

Celebrity Interview: 'RHOD' Star Stephanie Hollman Says Her Life Is All About Her Family



By [Mary DeMaio](#)

In the latest celebrity news, *The Real Housewives* franchise has extended to Dallas, Texas to follow the elite and extravagant social scene. In the premiere season, the women are all very open and honest with the struggles they encounter every day. In our exclusive [celebrity interview](#), Stephanie Hollman shares her secrets of being a stay at home mom, how she balances and brings harmony to her marriage, and reveals her best relationship advice.

Stephanie Hollman Reveals Best Relationship Advice

In order to stay connected and create closeness, Hollman, and her husband go to therapy once a week. They talk and pray about anything that is bothering them. They also have date nights every Friday to catch up with each other and have some alone time. "Our kids are respectful of that, you have to make your marriage important," she says. Children can sense when everything is not okay, so it is imperative to set a good example. "Harmony in the household makes a difference in the child's life," Hollman says.

At the end of the day, it all comes down to her children and husband, which are her utmost priority. Hollman and her husband are on the board of the domestic violence agency and they really hope that their children will follow in their footsteps. "I want my sons to treat women respectfully, be chivalrous, and open doors," she says. "I feel like that is lost now. People should make phone calls, not texts." She wants her sons' wives to look at her one day and say thank you for raising such great men. "My life is my children and my family, and as boring as it sounds, it's what makes me happy."

Related Link: [Celebrity Interview: Katherine Heigl Says "Family Comes First"](#)

Reality TV Star Talks About Authenticity In Celebrity Interview

New to the reality TV scene, Hollman wants viewers to walk away understanding that no one is perfect. She is a stay at home mom with a six-year-old and a four-year-old and she works hard to juggle their lives with the expectations of her husband, Travis Hollman. "I have little breakdowns, my husband

and I argue. People need to see we aren't all perfect," she says. Giving up her career as a social worker to have babies, Hollman wouldn't change a thing. "I have always been the girl who never tried to do anything out of my comfort zone," she revealed in our celebrity interview.

She was approached out of the blue to do 'RHOD' and wasn't looking for it. "I wanted to see what I was made of because if I didn't do it, I would have always wondered, what if," she adds. Her friend Amanda Ward had suggested her and Brandi Redmond to the producers, saying she had two girlfriends that are really goofy and always making people laugh. Within six weeks they were cast. Hollman and Redmond had been friends 10 years prior to the show. "I don't feel like I have to try. Sometimes it takes so much effort to have a conversation. It's not like that with Brandi," she adds. In their friendship, they are dedicated to talking everything out before it leads to a fight. "Our relationship is better than other people's marriages," Hollman says. The reality TV star hopes that it stays that way because she would never want to damage their friendship over a show. In terms of where she sees her career going next, the celebrity mom says that she just wants to live the journey God has for her. "If something comes out 'RHOD' career wise, that would be amazing," she says. Hollman hopes to use this experience to learn more about herself.

Related Link: [Celebrity Interview: 'RHOD' Star Cary Deuber Says Co-Star LeeAnne is "Loud and Obnoxious"](#)

Philanthropically, giving back has always been in her heart and she wants to be able to make a difference in the world. "I was born in a small town in Oklahoma and wasn't raised with the luxuries I have now," she shares. At times, her family members would struggle, but people reached out and supplied them with food when they needed it most. "I am now able to give back in a different light. I have the resources to financially make a difference for these charities," she says. Hollman leads the charitable contribution efforts for her

husband's company, Hollman Inc., but she doesn't work directly under him. "Bravo is very colorful. I appreciate that they have to be," she says. Her husband is obsessed with to-do lists and when he goes out of town he writes down what needs to be done. "He is such a great provider. He doesn't care what I spend. I think they were trying to make it like I had an allowance, but it's not like that at all," she says.

The Real Housewives of Dallas airs Mondays on Bravo at 10 p.m. EST.

You can keep up with Stephanie Hollman on [Twitter](#) and [Instagram](#) @stephhollman.

Dating Advice Q&A: Is It Weird If He Doesn't Call Back After A Date?





Question from Luci M.: I met a guy online who seems really great. We went on a date and everything went well! We even planned our second date. It's been three days but he hasn't called me yet. Is it weird if he hasn't called yet? Should I call or text him?

Online dating isn't always easy, especially when it comes to the etiquette of calling back. Leave it up to the relationship experts who have [dating advice](#) that may provide some comfort.

Dating Advice: When Should He Call Back?

[Suzanne K. Oshima, Matchmaker](#): It really depends on when the second date is planned for. If it's next week, then I don't think it's a big deal that he hasn't called you yet. But if the date is tomorrow, then that could be an issue. The most important thing to know is that if a man is really interested in you, he will pursue you. My dating advice: You shouldn't have to call or text him. He will call or text you and he will make proper arrangements for the second date. If he's not

calling/texting you soon after the first date, he might just see you as a “filler.”

Related Link: [Dating Advice Q&A: Is He Hiding Something When He Turns His Phone Off?](#)

[Robert Manni, Guy's Guy](#): When a guy is interested in a woman he's just met, he'll get in touch with her ASAP to see her again. Let's assume this one time there were extenuating circumstances that prevented this guy from contacting you. It could be work or a personal situation. There is nothing wrong with texting or calling him once. If he's interested, you will definitely hear back. If he doesn't respond, my dating tip is that it's probably time to move on.

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.

What's your best piece of dating advice when it comes to a man calling back after a date? Share in the comments below!

Dating Advice: Gifts For the Heart





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

Most would agree that Seattle Seahawks Quarterback Russell Wilson is the picture of good health. When paired up with his beautiful fiancée, Ciara, they are the image of a healthy celebrity couple. Finding the perfect gift to celebrate your loved one, however, never gets any easier, even for famous couples. Do you go with chocolates or flowers? How about a fancy dinner? When you do find the perfect token of love, it will most likely cost you a pretty penny to celebrate your beautiful mate. With summer love heating up, my [dating advice](#) is to make your heart the focus of your enduring love. Here are five ideas that stem from the heart – for the heart.

Dating Advice: Making Your Heart The Focus of Your Relationship

1. Adopt a heart healthy diet as a couple. By incorporating fresh fruit and vegetables, lean proteins, whole grains, and limiting your fat intake, you are taking healthy steps toward a loving and lasting relationship. According to the Mayo

Clinic, "Limiting how much saturated and trans fats you eat is an important step to reduce your blood cholesterol and lower your risk of coronary artery disease." My dating advice is to put your heart where your mouth is and make healthy food choices that will create long-term benefits for you and your loved one.

Related Link: [Dating Advice: Spring Cleaning For The Soul](#)

2. Exercise for Deux. "If you don't make time for walking together, you'll never work it into your busy days," warned relationship expert Sheri Stritof. We all can benefit from daily exercise. A great way to stay motivated to exercise daily is to share your exercise routine with your sweetheart. Creating a daily walking ritual with your loved one is a great exercise for your heart, and the emotional connection that can come from daily conversations is good for the soul.

3. Learn CPR. According to the American Heart Association, sudden cardiac arrest is the leading cause of death in adults. When an individual is able to start CPR, the survival rate increases to over 40 percent. By contrast, each minute that treatment is delayed, the chance of your loved one surviving reduces by 10 percent. For information on CPR training, you can contact your local branch of the American Red Cross, or you can contact city hall for information on community courses. By learning CPR, you just may give the best gift of all to those you love—the gift of life.

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

4. Follow up on physical exams. Both males and females are encouraged to undergo physical exams every year. Experts agree a key to overall good health is prevention. One way to prevent disease is to build a comprehensive medical history. Early detection of common diseases is a strong defense should disease occur. According to Health Contributor Treacy Colbert,

we should have cholesterol checked every five years, blood pressure checked every two years, and mammograms and cancer screenings every year. While you are focusing on your internal health, don't forget your cover. Colbert reported that the rates of melanoma continued to climb in the United States despite increased awareness of the dangers of skin cancer. "Check your skin every month for moles that have changed or look abnormal," wrote Colbert. "You should also look out for sores that won't heal. Have your doctor check your skin thoroughly as part of your physical— melanoma is highly curable when diagnosed early."

5. Share expressions of gratitude. For the United Health Group, good health is more than just measuring pressures or pounds: "It means taking an integrated approach to well-being that includes not only our physical health but our emotional health, our sense of purpose, our connections to our community and our overall quality of life." Experts say when you vocalize positive phrases and express appreciation to your loved one, it has a positive impact on your health as well as the mental well-being of your loved one. You will always avoid a few relationship problems. So share your feelings about your sweetheart. Tell him how much he means to you.

When you find someone you want to spend the rest of your life with, why not share gifts that are meant to last as long as your love for that person endures? With gifts such as a better diet, exercise, learning CPR, physical exams and phrases of gratitude, your gifts from the heart can be good for your heart. I "heart" that idea.

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

Celebrity Interview: 'Full House' Star Candace Cameron Bure Talks 'Fuller House' & Relationship Advice



By [Rebecca White](#)

Her career has come full circle since the *Full House* star Candace Cameron Bure has reprised her role as DJ Tanner on the Netflix original *Fuller House*. In our exclusive [celebrity interview](#), the actress talks about the show's revival, her relationship advice for moms with a busy schedule, and her partnership with Unilever to inspire people to change their recycling habits.

Candace Cameron Bure Opens Up About Career and Relationship Advice in Celebrity Interview

The excitement was palpable when fans first learned that *Fuller House* would be coming to Netflix earlier this year. The 13-episode series premiered in February and the cast will begin filming season two next week, Bure shared with us in our celebrity interview. But the fans weren't the only ones excited. The cast had been hoping and praying that the revival would develop as well. "It's been so wonderful," the celebrity mom shares. "We are so happy that all of the fans embraced it and enjoyed all the episodes in season one."

Related Link: [Celebrity Interview: 'DWTS' Contestant Candace Cameron Bure Says "Dance Parties" Have Always Been Her Favorite Family Activity!](#)

On top of the *Full House* revival, Bure is also a co-host on *The View*, acting in multiple productions, and is a busy wife and mother managing a career and her family life. "I work hard, I hustle, and I grind," she says. "At the end of the day, you can't forget what's most important and for me that's my family. For all the moms out there juggling both like I am, work hard but give yourself a break. Just remember that the ultimate legacy is the legacy you leave with your children, not on a resume."

Although the actress is working on both coasts right now, her celebrity relationship with husband Valeri Bure still comes first. "When we're home and together, it's about the quality time," she shares. "It's just being present and enjoying one another's company." Bure also reveals that they don't have to do anything extravagant in order to keep the marriage going. "The marriage is all about the communication and the love," Bure says.

Related Link: [Celebrity Interview: 'Fuller House' Actress Lori Loughlin Talks About the Holidays & Her 'Tight Knit Family'](#)

With the summer coming up, the talk show host has recently partnered with Unilever in order to inspire people to make a change in their recycling habits. The star shares that only 14 percent of Americans recycle their bathroom bottles while 56 percent recycle their kitchen items. As a self-proclaimed beauty junkie, Bure wants to #ReimagineRecycling and bring awareness to bottle bias. "All our bathroom products should be recycled as well," she says. "This is such an easy thing to do and it makes a big change for our planet."

Keep up with Candace on Twitter [@candacecbure](#) and [Instagram](#).

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Dating Advice For Women: What Are Men Attracted To?





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

Dating Advice On Attracting The Right Man

Tripp has worked with thousands of men to help them find the woman of their dreams. Now he gives his dating advice to women so they can avoid relationship problems and find the man of their dreams. Below are the top 10 things that men are attracted to in a woman.

1. A man is attracted to a woman who's not "crazy."
2. A man is attracted to a woman who's emotionally stable.

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

3. A man is attracted to a woman who is independent.
4. A man is attracted to a woman who can take care of herself

but still needs a man.

5. A man is attracted to a woman's feminine energy.

6. A man is attracted to a woman who is put together.

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

7. A man is attracted to a woman who has a life

8. A man is attracted to a woman who he's attracted to physically, but every guy is different

9. A man is attracted to a woman who takes care of her body

10. A man is attracted to a woman with confidence

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

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Relationship Advice: Making Marriage Work Like Beyoncé





By Dr. Jane Greer

During the premiere of her new visual album *Lemonade* this past weekend, Beyoncé shared very personal moments between her and her husband, [Jay-Z](#). The [celebrity couple](#) have had their share of marital rough patches. The challenge of a successful marriage is making it work with all of the elements of difficulty that arise, whether that be finances, children, in-laws, infidelity, or whatever else might bring a bump in the road to a relationship.

Beyoncé is addressing this important aspect of how much work goes into a marriage in this new album, and she is carrying on with the effort to make her bond with Jay-Z better and stronger than

ever.

Beyoncé and Jay-Z share a celebrated personal and professional [celebrity relationship](#), but you don't have to build an empire with your partner to make it worthwhile to preserve what you have together. Even so, this idea of having to work and put effort into a marriage or relationship is often frowned upon, and gets a bad reputation because it takes on this connotation of being a burden, a chore, or a responsibility. It's as though people think if it isn't easy, then it's better to just call it quits and get out.

Related Link: [Expert Dating Advice: What Beyoncé's Body Language Says About Her Love for Jay-Z](#)

When [Ben Affleck](#) so famously said that marriage takes work, it was like he said something awful, instead of something positive. It reminds me of a couple that came to see me a few years back. Things were difficult between them, and the husband didn't really want to be there. He asked, "Why should I have to work at it? If it's so much work, then we must be in a really bad state. So, why not just end it?" I said, "Okay, you can make that choice, but keep in mind then you are going to have to put the work into dismantling your marriage." I went on to highlight all the effort that would take – dealing with the divorce, splitting up their assets, finding a new place to live, starting to date again. And then, if he was lucky enough to find someone he liked and wanted to spend time with, he would have to hope that he got it exactly right that time so he wouldn't find himself having to work on that relationship one day. He looked at me and said, "Okay, let's work on the marriage." He could finally see that there was no guaranteed easy route, and as I pointed out, nobody gets a pass, so it was worth it to him to try to take his marriage to a higher ground.

Related Link: [What Can We Learn From Celebrity Divorces?](#)

So, how do you begin to work on your marriage or relationship? The most important piece of [relationship advice](#) I can offer you is communication. So often there are misunderstandings and one person can become defensive or take something personally, which is not meant to be that way at all. Without talking about it, on both ends, people can begin to feel disappointed and alone. I have one patient who was dating a woman he really liked. Their first few dates were great, but on the fourth date he avoided kissing her goodnight and anything else that would go along with that. She was clearly upset, withdrew and didn't take his calls for several days. He was clueless about why this was happening, and didn't understand what had prompted her cold shoulder. He started to think he had been wrong about her; who needed to date a woman who changed her mind so suddenly? So, I encouraged him to talk to her, rather than just respond to what seemed like a negative situation. I told him that since he saw this as a promising relationship, he might as well ask her what was going on. When he did, she told him the truth, that she felt bad and unattractive when he didn't kiss her the other night. And then it all became clear to him. The truth was, he had eaten a whole clove of raw garlic at dinner, he didn't realize it until it was too late, and he was self-conscious about his breath. She had no idea about the garlic, so she thought he was rejecting her. Once he told her why he hadn't kissed her, she completely understood and even laughed about it. What they went through is a prime example of a couple doing the work. Without being open with each other, their relationship could have skidded off the track. Instead, I am happy to report they are very much in love and planning to move in together.

It is so basic really, but so important. The crux of any relationship is being able to speak to your needs and real feelings in a way that doesn't carry blame. The hope is that you will each understand what the other person is experiencing. Once you are able to do that, you can put your heads together to find common ground and compromise,

eventually realizing that the whole of your connection rises above each of your individual needs. Working on it means being willing to challenge yourself, to push yourself past your comfort zone, to be willing to be open, sometimes trying something new and different, which is not always easy. It means not reacting to the other person, but checking things out with them first. It means being willing to struggle with uncertainty and tolerate the frustration that goes along with waiting for changes to happen, and not knowing if they will. It is about balancing your hope for the future against your disappointments of the past, so you can continue to persevere together.

In the end it is that world and life you have built together that will fuel the effort it takes to do the work that makes it work. The art of problem-solving with your partner takes creativity and brainstorming, and makes you closer because you each feel cared about and supported, which is worth its weight in gold. It can be as valuable as anything else Beyonce and Jay Z create together.

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. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Celebrity Couple News: Beyonce Dedicates 'Halo' to 'Beautiful Husband' Jay-Z



By [Brooke Crawford](#)

Celebrity couple news has us believing that famous celebrity couples show each other how much they appreciate one another, too! [Celebrity couple](#), [Beyoncé](#) and [Jay-Z](#), are a great example of what it means to show each other and outside parties how much you adore each other. According to [UsMagazine.com](#), the 34 year old singer dedicated her song "Halo" to her husband during her first tour stop in Miami. After releasing *Lemonade* and the album rumors, the couple still presents a united and loving [celebrity couple](#). *Lemonade* is a visual album that tells the story of Beyoncé's marriage to Jay-Z.

This celebrity couple news is super sweet. What are some ways to show appreciation to your partner?

Cupid's Advice:

Every loved one wants to feel that you appreciate them and their efforts. Cupid has great [relationship advice](#) that help you show more appreciation for one another:

1. Say something: Words can be just what your loved one needs to feel your appreciation. Tell the one you love how much you adore and need them in your life. Even if you say it all the time, there could come a day when it needs to be heard.

Related Link: [Celebrity Couple: David Beckham Shares Sweet Birthday Message for Wife Victoria](#)

2. Show it: If there is grocery shopping to be done, chores around the house, or a project to be done, then take the time to complete something when your lover is not looking. Take the time to make one day about taking care of them. It will make you feel great about the relationship and your partner will be surprised.

Related Link: [John Mayer Dedicates Love Song to Katy Perry](#)

3. Do something special: Holidays and anniversaries are not the only day that you can do something special to say you care. Plan out a special day or evening with your lover's favorite food or activities. Take the time to bond and enjoy one another's company.

Appreciation goes a long way in a relationship. Cupid is not the only one with relationship advice. How have you shown how much you treasure the one you love? Tell us below!

Celebrity News: Iggy Saves Fiance Nick Young from Tattoo Typo



By [Brooke Crawford](#)

[Celebrity relationships](#) are just like any other relationship that has ups, downs, and mishaps. One of our favorite [celebrity couples](#), Iggy Azalea and Nick Young, just experienced what could have been an embarrassing and permanent mistake. According to [UsMagazine.com](#), the 25 year old Australian singer walked in to see her fiancé, Young, with a tattoo that was intended to say "Young Rebel". Azalea noticed

that rebel was spelled “Reble” and decided to point that out. Despite recent reports of a cheating scandal, this [celebrity couple](#) seems to be going strong. Azalea tweeted to her fans about her love for her man and the almost epic fail.

This [celebrity news](#) has us snickering a little! What are some ways to support your partner’s style choices?

Cupid’s Advice:

It can be difficult to be supportive while your partner makes interesting style choices. Cupid has some [relationship advice](#) to help with this situation:

1. Help shop: Sometimes it can be hard to find just the right outfit or accessory for the occasion. Help your partner by assisting in the search to find a fashion statement that fits them. It can be a binding experience for you both.

Related Link: [Haylie Duff Resists Maternity Clothes For Much of Celebrity Pregnancy](#)

2. Stay positive: When asked your opinion about a style choice, make sure to keep things upbeat and positive. Make improvement suggestions, but otherwise allow them to be whatever version of themselves they would like to be.

Related Link: [President Obama Rocks Michelle’s Bangs at Correspondents’ Dinner](#)

3. Make a Pinterest board: Pinterest can be used for so many things, but have you tried making a wardrobe board? Sit down with your partner and scroll through the many pictures to find those you want to keep for inspiration.

Style preferences are a personal choice and it is up to you to support your significant other through them. How have you supported your loved one with their style? Share your relationship advice below!

Relationship Advice: 5 Ways To 'Affair-Proof' Your Relationship



By Jess Brighton

Romantic relationships are often the most significant

relationships we cultivate throughout our lives. We invest massive amounts of time, emotion and trust to build an intimate connection and history with the person we care about. Over time, our relationships (and even [celebrity relationships](#)) seemingly take on a life of their own. We become just as protective of it as we are of those we love. My role as a relationship coach is to help couples to protect what they have spent years building together, and help them maintain or rebuild a fulfilling and meaningful relationship. I'm asked all kinds of questions about relationships.

The two of the most common questions are 'why do people have affairs?' and 'what can be done to safeguard a relationship from an affair?'

People often have affairs because they've grown apart as a couple, are dissatisfied with the relationship and are no longer getting what they need from their partner. Once this happens, it becomes difficult to be open and ask for what they're missing. They often end up trying to find this missing piece with another person. On my website, I discuss ways to 'affair-proof' your relationship. On occasion, I'm asked if I really have a solution that guarantees a partner won't cheat. Although I don't have a magic potion or pill to keep your partner from cheating, I do have some valuable [relationship advice](#) that will help significantly reduce the risk of an affair in your relationship. Normally, I only offer these principles in my workshops, but I want to share them exclusively with Cupid's Pulse readers. So here they are in no particular order: the five principles to help you 'affair-proof' your relationship:

Develop A Positive Mindset.

A positive attitude will get you a long way in your life, and the same is true in your relationship. How you view your relationship and partner is a major component of a happy and successful relationship. This is because you are the common denominator to everything that happens to you in your life. When you're unhappy or negative, so is your mindset. In this case, the way you interpret and respond to everything and everyone is with negativity. I suggest you start a new daily ritual. First thing in the morning, think of one thing that you are grateful for in your life. This will force you to think positive and eventually shift your mindset from negative to positive.

In addition to developing a positive mindset, you need down time to relax and relieve stress. I use the example of an engine to explain the importance of down time. We power through life every day with meeting deadlines, challenges and obligations. Just like an engine needs scheduled maintenance to remain running at peak performance, we too need to schedule down time to maintain our busy lives. To help you maintain your positive mindset, you need to take time to do things that bring you happiness.

Related Link: [Dating Advice: How to Deal with Heartbreak](#)

Communication.

Effective communication in a relationship includes the exchange of messages through verbal and nonverbal means as well as active listening. Both partners will be more willing to talk about issues when they know they will actually be heard. In addition, it's important to be aware of your tone when you are speaking. Phrases such as 'why do you do this' or 'you never do that' are aggressive. The person being spoken to will feel they're under attack. Instead, rephrase your statements and use 'I' instead of 'you'. Now you're simply

expressing your feelings to your partner and not attacking or accusing anyone of a negative action.

Don't Ditch The Dates.

Remember when the two of you first met? It was all wine, flowers and romance. Your time together was magical and you couldn't get enough of each other. Fast-forward to today, and it's a bit of a different story. The wine, flowers and romance have since been replaced with apple juice, deadlines, and exhaustion. Your time now is mostly in passing and spent discussing who will be taking which child to which practice. When you do get 'couple time' the last thing you want to talk about is the two of you or your relationship. These days, 'couple time' consists of planning the week and discussing work, bills and family issues. And what about your sex life? Neither of you can recall the last time you had sex and the times you did, it was routine and took some serious advanced planning.

We naturally become preoccupied with our busy lives, and your romantic relationship often gets neglected. When you stop being intimate and making time for each other, your relationship begins to resemble a roommate situation. I suggest being proactive by planning regular date nights. Even if its once a month, taking time out as couple will help you maintain your intimate connection. Go out, have a few glasses of wine, hold hands, make eye contact and talk about what you love about each other and what brought you together in the first place.

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

Be Unconditional With Each Other.

Being unconditional with your partner doesn't mean you're a doormat and willing to tolerate anything in your relationship. It does mean that you appreciate the person at a core level and accept the traits, passions and interests that make them

who they are. This is easier said than done. Yes, you're a couple, but you're still two separate people with different views, values and preferences. At some point, you'll upset one another. In this instance, setting boundaries and being honest and open to compromise will assure you remain unconditional and maintain the healthy balance in your relationship.

Don't Try To Change Your Partner.

When the two of you first met, you had instant chemistry and could not get enough of one another. Your time together was romantic, carefree and lighthearted. Your relationship progressed and eventually you took the next step and moved in together. Over time, the newness of your relationship wore off and you settled into day-to-day life. Early on in your relationship, you overlooked little things about your partner that were slightly irritating. These days, it's a different story and those once small annoyances are now a big deal and hard to ignore. Trust me, something you find to be slightly annoying early on will only become more annoying and problematic down the road. Maybe it's a bad habit, an annoying best friend, or a philosophical difference. Whatever the case, the chances of your partner changing for you are very slim. The more you try to change a person, the more defiant they become. The best approach is to determine early in your relationship what you can live with in and what's a deal breaker.

So, there you have it Cupid's Pulse readers, the five principles to protect your relationship from an affair. With this knowledge, along with your commitment and teamwork as a couple, you can have the relationship of your dreams! Maintaining a healthy relationship isn't easy, but it is certainly worth the effort after all of the years and emotions that both of you have invested.

[Jessica Brighton](#) is your all-American girl, who had a good life and a good marriage, until the 2008 financial crash

brought down her relationship. That's when she turned to escorting. And through that, she has gained insight into what makes up a successful relationship. As a former escort-turned-relationship coach, Jessica helps people build healthy relationships.

Dating Advice: How to Deal with Heartbreak



By [E!'s Famously Single Dating Coach, Laurel House](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House gives dating

advice on how to get over a heartbreak and move on from your ex and those relationship problems.

Dating Advice On Dealing with Heartbreak

1. Write down why he or she is a jerk. Don't fantasize about your ex. Dating tip: Remember why you broke up in the first place.

Related Link: [Relationship Advice On How To Fall In Love](#)

2. Burn the fantasy. Literally, write down your fantasy and burn it. Instead, do something for yourself. Take yourself out, show yourself love.

3. Would you date yourself? If you wouldn't date yourself, then get a life. Take control of your life again. Find yourself, go back to your passions, go back to your old friends.

For more relationship advice videos from House, click [here](#).

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How do you handle heartbreak? Tell us in the comments below!

Celebrity News: Kylie Jenner & Blac Chyna End Feud



By [Dena Linzer](#)

[Celebrity couple](#) Rob Kardashian and Blac Chyna's engagement did not only surprise the Kardashian/Jenner family, but it angered them a little, too. Rob's half sister Kylie Jenner and Blac Chyna did not have the best relationship, to say the least. In our latest [celebrity news](#), the tension might ease at future family dinners. According to [UsMagazine.com](#), Kylie Jenner and Blac Chyna hung out and posted a Snapchat together, with the caption "When we've been best friends the whole time." Maybe the celebrity couple did not cause the uproar we thought after all!

This celebrity news is definitely good for Rob Kardashian! What do

you do if your family doesn't get along with your significant other?

Cupid's Advice:

It's difficult to date someone your family doesn't approve of. But dealing with the tension and possibly solving the problems is possible. Cupid is here with relationship advice when your family doesn't get along with your significant other:

1. Talk to both sides: Discuss with your family and your significant other what they dislike about each other. Do this separately and listen patiently. Seeing both sides helps you understand their issues and think of ways to solve these problems.

Related Link: [Celebrity Wedding: Get Details on Blac Chyna's Engagement Ring from Rob Kardashian](#)

2. Have them communicate: Make time for your family and significant other to communicate one-on-one. When the truth is spoken and everyone can be honest, they might see the other's perspective.

Related Link: [Celebrity News: Rob Kardashian Is Seeing Family Nemesis Blac Chyna](#)

3. Stress your relationship to both sides: Tell your significant other how important your relationship is with your family. And stress your love for your significant other to your family. If both sides truly care about you, they'll put their issues aside and get along for you.

Having your family not approve of your significant other is difficult. How did you deal? Share any tips you have with us below.

Celebrity Divorce: Drew Barrymore Calls Herself 'Common Denominator' in Failed Relationships



By [Dena Linzer](#)

Relationships get tough, and often times unfortunately end in break-ups or divorce. Although heartbreak is hard to get over, accepting and understanding are key ways to develop healthier relationships in the future. In latest [celebrity news](#), Drew Barrymore talks her [celebrity divorce](#) and various celebrity

breakups. According to [UsMagazine.com](https://www.usmagazine.com), Barrymore calls herself the “common denominator” in failed relationships.

It's sad to see this celebrity divorce come to fruition. What are some ways to determine what went wrong in your relationship?

Cupid's Advice:

Divorce is difficult to deal with, but realizing the issues within your relationship can help in the future with yourself and others. Lucky for you, Cupid has some [relationship advice](#) for learning and understanding what went wrong:

1. Be honest: Being honest with not only your ex, but with yourself as well, will help you accept what went wrong. Admitting that you were not perfect is realistic, and will benefit you when understanding why you two did not work out.

Related Link: [What Can We Learn From Celebrity Divorces?](#)

2. Forget the petty issues: When you let go of the petty problems between you and your partner, you're unveiling the real reasons behind why you two broke up. Discerning the actual problems instead of the surface issues helps you realize what not to look for in your next relationship.

Related Link: [Celebrity Divorce News: Gwen Stefani & Gavin Rossdale Finalize Divorce](#)

3. Move on: Moving forward with your life will stop you from pretending the issues in your relationship were not there. Acknowledging the problems with you and your partner will show you what type of person you want and how you want to be treated in the future.

Dealing with a divorce or breakup can hurt, but understanding what went wrong helps you learn for the future. How did you determine what went wrong in your relationship? Share your advice with us below!

Weekend Date Idea: Spa Day at Home



By Ché Blackwood. Updated by [Brooke Crawford](#).

Warm weather is on its way, bringing with it romantic outdoor dates in mini-skirts and toe-baring sandals. But first, you and your honey need to leave all of your winter stress behind.

What better way to do so than to treat yourself and the one you love to a spa day at home! Keep the day intimate by pampering one another on this [weekend date idea](#).

Spoil Your Partner with This Spa-Inspired Date Idea

Related Link: [Date Idea: Take Time to Relax](#)

Start off by giving each other manicures. If your beau protests, remind him that there is nothing wrong with a man keeping his nail beds healthy. A bonus palm massage will keep the afternoon flirty. Let him pick out a color and *attempt* to paint your nails. Keep some nail polish remover handy just in case he has trouble staying in the lines. If you're feeling daring, give each other pedicures to get your feet sandal-ready.

Spend the next hour of this date idea creating makeshift facials with items you already have in the house, like lemons, yogurt, and honey. You can also purchase a mud mask from a drug store or splurge by heading to a salon to experience the pore-cleansing heaven together. If you do stay at home, apply a mask to your partner's face by taking the time to massage it into his temples, cheeks, and jaw. This simple act will leave him relaxed and feeling like he received a professional facial.

Related Link: [Taking Time for Yourself](#)

A healthy diet is just as important as soft skin, so be sure to cook a low-calorie meal together afterwards. If you want to keep it light, blend together a mixture of organic berries and Greek yogurt for a delicious smoothie.

Once you are done, take a few moments to meditate with one another. Sit in silence and enjoy the tranquility of a quiet

afternoon with the one you love. This [dating advice](#) is sure to relax you both and refocus your relationship.

How do you like to pamper your honey? Let us know in the comments below!

Celebrity Divorce News: Gwen Stefani & Gavin Rossdale Finalize Divorce



By [Brooke Crawford](#)

In [latest celebrity news](#), Gwen Stefani and Gavin Rossdale are

officially divorced after nearly 13 years of marriage. According to [UsMagazine.com](https://www.usmagazine.com), Gwen Stefani filed for a [celebrity divorce](#) last August. This [celebrity divorce](#) is proof that it is possible to be amicable during this tough time. The two are maintaining individual assets and regardless of the prenuptial signed, Rossdale has agreed to a lesser sum of earned assets.

This celebrity divorce is finally in the books. What are some ways to compromise during a divorce?

Cupid's Advice:

Divorce can end up being a very traumatic experience if both people are not able to handle the situation accordingly. Cupid has some advice to help with the navigating through:

1. Respect emotions: In order to make a divorce amicable, both people need to ensure that there is mutual respect. Make sure that each of you are on the same page with regard to divorce terms. Understand that emotions are high during this hard time, and respect each person's right to feel accordingly. This will ensure that compromising goes over a lot smoother.

Related Link: [5 Times the Nanny Has Been the Catalyst for Celebrity Divorce](#)

2. Shared time with family: Divorce is already difficult enough without making it tough for the rest of family. Make sure to share the time with family during holidays. Stay cordial enough to be able to attend holidays and special occasions.

Related Link: [What Can We Learn From Celebrity Divorces?](#)

3. Shared assets: When divorce occurs, there are many assets

that need to be evenly distributed. Find a way to split all the assets down the middle in a way that pleases both parties. If some things can't be split evenly, sell it or agree to maintain ownership amicably.

Divorce is a long process even after the paperwork is over. What are some of your tips on how you have handled your divorce? Share your parenting advice below!

5 Celebrity Couples Who Live Modestly



By [Katie Gray](#)

When [celebrity couples](#) are humble and genuine, we feel more connected to them and admire them even more. Whether they have simple lifestyles outside of work, stay low key by avoiding the public eye, or live in an average sized home, we love celebrity couples who live modestly. Our favorite stars in [celebrity relationships](#) are more down to earth and endearing when they're living modestly, although they have so much success. We can all take [relationship advice](#) from these celebs!

Cupid has compiled a list of five celebrity couples who live modestly:

1. Sarah Jessica Parker & Matthew Broderick: One of the cutest celebrity couples in Hollywood, for years, has been Sarah Jessica Parker and Matthew Broderick. The actors married in 1997 in a [celebrity wedding](#) and have three [celebrity babies](#) together. Although Parker's character, Carrie Bradshaw, on *Sex and the City* was super into spending money on designer clothing, Parker opts for dressing her kids in Gap clothes and hand-me-downs. Although she has a net worth of almost \$100 million, this celebrity relationship is genuine, which is likely why their marriage works so well!

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

2. Princess Kate & Prince William: We all love the royals! Prince William and Princess Kate are living a fairytale, however; they opt to live modestly, too. The proud parents of two even opt to do their own grocery shopping! Also, Kate Middleton doesn't have a set fashion stylist, instead choosing her own outfits and choosing to re-wear an outfit from time to time. Even when you're royalty, you can enjoy the simple

things in life!

3. Kristen Bell & Dax Shepard: Kristen Bell is famous for playing Veronica Mars and being the voice of *Gossip Girl*. She is also known for loving coupons and the sales at Bed, Bath & Beyond. That's right; she and actor husband Dax Shepard, enjoy buying things on sale just like the rest of us! Their celebrity wedding was at the courthouse and only cost them \$142 dollars. It's the little things in life that mean the most!

Related Link: [Celebrity Couples Who Gave Us Major Relationship Goals](#)

4. Mariska Hargitay & Peter Hermann: The *Law & Order SVU* actress, Mariska Hargitay, has garnered the reputation of being humble and down to earth. She and her actor husband, Peter Hermann, are also modest when it comes to finances. They put most of their income in savings for the future and have said they want to be good role models for their children, so they live as if they don't have a lot of money. Although they earn a swell living in the entertainment industry, they enjoy living low key and showing their children how the working class does it. Props to them!

5. Jay Leno & Mavis Leno: Jay Leno, the former star of *The Tonight Show With Jay Leno*, and his wife Mavis Leno have been married for years and choose to live quite modestly. Although he made millions on his late night talk show, they don't spend much of his earnings from that. A big portion of the income that finances their lifestyle actually comes from his stand-up comedy paychecks. A big round of applause to the Leno family for keeping it successful and simple!

Who are your favorite celebrity couples who are living modestly? Share your comments below!

Relationship Advice: How to Find Real Love



On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Michelle Marchant-Johnson to give their [relationship advice](#) on how to find real love, even if you've been in the dating world for awhile.

Relationship Advice on Finding True

Love

1. Clarity. It's important to have clarity about what you want in terms of a relationship in your life. One dating tip: This doesn't mean having a huge list, but there is a power in being able to say what you want.

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

2. Conviction. The experts relationship advice is to have conviction and belief that finding love is possible for you.

3. Compassion. Have compassion for yourself and recognize that all you've been trying to do is get one of your deepest needs met. Also, approach potential dating partners with compassion as well.

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

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

Dating Advice: 10 Ways to Use Social Media to Snag Your Crush





By: [Josh Ringle](#)

Social media is becoming one of the best ways to snag your crush. The following pieces of relationship advice will not only help your love life, but will also help you woo your love interest! Twitter, Facebook, Instagram, and Snapchat can be useful tools in improving your friendship and turning that crush into a relationship! They aren't just mediums for [celebrity relationships](#) or for celebrities to show off. Check out the following [dating advice](#), and get ready for romance!

These pieces of dating advice will help you turn your crush into a relationship. If you want your chances at love to improve, read Cupid's tips below!

1. Show off your talents: Social media is a great way for your

mom to show you off to the world, but it does not have to be *just* for those annoying family members (Sorry, Mom!). Social media is usually the first thing a person will do to find out information about you, and you want to make sure your profile is full of good photos or posts that show off your smarts, skills, and good looks. Photos that show off what you can do can really help to make them realize what a catch you could be. An important dating tip is to realize that what's online is the first indication of what others may think of you, so make sure it fosters the right impression!

2. Flirting: Flirting is usually the first step in solidifying a relationship and making a friendship simply more than two people talking. Whether it is just by posting cute tweets, or putting nice things on Facebook, your crush will definitely appreciate the public compliments. That being said, make sure to minimize the amount of “cuteness” you put out publicly, especially if you're unsure of how she/he feels about you.

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

3. Play “tag”: We have all been tagged in posts about “three friends who will always be there for you” or in “tag the friend you would want to do this with” posts. These posts are a great way to show that your crush is on your mind. Tagging him or her in a post is a cute way to publicly flirt. They will appreciate that you were thinking about them, and that will make them happy. Happiness is one of the keys to snagging your crush!

4. Use your personality: Another great thing about social media is the ability to talk about what you are passionate about with a community of other people. Whether it is politics, sports, entertainment, or even social issues, there is almost certainly a hashtag that you can use. That being said, it's important to think about who will see what you say. Your future employers, educators, and your crush will

definitely be interested in what you have to say, so here's a good piece of dating advice: be careful! Curse-fueled rants about almost anything will not help your chances.

5. Show what you are interested in: Liking a page/photo or re-tweeting a promotional tweet can be tell-tale ways to figuring out what your crush is into. Don't become your crush and like everything they do, but for example, if you notice your crush is really into a specific sports team, ask if they would like to go to a game with you. If they really want to go see a new horror movie, maybe that could be your next date. While you don't want to seem like a stalker, talking about a tweet or post can keep a conversation interesting.

6. Work the camera right: You can, and should, untag yourself in embarrassing photos to make your profile look as good as it can be. Photos are the easiest way to show off your crush, and vice versa, so the better your photos are online, the better your chances.

7. Use the "Like" button: Don't be the one that likes *everything* your crush posts or likes online, but at the same time, don't be afraid to "like" what he or she posts once in a while! You should care about what they are saying, and if you like what they post, it's important to show it. Be careful about what your actions online, though. For example, if he or she posts a photo with someone who could be competition, hesitate to "like" it because then your crush could get the idea that you want to be friends and not something more. Don't let the competition get ahead of you!

8. Post things with them: People, whether they admit it or not, love to be on social media with their friends. If you and your crush go somewhere, or even take a fun selfie, don't be afraid to post it on any of your social media accounts! If you really want to snag them before someone else does, posting photos on Snapchat, Instagram, Facebook, or even Twitter, with them is a great next step. If rumors start spreading that that

photo could be something more, it will get in your crush's head, sparking curiosity.

9. Out with the old & in with the new: Clean up your profile. We all have embarrassing photos and posts from our awkward middle school days and apps like Timehop happily remind us of our past. Cleaning out these photos to not only better represent how you act and look currently, but also to show off the best side of you. You want your profiles to show off your best qualities, and 30 photos of Starbucks coffee may not be the best representation.

Related Link: [Dating Tips: Spring Cleaning Your Online Dating Profile](#)

10. Snapchat Streak: Odds are if they are your crush, they are also high up on your Snapchat best friends list. Maybe they are even #1, which by the way, is a great way to use social media to get them to be more than a crush. Snapchat streaks are great ways to show others that you are friends and snap each other often, and it is also a cute way to have a *reason* to snap if you need one. It is a great way to become #1 in their heart by being #1 on their Snap!

Did you become social-media-savvy in order to snag your crush? If so, tell us how below!

Celebrity Couple: David Beckham Shares Sweet Birthday

Message for Wife Victoria



By [Dena Linzer](#)

Birthdays are always exciting, but celebrating your significant other's birthday in a relationship has a special excitement of its own! You get to make a whole day dedicated to them and pamper them. In our latest [celebrity news](#), we see [celebrity couple](#), [David Beckham](#) and [Victoria Beckham](#) doing just this. According to [UsMagazine.com](#), the former soccer player shared a sweet birthday message with his wife on Instagram, with an adorable caption about spoiling her!

This celebrity couple does

birthdays right! What are some unique ways to make your partner's birthday special?

Cupid's Advice:

This celebrity couple isn't the only one deserving of a sweet birthday message! Cupid is here with some [relationship advice](#) about showing your partner love on their special day:

1. Surprise them: Keep your partner on their toes with some surprises up your sleeve. Whether you surprise them with a huge party or their favorite dinner, they'll feel special and are sure to love it!

Related Link: [Victoria Beckham Slams Celebrity Break-Up Rumors](#)

2. Put thought into it: People don't feel loved because money is spent or fancy dresses are involved, people feel loved when you show effort. Putting thought into what your significant other would like and showing how much you know them and care is proof you are only thinking about them on their birthday.

Related Link: [5 Most Fashion Conscious Celebrity Couples](#)

3. Get creative: Do something different! Switch it up on their birthday and get creative with games, dinner ideas, and party favors. Show them a new adventure that you don't usually have the time to do. They'll love this new experience and it will be memorable day.

Birthdays in relationships are exciting! How do you celebrate your partner's birthday? Share your stories below!

Dating Advice: Spring Cleaning For The Soul



By J'Nel Wright for [Divorce Support Center](#)

The last trace of snow has finally melted as we transition from winter to spring. For many, the realization that spring is officially in the air symbolizes the end of a long, dark winter filled with unrealized goals, baggage left over from the holidays, and the end of winter blues. Take my [dating advice](#): This is the perfect time to shake out the dust and shadows trapped in our minds and bodies and welcome renewal. The process of reinventing ourselves isn't a new concept. Many celebrities have transformed themselves in ways that reinforce their place in the annals of super-stardom. Jamie Foxx could have remained a one-act comedian – he is certainly funny enough. Instead, he reinvented himself as a

musician and an actor and emerged triumphant in both areas. We can enjoy that same sense of renewal in our lives.

Dating Advice: Spring Into Action This Season

1. Get off the couch. Your New Year's Resolutions may have bit the dust a long time ago, but it's never too late to reignite an exercise routine. Spring is the perfect time to explore different exercise routines or experiment with new gear. "Short-term goals will help you make physical activity a regular part of your daily life," reported The National Institute on Aging as part of their Go4Life campaign. "For these goals, think about the things you need to get or do to be physically active. For example, you may need to buy appropriate fitness clothes or walking shoes. Make sure your short-term goals will really help you be more active."

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

2. Toss out the negative thoughts. This spring season is the perfect time to throw out the self-criticism and negativity you've been carrying around all winter long. Are you still haunted by the offhanded remarks from the last family gathering or the critical comments from a co-worker? Maybe your significant other wasn't as supportive as you needed him to be during a stressful time. Chances are, you are giving those remarks more thought than they are. You know your capabilities as an employee, and you know you are a good person, so it's time to shake the negative remarks out of your head and move on.

3. Throw out the critical relationships. Much like we sort through the clothing that no longer fits or feels comfortable, the same sorting process can be used to sift through the

relationships that no longer benefit us. “It could be that you’ve grown apart and don’t share the same goals and values,” wrote relationship expert Debra Rogers. “Or you’ve both simply become unhappy. If you’re wondering where you’re headed, it’s straight to no-where-ville. Sail to a new shore and find a better man for you.” If you’re having relationship problems and growing tired of defending your actions, enduring unfair criticism or playing down your accomplishments for the sake of sparing the feelings of an insecure friend or partner, it’s time to clean out your contact list. You need people in your life who will support you, celebrate you, and make you feel good about yourself. My dating advice? Try signing up for help from a professional matchmaker to help you through this process.

Related Link: [Relationship Advice: How Your Relationships And Love Impact Your New Year’s Resolutions](#)

4. Sort through personal goals. Spring is the ideal time to refocus on lost goals or eliminate self-defeating habits. Do you still procrastinate? Is the novel you have been working on since college still gathering dust on the shelf? Perhaps now is the time to start eliminating personal debt or build up a savings fund for an upcoming trip. The key is to try new things and embrace new challenges that help us grow. “You probably don’t think about how bad habits sabotage your life in so many areas. Many of those habits are things that you waste time doing that cause you to lose sight of the big picture and become consumed with whatever is right in front of you,” wrote Dr. Michelle Callahan, a psychologist and author. This is the time to recommit to those goals and reinvent ourselves.

By committing to a daily exercise routine, eliminating negative thoughts, people, and other destructive baggage from our lives, and renewing our focus on personal goals, we are ready to “spring” into action with a new determination to make a fresh start in renewing our best selves.

[J'Nel Wright](#) is a lifestyle writer who dabbles in relationships and wellness. Her writing has appeared in both regional and national publications addressing a variety of topics ranging from human interest and literature to business, interpersonal behavior, and health issues.

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

Relationship Advice: Why Are Women Attracted to Unavailable Men?





By Dr. Jane Greer

Actress [Scarlett Johansson](#) revealed to *Cosmopolitan* that years ago, she was in a [celebrity relationship](#) with someone who was forever unavailable, and that was when she hit “rock bottom.” She described him as “so attractively unavailable.”

Her story raises the question, why are women attracted to men who are unavailable? What is it about the “chase” that is appealing to us? Check out this [relationship advice](#).

Whether you are in high school dealing with a boyfriend who you feel loves you too much, or you’re a movie star with people constantly asking you out, or you are recently divorced and getting more calls than you ever did, but none of them seem right, you might be in that funk so many people find themselves in where the men who are interested strike you as

unappealing availability-wise, but the ones who won't commit are "attractively unavailable," as Scarlett described her one-time boyfriend. Sometimes the guy who wants to commit to you and does not hide his feelings is equated with the good and nice guy, as opposed to the one who says he will call, but doesn't, and who instead is seen as the romantic bad boy. For some reason, the fact that the guy likes you so much makes you question his confidence and desirability. You might ask, why is he available in the first place? If he were more secure and attractive, wouldn't he be taken by now?

Related Link: [Relationship Advice: When to Stop Wearing Your Wedding Ring](#)

There are also the possible elements of a challenge or a competition. If someone pulls away and becomes seemingly less interested, then you might feel the need to try to get them back. It can become more about having their love than actually sharing the love with them. Or, if that someone begins to give another woman attention, you might feel jealous and try to take that focus away from the new love interest and return it to you.

Related Link: [Four Changes You MUST Make to Avoid Falling Prey to the Unavailable Man](#)

So why do so many woman choose the undependable, withholding man over the one who is ready to profess his love to them? In terms of family dynamics, there is the question of what you did and didn't get growing up from family members, especially mothers and fathers. On the one hand, it may be that you are constantly trying to get what is out of reach. On the other hand, you might be more comfortable with less commitment and emotion in a relationship. That constant chase can also become a vehicle for your self-esteem and believing you are better and greater if you are able to attain the unattainable. In other words, if you can convince a man who is not eager or willing to commit to do so, then you must be extra special,

and this can set you on a journey that does not have a happy ending.

If this sounds familiar, and you are constantly chasing your man, or not sure when he might call or ask you out again, it could be time to look at it from a different vantage point and turn it inside out. Why spend your efforts trying to get someone's affection that at best will be inconsistent and leave you wanting more, when you can instead choose someone who will be dependably loving and offer you a true sense of fulfillment? The goal is to feel valued, cared about, and loved for who you are and what you do, the qualities you already possess, rather than having to prove your worth to a guy who is not looking to ever really be fully involved with you. Overhaul how you are going about seeking happiness and security. If you are lucky enough to be with a good guy who does nice things, accept it and believe that you are worth it. Look to reciprocate and build on a relationship with someone who is able to give you the closeness and companionship you are looking for. Try to stop seeing that as boring, and instead see it as rewarding and positive. In many ways it is like developing a new muscle. Do your best to stop flinching and being turned off by nice behavior, and begin to welcome and appreciate it so that you can feel good about yourself, rather than not.

It's important to be aware of these things, if, in fact, there is a pattern in play and you are continually choosing partners who can't be there for you, so you can make better choices in the future. Ultimately you want to strive to try to feel like a winner because of the things you can have, not for half-heartedly getting the things you can't. It looks like Scarlett has finally been successful at that.

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](mailto:askdrjane@drjanegreer.com) at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on [Facebook](#), and be sure to follow @DrJaneGreer on Twitter for her latest insights on love, relationships, sex, and intimacy.

Celebrity News: Former 'Bachelorette' Andi Dorfman Calls Juan Pablo Season 'Stupidest Thing I've Ever Been a Part Of'





By [Brooke Crawford](#)

In [latest celebrity news](#), [Andi Dorfman](#) shared her true feelings about *The Bachelor* Season 18. According to [UsMagazine.com](#), Dorfman expressed that she felt that her experience on the reality TV show was quite pointless, at least during Juan Pablo's season. She felt as though she was doing things out of her comfort zone. While her experience on *The Bachelorette* was better, Dorfman claims that her time on season 18 of *The Bachelor* was one of her worst experiences. Although neither of her [celebrity relationships](#) worked out, Dorfman has been able to find happiness within herself since.

This celebrity news isn't exactly surprising, given Juan Pablo's infamy. What are some ways to stay real in your search for love?

Cupid's Advice:

Love in the purest form while staying yourself can be a tough thing to achieve. Cupid has some [relationship advice](#) about how to stay true to yourself during your search:

1. Boundaries: Take a moment to write out your boundaries within a relationship. This will allow you to have set ground rules that you can reference if you feel that things are not as they should be. It eliminates the ambiguity and leads to less arguments.

Related Link: [‘Bachelorette’ Season 10 Couple Andi Dorfman and Josh Murray Call it Quits](#)

2. Standards: Make sure that you have clear standards for the type of person you would like in a lover. You can ensure that you choose someone who has the same goals, mindset, and relationship standards as yourself.

Related Link: [‘The Bachelorette’ Andi Dorfman Says Split From Josh Murray Is ‘the Biggest Failure of My Life’](#)

3. Honesty: You need to be able to be honest with yourself about what you are looking for in a relationship. Honesty in your relationship is also of high importance. This will ensure that you are both on the same page.

Finding true love can be quite difficult. What are some of your love stories? Share your experience below!

Dating Advice: How To Attract A Man Through Your Body

Language



On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert and author of *The Power of Women Over Men and How to Use It* Nick Karson to talk expert [dating advice](#) on how to show a man you're interested in him through your body language.

Dating Advice On Attracting A Man Through Your Body Language

Dating is not easy, but expert dating advice says one of the best ways to show a man that you're attracted to him is through your body language. Experts say your body language can say more to a man than you ever could. Their three best dating tips are to smile, hold eye contact, and lean into his

personal space a bit.

1. Smile. One of the biggest things you can do to show a man that you're interested, is to smile. It's a green light because men are so nervous and want to say hi, but don't always feel comfortable. If you can hold his gaze and give him a sweet smile, it makes you approachable.

Related Link: [Dating Advice: First Date Do's and Don'ts](#)

2. Holding his eye contact for 2-3 seconds. Doing this shows that you're listening and are engaged in the conversation.

3. Lean in. Go into his personal space a beat and lean in when you're talking to him. When women do that little hair toss, it shows men that you like 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](#).

Relationship Advice: When to Share Your Passwords





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

Is there ever really a right time to share your password? Is there a bad time? Most people don't know, and that is completely understandable because sharing passwords is kind of an awkward situation. Sometimes people believe sharing a password means taking the next step in a relationship, and allowing oneself to be completely open with their partner. Other times, people feel like they should never have to give out their password because it is an invasion of privacy, and they figure "why does my partner need it anyways?" Both are totally logical, and lead me to the [relationship advice](#) that the relationship experts at [Project Soulmate](#) have, which is that there is never a *right* time to share passwords, but there can be a *wrong* time.

Relationship Advice On Sharing Passwords: How Soon Is Too Soon?

If you are trying to show your boyfriend a picture or video

and your phone locks in the middle of him looking at it, then by all means tell him your password. Sometimes people just take the idea of sharing a password too far, when in reality it is not a big deal at all. Often times people are scared of sharing their password simply because they feel like they have something to hide. My question is if you really have something that secret to hide from your significant other, then why are you dating your significant other? In a [healthy relationship](#), there is no particular day that you both agree to share your passwords, it just happens naturally. It happens when the password is needed to do something, not needed to “snoop” on something.

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

When your partner requests your password simply because they feel like you are being unfaithful, our relationship advice is not to give it to them, because that is the *wrong* time to share your password. This makes the whole password sharing moment have a negative connotation behind it and should be avoided. If your significant other is worried you are cheating, or vice versa, then you are having bigger relationship problems than simply not having shared passwords. Relationships should be built on trust, and without that trust, the love will be lost. Sharing your password won't bring the love back, it will only lead to more and more distrust, and more and more “snooping” of each others stuff.

Related Link: [Expert Dating Advice: Why Using a Matchmaker is Better Than Dating on Your Own](#)

Our dating tip: Share your password when the time naturally comes up, not the time that someone just wants to snoop.

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.

Weekend Date Idea: Walk for a Charity



By Gabby Robles. Updated by [Brooke Crawford](#).

The sun shines brightly, and the air is a cool. It's particularly enjoyable outside, and charity walks are perfect for this time of year. Throw on a pair of leggings and lightweight t-shirt to take a walk for a cause with your lover. Sometimes, weekend [date ideas](#) can get repetitive. The movie theater, a favorite restaurant, or the local art gallery are all typical date night spots. Try our dating advice and do something that will give back *and* get your heart rate up!

Give Back With This Date Idea

Finding a charity walk is simple. If one of your Facebook friends is not posting about one, check out local listings on your own. Check your local Starbucks; each store has a non-profit board that often has all sorts of charity events posted.

Related Link: [Celebrity Couples Who've Made the World a Better Place](#)

If you want to choose a cause that is close to your heart, search for events related to that cause and see if there is a walk going on. Runs that fund breast cancer or leukemia research and poverty are pretty common. You and your significant other can talk about what charities are important to you. Make it a topic of discussion to deepen your bond and open you up to each other.

Doing a charity walk not only promotes and helps out the cause, but it's also a great way to do a fun workout with your sweetheart. Usually, these walks are at least a 5K, so you'll be able to replace gym time. Even if you opt to walk rather than run, as many people do, you can have some alone time with your significant other and possibly make a few friends along the way.

Related Link: [Date Idea: Volunteer Together](#)

Most walks take place in the morning, so end this charitable date idea by heading to your favorite brunch spot to recap the morning and share a delicious meal.

What charity events have you participated in? Share with us in the comments below.