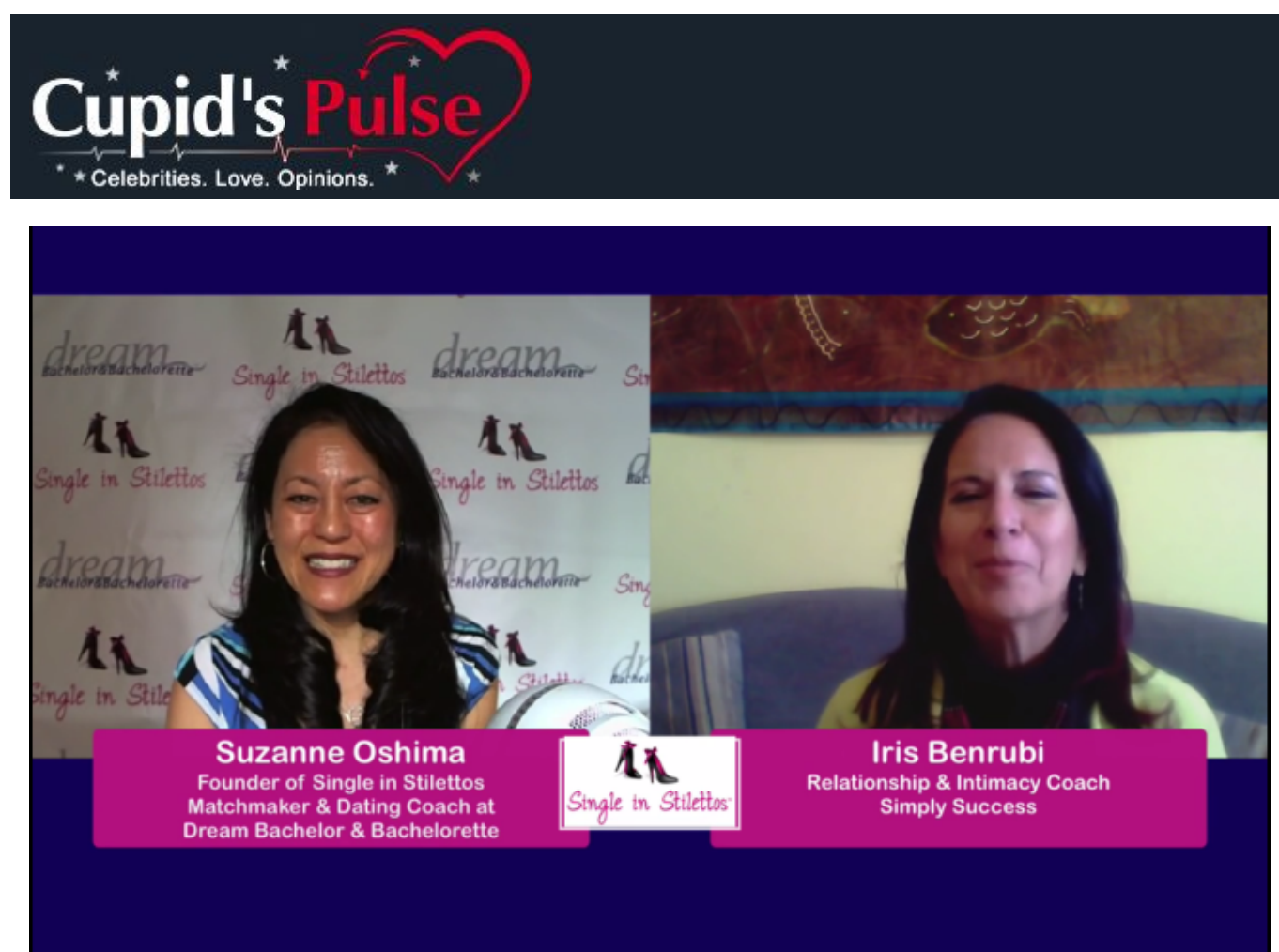


Chris Martin and Gwyneth Paltrow. Photo: Solarpix / PR Photos; Andrew Evans / PR Photos

Think you know how to be civil with your ex? Comment below!

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# Relationship Advice: Managing Your Adult Child's Return To The Nest



By Toni Coleman, LCSW, CMC for [Divorce Support Center](#)

It's that time of the year when young adults are graduating from college, returning home for the summer break, or have decided they want to step back from their lives and return to their parent's home to rethink their options and future

direction. During their absence parents often have a nice rhythm going and fear their life and relationship may be upended and they will end up back in parenting mode now that their adult kids will be under their roof again. If you are facing this challenge right now, the following [relationship advice](#) and parenting advice could help you transition to this new adult-to-adult relationship and avoid falling back into old ruts, conflicts, or dysfunctional dynamics.

## Relationship Advice On Managing Your Child's Return Home

**1. Start with an open and frank discussion.** As the custody battle between [Madonna and ex-husband Guy Ritchie](#) concerning their teenaged son, Rocco, rages on, their circumstance illustrates this relationship advice that you need to be upfront that this is your house, and you will have the final say on what is acceptable and appropriate. Your child is being given permission to live with you, and they will need to adapt to your way of doing things and not the other way around. This does not necessarily mean they will have no input or say or that there will be no room for negotiation around differences. It just means that after talking everything through together, and hearing them out—you will make the final determination on any issue in dispute. In order to avoid relationship problems, you need to be clear that their acceptance of this is a contingency of their living with you.

**Related Link:** [Relationship Advice: Telltale Signs Your Relationship Is One of Convenience](#)

**2. List your expectations upfront.** This is how we handle relationships with peers, isn't it? Therefore, when you speak directly and candidly with your adult child, you are saying that you see them as a peer now and will treat him with the same expectations as you would any other adult. Expectations



regarding the handling of household chores, finances, shopping, cooking, and the usage of common space should be aired with the goal of reaching a firm agreement on each. Anything that is shared by or impacts all members of the household would apply here.

**3. Discuss boundaries and any rules you want in place.** As a relationship expert, I know that boundaries are necessary and important to healthy relationships. Within all households, there are subset relationships—such as parents, children, children and significant others, and any extended family that may be members of the household. Each subset needs to have a boundary around it that distinguishes it from the others. When your young adult comes home, they will need to respect your couple time and privacy, and you will need to acknowledge and respect theirs. If they have a significant other who visits, establishing rules for where and when they will interact in your home will be important to your privacy and theirs, and if not addressed, disharmony and resentment can flourish. If you are concerned about late night noise and arrivals home, it may be necessary to establish a curfew if these disruptions can't be handled in another way.

**Related Link:** [Dating Advice: Gifts For the Heart](#)

**4. Don't forget they are adults and need to be treated as such.** Don't treat your young adult like you would a minor child or younger teenager. This includes how you speak to them, avoiding attempts to control or dictate their behavior, or making threats about what you will do if they don't comply with your expectations/rules. Instead, present your expectations and any rules in a direct and non-confronting manner. Remind them that it is their choice to live under your roof and that your expectations are a part of that decision and that they are free to change their mind at any time.

Remember that the adjustment to returning home will be as much of a challenge for your adult child as it is for you.

Therefore, it is important to remain focused on their feelings and needs along with your own. After all, you put a lot of effort and care into raising them and want them to be well-adjusted and competent adults, right? Helping them to handle this important step towards adulthood may be the last hurdle and one that if handled successfully could pay great dividends for all of you down the road.

*[Toni Coleman](#), LCSW, CMC is an internationally known psychotherapist, relationship coach, and founder of consummate relationship coaching. As a recognized expert, Ms. Coleman is the featured relationship coach in The Business and Practice of Coaching, (Norton, September 2005.) In addition, she authored the forward for Winning Points with the Woman in your Life, One Touchdown at a Time, (Simon and Schuster, November 2005.) among many other achievements.*

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## Dating Advice On Why Men Pull Away





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Cyndi Olin to give their [dating advice](#) on what to do when men pull away.

## Dating Advice On What To Do When Men Disappear

**1. They need to reevaluate.** In every relationship, a man will pull away after the honeymoon phase in order to reevaluate and make sure they want to go to the next level with you. Expert dating tip: Give them their space and time to evaluate, then when they come back be happy and receptive.

**Related Link:** [Dating Advice: Online Dating Tips To Find Your Soulmate](#)

**2. There's something going on in their life.** They're evaluating a crisis at work, or something is going on with their friends or family. Maybe they're scared or not able to take the relationship where they want to go. Be happy and

accepting if this happens.

**Related Link:** [Dating Advice: The Secrets to Attraction](#)

**3. They're done.** For some reason or another, they've decided they aren't interested anymore. The experts dating advice is to not pursue him because you aren't desperate.

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## Dating Advice: Online Dating Tips To Find Your Soulmate





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Dr. Diana Kirschner to give their [dating advice](#) on the secrets of attraction.

## Relationship Experts Talk Online Dating Advice

Trying to find your soulmate is rough, especially after experiencing bad break-ups or relationship problems. But have no fear, because the experts say that everyone has a soulmate. Your soulmate has to be willing to grow and meet the basics. Try online dating if you want to find someone who has the same value system, wants the future you want, and feels like it's coming home.

**Related Link:** [Dating Advice: The Secrets to Attraction](#)

In order to find love online, there is simple dating advice that you could try to find great guys. First, your online profile should feature a great photo. Men are visual, so

pictures count. Wear red, smile, make eye contact with the camera and wear moderate makeup. Also, be proactive about messaging men online, especially if you're not getting the responses that you want.

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

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## Celebrity News: Rob Kardashian & Blac Chyna Celebrate Her Birthday in Miami







By [Brooke Crawford](#)

Latest [celebrity news](#) has our attention drawn to Rob Kardashian and Blac Chyna during their stay in Miami. According to [People.com](#), the happy [celebrity couple](#) brought in her birthday at a Florida strip club. The pair also shared about their excitement for the new addition to the Kardashian family. What could be better than enjoying a birthday and celebrating pregnancy news on the same day?

**This celebrity news is all about the celebration. What are some unique ways to celebrate a special day or accomplishment with your partner?**

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

Celebrity couples are not the only ones who should be finding interesting ways to celebrate their partner. Not to worry as

cupid has some great [relationship advice](#) to help:

**1. Be adventurous:** You have lived to see another day so why not do something exciting to commemorate that. Take your partner and go on a wild adventure. Deep sea diving and bungee jumping are a few great options.

**Related Link:** [Celebrity News: Jamie Foxx Celebrates 48th Birthday with Katie Holmes](#)

**2. Plan a tree:** While you are celebrating a special day, give back to the community by bringing life to it. Not only are you doing something new with your partner, but you are helping make the world a better place one tree at a time.

**Related Link:** [Celebrity News: Kim Kardashian Reminisces About Birthday Engagement to Kanye West](#)

**3. Time capsule:** Sometimes, the best way to celebrate an amazing day is to memorialize it. Record a video of you and your spouse sharing in the good news or special day then put it on a flash drive. Vow not to open it for a few years as it will serve as a special reminder in the future.

**Finding creative ways to spend a special day with your loved one can be fun. Share with us below how you have celebrated.**

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# Relationship Advice: Reasons Being Nice Doesn't Lead to Love



By [Josh Ringler](#)

Being nice is fundamental to a healthy and successful relationship. It may seem obvious, but it's a very important piece of love advice to keep in mind. That being said, it does not always end in love. Countless [celebrity couples](#) started as good friends, yet ended up with broken hearts. Some [relationship advice](#) tips are below that may give you a reason to believe that being nice doesn't necessarily result in a new perfect pair!

**These pieces of relationship advice will show you why it is important to be more than nice if you're**

# looking for love.

**1. Nice can be boring:** Celebrity couples have their fair share of drama and it rarely ever comes from being *nice*. While being a good person should be on the forefront of your mind, it may not always add to the relationship and could create boredom. While fighting and disagreements can jeopardize the sanctity of your relationship, being the nicest you can be or just not changing things up will definitely not help either.

**Related Link:** [Relationship Advice: How to Find Real Love](#)

**2. It is expected:** Societal norms state that you are supposed to be nice to everyone, regardless of how you feel about them. If you think that being congenial will instantly make you and your partner one of the next famous couples, take this relationship advice to heart, and make sure to do what is expected of you. Being nice isn't something that you should go out of your way to do; being a good person should come naturally.

**3. Being nice isn't enough:** At the same time, being nice, kind, or generous just may not be enough to make a relationship work. Making your partner laugh and just being there for them emotionally are two of the many other important relationship advice tips. If you find a way to include other ways of making the relationship work, , you will definitely improve your chances.

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

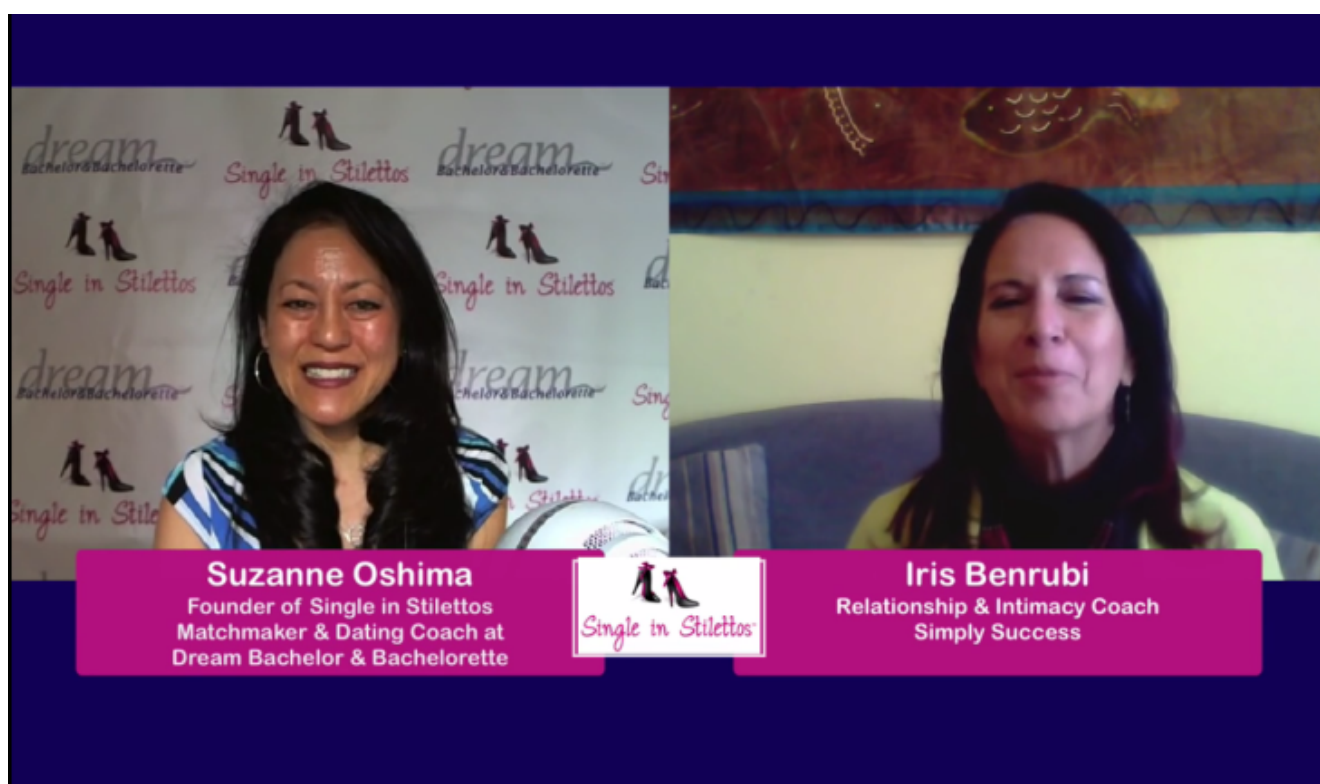
**4. Welcome to the friend zone:** There are two words more fearful to any couples, than almost any other words: friend zone. Being nice can absolutely get you love, but at the same time, it can also lead your prospective partner to believe that you just want to be friends, or are maybe not interested

in them “in that way.” If you come across as a pushover, it could be a turn off to the idea of a relationship. It could be even worse by keeping you in the friend zone for good!

Was being too nice becoming a problem for you? Did you follow these pieces of relationship advice and do more than just being nice? Comment below!

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## Dating Advice: How A Masculine Guy Can Get In Touch With His Soft Side



**Suzanne Oshima**

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



**Iris Benrubi**

Relationship & Intimacy Coach  
Simply Success

By [David Wygant](#)

Are you one of those guys who thinks getting in touch with your soft side makes you a wimp? Do you feel like you're a wussy if you get in touch with your soft side and actually show people that you have a heart? Well, let me tell you something: I've been the masculine guy my whole life and I can honestly say I've got a soft side. I'm proud of it. Now granted, I'm probably not the guy who's going to go and build the barbeque grill, put furniture together, or say, put a car up on jacks and change the oil myself. But, I've always been a man. I don't really cry at anything. And when I do cry at a sappy movie, I make sure no one sees me doing it. Without our soft sides, we're really out of balance and when we're out of balance, a woman's not going to show up in our life. Have you ever heard the term 'being a big mush'? Well, in my experience as a relationship expert, being a big mush is actually a pretty good thing. I like to be a big mush. I think being a big mush is really important. And if you want my [dating advice](#), I think a lot of people need to really start understanding that that's what a true, masculine man is all about.

## **Dating Advice: Embrace Your Soft Side to Make Deeper Connections**

When I'm with my daughter, I'm a big mush. I'm very connected to her. I'm connected to her and understand her needs, wants and desires. When I'm out with a woman on a date night and I'm listening to her, I tend to be a big mush. I want to hear what she's all about. But I do so in a very masculine way. I do it so she feels safe, secure, protected and honored. So how do you go about getting in touch with that soft side? Well, it's simple. My dating advice: You allow yourself to feel. It's a good thing to feel. It's great to admit that you feel something.



**Related Link:** [Dating Advice: Chivalrous Acts For The Modern Man](#)

It's great to admit that you feel connected to the sensitive side of yourself. I strongly suggest that you spend some time really thinking about what makes you emotionally happy, and spend some time trying to really understand that it's good to feel. Spend time looking at your kids, if you have them. Spend time looking at the people in your life, right down to things that really make you feel. It's not good just to be a masculine ape, over and over again. It will cause you many relationship problems. That's what I think about opening yourself up and being a more sensitive kind of guy.

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

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

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## **Celebrity Divorce: Drew Barrymore Talks 'Girlfriend Time' Post-Split**





By [Stephanie Sacco](#)

Another day, another [celebrity divorce](#). This time it's Drew Barrymore and Will Kopelman's [celebrity relationship](#) that took a turn. According to [UsMagazine.com](#), Barrymore admitted on Chelsea Handler's Netflix show *Chelsea* that her celebrity divorce felt like a failure. However, she has been blessed to have the support of the people surrounding her. Barrymore stated, "What I do want is girlfriend time." In [celebrity news](#), Barrymore is trying to be positive in the aftermath of her divorce, and sometimes all you need is your friends to get you through it.

**Amid celebrity divorce, Drew Barrymore just wants to hang with friends. What are some other ways to cope with a fresh break-up?**

**Cupid's Advice:**

Divorce is nobody's goal when they get married. Unfortunately it just happens sometimes. Couples don't always last. Cupid is here with some love advice:

**1. Me time:** Spending some much needed time alone is important after a break-up. Do what you like, wear your hair the way you like, watch what you like. Don't let anybody stand in your way of finding yourself.

**Related Link:** [Celebrity Divorce: Dean Sheremet & Sarah Silver Split After 5 Years of Marriage](#)

**2. Family time:** Take this opportunity to spend some time with your family as well as your friends. Being part of a couple takes time and energy that your family isn't always involved in. Go shopping with your mom or take your dad out for a drink.

**Related Link:** [Celebrity Couple News: Zac Efron & Sami Miró Split After 2 Years Together](#)

**3. Time:** Especially if it's a devastating break-up, sometimes all you need is time. Whether being alone or being around loved ones makes you feel better afterwards, it's still going to take time. You'll get through it!

**How do you cope with a break-up? Comment below!**

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## **Dating Advice: 5 Steps To Securing A Second Date**



By [Joshua Pompey](#)

You've met the man of your dreams. He was tall, handsome, fun, and somehow managed to avoid making you question the male species. A true dating rarity these days. You can't wait to have another date night. The question is, how do you secure that coveted second meeting once the first date is over? As a relationship expert, I have some [dating advice](#). Below are five steps to take to ensure a second date.

## Dating Advice On Securing A Second Date Night

**Step 1:** Send a thank you text after the date. If you had a good time, don't keep it to yourself. Text your date an hour later that you had a good time and thank him for taking you out. Men who are serious about finding a relationship will

not be scared off by this. They will like you that much more if they know you have a good heart and are a kind person.

**Step 2:** Don't play games. In an era of unlimited distractions and short attention spans, playing games will put you on the fast track to being forgotten. These days everyone carries their phone on them twenty-four seven. Avoiding contact for long periods of time after a great date won't come across as playing it cool, it will just come across as rude or dis-engaged. If you like a man, do all the things you did prior to the first date. Stay interesting, fun, and don't be afraid to flirt a bit over your texts.

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

**Step 3:** Don't come across as *too* eager. There is a fine line between showing interest and acting as if you are suddenly his girlfriend. No, you don't want to start playing games. But you also don't want to start hitting up his phone around the clock asking trivial details about his life. Play it cool and just go with the flow.

**Step 4:** Never send a panic text. If he goes a few hours without answering your text, don't send a follow-up text that wreaks of desperation and insecurity. He may have just become busy, but that doesn't mean he is no longer interested. However, if you send an unwarranted panic text, he may just lose the interest he previously had. My dating advice: If it gets to a point where a day has passed and he clearly isn't responding, he may have simply just forgot about the text. It happens. So shoot him a new text the next day as if nothing ever happened. Don't comment on him ignoring your previous text.

**Related Link:** [Dating Advice: Moving Your Relationship From Online To Face-to-Face](#)

**Step 5:** Attempt to meet sooner rather than later. If you are asked out for a second date with a really great guy, don't put

off the date because you have a yoga class or made plans to meet up with your friends later in the week for happy hour. We all get busy these days, but when you run into potential love, that needs to take precedence in your life, as nothing is more important. My dating tip: Postponing a date for more than a week for trivial reasons will quickly cause the momentum to fade.

*Want more information from Joshua Pompey? For more information from Joshua Pompey, please visit this [link](#) where you can receive a free profile evaluation. Or visit [here](#) for free profile writing advice. Check back for more dating 101 tips from the relationship expert!*

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## Dating Advice: The Secrets to Attraction







On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Jaki Sabourin to give their [dating advice](#) on the secrets of attraction.

## Dating Advice: Relationship Experts Reveal Secrets of Attraction

The expert dating advice is simple. Practice, practice, practice. Check out their dating tips below.

**1. Eye contact and smiling.** Women don't realize how important this is! Hold eye contact and smile, it makes you approachable.

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

**2. Tone of voice.** Sometimes women come across as bossy and demanding, even when they don't mean to. Take a breath, soften your voice, slow down.

**3. Confidence in body language.** Throw shoulders back and bring the energy down into your body. Lean back into things instead of leaning into them.

*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](#).*

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## **Celebrity News: Khloe Kardashian Tweets 'People Disappoint' After Lamar Odom Is Caught Drinking**





By [Cortney Moore](#)

[Khloe Kardashian](#) posted not so cryptic tweets on May 8 after former husband Lamar Odom was photographed allegedly drinking alcohol. "SMH," along with, "Hummmmmm ... People disappoint," she tweeted only a few hours after the [celebrity news](#) was revealed. The [celebrity couple](#) separated after four years of marriage due to Odom's drug use. However, they have not made it official by getting a [celebrity divorce](#). Last October, Odom was hospitalized after an overdose, and his estranged wife has helped him recover since then. According to a source from [UsMagazine.com](#), Odom told Kardashian, "Nothing will happen to me. Look at how I survived this last one," which may explain his wife's subsequent tweet May 10 that said, "How quickly people forget..."

**This celebrity news has us holding out hope for change. What are some**

# ways to know if your partner will change for the better?

## Cupid's Advice:

Challenges arise that are very trying to a relationship, and sometimes your partner can be the cause of it. As a couple, you may try to stick together and combat these woes, but have no idea how to go forward. Cupid is here with [relationship advice](#) to help your partner change for the better:

**1. Gather support:** You may be trying your best to help your partner with this private matter, but it may be best to let others in to help you out. Whether it be a professional, support group, or family/friend, let someone know what's going on. You don't have to shoulder this burden alone, and you could gather valuable insight about your relationship from what others observe.

**Related Link:** [Celebrity News: Lamar Odom Found Unconscious in Nevada Brothel](#)

**2. Keep busy:** Aside from support, you both need to keep busy with daily tasks and activities. Fixating on issues will only cause further strains and be discouraging. If you're hoping to help your partner change their ways, it would be best to keep them distracted.

**Related Link:** [Dating Advice: What To Do When Your Relationship Gets Real](#)

**3. Be present:** And most important of all, be there for your partner! Watch over them and be attentive to their struggles and needs. Be their sympathetic confidant and their firm hand to make sure they're putting in real effort to change. This is a difficult time for both of you, but you have stay strong for your partner. Your solidarity will be appreciated and will be

encouraging overall.

Have you ever had a partner try to change for the better? What did you do to help the situation? Comment below.

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## Relationship Advice: Author A.R. Bernard Reveals 4 Things Women Want From Men



By [Mary DeMaio](#)

It can be difficult navigating the dating circuit and everyone runs into relationship problems. While women need to understand the characteristics they are looking for in a man, men need to learn how to deal with women. The new self-help book by the certified counselor, teacher, and preacher A.R. Bernard dives into the qualities that make for a happy and satisfying relationship. His book, *Four Things Women Want From A Man* gives readers [relationship advice](#) on how to identify and develop the traits of maturity, decisiveness, consistency, and strength, to help couples relate to each other and enrich their connection. In this exclusive author interview, Bernard talks about his observations and the secrets to developing closeness and honesty between a man and woman.

## **Author Shares Best Relationship Advice On What Women Want From Men**

**Can you tell us briefly, what are the four things women want from a man? Is any one of the four qualities you mention more important than the other? Or are they equally significant?**

I have been married to the same woman for 44 years. My wife is the one I give a lot of credit to for teaching me over the years. This book is really my journey coming to understand these four qualities and living them out. The four things begin with maturity. Maturity does not come with age; it begins with the acceptance of responsibilities. When a man is willing to accept responsibility for his words, thoughts, motives, actions, and attitudes is when that man begins to mature and depart from the insecurities that keep him adolescent. Maturity is the foundation to the next three things.

The next is decisiveness. Men need to be decisive. It is a women's prerogative to change her mind. He needs to be able to make decisions quickly and constantly. In order to do that, he



has to have a set of values and principles to guide his thinking and decision-making process. In the book, I talk about what values are, what they mean and why they are so important. Women look for decisiveness in a man, they respect that.

Next is consistency. Doing the same thing continuously. Doing the right thing, as well as being consistent in actions and words. It is important to make sure that values and actions are in agreement and line up. This gives women stability and a sense of security and safety.

Strength is the last one. Quite often this is misunderstood. By strength, I don't mean this macho attitude, illustrated by the caveman dragging the woman by her hair with the club over his shoulder. When a man is strong, it means he is secure in himself and has the courage to live out his convictions. His strength allows him to be gentle and kind. Scripture says a man's kindness is what makes him attractive.

These four qualities are an integrated system. You can't have one without the other, but I will stress that maturity is the foundation upon which they are built. Maturity has to do with integrity. Integrity is the cornerstone of character. Honesty is the core of integrity and every relationship is built on trust.

**Related Link:** [Relationship Advice: Authors of 'Marriage Boot Camp' Reveal How To Build A Rock Solid Relationship and Love](#)

**We know our readers will be curious, why didn't you develop the four qualities that men want in a woman? If you did, what would they be?**

I have to start with the women first. Like I said, it is a book written to women for men. It is getting to the men indirectly. There will be a follow-up book that talks about what men want in women. When it comes to women, men have two critical concerns. Number one: They don't want to feel

controlled by a woman. It is a woman's nature to be supportive and assist the man. The second thing is men are concerned about being inadequate or incompetent in any way in that relationship. If I am going to talk about what men look for in a woman it would be around those two concerns that men have in their relationship with a woman.

**Our visitors are always looking for advice on how to make the most of their personal lives. What advice would you give to a woman who can't find someone with all of these four qualities?**

Once she reads the book, it is more than just four words. It is really giving her an understanding not only about men but about herself. How she is wired as a woman and why she looks for the things that she looks for. I think in understanding herself it will empower her to better relate to a man.

**Related Link:** [Expert Dating Advice: The Help You Need to Find Love](#)

**How would you guide someone who is having a difficult time finding a partner? What is the best way to confirm compatibility?**

I would say that there is hope presented in this book. There is no one size fits all in relationships, but these principles are universal, eternal and they work. Once she understands this relationship advice she can know how to apply them to the relationship that she chooses to get involved with. I don't talk about it in this book, but there is a process to relationships and we are in a world where we want instant gratification, microwave relationships, and microwave spirituality. True valuable things require a process and we must move through that process to protect ourselves and to strengthen what we are looking to build or establish.

Relationships begin with an introduction. That is where we are introduced, but then we must spend time getting acquainted. So it moves from introduction to acquaintanceship. During the

acquaintanceship process, we get to know each other, our values, what's compatible with each other, what the differences are, what our views are on relationships, family and money and all the other things that come into play. The next step, if we choose to move forward with the relationship, is to build a friendship that is about trust, transparency, and vulnerability. This all has to happen before we even think about moving to the next level called intimacy. Process is critical and too often we want to move from introduction to intimacy and that is why relationships fail.

Four Things Women Want From A Man *is available now on [Amazon](#). For more on A.R. Bernard visit his [website](#) and check out his twitter [@ARBernard](#).*

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## Celebrity News: John Legend Writes Sweet Mother's Day Message to Chrissy Teigen





By [Dena Linzer](#)

In latest [celebrity news](#), the adorable [celebrity couple John Legend](#) and Chrissy Teigen rang in their first Mother's Day with their new [celebrity baby](#) in the sweetest of ways! According to [UsMagazine.com](#), pictures of Teigen and the new celebrity baby flooded Instagram news feeds, with Legend's kind words of appreciation under each photo.

**In celebrity news, John Legend is totally appreciating the mother of his child! What are some ways to make your partner feel appreciated as a parent?**

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

This celebrity news is super cute! Everyone loves feeling appreciated, especially when it comes to parenting. Cupid is here to provide some thoughtful ways to show your loved one

gratitude while nurturing your little ball of sunshine:

**1. Show it:** Instead of simply saying “thank you,” go above and show your appreciation. Of course, a “thank you” is nice, but giving your partner something in return is even nicer! Tell them to relax and make dinner for them, surprise them with a special date night, or buy them accessory they’ve been eyeing.

**Related Link:** [Celebrity Baby News: Chrissy Tiegen & John Legend Welcome Baby Girl](#)

**2. Offer help:** Tell them you see how devoted they are to your child and how much you love the way they take care of them, but that you’re there to help and give them some time off. They’ll certainly appreciate the break, and they’ll see you truly recognize all they do for the child.

**Related Link:** [Celebrity Baby: John Legend Rubs Chrissy Teigen’s Bump at Charity Event](#)

**3. Teach your child to appreciate:** Teaching your child to also say thank you and show gratitude will make your partner and your relationship happy. Remind your child to say thanks and possibly have them make a picture or poem. Reinforcing appreciation in your child will benefit them in other relationships and will make your partner smile.

**Appreciating your partner’s parenting is important in any relationship. What are some ways you show your appreciation? Share in the comments below!**

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## New Celebrity Couple? Rihanna

# & Drake Spotted Getting Cozy at Concert Afterparty



By [Stephanie Sacco](#)

[Rihanna](#) and Drake might have more than just musical chemistry. In [celebrity news](#), this potential new [celebrity couple](#) was seen together at an afterparty at The Nice Guy in West Hollywood after her concert. According to [UsMagazine.com](#), Drizzy threw the party for her after her sold-out show. This on-again-off-again celebrity couple can't get enough of each other. The [celebrity gossip](#) is that they were being very affectionate and loving. Sounds like sparks are flying for this duo.



# There may be a new celebrity couple in the entertainment biz! What are some ways to get to know someone without starting gossip?

## Cupid's Advice:

One of the hardest things to do is avoid gossip. Whether you're a celebrity on the red carpet or a student in a high school hallway, gossip will find you. Cupid has some [relationship advice](#):

**1. Keep it to yourself:** If you're just starting to consider someone, don't gossip about it yourself. Telling your friends and family will only cause ripples, and nobody wants that kind of attention unless they're ready to go public. If you're just flirting, keep a low profile.

**Related Link:** [5 Times Celebrity Gossip Turned Out To Be Untrue](#)

**2. Keep an open mind:** Be friendly and open to people regardless of the looks and comments that others might make. Subtly smile and make eye contact with anyone you are interested in. Keep it up and see where it goes.

**Related Link:** [Rihanna and Drake Party Post-Concert in Paris](#)

**3. Keep it honest:** If people are gossiping, set the record straight. Tell the truth if somebody approaches you about your love life, and don't feel bad about it. Don't shy away from the guy you like because people are gossiping.

**Think you know how to avoid gossip? Comment below!**

# Relationship Advice: Mending a Split Like Megan Fox and Brian Austin Green



By Dr. Jane Greer

After five years of celebrity marriage, Megan Fox and Brian Austin Green had decided to call it quits. However, apparently their differences are reconcilable – the [celebrity couple](#) has reunited and is moving back in together. Sometimes it can be very helpful when two people take some time apart to evaluate how they feel about each other, and to sort out what is really important to both of them.

**In the face of baby number three on board, it looks like Fox and Green have decided to join forces to work on their marriage and see if it can, in fact, work on take two.**

Similarly, Patrick Dempsey and his wife recently put the brakes on their [celebrity divorce](#). And you don't have to be married to give love a second chance. Courtney Cox and her boyfriend are back together after calling off their engagement late last year.

**Related Link:** [Megan Fox Reveals Third Pregnancy](#)

There are many things that can drive a couple toward a breakup. Underscoring most separations are feelings of disappointment, anger, and the idea that there was something you couldn't get beyond, some impassable issue, an irreconcilable difference for which there is no clear middle ground or answer. The anger itself can make it impossible to get along, either leading to too much fighting or a cold war distance between you, both of which can bring your sex life to a complete stop. For some people, the decision to end the relationship seems like the only path out of the hopelessness and unhappiness one or each partner is experiencing. Breaking up can appear to be a way out of the stress and on the road to a better place.

That said, love is a funny thing. Just because you aren't getting along doesn't necessarily mean you have stopped loving or feeling attracted to your partner. In addition to that, some space might infuse those feelings with new life while giving you a fresh perspective on what you can and can't

tolerate in your life. In other words, even though an end to your connection might seem freeing at first, it might ultimately prove to be complicated, difficult, and lonely. Suddenly those weekend trips to see his mother don't seem like that much of a sacrifice, or the fact that she chooses to go to the gym most nights instead of eating dinner with you might not leave you feeling so abandoned as long as she comes home after. Time apart allows you to evaluate what is important, and can give you the chance to decide if what once felt untenable and unacceptable might suddenly become manageable in the face of what you really have to lose. Taking a break can give you a chance to get a new outlook, while letting the anger subside. You can cool down and bring some objectivity back into your relationship.

**Related Link:** [Are Celebrity Exes Emma Stone and Andrew Garfield Back Together](#)

If your relationship feels like it is at a standstill and is steeped in feelings of resentment and disappointment try this [relationship advice](#): instead of making the decision to end it for good, consider ending it for now. Give yourselves some time apart so you can see that you actually might want to stay together – just as so many celebrities are doing lately.

*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](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on Facebook, at [www.facebook.com/DrJaneGreer](https://www.facebook.com/DrJaneGreer), and be sure to follow [@DrJaneGreer on Twitter](#) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.*