

Relationship Advice: “Don’t You Dare Valentine Me”



By Mario P. Cloutier and Diane Sawaya Cloutier

We were at an airport recently, waiting in the gate area for our flight to board when an incident inspiring [relationship advice](#) presented itself to us. Sitting close by was a middle-aged woman who was literally unloading her romantic life frustrations on a lady, whom we hoped, was a friend of hers. She kept lining up one anecdote behind another about how insensitive her boyfriend was to her. With no apparent shame, (she was so loud that we wished she could have been the gate attendant giving us the flight status information) she carried on describing how “her guy” seemed to get a kick out of giving her stupid gifts and cards on special occasions. She said, “For my last birthday, he gave me a card that said, ‘Old age

has its benefits. You can now have all your meals in a cup to go.' and the accompanying present was a plastic cup with a straw and a set of fake dentures."

And just as we both thought we had heard everything there was to hear, the poor woman dropped the bomb on us. She said, "Now with Valentine's day just around the corner, I soooo much hope he will spoil me with something decent, you know... Something that will show how much he loves me. I just want to feel loved!"

We exchanged looks for a moment, probably debating for a flip of a second if one of us should jump in the conversation, when all of a sudden we were gracefully saved by the bell. Our group had been called and it was time to board.

Of course a lot could be said about that story and the lady in particular. But in spite of it all, what it really triggered and reminded us, was how much importance many people tend to put on Valentine's Day, and how they literally place it on a pedestal. For several, it doesn't matter how dysfunctional the relationship may be the rest of the year, as long as when February 14th comes along, "I get spoiled and the whole wide world gets to see HOW MUCH I AM L00000VED!"

Relationship Coaches Share Relationship Advice on Valentine's Day

Here's the 1st part of the whole Valentine deal:

There is nothing wrong with having one or more calendar dates that remind you when it all began or how blessed you are to have each other. In fact, that's what it boils down to – individuality and specificity. It's something that shouts loud and clear that this relationship of yours is special, and, it is your own. It's not Cupid's ...

Love is not about conformity. Love is individual and specific.

Here's the 2nd part of the whole Valentine deal:

If you've not shown me in the past 364 days, through your day-to-day small attentions, talks, gestures and overall affectionate behaviour that you love me and cherish our relationship; or if we've just started going out and your only smart and funny way to show me your love is with some sort of boneheaded gift or card, I'm telling you right now...

"DON'T YOU DARE VALENTINE ME!"

Authors, relationship coaches and [HuffingtonPost](#) contributors Diane and Mario Cloutier found each other in 1998 after they both had experienced unfulfilling relationships. Their new book, [ReLovenship™ – Look Within to Love Again!](#) (Xclamat!on Media, 2015) gives inspiration, hope and a step-by-step methodology to people who have had romantic disappointments and are still looking to find "the one." Mario Cloutier is founder and chief creative officer of Xclamat!on Marketing. Diane Sawaya Cloutier enjoyed a successful career in managerial roles with Fortune 500 organizations before focusing fulltime on the couple's ReLovenship™ book and seminars. For booking inquiries or to learn more about the authors, go to [ReLovenship.com](#).

Former Celebrity Couple: Khloe Kardashian & James Harden Split



By Myesha Cobb

[Celebrity relationships](#) haven't been easy for Khloe Kardashian. The reality TV star and her basketball star beau James Harden recently split after dating since this past summer. [People.com](#) confirmed the break-up between the former [celebrity couple](#), and it seems like Kardashian can't catch a break. The two started to drift apart right around the time that Khloe's "estranged husband," former NBA player [Lamar Odom](#), was found unconscious in a Las Vegas brothel back in October 2015. Khloe said that Harden had been "very supportive and awesome" of the situation with Lamar. Since the split

between Harden and Kardashian, Khloe has signed up on OKCupid, a free online dating site.

This duo is no longer a celebrity couple! What are some ways to move forward after a hurtful break-up?

Cupid's Advice:

In life, we go through things that hurt us, and we need different outlets to release our pain and heal our minds, bodies, and spirits. Try doing something that you find fun or relaxing to get over those post break-up woes! Here are some awesome post split suggestions to get you going:

1. Working out: Going to the gym or running will get the body going and allows it to release all that negative energy that's inside of you. Nothing says, "Get over it and get moving" like going out for a morning run!

Related Link: [Former Celebrity Couple: Kourtney Kardashian Opens Up About Anxiety Post-Split from Scott Disick](#)

2. Pick up a good book: Reading is one way to help heal the soul, especially if it's a book that's based on getting over a break-up and moving on. A good post break up book will never do you wrong!

Related Link: [Dr. Paul Coleman Talks About Love and Loss in 'Finding Peace When Your Heart Is in Pieces'](#)

3. Get a journal: Documenting everything that you are feeling and venting it all by writing it down is another great way to move forward after a hurtful breakup. It's private, simple, and is a great way for you to get past all of the possible pain that you are feeling.

What are some ways that you got through a hurtful breakup? Share your love advice in the comments below!

Celebrity News: Bahama Drama on 'The Bachelor'



By Emily Hoff

"Come at me bro," said by who else but Olivia, a contestant on *The Bachelor* season 20. This was the quote of the episode, especially since Ben Higgins and many of the ladies came after Olivia last night. This episode of was so eventful I don't even know where to start. It definitely could make the front

page of [celebrity news](#). From not having a rose ceremony last week and girls starting unnecessary drama this week, this episode did not disappoint, and I felt it was very pivotal to the season.

Celebrity News: Bahama Drama on The Bachelor

So starting from last week, the big celebrity news was that there was no rose ceremony. We thought for sure Ben was going to send Olivia packing, however, we were all sadly mistaken and she got to stay for the episode (sigh) and Jennifer was sent home at the rose ceremony. After the first rose ceremony of the episode, the girls learn they are going to the Bahamas. The ladies find out that there will be three dates – a one-on-one date, a group, and a two-on-one. Caila gets the one-on-one date and Leah is mad about that because she's never been chosen for one. However, Ben specifically chose Caila because he felt like he needed more one-on-one time with her. At first Ben says he is scared that Caila and him won't click because she is too bubbly, however Caila tells Ben she is scared to be too vulnerable with him because she doesn't want to hurt him (sounds like she needs to take a look at our relationship advice section). But she said that she truly feels like she loves Ben because he understands her. Ben likes that she is a mystery and keeps her around.

Related Link: [Celebrity News: What Happens in Vegas on The Bachelor](#)

On the group date, the ladies play with pigs in the ocean (another very creative date, that Ben came up with). That group date makes Ben uncomfortable because the ladies are starting to cause drama, and have attitudes toward Ben. Leah starts drama after the group date. She tells Ben that he and Lauren B. shouldn't end up together because he doesn't see

what goes on in the house. Ben then talks to Lauren B. and she's now scared that she'll get sent home. However, Leah's plan back fires as she is the one who gets sent home. For the two-on-one date Olivia is sent packing, FINALLY! After Olivia thought she could be seen for weeks in our celebrity relationship section, Ben is done with her antics and gives Emily the rose. The episode skips right to the second rose ceremony as Ben cancels the cocktail party, and goes straight to the ceremony, where Lauren is sent home. So, who should stay or go next week?

Lauren B.

She's my personal favorite, but ever since Leah started making up things about her and told Ben, I feel like Ben is going to have that in the back of his mind.

Stay or Go: Sadly probably go.

Emily

Even though Emily and I share the same name, and I'm usually a fan of girls that have the same name as me, I feel like she's a little too sassy for Ben.

Stay or Go: Hopefully she gets the boot soon.

Caila

I think after this week's episode she is in it to win it. Ben apparently likes confusing girls and really liked his date with her!

Stay or Go: This is a big STAY!

Amanda

Even though she was not the star of this episode, she was certainly the start of the previous. I think Ben really connects with her too.

Stay or Go: A definite stay.

Related Link: [Celebrity News:The Bachelor Travels to Mexico](#)

We are so excited to see what's left for the rest of the season!

The Bachelor airs on ABC on Mondays at 8/7c. Check back next week for our recap!

Relationship Advice: 10 Emotional Stages of Being in a New Relationship





By Katie Gray

New relationships are fun and romantic. It's exciting to get to know someone you care about on another level outside of your friends. It's nice going on dates, laughing, and then talking about it with your friends and family afterward. Our emotions vary during this new stage of a relationship. Cupid has some [relationship and dating advice](#) to help you navigate and understand these emotional stages of being in a new relationship.

Check out Cupid's [relationship advice](#) about handling the 10 emotional stages of being in a new relationship:

1. Bliss: The early stages have you feeling nothing, but complete bliss! You and your partner are so happy and positive. In the beginning, you haven't fought yet and everything is so new and blissful.

2. Honeymoon Stage: The honeymoon stage of a new relationship is exciting! Everything they do makes you happy, you want to spend every minute with them, and when you're not around them you wish you were. It's good to take this special time in, so that you will remember the good times of the relationship when things get hard during the tough times. Enjoy the honeymoon period while it lasts!

Related Link: [Cutest Celebrity Couples in Young Hollywood](#)

3. Fear: A natural emotional stage of a new relationship is fear. You know that all good things must come to an end, and you really don't want this relationship to head in that direction. Sometimes you will get nervous about the thought your new partner not being in your life anymore. But don't worry – just have faith in your relationship and cross that bridge if/when you come to it.

Related Link: [Relationship Advice: 5 Ways To Restore Trust In Your Relationship](#)

4. Overthinking: Overthinking and over-analyzing every situation sometimes comes with the territory of having a new relationship. It's completely natural to overthink, because you care, and your concern is coming from a good place. The best relationship advice is to try to keep your thoughts from consuming you. Don't stress or focus on it. Just keep living life, and stay in the positive!

Related Link: [Celebrity Couples: Music's 5 Most Powerful Pairs](#)

5. Investigator: It's natural to want to play the role of private investigator when you're in a new relationship. Perhaps something happened that has you thinking your partner isn't being honest to you, so you want to know for sure. The best dating advice is to know that these urges are normal, but that the best plan is to communicate fully with your partner first. Don't jump to any hasty conclusions.

6. Funny: If you can make your partner laugh, they will love you forever. As Audrey Hepburn once said, "Laughing is the best calorie burner." Enjoy this fun stage of a new relationship, where everything your partner says and does makes you laugh and amuses you.

7. Paranoid: The downside to caring about someone, is that you will do anything for them and you don't ever want to lose them. You've grown so close and cannot envision your life without them. It's normal to be a little paranoid, because you didn't think you could ever be so happy and in love. The relationship advice we can offer, however, is to push your paranoia aside and know that you do deserve to be that happy.

Related Link: [Dating Advice: How to Get Out of the Friend Zone](#)

8. Realization: A big stage in a new relationship is the realization of everything. You realize that you enjoy being in their company so much, and you discover so many things about them including their likes and dislikes. You realize how much you really care about them.

9. Accomplished: Sometimes you feel a sense of accomplishment during the early stages of a new relationship. You're thrilled that you created a successful and healthy relationship. You feel great about the pace you're moving at, the activities you're participating in, the things you're learning, the plans that you're making and so forth.

10. Happy: Sometimes you feel a sense of accomplishment during the early stages of a new relationship. You're thrilled that you created a successful and healthy relationship. You feel great about the pace you're moving at, the activities you're participating in, the things you're learning, the plans that you're making and so forth.

What are your experiences with the 10 emotional stages of being in a new relationship? Share your stories with us below.

Expert Dating Advice About Dating Traps to Avoid



On the latest episode of the [Single in Stilettos](#) show, matchmaker and dating coach Suzanne Oshima talked [dating advice](#) with David Steele, a marriage and family therapist, relationship coach and founder of the Relationship Coaching Institute. Through his experience professionally and personally, Steele had an epiphany: “Singles become couples, that’s absolutely where we need to start.”

Dating Advice On The Worst Dating Traps

The Scarcity Trap: The fear that there is not someone out there for you often takes the reins and drives you into an undesirable relationship and love. You then settle and find yourself in a state of greater unhappiness than before. Fear, desperation, and the need to survive in the dating world all set in. “We believe we have to settle for less or be all alone, that what we really want is not out there,” he explains. Steele’s expert dating advice is that what’s in your mind is destined to become reality, and it may not be the destiny you’re after.

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

The Attraction Trap: The dating expert says that we may be attached to a lot of things: our favorite clothes, ice cream –especially after a relationship rough patch, I might add – and people. However, that does not necessarily mean we love them. Oftentimes, we mistake attraction and chemistry as love. “We tend to interpret these strong feelings as love – it’s meant to be – because we’re feeling it so strongly, so we really have to balance our heads with our hearts,” Steele says. When dating, we need to be clear about who we are, what we want, and what we need.

Related Link: [Dating Advice: 7 Guys You’re Probably Not Going to Marry](#)

The Rescue Trap: ‘I Need a Hero’ may have been a hit, but entering the dating realm with that mantra will be a fail almost every time, as per Steele’s relationship advice. When we are unhappy or struggling, we often think that a relationship or another person will solve all of our woes, yet this is the wrong reason to choose a relationship. “If we’re

not happy, we're going to attract more unhappiness in our life," Steele says. "Success breeds success, and misery loves company."

Related Link: [Expert Dating Advice: Top 4 Places to Meet Mr. Right](#)

On a very real note, relationship expert Steele adds, "A relationship won't solve all your problems. It won't cure your depression. It won't make you happy all by itself. You're just basically going to get more of what you already have that you don't want." And this is why you must find your own happiness before looking for it in others!

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

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

What's your best piece of love advice for avoiding dating traps? Share with us in the comments below!

Relationship Advice: What Makes a Marriage Strong?





By Dr. Jane Greer

Actor Hugh Jackman's marriage to Deborra-Lee Furness has stood the test of time. He recently appeared on *The Ellen DeGeneres Show*, where he spoke fondly of his wife saying, "it gets better and better" with time. This [celebrity couple](#) has been together for more than 20 years, and are a perfect example of a couple making marriage succeed. It's heartening to hear, especially in Hollywood where there are a lot of exit opportunities as well as added stressors that can tax any relationship. So what's the secret (or [relationship advice!](#)), for them and for anyone who manages to have a marriage with mileage?

How do two people love and respect each other, learn to work through conflicts and problems, and maintain intimacy, attraction, and

desire for the long run? The bottom line is, how do you make it strong so that it lasts? Check out this [relationship advice](#).

Appreciation.

Many things go into keeping two people together for the long haul, but there are four core ingredients that stand out to me as important in keeping that union humming. The first is appreciation. I can't stress its power enough. Being grateful and recognizing the things your partner does for you, and the TLC they give you, can go a long way. Without realizing it, you can get used to all that and, as it becomes part of your average day, you might stop noticing it and even take it for granted. But you want to start taking the opportunity to show your spouse that the things they do for you mean a lot. It is a real chance to build and strengthen those fibers that go into constructing the fabric of your connection. Oftentimes in my office I hear one partner express how angry they are about the things the other partner doesn't do. However, when I help them change their expectations to see who their partner really is instead of who they want them to be, it allows them to stop seeing their spouse coming up short and instead to see them as tall, looking up to them for the support they do show. It enables them to feel lucky that their partner is there for them by focusing on what they do rather than what they don't do. It makes all the difference.

Consideration.

Another important ingredient is consideration. It isn't that you always have to agree with your partner, or do just what they say, but to let them know that they are important to you and are being considered when you're deciding to do something.

If you're planning to go out with your friends on Friday night, check in and make sure it works for your spouse instead of just telling them. That way they will feel considered and probably tell you to have a good time. If you simply announce what you are doing they are likely to feel abandoned and might become angry. The goal is to avoid resentment building because it then turns into bricks that will make you feel divided, keeping you apart rather than feeling on the same team. By considering each other's needs, and knowing you are each part of the equation when it comes to making plans and choices, you at least leave room for both of you to voice your preferences before making the final decision.

Acknowledgement.

The third key factor in a successful marriage is being able to acknowledge the other person. I can't tell you how often I sit in my office hearing one person complain that when they talk to their partner at home the other person doesn't answer them, doesn't look up from their computer, doesn't look at them directly, so basically they feel ignored. Consequently, the first person winds up either repeating themselves because they haven't felt heard, or asking in an annoyed tone, "did you hear me?" It's really important to pay attention and convey to your partner that you are listening when they talk to you. A simply okay, fine, I get it, I hear you, that works, any verbal acknowledgement as well as looking at them goes a long way. Even if you disagree with what they are saying, you can reply, "well, I don't necessarily agree, but I do hear what you're saying, and we can talk about it at another time." This will prevent one person from feeling ignored and neglected, and the other person from feeling nagged and badgered by their partner's saying the same thing over and over.

Laughter.

Finally, laughter. It seems so obvious and simple, but it has such tremendous healing power. It takes effort to keep up with

all the communication, appreciation and everything else in your daily lives, and all that work needs an antidote – which is laughing together because it creates instant intimacy. Developing a Morse code with a shared joke or funny expression is a default button that can diffuse the heat of any argument, and give you a chance to let it go and clear the resentment rather than letting it turn into a big deal. When you're married you learn you have to pick and choose your battles, otherwise there are so many things to go to the mat over, and you need a tool that says this is not that important, let's laugh it off. You can then revisit the more important issues later to address them in a serious matter.

If you are able to keep these four very potent techniques in mind and you begin to use them regularly, you're likely to find that you and your partner start to feel happier with each other.

The key to a positive marriage is to feel that your spouse has your back and is looking out for you, and they know that you always have theirs as well. It certainly seems that Hugh and Deborra-Lee have their secret to making their marriage strong.

Relationship Advice: Understand What You Don't Want





By Venus Rouhani

If we are truly going to know and, eventually, accept ourselves for who we are, it's crucial for us to have clarity not only on what we value, like, and enjoy, but also on what we don't—and ask ourselves why. Probing our dislikes helps us discover what are our deepest values. This is essential because self-awareness and self-acceptance are key parts of the foundation of all successful relationships. In an interview with *Entertainment Tonight*, Will Smith was asked how he and his wife, Jada Pinkett Smith had managed to have a successful 20 year marriage. His [relationship advice](#) was, “If there is a secret I would say it's that we never went into working in our relationship” ... “We only ever worked on ourselves individually, and then presented ourselves to one another better than we were previously.”

Relationship Advice: Your self-knowledge deepens when you

recognize what you do not want and helps you realize what you do want and need in a long-term relationship.

Improve Self-Awareness

Through this process, as you keep learning more about yourself, your self-awareness also increases. Without this self-awareness and admitting to yourself who you really are, you'll keep chasing relationships with partners with aspects of their personalities that, in fact, you do not want.

You may not be willing to admit to yourself what you don't want for the fear of what that reveals about you. If instead of being honest with yourself you pretend, then you and your partner are going to pay the price in the long run and find yourselves in an unhappy relationship. You cannot hide your true self from your partner forever, so it is best to never start.

Create A No-No List

For example, your list of wants might include a desire for a supportive, funny, and good-looking partner. But, those qualities do not particularly tell you much about your personality. However, when you make a list of the traits you don't want and cannot tolerate in a partner, such as being needy, controlling, stingy, sexist, or egotistical, and then elaborating further on those traits you get much closer to revealing your true self. The same handsome, funny, and supportive person could also be needy, a know-it-all, controlling, or so on. If any of these personality characteristics are among your deal-breakers, your relationship with this person will end up being joyless and

unfulfilling. By having carefully defined your deal-breakers, or what I call your No-No List, you can eliminate those people with whom a relationship with will cause heartbreaks and unhappiness in the long run.

A “No” Reveals A Lot About You

When you state that you don't want someone who is needy or who doesn't trust you, that reveal that you value independence and individuality and hate to be on a “short leash.” You may want to be there for someone, but you don't want to be the one person your partner relies on to do it all. It can also say that you want a relationship in which both of you express your individuality and both of you are capable of taking care of your own selves.

Embrace Labels

Also, be aware that a trait that one person might think is your most shallow quality, another person might believe as simply practical. While one person may believe the things you don't want make you flakey, another person might see you as a free spirit. Don't be afraid of labels. The purpose of creating a list of the things you do not want is not to judge you or to blame you.

*Venus Rouhani is a renowned psychotherapist and author whose approach to relationship counseling emphasizes the importance of using the rational mind to guide the desires of the heart. Specializing in pre-relationship, pre-marital, couples, and family counseling, Venus encourages those looking for love to develop a deep understanding of their non-negotiables as a foundation for lasting relationships. To learn more about her new book, *The No-No List, how to spot Mr. Wrong so You Can Find Mr. Right*, please go to www.VenusRouhani.com.*

Celebrity Interview: 'Grease: Live' Star Yvette Gonzalez-Nacer on Playing Cha Cha and Coping With An Ex



By Emily Hoff

If you were one of the nearly 12.2 million viewers who tuned in to watch *Grease: Live* on Sunday, January 31st, you saw Yvette Gonzalez-Nacer knock it out of the park when she played Danny Zuko's saucy ex-girlfriend Cha Cha. In our exclusive [celebrity interview](#), she opens up about this fun

role, discusses her other current projects (she's got an EP on iTunes!), and shares her best relationship advice and top four commandments for moving on after a break-up.

Celebrity Interview: Yvette Gonzalez-Nacer Talks About Playing Cha Cha in *Grease:Live*

You could say the actress has been prepping for this opportunity since she was a little girl. She loved *Grease* growing up and shares, "I used to go around the house singing 'Hopelessly Devoted to You' at the top of my lungs."

Performing a live show is much different than filming your typical television show or movie. "It was very much like preparing for a Broadway show – except instead of getting to perform for months or years, we only get to do it for one night," the actress explains. "There are a lot of technical aspects that needed to be worked out beforehand. It really was about working out the kinks instead of figuring it out on the day of the show."

Related Link: [Relationship Advice: 5 Ways Our Authentic Self Builds Healthy Relationships](#)

Gonzalez-Nacer, who was originally up for the role of Frenchy, knew Cha Cha wasn't going to be the audience's favorite, but that didn't take away from the fun of playing the bad girl. "I realized pretty early on that confidence was key with playing Cha Cha, and I am really grateful for this experience, because in my search for Cha Cha, I was able to find myself more and tap into what confidence means to me."

She adds, "This has been such an incredible experience, and I miss everyone already!"

***Grease: Live* Actress Opens Up About Her Personal Life and Shares Relationship Advice**

So does the former star of *The Fresh Beat Band* have a real life Danny Zuko? “I do not. I’m currently single and loving it!” the actress shares. Still, she knows what she wants in a future partner: Her top three qualities are “honesty, integrity, and positivity.”

Unlike her character in *Grease: Live*, she knows a thing or two about gracefully moving on after a break-up. “I think the best thing you can do is to fall in love with your life again. Sometimes, we lose sight of our own life, so it’s great to do the things you did before you were in a relationship and love,” the actress reveals. “Do things that inspire you and focus on what *you* want instead of dwelling on what went wrong.”

Along those same lines, Gonzalez-Nacer shares her top four post-break-up commandments: “Thou shall not cyber-stalk your ex on social media. Thou shall not compare yourself to their new love interest. Thou shall stop all forms of communication with your ex until you have properly healed. Thou shall focus on your life.” She could easily add relationship expert to her already-expansive resume!

Related Link: [Five Ways To Cope With A Relationship Breakdown Just Like The Celebs](#)

Once you’ve moved on after a tough break-up, it’s tempting to try to be friends again, but Gonzalez-Nacer says that’s not always the best idea. “I think it’s important to ask yourself why you want to remain friends and be really honest with yourself,” the single celebrity explains. “What I have found to be true is that in every instance that I have tried staying friends with an ex, one or both parties end up wanting

something more, and it can get messy and confusing.”

Just because *Grease: Live* is over doesn't mean we've seen the last of Gonzalez-Nacer. Her single 'Classy,' under her artist project, Ava Gold, was just featured on ESPN and is now on iTunes. “I'm going to be in the studio finishing up my EP, and I have a new music video coming out next month for one of my songs,” she says.

Keeping us on the edge of our seats, she adds, “I also have some upcoming shows in Los Angeles and a couple really exciting projects that I can't talk about quite yet, but I'll be posting updates on my social media!”

It's no surprise that the talented star has a clear vision of her future. “I see myself happily married, doing great humanitarian work, working with the best, and being considered one of the best in the industry,” she reveals in our celebrity interview. “I could list all the specifics, but in a nutshell, I want to continue striving for greatness, be happy, and do what I love.”

To find out more about Yvette, follow her on Twitter [@avagoldworld](https://twitter.com/avagoldworld).

Expert Dating Advice: Why Using a Matchmaker is Better Than Dating on Your Own





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

It's no secret that relationships are not always easy. In some cases, going to a professional matchmaker might be better than dating on your own. Consider our [dating advice](#) on how to know when it's time to get an expert involved and everything they can do for your love life. This love advice may save your troubling love life!

Relationship Experts Give Dating Advice On Using A Matchmaker

So let's first see why you might need a matchmaker. Below are five scenarios which may indicated your relationship and love life would be better off with the help of a relationship expert. Warning: If you identify with the below scenarios do not panic. There are **professional matchmakers** just waiting to provide you with dating advice to solve your dating woes!

Related Link: [Top 10 Things to Know About Hiring a Matchmaker](#)

1. Your friends pick guys they like, but not necessarily a guy you would like.
2. A bar is great for finding a hook-up, but you've come to realize it's not so great for finding **love in NYC**.
3. Meeting and falling for a guy at work has led to way too many negative consequences.
4. You've tried dating sites, but get exhausted with all of the options and questions and usually just give up.
5. You finally get asked out on a date with a semi-attractive person, but you have no clue what to talk about.

Related Link: [11 Ways to Meet Your Next Date](#)

Do any of these issues seem like you? Yeah? I thought so and that is exactly why using a **professional matchmaker** is an essential step for you. Take a look at some of the benefits a **top matchmaker** like [Project Soulmate](#) can bring you. Don't swoon just yet, the best is yet to come!

1. **Matchmakers** have the time to look at a wider range of options. They know how hard it is to find **love in New York**, but they have their own networks filled with quality people looking for love who they're just waiting to match you with.
2. Matchmakers don't get tired. Trust me, matchmakers *can* and *will* spend every waking moment looking for the right match for you; they genuinely care about finding you love.
3. Your matchmakers have your best interest in mind, and by that we mean they perfectly match you based on your interests, not just your looks. You'll never be at a loss for words on your first date because the similarities between you two will just keep flowing.

Related Link: [Top 5 Secret Celeb Matchmakers](#)

4. Your matchmakers are with you every step of the way. Once you and your match cross the line into dating, your matchmakers don't disappear. They're always there to give you feedback and expert dating advice. Your matchmakers are **relationship experts**, who go far beyond just finding the guy; they will make sure your new relationship will **last a lifetime**.

5. When you fall, your matchmakers pick you right back up and resume the mission. After all, the first match will not always be *the one*; the second and third may not be either. Although you may feel like you want to give up, your matchmakers never will. They know love is out there and they won't stop until they've found it for you.

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

**Dating Experts Give
Relationship Advice To
Attract a High Quality Man**





On this week's [Single in Stilettos](#) post, founder and matchmaker Suzanne Oshima talks expert [relationship advice](#) with love coach Nicole Moore on finding your next relationship and love. They're not talking how to attract just any man, but a high quality man. "You want to be an energy of 'I am the prize,'" Moore exclaimed.

Author Gives Relationship Advice To Help You Find The Right Man

Here are Moore's three best pieces of expert relationship advice to help you be magnetic to a high quality man:

- 1. Be present in your body, not your head.** When you are present in your head, you are dating from your insecurities and fears, but when you are present in your body, you transition from thinking to feeling. The dating experts say that men are constantly thinking they want a woman who will make them feel. A high quality man will love the energy you emit when you are totally present in the date and not in your own head.

Related Link: [Dating Experts Reveal How To Attract the Right Man](#)

2. Do not hate men. Women often hold negative notions of men: they cheat, they lie, all they want is sex. But here's some love advice: If these thoughts are in your mind, he can read them in your energy and when he does he is not going to feel safe or comfortable with you. When you love and appreciate men, they will flock to you because your energy makes them want to be around you.

3. Be confident in yourself and what you have to offer. High quality men know they have options and they want to be confident in making their choice, but first they must feel confident about you. If you act confidently in front of him, he will be confident in your presence.

Related Link: [Expert Dating Advice: How to be a Smarter Dater](#)

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](#).

What's your best piece of love advice for being a smarter dater? Share with us in the comments below!

Celebrity News: Zayn Malik

Says He's 'Good Friends' with Gigi Hadid



By Jasmine Igwegbe

When it comes to problems in relationships, one that may be immensely mind boggling to us all is: why be in a relationship with someone you are ashamed of? In [celebrity news](#), Zayn Malik and supermodel Gigi Hadid have been spotted out together multiple times, and there's been some social media love as well. According to [UsMagazine.com](#), Malik is essentially denied dating Hadid on an interview with *Apple's Music's Beast*, and Hadid confirmed that Malik is "actually single." These two continue to claim each other as just good pals, even though celebrity gossip says they are a [celebrity couple](#).

This celebrity news seems to point toward a denial that the two celebs are dating. What do you do if you are getting signs that your partner is ashamed of you?

Cupid's Advice:

It's not easy to spot out if your partner is ashamed of you. So, when you notice it, take action to better the situation for yourself and the relationship. Cupid has some advice on what to do if you think your partner is ashamed of you:

1. Talk it out: If your partner is ashamed of you, it's best to talk to your partner about the situation first. See what thoughts are going through their mind to help better your decisions in the relationship.

Related Link: [Celebrity News: Calvin Harris and Zayn Malik Feud Over Taylor Swift on Twitter](#)

2. Focus on yourself: Don't let it get to you! Continue to work on yourself and do what's best for you.

Related Link: [Can You Be Single and Still Have a Soulmate?](#)

3. Become more active: Participate in activities like cycling, snowboarding or even jet skiing. Get involved in what 's going on; keep yourself going.

What are some other ways to deal if you think your partner is ashamed of you? Share your thoughts below.

Expert Dating Advice: When It's Time To Say The L Word



By [David Wygant](#)

I've got a confession for you: I've always been quick to say the L word. I finally learned, though, that doing so leads to the quick destruction of your relationship and love, and I'm going to explain why.

Relationship Expert Discusses Saying "I Love You" For the First Time

According to my expert [dating advice](#), telling somebody you love them shouldn't be taken lightly. As a matter of fact,

it's a very serious thing to say to somebody. The problem is, too many of us throw "I love you" around too quickly, and that's because we're in love with the idea of who we think someone is.

Every time I thought I was in love, I was always in love with the *idea* of that person. I loved the way they looked; I loved the way they smelled; I loved the way they spoke. I loved what I thought they were all about. The myth of being in love is the key here. You see, when we think we know somebody, we fall in love with the idea of what we actually think they are.

Related Link: [Travel 101 for the Guys](#)

We're all guilty of it. We tend not to listen when people usually tell us exactly who they are. So let's go a little deeper right now, and talk about the L word.

When you meet somebody and you think you're in love with them, it's your thoughts that you love. You're deeply intoxicated and love drunk, under the powerful drug called chemistry.

I remember my last relationship and love. I was so in love with her, that I was blinded to who she really was. She wasn't a bad person. She was actually a good person, but she wasn't my special person. I put the L word out there and told her I loved her quickly – and that changed everything. She immediately felt like she could do no wrong.

Here was this great man that told her how much he loved her after only three weeks. Six months later, when the relationship was on rocky ground and I started expressing my needs, wants, and desires, she had no idea what to do. She thought I was happy the whole time because I told her how much I loved her over and over again.

Related Link: [Is Getting Hitched Irrelevant These Days?](#)

The right time to tell someone new that you love them is when you really get to know them. You get to know who they are; you get to know their faults; you get to know what they're about. When you know that they make you feel loved, wanted, and desired, then it's time.

I'm going to say it again: The L word is not something you should throw around lightly. That will get you into trouble. So I strongly suggest you follow this expert dating advice: Take 90 days to look at your partner, see what they're all about, and get to know them. See who they are in different situations. See if the feeling of love is real or just chemical.

Give yourself this 90-day challenge and don't say the L word for the first three months. If the love drunk feeling begins to wear off and you see them for who they really are and you *still* want to tell them that you love them, go for it.

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

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

**Celebrity News: Rob
Kardashian Posts Meme Joking**

He's Having a Baby with Blac Chyna



By Dejha Carlisle

It seems like the Kardashians like to keep it in the family! In the [latest celebrity news](#), Blac Chyna riled up her followers on Instagram after she posted a pic of herself and Rob Kardashian on January 26th. Not only that, but his family was less than thrilled after he posted another photo with the caption, "Blac Chyna probably out shopping rite now as she plan to give birth to the only next generation of the Kardashian Name! #BabyKardashian." According to [UsMagazine.com](#), Khloe Kardashian tweeted, "You can do anything. But never go against the family." She states she was referring to a different family member, but it might as well have been aimed at Rob. Chyna is celebrity exes with Tyga, who

is now dating Kylie Jenner. She also had a falling out with Kim Kardashian, so the family is not on good terms with her.

This celebrity news is stirring up some drama! What are some ways to deal when your family doesn't like your new partner?

Cupid's Advice:

Knowing your family doesn't like your partner can often cause confusion and doubt. You want to be able to have confidence in your new relationship. Cupid has some [relationship advice](#) to follow if your family doesn't approve:

1. Playing the role: Your family often times has the biggest influence on your life. Your parents take on the role of protecting you from harm, and maybe they feel as if your new partner is bad for you. Try to make sure your family bonds with your new partner. Spending quality time together might help ease their worries.

Related Link: [Is Tyga Feuding with Celebrity Ex Blac Chyna Over Kylie Jenner's Ferrari?](#)

2. Brag: Brag as often as you can about your partner when you get the chance. Make sure to focus on the great things your partner has done. That way it'll help your parents to see the positive side to your relationship.

Related Link: [Rumor: Are Rihanna and Rob Kardashian Dating?](#)

3. Avoid complaining: Complaining about your partner will only anger your parents more, and that's what you want to avoid. Make sure to keep your negative comments to yourself unless it's something major, or just vent to a friend about how you

really feel.

How did you deal with your partner's family not liking you?
Share your thoughts below.

'The Truth' Author Neil Strauss Gives Relationship Advice – Even When It's Uncomfortable



By [Rebecca White](#) and Myesha Cobb

It's no secret that relationships and love are hard to navigate sometimes. It's easy to become unsure of ourselves and not know how to deal with questions surrounding things like monogamy and faithfulness. Fortunately, author Neil Strauss tackles these tough topics in his new book [*The Truth: An Uncomfortable Book About Relationships*](#). He addresses issues that couples face on a daily basis and shares his own journey along the way. In our exclusive author interview, Strauss talks about the inspiration for his autobiography, the lesson he hopes his readers learn, and his three best pieces of expert [relationship advice](#).

Expert Relationship Advice from Author Neil Strauss

To start, we love the premise of *The Truth: An Uncomfortable Book About Relationships*. Why did you decide to write an autobiography?

I write my books because I want to use my personal experiences to solve a problem in my own life and to help others. So I wrote *The Truth* because I felt like I had a real issue with intimacy and connection. I found a solution for it, and I felt like what I discovered could make a difference for my readers.

Related Link: [Going from 'It's Complicated' to Monogamy: 5 Tips Every Woman Should Know](#)

After writing the book, what were your final conclusions? Is it natural to be faithful to one person for life?

The main conclusion is that a relationship and love has almost nothing to do with the other person. It really has to do with *you* and the way that you choose to relate to them. The first thing I found was that the healthiest thing to do for your relationship is to work on yourself.

As for whether or not it's natural to be faithful to one person for life, I think the answer to that question is different for everyone. First, get healthy. Then, do what feels right, whether that be monogamy or not. Do what you like. I think that the ideas in our culture about relationships are actually counterproductive.

Did you have any personal revelations while working on *The Truth*?

The biggest revelation I had was about my parents. By having a needy, smothering, and anxious parent of the same sex that I was attracted to, I began to recoil anytime I was with a partner who got needy. It set a template in my heart for being distant in a relationship.

What do you think will surprise your readers the most about your new book?

I think a lot of these experiences, in the world of open relationships and non-monogamy, were not what I expected them to be or what other people would expect.

You previously said that you're not the "hero in this tale" and that you are the "villain." Why do you feel that way?

It's just true. The book begins with me cheating on my girlfriends! I tried to figure out how I could do that to someone I love. Throughout my story, I start to care about why would I cheat, why would I hurt them, why would I betray my own value system.

Related Link: [Find Out If Your Partner is Undateable with 'The Cheat Sheet'](#)

Relationships were a challenge for you, especially coming out of the "seduction community." Do you have any advice for our visitors who are also struggling to maintain a serious relationship?

My relationship advice is to stop trying to change the other person and really start looking at yourself and your patterns. Recognize that we're often attracted to people who possess the worst traits of our parents of the same sex. Then, we try to get them to change to heal our childhood wounds through a subconscious level. If we recognize that, then we can start to do something about it.

It's also important to understand the stages of a relationship. Usually, a relationship starts with projection, where you don't truly see who the other person is; you just see who you want them to be. The next stage is disillusionment, where you see who they really are and not your fantasy. That's why people break-up in that three to nine month window – because you're seeing who they really are. Then, there's a power struggle or conflict. If you get through that, there's a relationship. If you can recognize the baggage you both bring and unpack that baggage, you get to have a relationship that's ten times better than the fantasy.

Now, we'd like to ask some personal questions. You got married in 2013 – congratulations! What made you become a one-woman man?

It was really the work I did on myself. I recognized if I didn't change, every relationship I had would fall apart. I really worked hard with really, *really* deep therapy, not just talk therapy. I treated my childhood wounds like cancer, so I could have control over them. And Ingrid as well – she worked on her abandonment issues.

And how did you know that your wife was The One?

You never *really* know. Asking that question can be detrimental. To me, I just asked myself over and over again, "Am I really, really happy?" And the answer was always yes. She lights up my life.

You also welcomed your first child earlier this year. How has

it been from transitioning from seduction community to husband to father? Did becoming a parent change your marriage?

That's just how life works. You're young and want to date a lot. Then, maybe you want to build something bigger and build a life with someone. Then, you think we're happy and maybe we should have a baby. So the transitioning is very natural. All the work we did on ourselves allows me and Ingrid to be the best, healthy, and nurturing parents we can be, so our child doesn't have the issues we had.

Becoming parents made our relationship better. Our relationship is still important; we still have that connection time. I was initially scared of marriage because of my parents, but sometimes, what you're scared of is what you should be doing.

Related Link: [Relationship Advice: 5 Questions To Ask Yourself Before Saying "I Do."](#)

Lastly, what's the best relationship advice you've ever received?

It's really different than what you might read about or what you're expecting, but I really wanted to share these with everyone. I have three pieces of love advice:

1. Unexpressed expectations are pre-meditated resentment. People build up resentment in their relationship by not communicating.
2. A relationship is not about finding the right person; it's about *becoming* the right person. Become that person yourself, and you're bound to attract someone at your level of emotional maturity.
3. Only when your love for someone exceeds your need for them can you have a shot at a genuine relationship with them. Sometimes, you need someone more than you love them, and that shouldn't be the case.

You can learn more by purchasing *The Truth: An Uncomfortable Book About Relationships* from [Amazon](https://www.amazon.com) and also visiting his website NeilStrauss.com.

Relationship Advice: 5 Ways Our Authentic Self Builds Healthy Relationships



By Steven DeSalvo

When we are our true, authentic selves in a new relationship, we begin it with honesty about who we are and what we desire.

It gives the partnership a solid foundation from which it can grow into a long-term friendship or potential romantic adventure. When we are not our authentic selves, the relationship starts on uncertain ground. Despite good intentions, over the long run, it can create bigger problems.

Here are five pieces of [relationship advice](#) to help you put forth your authentic self:

1. State clearly what you need: You can't go into a relationship saying "yes" to everything, or you will end up pleasing your partner at your personal expense. You can say "yes" when it is comfortable, but you must also be willing to say "no." "No" is not always rejection when it comes to articulating desires, needs, and expectations. Both answers can provide your partner with timely feedback so all desires or expectations are known and understood.

2. Be your authentic self to develop trust: You want to be liked or loved for who you are, not for who you think a person wants you to be. This can be the hard part because we all want to be liked and find love. To do so, we may go down a path of being someone different just to please another person, but eventually, the truth will come out. You can't fake it 'til you make it!

Related Link: [Love Advice For a Stronger Long-Term Relationship](#)

3. It takes energy to be someone else: Being yourself is the most comfortable and easy state of being and it is actually more attractive to people than being someone you are not. It also makes the time you spend with someone more authentic. The fact is, if you act in a different way just to please someone, you'll eventually tire of the façade and revert back to being

yourself somewhere down the road anyway. It takes too much energy to be someone else. So, why not start as yourself from the very beginning?

4. Over-giving eventually exhausts you and your resources:

When we give too much of our time, energy, or other personal resources in a relationship without getting anything in return, we will eventually feel exhausted or put out. Giving what you feel comfortable giving – versus over-giving to please someone – is the most optimum. Over time, there must be a reciprocal give and take in your relationship for both parties to feel satisfied.

Related Link: [Top 5 People Tools for Relationships and Love](#)

5. Articulate your feelings clearly: This is important in all stages of relationships, as our true feelings should be known and shared. New relationships need reassuring signals along the way to show that there is enough interest to continue. In longer partnerships, we have to continually be true to ourselves and express our feelings on an ongoing basis to show how we love, care for, and value our significant other.

As these five pieces of relationship advice show, being anything other than our true selves builds a relationship on the shaky ground of untruth and uncertainty. When we show up as our authentic selves, we set a relationship in motion from a foundation of honesty and respect that endears us to others and deepens our connections.

Steven DeSalvo is an author of the book [Relationship Dynamics](#), which looks at how we develop deeper and healthier connections that will fulfill our desire for lasting and meaningful relationships. Connect with Steven on Twitter at [@BecomeAdult](#) or visit www.BecomeAnAdult.com.

Relationship Advice: Are You Ready For Storybook Love?



By Elaine Taylor

A couple of decades ago, my dog was sprawled out snoring on the sofa, belly on a pile of unfolded laundry, tail stuck in an empty Ben & Jerry's tub. I was slouched beside her stroking her hindquarters, glumly ticking through the carcasses (figurative, not literal) that made up my dispiriting trail of my relationship roadkill. I had recently completed a reverse sprint down the aisle (not my first) with Peggy Lee's, "Is That All There Is?" echoing through my disenchanting heart.

Was I ever going to find a true love who didn't walk on four legs and woof for his breakfast? Here's what I found in the way of [relationship advice](#).

Desperate for an answer, I took a jaunt into California woo-woo: went to see Allie B, astrologer/psychic. She closed her eyes, did that deep-breathing, blahblahblah chart-reading thing and assured me I was destined for the kind of love about which stories are written.

"But," she said, "not until you're ready."

Related Link: [Relationship Advice On Finding True Love](#)

Ready? My mani-pedi was fresh enough you could still smell the polish; I'd had a Brazilian so recently you could ... well, I'll let you come up with your own image. My roots had been darkened, my highlights brightened. How much more ready could one woman be?

"What the heck am I doing wrong?" I whined.

"Guess what, chickie-poo. Wrong question. Try asking, 'Why do I keep doing it wrong?'"

"OK, why?"

"I'm a psychic, not a mind reader. Go sort it out with your therapist."

Seriously? Ugh.

Related Link: [Relationship Advice: 5 Ways to Unpack Relationship Baggage](#)

With teeth-grinding resistance, I trudged off to sit on Julia's couch and ask my why question. She countered with, "Do you love yourself?"

Uh oh ... Strong stench of psychobabble. I tapped my finger on my bottom lip. "Hmmm. Do I love myself?" Was I supposed to? The concept alone made me squirm.

So I yuck-yucked and went with a wise-ass, "Oh, you mean self-love. Like they do in porn films. Kinda personal, don't ya' think?"

Julia gave me that undeterred shrink stare. I knew she could outwait me; and I definitely did not want to go where she seemed to be trying to lead. So I canned therapy and took another run at California woo-woo.

Allie B said, "You want storybook love? Start with these three things."

1. Understand that emotions are an all-or-nothing deal: "You want the light, happy ones—like true love and contentment—you have to embrace the heavy, ugly ones. Heartbreak. Fear. Jealousy. Shame—the whole shtick."

2. Examine, from a different perspective, the stories you've always told yourself about the people who did serious damage to your little-girl psyche. "Those adults with all their human flaws? Their little-kid psyche was wounded, too, by someone who was supposed to love and protect them."

3. Knock down that barricade you built around you heart: "Confront the abandonment and betrayal and loneliness of your redneck-Texas, girls-aren't-worth-a-damn childhood." (*Oh brother, not that cliché childhood thing, again.*) "Unless you do all that," she said, "you won't be able to forgive. If you can't forgive, you'll never heal the wounds of the past. Until you heal the wounds the past, Prince Charming ain't GPS-ing you."

I argued, I fretted, I weaseled. But a few months later, my devoted four-legged love was diagnosed with cancer and soon after departed my world. Heartbreak, fear and loneliness crashed my heart defenses. I was on my emotional knees. I crawled back to Julia's couch and began to clean out the hurts and betrayals of the past. Both those done to, and by, me.

Over a years-long process I discovered three critical truths:

1. It is not possible to find long-lasting, deeply satisfying love until you believe yourself worthy of it. (Yes indeed, I had to learn self-love.)

2. As a woman clawing her way in a man's world, I defined "emotional strength" as all sharp-edges and impenetrable boundaries. I had to relearn that tenderness and vulnerability are the DNA of true emotional strength. When the time came, I used that strength to love Jake, a Ferrari-driving doctor who had once broken my heart. A man who, then on his deathbed, desperately needed to receive love, even as he could not return it.

3. I accepted and found peace with the fact that Allie B might be wrong. I might never have that storybook life hiding in her crystal ball. So what would I do with all the love my newly opened heart yearned to give? I stopped focusing on what I did not have . . . and sought a way to offer compassion and caring to those who needed it most. I began to volunteer at a homeless shelter for families—the kind of place that, but for the grace of God, I could have landed in my early, below-the-poverty-line, single-parent years.

As for that long-lasting, deeply satisfying storybook love? The psychic foresaw that it would come via a "karmic pact" between me and Jake, that dying man whose hands I cradled as he breathed his last breath.

Two years after his death Allie B said, "I was channeling Jake. He's sending someone who will love you for the rest of

your life. Someone who will love you the way you deserve to be loved.”

Ten days later I was introduced to a man whom I never would have met had I not reopened my heart to Jake. This year we celebrate our fifteenth Valentine’s Day together.

Thankfully, I was ready for love—I was ready for him ... when he found me.

*Elaine Taylor is the author of **KARMA, DECEPTION and a Pair of Red FERRARIS: A Memoir**. She is a former IT headhunter and Contingent Workforce Management consultant. She served on the Board of Raphael House in San Francisco. She can be found at www.KarmaDeception.com.*

Relationship Advice: How Your Relationships And Love Impact Your New Year’s Resolutions





By Toni Coleman, LCSW

Now that we're closing in on February, it's a good time to take inventory of how your New Year's resolutions are progressing, or not. Have you made adjustments to your environment, created a specific plan, tweaked your schedule or set aside time for following through on the short-term objectives that will get you there? If you have done even one of these, it's a real start. However, if you draw a blank when reading this, you may have already lost your resolve or even forgotten about your goals altogether. If this is the case, and you want to get back on track—it is important to examine where you got off course and what factors may have influenced it.

As a relationship expert, I notice that one variable people may overlook, but that carries a lot of weight, is how much support you get from your relationship and love. In assessing this, it's important to pay attention to what they do more than what they say. There are many subtle ways that a partner can sabotage your efforts, especially if he or she fears it will impact your shared lifestyle, threatens him in some way,

or upset the status quo in general. If you believe this is occurring, consider talking to your partner about what you see happening and ask for help. My [relationship advice](#) is to look at the following eight behaviors to assist you in pinpointing and articulating your concerns and then moving toward a productive discussion on how you can best support one another.

Relationship Advice: How Partner's Can Sabotage New Year's Resolutions

Your partner resists changes that support your goals. For example, you might need to eat an earlier dinner as part of your weight loss goal or you might find that early morning is the best time to work out, but it will mean your partner will then need to cover things at home. Perhaps you have found a class one evening that is just what you need to make an eventual career change, but it's during a time that would then require your partner to adjust their schedule. All of these are potential scenarios that people face when attempting to make changes and a supportive partner will try to make accommodations whenever possible. Sometimes it just isn't possible and alternative solutions will need to be considered.

Your partner insists on activities and interests that set you up for failure. Maybe you have a long-standing tradition of eating take-out on Saturday nights in front of the TV that you follow-up with a decadent dessert. However, you need to make dietary changes that will support your goal for better nutrition and health. Maybe most of what you have always enjoyed together has been sedentary in nature, such as going to the movies, out to dinner, drinking with friends at a local pub, or hanging out in your bathrobes and reading or watching TV. While there is nothing wrong with doing any of these some of the time, if you have set a goal to be more active during leisure hours, these will need to be cut back in order to create time for something new. My relationship advice is to

make sure your partner isn't insisting that everything stay the same. If they do this and pout, it will undermine your efforts and force you to make a choice between your relationship and your goal.

Your partner makes negative comments about your changes. Statements like, "You're no fun anymore," or "It doesn't look like it's making any difference," can lead to you feeling bad about yourself or losing resolve due to a concern that the potential downsides to making the change outweigh the benefits. What you need instead is a cheerleader who offers encouragement, finds positive things to focus on—and lets you know they support you, no matter what.

Related Link: [Relationship Advice: Why Your Dating New Year's Resolutions Fail](#)

Your partner behaves punitively when he doesn't get his way. Change is hard for everyone. Your partner might feel bad about losing his drinking or eating buddy. She might feel some resentment about making changes in her schedule or to giving something up to accommodate your new needs. He might be feeling nostalgia for some things you used to do together and with others that you now need to refrain from. These feelings are natural and understandable, but your partner should bring them up with you in a non-defensive way instead of acting out. You might be able to come up with compromises that meet both of your needs while allowing your partner to hang on to some of the things that are most important to them.

Your partner throws temptations in your path. An all too common scenario is the one where one spouse decides to give up sweets or alcohol, and her partner begins bringing home a lot of what the other is trying to abstain from, and encouraging them to try just a little bite or sip. There are many reasons for why this behavior is so common, but none of them are good ones. If this is happening to you, my love advice is to address it immediately by making a gentle request for "free

temptation zones” in your home.

Your partner lacks awareness of how your changes are threatening her. It can be difficult for your partner to see you working towards a goal that he or she feels they should also be working toward. If you have always been overweight together, having a spouse who suddenly loses weight and feels good about her new appearance could be threatening, especially when other people of the opposite sex take notice. If you give up drinking, he may feel judged when he reaches for a beer, glass of wine or a cocktail; even if you don't indicate that you have an issue with it. Should he begin to act threatened by a change you are making that he or she believes they also should be working on, consider bringing up your observations gently with them. Remind him that this is a choice that you have made for yourself and that he is free to do the same or not, depending on his needs and wants.

Related Link: [Dating Advice: New Year's Resolutions To Rekindle Your Relationships and Love](#)

Your partner creates a competition between you. This one dovetails on the one above—you are not in competition, you are (or should be) on the same side. Being on the same team means you support one another's success, cheering each other along on the road to accomplishment. If your partner starts bean counting, it will undermine the relationship as this causes division and an attitude of me first, me only. If two people are focused on their needs and wants, the couple cannot function as a cohesive unit, which is the foundation of a healthy and mutually satisfying relationship.

Your partner sees changes as meeting your needs vs. meeting his needs. A supportive and happy relationship is not an “either, or” one. When problem-solving becomes a contest where one spouse is designated the winner and the other the loser, both people in the relationship lose. There is a very wide continuum between those two ends, and somewhere along the way

are points at which a compromise can be found.

Related Link: [Expert Dating Advice: How to Rebound from a Solo Holiday Season](#)

Negotiation and compromise are essential to the health of every relationship, as is getting the kind of support that will help you stick to and achieve your resolutions. When you win, your partner also wins—and vice versa.

[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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Celebrity News: Gwen Stefani Says New Horse is 'Best Present Ever' – Is It From Blake?





By Dejha Carlisle

Everyone has some type of animal lover in them! In the [latest celebrity news](#), singer Gwen Stefani shared a photo of her new horse on Instagram, January 24. Sources say the furry animal was from her beau Blake Shelton, and that's some sweet [celebrity news](#). According to [UsMagazine.com](#), the [celebrity couple](#) hasn't been hiding their [celebrity relationship](#) since they got together in November. They even spent time at Shelton's ranch in Oklahoma over the holidays.

This celebrity news leaves us in suspense! What are some ways to get creative with gifts for your partner?

Cupid's Advice:

Sometimes everyone gets tired of giving their partner the same boring gifts, such as flowers. Cupid has some ways to help you

get creative with gifts:

1. List of love: Create a list of 100 things you adore about your partner! You can hang this list up in a frame, which will constantly remind your partner of your love.

Related Link: [5 Valentine's Day Celebrity Engagements](#)

2. Make a coupon book: This idea is sure to be appreciated! Coupons can be hand-made or printed, and can be for things like, "Cook dinner for a whole week." It's a creative and inexpensive way to show you care.

Related Link: [Expert Dating Advice: Valentine's Day Tips](#)

3. Be cliché: Everyone loves a good cliché every once in a while. Send him a message in a bottle, with the most heartfelt message you've always wanted to tell him. This is sure to amp up the romance.

What other creative ways can you surprise your partner? Comment below.

Expert Dating Advice: How to Be a Smarter Dater





On this week's [Single in Stilettos](#) show, founder and matchmaker Suzanne Oshima talks to dating expert and relationship author Tinzley Bradford about how to be a smarter dater. "I do what I do because I love to help women be better!" Bradford, writer of *The Settle-Free Dating Method for Women*, exclaims.

Relationship Author Helps You Find the Right Man

Here are Bradford's three best pieces of expert [dating advice](#) to help you be a smarter dater:

1. Be observant: "I'm a strong believer in watching what people do versus what they say," the dating expert reveals. If he says he's going to call you at a certain time but never does, that's something important for you to note. Always keep his actions in mind.

Related Link: [Expert Dating Advice About Why You Shouldn't Give Up on Finding the Right Man](#)

2. Be aware of who you're dating: If you already see some not-so-great sides of your partner, it may be time to move on. For instance, if you want a serious relationship and love, but he just wants to “Netflix and chill,” be smart and *listen* to what he says. “Ladies, you can’t change a man’s mind,” Oshima explains.

Related Link: [Relationship Advice About True Love](#)

3. Don't overstress: You don't have to go on a date every night or even every weekend. Don't put too much pressure on yourself. “Date yourself sometimes,” Bradford shares of this piece of expert dating advice. “Take time for *you*. A little downtime never hurts.”

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

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

What's your best piece of love advice for being a smarter dater? Share with us in the comments below!

Relationship Advice: Love the Second Time Around





By Dr. Jane Greer

Pop star [Miley Cyrus](#) was spotted wearing an engagement ring after she and former fiancé Liam Hemsworth reunited over New Year's in Australia. Multiple sources revealed that Miley had been struggling to move on from Liam after the end of their [celebrity relationship](#), and has never fully gotten over him. It appears the feelings are mutual, as the [celebrity couple](#) is giving it another try. And, they aren't the only ones people are talking about when it comes to wondering about the possibility of rekindled love. Superstar Madonna and movie star ex-husband Sean Penn have reportedly been spending more time together lately, and were recently seen at a hotel bar together. All of this can be heartening for those who wonder about doing something similar with a previous partner. Hearing these stories can make people believe in romance and the value of a shared history. But, it also raises questions.

How do you know when an old loved

has the potential to come back to life, and when is it best to leave an old relationship where it is, in the rear view mirror? Here is some [relationship advice](#):

When you see old lovers like Miley and Liam, and Madonna and Sean, get back together, it might make you think about reaching out to an old, but extinguished flame. There are times when that might require a deliberate act, actually calling or contacting someone from your past, or it can happen in a more spontaneous way, such as when you run into someone you once dated at a wedding or a reunion. Either way, it is good to take stock before jumping in with both feet.

Related Link: [Miley Cyrus Is 'Hanging Out' With Celebrity Ex Liam Hemsworth Post-Split from Patrick Schwarzenegger](#)

The most important barometer for gaging what to do is to consider how and why your connection ended in the first place. It is ironic that in wondering if you should begin again, it helps to go back to where it ended, but that is where you might find the best answers. If the circumstances that broke you up didn't have anything to do with the attraction and passion you felt for each other, and might still feel, it is possible that giving it another go could be a fine idea. It is also possible that even if there were problems, you have both grown and changed, and with the wisdom and distance you now have might be better able to deal with and manage them. The same issues that were front and center when you were first together might not bother you anymore, or might be more easily worked out.

Related Link: [10 Celebrity Couples We Never Knew Existed](#)

On the other hand, if your relationship ended badly and there is still a lot of unresolved anger, there is the chance you will find yourself returning to that unhappy place. Also, if there were behaviors, habits, or personal traits the other person had that were intolerable for you, and that person still exhibits them and has not changed his or her ways, it may be better to leave the relationship in the past with the fond memories of what you once shared.

Once you have sorted that out, it may be that you feel your ex is really your lost love. In this new time and place, where both of you have mellowed, it may be viable and pleasurable to give it another chance, as Miley and Liam seem to be doing, and as Madonna and Sean may be flirting with trying. Only time will tell if they will prove to be stronger than ever after their time apart. Madonna said it straight out in her song Stay: When you walked out my door, I knew you'd be back for more, Let's leave the past behind, True love is so hard to find.

Relationship Advice: 5 Ways to Restore Trust in Your Relationship





By Katie Gray

Trust is the most important aspect of a relationship. Without trusting your partner and having that trust reciprocated, your relationship won't be a healthy and happy one. We can take cues from [celebrity couples](#) and their [celebrity relationships](#) to see how they restore the trust in their relationship when it's lost. For example, Pink and Carey Hart married in 2006, and announced their separation in 2008. After marriage counseling and song therapy, they reunited in 2010, welcomed daughter Willow Sage in June 2011, and just celebrated their 10 year [celebrity wedding](#) anniversary. According to *Psychology Today*, 41% of first marriages and 60% of second marriages end in divorce. Wow! Nobody told us relationships would be easy; they just promised it would be worth it!

Cupid has some [relationship advice](#) on how to restore the trust in your

relationship:

1. Open communication: You can't trust someone if you don't have a mutual open line of communication. Tell your partner how you feel and what you are thinking, and also encourage them to do the same. You have to feel comfortable speaking with your partner about any topic. It's important for both partners to know that they can talk to the other about anything and that it stays private between just the two of you.

Related Link: [3 Ways to Live Happily Ever After in the Face of a Love Triangle](#)

2. Establish boundaries: You must establish boundaries with your partner right away. If something makes you uncomfortable, then you need to let your partner know. You two must decide as a couple how to deal with exes, privacy, outings, and so forth. If something makes your partner uncomfortable, it's up to you to respect that. Establish guidelines that you both agree upon. It's all about compromise in a relationship!

Related Link: [Celebrity Couples: Music's 5 Most Powerful Pairs](#)

3. Affirmations, therapy and exercises: Staying positive goes a long way. To restore trust in a relationship, you must work hard at it. Saying affirmations, doing exercises as a couple and going to therapy and counseling will help a lot.

4. Date night: It's imperative to spend quality time with your partner. It gives you time to bond and to remember why you fell in love with them in the first place. You won't start trusting someone again unless you feel like you know them. Therefore, having a date night ritual is a good place to reconnect.

5. Forgive and forget: You won't be able to move forward if you are harboring feelings of resentment and anger. It's

imperative to work past those issues and clear them up right away. You must practice forgiveness. Whatever your partner did to make you distrust them, you have to first forgive and then forget, in order to move on. Clear up the issues that arose and solve them so you can start trusting your partner again. After all, you care about them or you wouldn't want to stay with them.

What are some ways that you have restored trust in your relationship? Comment below.

Celebrity Interview: Hollywood Medium Tyler Henry Talks About His Near-Death Experience & Biggest Celebrity Crush!





By [Emma Malefakis](#)

Most young celebrities are known for their talents but none quite like Tyler Henry. He has a unique gift of his own: He connects to those who have departed. Known as one of Hollywood's youngest psychics, he began working as a medium when he was just 16-years-old. He practiced his skill in a small town in California and has since worked with some of the biggest stars, including Snooki and Boy George. His everyday life was recently pitched for a reality TV show, and now *The Hollywood Medium with Tyler Henry* is airing Sunday nights at 10/9c on E!.

In our [exclusive celebrity interview](#), Henry opens up to us about his own near-death experience and shared his best relationship advice.

Celebrity Interview: Tyler Henry Talks About His Talent and New

Reality TV Show

The reality TV star admits he owes much of his success to his supportive parents. "It took some time, but they now see the healing impact that the readings have in giving people insight, clarity, and closure," he says. "Now, it's just on a much larger scale." Of all the challenges he faces, the young medium says that crowds are the toughest part, but "the benefits of his gift outweigh any of the downsides."

It's understandable how such a talent can be overwhelming to others since they can't completely understand the ability of clairvoyance. "I get strong visual and mental imagery in my mind's eye when I concentrate on a person. This imagery, when pieced together and interpreted as a message, is then delivered to a person as means to provide some form of insight," he explains.

Related Link: [Celebrity Couple Predictions: Katie Holmes, Gigi Hadid, and Miranda Lambert](#)

Henry has read hundreds of celebrities. He says one of the most shocking readings was with Tracey Gold. "Many revelations can come from readings, and many of them can be incredibly surprising. A murder victim that she was connected to came through and acknowledged the details of her passing," he divulges.

Even with all his success, there are always doubters when it comes to the talents of mediums. "Thankfully, every celebrity who agreed to have their session filmed was open in some capacity, even the skeptics," he shares. Henry says that he communicates what the client is meant to hear, not necessarily what they want to hear, and of course, that requires some tact.

Despite all of the celebrities he has had the opportunity to work with, if he had the chance to read anyone in the world,

it would be the Dalai Lama. “To be able to connect to such an influential, and inspiring person would be an absolute honor,” he gushes.

Related Link: [Top 5 Celebrity Couple Predictions](#)

Young Psychic Shares Relationship Advice

In his personal life, the medium admits that his gift doesn't cause too many relationship problems. “I'm one of the few people who can probably tell whether or not there's going to be a second date before the first one,” he says with a laugh. When it comes to his celebrity crush, he admits, “Ezra Miller, hands down!”

The greatest piece of relationship advice he has to offer is for those with a significant other on the other side: “Honor their legacy by having new and exciting experiences and look for the signs they will give to show they are still with you,” he explains. “They also want you to be open to new relationships and love.”

The heartache of losing a significant other is unimaginable, and the pain of losing a child is even harder for people to accept. Henry has these words for grieving parents: “Children are met by loved ones on the other side and are helped in their transition with ease,” he says. “Every child that I've ever brought through has acknowledged being at peace with God.”

What many people don't know is that the celebrity clairvoyant had a near-death experience of his own. “In February 2014, I suffered brain swelling due to water on the brain caused by a brain cyst,” he reveals. He had emergency brain surgery and was in the intensive care unit for days. “It was life-changing for me – nothing quite grounds you like a

near-death experience,” he shares in our celebrity interview. “It showed me what really matters and just how fragile life in this realm can be.”

Related Link: [How to Move On After Heartbreak](#)

As for what’s next for Henry, he plans to continue doing readings and even has a book in the works. He would love to travel and tour the world. “I have so many causes that I hope to be able to bring light to, particularly in grief awareness and support for parents who experience the loss of a child,” he says. “I am so thankful to be able to share my gift with the world and help aid in the grief process, one reading at a time.”

Tune in for The Hollywood Medium with Tyler Henry on E! on Sundays at 10/9c. You can keep up with Tyler on Twitter [@tyhenrymedium](#).

Dating Advice Q&A: What Does Texting On A Date Say To Your Partner?





Question from Julia Y.: Because of my job, it's important that I always keep my phone handy so I can be available in case there's an emergency. Will a new guy get the wrong impression if I text during a date?

If you're looking for [dating advice](#) on what texting on a date says to your partner, then keep reading to see what our relationship experts had to say!

Dating Advice On Texting On A Date

[Suzanne K. Oshima, Matchmaker](#): Texting or taking a phone call during a date is a big “no, no!” because it sends the wrong message to the person you're out with. He may think that you're really not that interested in him or that you're texting another guy. That being said, the only exception to the rule is if there's an emergency. Here's my love advice: A good way to avoid him thinking the wrong thing, is to tell him up front that you usually don't text on dates, but because of the nature of your job sometimes emergencies come up and you may need to handle it while you're on the date. He will most

likely be understanding, but you should really try to avoid this from happening on a regular basis, otherwise he'll probably start to get annoyed and lose interest in you.

Related Link: [Dating Advice Q&A: How Harmless Is Sending Pictures Via Text?](#)

[Paige Wyatt, Reality TV Star](#): It's a little rude to be glued to your phone during a date and will definitely give off a bad impression. But if you absolutely must respond for a work emergency, just make sure you tell your date that it is an emergency. Also, make sure to step out, so that he's not just uncomfortably staring at you while you text! It's the 21st century, we all understand if a message just can't wait.

Related Link: [Love Advice Q&A: Is It Weird That My Man Always Texts Instead of Calling?](#)

[Robert Manni, Guy's Guy](#): When dating someone new, it's important to make the person sitting across the table feel special. That means giving them your undivided attention. My dating advice is if you're on a date and expecting an important call from a client or your boss, let your date know. We've all been there. Then discreetly place your phone off to the side and have fun. If your job keeps you in a perpetual emergency mode where you can never disconnect from the office, it's says something about your choices. Your career is important, but so is your relationship and love life. And guess what? You can have it all if you prioritize your needs and balance your work and personal life.

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 do you think texting on a date says to a partner? Share

your dating advice with us in the comments below!

Celebrity Couple Sean Lowe & Catherine Giudici Butt Heads on 'Marriage Boot Camp'



By Jasmine Igwegbe

We can all claim to experience relationship problems similar to celebrity couples for sure. In [latest celebrity news, celebrity couple](#) Sean Lowe and Catherine Giudici's relationship is making progress on *Marriage Boot Camp* with the

assistance of celebrity judge Lynn Toler, according to UsMagazine.com. Lowe even admits to Toler that he has trouble being compassionate even when he's really trying. This pair is continuing to work on their issues, even as they prepare to welcome their first [celebrity baby](#) to the world.

This celebrity couple has their issues, just like everyone else. What are some ways talking to a third party can help your relationship?

Cupids Advice:

Experiencing relationship problems is a common matter we all encounter. What should we do? Cupid has some advice:

1. Unbiased opinion: The third party would be unbiased and make a decision based on the facts you present to them. They're unaffected by the emotions, so they can be more logical and realistic about the situation.

Related Link: [5 Simple Ways to Turn Your Relationship Around](#)

2. Solomon's Paradox: When you distance yourself from a problem, you're able to examine it more clearly, according to the research surrounding what's called the Solomon Paradox. Receiving advice from someone who is distant in the relationship allows wisdom instead of pure emotion.

Related Link: [Is 'The Bachelor' Sean Lowe & Catherine Giudici's Celebrity Love Affair in Trouble Already?](#)

3. New perspective: Hearing someone's side who is not in the relationship gives you an insight from a different perspective. It may also impact how you continue to look at

the conflict and help you make a better decision.

What are some other ways consulting a third party can help your relationship? Share your thoughts below.