

Celebrity Couple Sarah Michelle Gellar and Freddie Prinze Jr.: How Does A Couple Cope With Illness?



By Dr. Jane Greer

It's been a tough few months for [celebrity couple](#) Sarah Michelle Gellar and Freddi Prinze Jr.! Freddie is reportedly on the mend, but it has been a long haul. The actor underwent spine surgery, and it looks like he will make a full recovery. While his celebrity wife, Sarah Michelle Gellar, has been supportive throughout the process, it can be very difficult to deal with illness in the family. It's a stressful time for everyone involved, individually and as a couple. In the end,

it can either strain a relationship, or it can ultimately strengthen it.

There are certain steps you can take to try to better deal when you or your partner is ill, or recovering from an injury or surgery, to make sure it doesn't tear you apart.

When you are dealing with illness and recovery, the uncertainty and anxiety you might feel can totally drain you. There can be so much going on that it is easy to lose sight of the bigger picture. The sick partner is not him or herself, and the healthy partner must become the caretaker, not sure when or if their loved one will be what he or she once was. When the ill person isn't available the way he or she usually is, the other person might feel unsupported, angry, overwhelmed, frightened, and even alone. That can get even worse if the sick person becomes demanding and takes the other for granted, or is constantly unpleasant because of the pain or discomfort they are feeling. Also, that person might be afraid and worried about the future, putting even more of a damper on the household. The healthy one might resent having to carry the lion's share of the household work. They might feel burdened and overloaded, in addition to all the other emotions they are already experiencing.

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As with so many other issues in a relationship, resentment can creep in when the communication creeps out. So often if you are the healthy one, you might feel you have no right to complain or ask anything of your sick loved one. If they feel

bad and yell, so be it. If they tell you they need you to cancel the plans you made to be out of the house for a few hours, what choice do you have? But that is not the case at all. In order to get through, there has to be a give and take.

Talk about it.

The first step is talking about it, and sharing your feelings. Of course the person who is ill is going through an awful time, but you are going through it with them. There isn't just one person being affected, there are two. It is very challenging to navigate that difficult road of juggling helping and supporting with honesty and advocating for yourself and your needs. It can be hard to give yourself permission to be upset. But it is so important that you are able to share your thoughts and feelings, and work together to acknowledge what you are both experiencing and thinking.

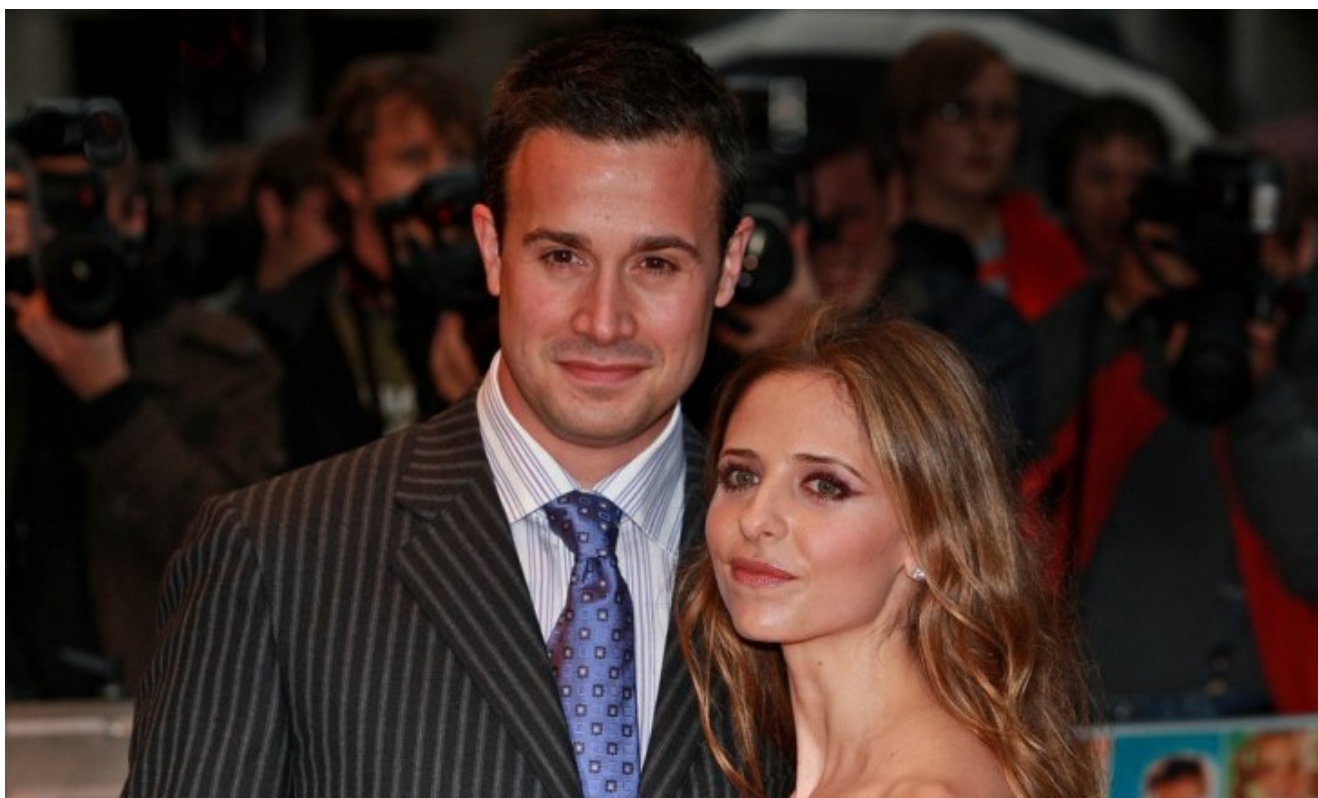
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Have mutual empathy.

The life you shared (and presumably enjoyed) before your partner got ill is no longer the life either of you is living while the recovery is taking place. Without mutual empathy, that reality and all the stress you are both feeling can take a toll because most people eventually run out of emotional stamina. Talk about how you are each feeling, what is working and what isn't. Discuss what you have lost, and what you hope to get back. Come together as a team and be aware of a recovery plan. What is a realistic timeline to expect to get back to normal? That will give your partner time to rest without feeling pressure from you, and it will give you something to look forward to.

Freddie and Sarah are now closer to the other, healthier side of this. They are facing this challenge head-on, and hopefully will find it makes them stronger as they go forward.

Dating Advice Q&A: How Do I Tell My Friend She Shares Too Much About Her Relationship And Love On Instagram?



Question from Mary Kate K.: I have a friend that has been dating this guy for almost 2 years. It seems like every other day she's uploading a picture of the two of them with some caption like, "the love of my life and I enjoying dinner at our favorite restaurant" or "look at the flowers my boyfriend gave me after a hard day!" I'm happy for her...but I'm also sick

to my stomach. How do I nicely tell her to tone it down?

Read on to see the relationship experts [dating advice!](#)

Dating Advice: How To Deal With Too Much PDA

[Suzanne K. Oshima, Matchmaker](#): While it can be annoying when a friend posts too much about their relationship and love on social media, it's not really your place to tell your friend how much she should or shouldn't post on Instagram. I think the bigger issue is, you really need to ask yourself why it really bothers you so much? Her posts aren't vulgar or offensive by any means, however if her posts are making you physically sick to your stomach, then you have a choice to follow or unfollow her. If you follow her, then just be a good friend and be truly happy for her. And if you can't be happy for her, my love advice is to stop following her.

Related Link: [Relationship Experts Q&A: Does Social Media Stalking Create False Intimacy?](#)

Paige Wyatt, Reality TV Star: Telling someone to stop posting about their relationship is a conversation that will never end well and will also make you seem a bit jealous. Simply unfollow her on so you don't see her posts unless you search for them. Telling someone to tone down their happiness online will make you seem unsupportive of their relationship and stir up trouble.

Related Link: [Love Advice Q&A: How Do I Show My Interest In Someone Online?](#)

[Robert Manni, Guy's Guy](#): For whatever reason, you'd prefer not to see your friend's parade of Instagram posts with her boyfriend of almost two years. Here is an easy solution: My dating advice is to stop following her on Instagram. It's

not appropriate to ask her to stop posting what makes her happy. After all, it's her account. The question you might ask yourself is why. Are you being good friend and concerned about the guy, fear your friend is setting herself up for an embarrassing fail on social media? Or could you be a tad jealous of her good fortune? Ouch. In our Kardashian world where anything and everything is exposed on social media, I'm not feeling why your friend's Insta-bragging is such an issue. Respect and good luck, Mary Kate.

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.

Do you think it's appropriate to tell a friend to tone down the PDA on her social media accounts? Share your dating advice with us in the comments below!

Dating Advice: First Date Tips For Women!





On this week's Single in Stiletto's [dating advice](#) video, matchmaker Suzanne Oshima talks to relationship expert Matt Adams about what turns a man off on a first date.

First Date Dating Advice From Relationship Expert Matt Adams

On a first date, the biggest turn off for a man is when a woman talks about her relationship goals right off the bat. Yes, men want to know if you want to get married and have kids, but not in the first meeting. Wait to share your relationship and love goals, so that your date can get to know you and assess what role you'll play in their life.

Related Link: [Dating Advice: How To Get A Man To Call You Back](#)

Listen to this expert dating advice and take the pressure off yourself on the first date. Go out, have fun, and meet new people. Make sure you aren't being negative, either. People don't want to hear about your bad day or why your previous relationships haven't worked out. The experts share their love

advice to spin everything into a positive, so you can present your best self first.

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

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

What are your first date tips? Tell us in the comments below!

Relationship Advice: How to Survive Thanksgiving with the In-Laws





By Mackenzie Scibetta

So you drew the short stick for the holidays this season. Thanksgiving will not be held at your loving, comfortable parents house, but rather you will be forced to put on your most convincing smile as you enter your in-laws home for the festivities. For the majority of us, venturing into in-law territory can be terrifying, stressful and impossibly frustrating. It's an unavoidable nightmare that must be endured with charming comments, positive vibes and endless efforts of offering help. If you want to make it out alive to enjoy Christmas, then you better prepare to exert yourself.

Cupid has some [relationship advice](#) to help you endure Thanksgiving with your in-laws

1. Don't take anything personally: Don't put up a fight or a defense when your in-laws come off cold towards you as this will only increase the tension. Preparing a giant, delicious

meal for your closest friends and family can be extremely stressful so if your in-laws seem aggravated cut them some slack. They took the time to ensure your and your family's holiday is enjoyable so show them that you are appreciative.

2. Offer to help with anything and everything: Consistently, almost to the point of annoyance, ask if there is anything you can help with because this will show that you are not just asking to be polite, but that you genuinely want to help. Thanksgiving is all about authentic appreciation so helping out without being asked is a sincere way to win over your in-laws.

Related Link: [Dating Advice: Find Out If Men Really Want the 'Cool Girl'](#)

3. Agree in advance when you are leaving: Nothing is more uncomfortable than hinting and nudging at your partner that you want to leave. You don't want to hurt their feelings so instead of interrupting family game night to tell your loved one you want to go home, plan a rough time for leaving. Lay out an exit strategy complete with back-up excuses if you know your in-laws are the type to beg you to stay for "just one more game".

4. Find a place to catch your breath: If you can sneak away from the mayhem for a few moments to relax and decompress then by all means go for it. Do a few dishes by yourself or sneak outside for some fresh air. Offering to take the dog for a walk is a practical way to sneak out and seem helpful.

Related Link: [Dating Advice: 5 Ways to Keep Boundaries with Your 'Work Spouse'](#)

5. Be prepared for the worst: If you usually have an unpleasant time then don't expect this Thanksgiving to be any different. Learn from previous family events and know what not to say, when to refrain from offering relationship advice and what to wear. If you're miserable just remember it is only

short-term and momentary.

How do you make your in-laws feel comfortable at your own home? Let us know below.

Celebrity News: Source Says Miranda Lambert 'Doesn't Care' Who Blake Shelton Dates



By Katie Gray

Relationships and love are filling the air! In the latest [celebrity news](#), Miranda Lambert is taking the news of Blake Shelton and Gwen Stefani dating in stride. According to [UsMagazine.com](#), sources close to Miranda Lambert claim that she doesn't care who ex-husband Blake Shelton dates post-celebrity divorce. Furthermore, she had her suspicions about Blake Shelton and Gwen Stefani becoming a celebrity couple prior to their announcement that they were in an official celebrity relationship. She is holding her head high and moving onward and upward! The country cutie is off to a great start after winning Female Vocalist at the CMA's.

In celebrity news, this single lady is moving on! How do you know you're ready to move on after a divorce?

Cupid's Advice:

It's often hard to move on after loving someone, especially once you've gotten a divorce from them. It's something that takes time and it varies case by case. Allowing yourself time to cope and finding yourself is a great place to start. Cupid has some tips on how to know when you're ready to move on after a divorce:

1. You've allowed yourself to cope: It's imperative that you allow yourself time to cope after a divorce. Take the time to reflect on everything that happened and remember it's okay to be sad. Once you have truly allowed yourself to cope, you are ready to move on.

Related Link: [Miranda Lambert Says 'I Needed A Bright Spot This Year' at CMA's Post Celebrity Divorce](#)

2. You found yourself again: After a divorce, you lose

yourself because you have to change everything about your routine and living situation. Take some time to find yourself again and come up with your new goals for yourself and a plan to achieve them. Once you do this, you are much more ready to put yourself back out there.

Related Link: [Former Couple Joe Jonas & Gigi Hadid Split After Five Months Together](#)

3. It feels right: You can't help who you like and it's rare when you find someone that you genuinely care for. If you like somebody, give them a chance. Take baby steps instead of jumping straight into something for the best results.

What are some ways you have known it was time to move on after being divorced? Comment your stories below!

Relationship Advice On How To Fall In Love





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

In this week's [relationship advice](#) video, relationship expert and E!'s *Famosly Single* dating coach, [Laurel House](#) gives relationship advice for how to fall in love. Check out the video above for more details!

Relationship Advice from E!'s *Famosly Single* Dating Coach On Falling In Love

Have you ever thought of falling in love as a decision, rather than the spontaneous, exciting chemistry that's often shown in the movies? Most people haven't, however, relationship expert Laurel House shares that people need to stop waiting to fall and instead make the decision to open your heart and let your guard down. The simple act of falling in love is called chemistry, which is actually a drug, and it fades. The dating expert featured on *E!'s Famosly Single* reveals that chemistry shows itself in the brain in the same location as cocaine and

even shows similar attributes.

Related Link: [Expert Dating Advice: How To Find The Good Guys Sexy](#)

While the high of falling in love feels good, it also fixes blinders to your face that makes it hard to see the warning signs that would prove that your relationship and love won't lead you to happily ever after. If you want to truly experience love, House's relationship advice is to make the decision to open your heart and date smart. With a clear head and minus the facade, you can make the decision to find love. The decision includes being vulnerable because if you aren't, you won't feel their love and you won't love them either. Watch the video above to find out how to fall in love correctly!

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

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

Do you think falling in love is a decision or a feeling? Tell us in the comments below!

Dating Advice: Body Language to Create Instant Attraction





By [Jared Sais](#)

Instant attraction happens all the time. As a relationship expert, when I go out to research at a venue, I can spot this phenomena in a split second. However, people who share the nonverbal cues of instant attraction don't usually know it at first. Their bodies seem to be on a different wavelength than the conscious mind. It's as if their souls were meeting before their actual bodies were. The body subconsciously understands this connection, yet the individual people lag behind. Well not me. I see it first hand as fast as it happens. And this is my secret on what I look for. My [dating advice](#) is to look for three main nonverbal cues to identify instant attraction.

Dating Advice On Nonverbal Cues For Instant Attraction

1. Eye contact with a delayed neck turn lasting about two full seconds. This is a hard nonverbal cue to look for yourself. As you walk into a crowded place full of people you're taking in more information than you can actually fully handle. You're in

a stage of information overload. So, when your body chooses to take a longer-than-average look at someone, that tells me they're more important than the other people you decided to mentally block or purge. When the eye contact is reciprocated for an equal time of two seconds, that's the first sign of instant attraction. The neck will slowly turn away instead of quickly whipping to the next target or person. This occurs because the eyes want a longer look at the person you're interested in. Now, this happens so fast that your body keeps moving and your mind may not fully recognize the chemistry that just took place. Take my love advice and try to capitalize on those moments.

Related Link: [Expert Love Advice: 10 Signs That He's Just Not That Into You](#)

2. A comparable physical attraction match. One thing I've noticed is that usually instant attraction takes place with people of close or equal attraction level. Meaning, if you wouldn't normally be attracted to that person, you won't form instant attraction to that person. Chemistry and survival make up a big part of this instant connection. Your body is saying that person would be a good match for you, as matching with them would lead to a good looking baby. Chemistry also plays a role as the force trying to make that happen. Hormones and pheromones are released and the two bodies start trying to push you two together. I'm not saying people won't find love in other forms, such as personality, wits, stability, or economics. But we're speaking about instant attraction and that is almost 100% based on looks or in this case, senses.

Related Link: [Dating Expert Gives Five Body Language Cues to Look For on a First Date](#)

3. The five senses create a liking.

- Sight/Looks. The obvious one. If you look good, more people will form an instant attraction towards you. This

attraction isn't always reciprocated back but if the two people are close or equal levels of attraction, it will be.

- Smell. Sure, we can say pheromones and hormones need to match up but the truth is if you smell nice, people want to be around you longer. If you smell bad, people will run away. Think of bees to a flower. Try and be the flower. Make sure you smell nice so you can keep the company surrounding you longer. Also, smell is a powerful tool. People remember smells long after other senses.
- Taste. No, you're not eating the person. Well I hope you're not. But taste does play a role when speaking about instant attraction. The Luncheon Technique is a persuasion tool that states if you give someone a tasty meal and ask for something, such as money, they'll be more likely to give you what you want. So, if you approach someone in a nice place, as they're eating and having fun, they will be more likely to respond favorably towards you. Now, not everyone likes to eat in front of strangers, or even be approached by one as they're eating. But the idea is sound and there are specific ways to approach people in times like this that won't create a sense of awkwardness.
- Touch. Touch is a powerful tool. It lets people know if you're interested, strong, caring, friends, lovers or family. Touch is how we connect as humans and animals to show feelings and emotions. Based on touch, we can determine if someone will be or is instantly attracted to you on where they're touching you. If a person (though in my findings a woman will usually perform this nonverbal action) puts a flat hand on your chest, that is a sign of trust and complete affection and lust. Hands on bicep, thigh, knee, side of the neck, cheek, hand and lower back are all attraction cues. The forearm can be a sign of attraction but can also be a sign of friendship. Depending on where you are and who is doing

it and how it's being done.

- Hearing. The sound of a voice can trigger a sense of attraction. How someones voice impacts your ears will send a sign of pleasant or unpleasant, adding to the force of instant attraction. If you like the way they sound, find it comforting or attractive and their voice matches their appearance, you'll be more attracted to that person.

Related Link: [Relationship Expert Talks What's Wrong With Men In The Dating World](#)

I see people show nonverbal cues of instant attraction all the time. It happens everywhere such as on the street, at a bar, in a restaurant or at a friends party meeting new people. I hope when reading this you'll be more open to observing this happen to you and will be able to capitalize on it and find the relationship and love to last a lifetime. So, my dating advice is to put away your phones and look into peoples eyes and see if you find what you've been looking for.

[Jared Sais](#) is the co-author of the website [The Non-Verbal Game](#), where you can find free downloadable content. He is a dating expert in non-verbal communication, who specializes in body language, micro-expressions, and lie deception as they relate to relationships and love.

Halle Berry Walks First Red Carpet Since Celebrity

Divorce Announcement



By Kyanah Murphy

Divorce is hard, especially a [celebrity divorce](#), because everybody knows about it and is in your business. [UsMagazine.com](#) shares [celebrity news](#), stating that Berry was at *Spectre: The Black Women of Bond* tribute at Los Angeles' California African American Museum. After filing for divorce and her soon-to-be celebrity ex husband blasting her on Twitter, Halle Berry held her head high out on the red carpet. You go, girl!

Celebrity divorce isn't keeping

this woman down. How do you cope enough to move on with your life right after a divorce?

Cupid's Advice:

A celebrity divorce is just as tough to deal with as a regular divorce. What's important is how you cope. Cupid has some relationship advice on how to help you cope enough to move on after your divorce:

1. Be positive: Think of the good things and people you have in your life and express gratitude for them. While one relationship is over that doesn't mean everything else is falling apart.

Related Link: [Former Celebrity Couple Mariah Carey and Nick Cannon Reunite to Celebrate Halloween with Kids](#)

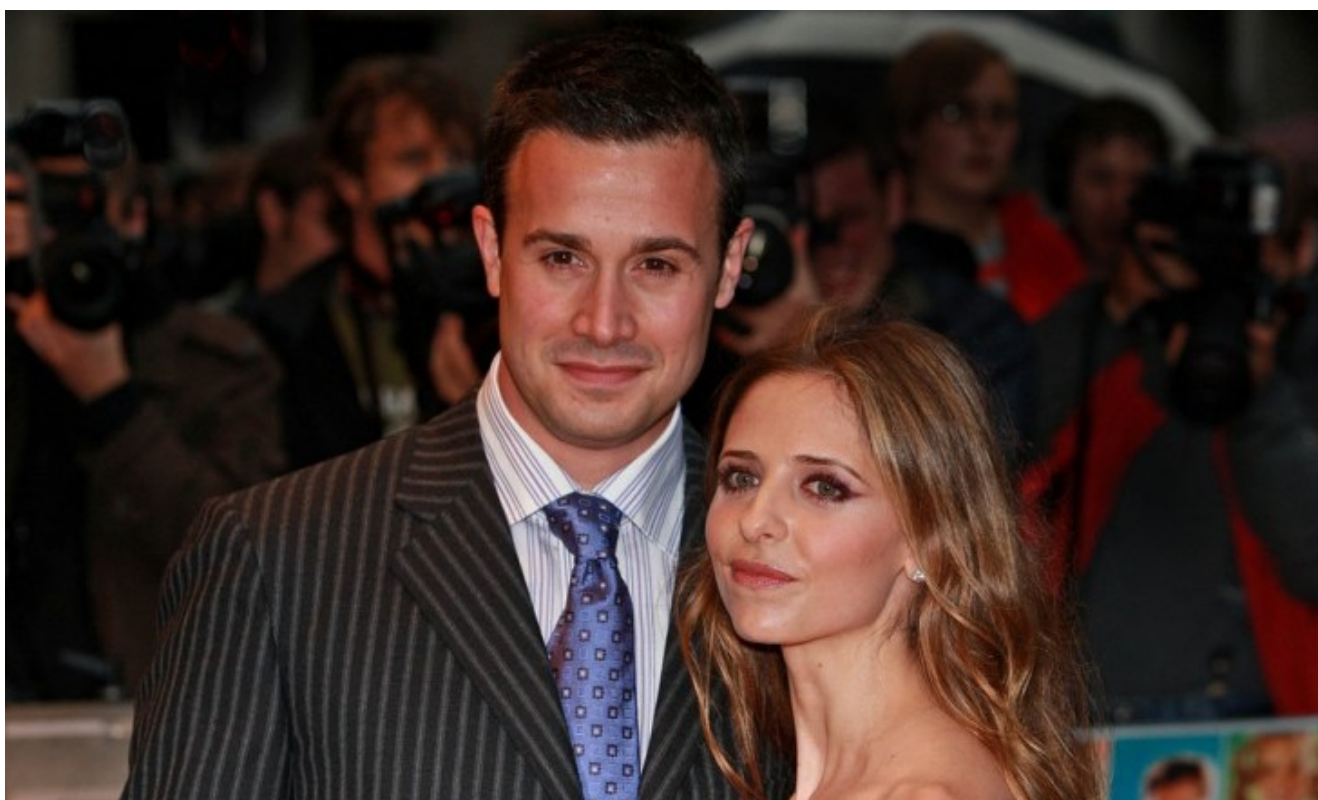
2. Remember that your relationship doesn't define you: You and your partner may have been together for awhile and were an item to many, but your partner and your relationship with them doesn't define who you are as a person. You are you, which is separate from your partner.

Related Link: [Gwen Stefani and Gavin Rossdale Settle Celebrity Divorce and Will Share Custody](#)

3. Don't fuel the fire: So far Berry hasn't fuelled the fire by responding to her ex's tweets or saying nasty things about him. Follow Berry's example and just keep yourself out of it – you'll feel better (and look better) in the long run.

Have you had a divorce? How did you cope? Share below!

Celebrity Couple Brad Pitt and Angelina Jolie Hold Hands at 'By the Sea' Screening



By Kyanah Murphy

While *By the Sea* is a film about a struggling couple, the celebrity couple [Brad Pitt](#) and [Angelina Jolie](#) who played the couple in the film couldn't be stronger! [UsMagazine.com](#) shares this [celebrity news](#), noting that Angelina Jolie and Pitt held hands at the screening of their latest film together, showing that their [celebrity relationship](#) is still going strong.

There's no doubt this celebrity couple is still going strong! What are some ways to show your partner you care at a work event?

Cupid's Advice:

This celebrity couple sure is an inspiration! They really know how to get the crowd falling for them whenever they're together. To get you in on the swooning, Cupid has some relationship advice on how to show your partner you care at a work event:

1. Have some physical contact: Have your arm around your partner's waist or maybe hold their hand, like Angelina and Brad. Show that you and your partner still have love and care.

Related Link: [Celebrity News: Khloe Kardashian Spends Halloween in Hospital with Lamar Odom](#)

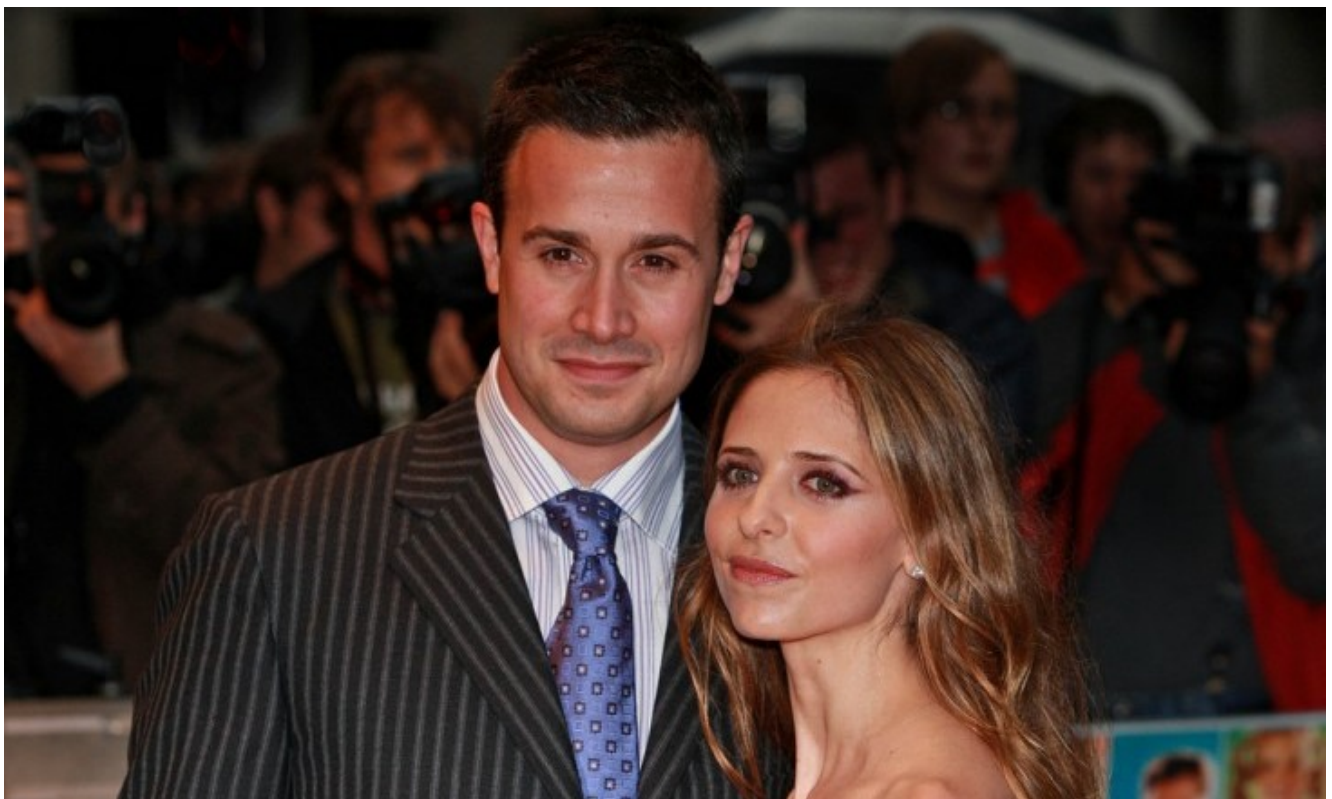
2. Listen to your partner: They might be nervous! Listen to what your partner is saying to you and let them know you're right they're for them, no matter what (especially if something goes wrong).

Related Link: [Bindi Irwin's Boyfriend Bandages Her Feet After 'DWTS' in Latest Celebrity News](#)

3. Talk about your partner's accomplishments: A little bragging never hurt and it shows that you've paid attention to what your partner has told you they've achieved. Or maybe you were right there beside them. Either way, it shows that you've been interested.

How have you supported your partner at a work event? Comment below!

Relationship Advice: Top 6 Contributors to Infidelity



By Toni Coleman

We read celebrity gossip about infidelity all the time. Sometimes, as in the cases of Debra Messing or Claire Danes, it's a part of their dating behavior. But what compels a partner to cheat? And why are the perimeters of commitment such a mystery to them? In this article, relationship expert Toni Coleman, LCSW, gives [relationship advice](#) and explores the hidden meanings behind infidelity and what we can do to secure our relationships and love.

Relationship Advice On Infidelity

When infidelity occurs, it often leads to a lot of blaming that focuses on the violation of trust and a realization that one's partner isn't the person who they believed them to be. There's a clear distinction made between victim and perpetrator. While this is certainly true to a point, it ignores the dynamics that left the relationship vulnerable in the first place. And it leads to a simplistic and erroneous conclusion that nothing could have prevented the infidelity except for the wronged spouse to have picked someone else to marry. Remaining stuck in this thinking is a sure way to end up in divorce court. My relationship advice to healing is that both people need to take an honest look at the state of their marriage prior to the cheating, what each contributed to their problems, and how they could work together on building an infidelity proof union. Identifying which of the following issues played a role in their marital breakdown is the first and most important step. Below are the top 6 contributors to infidelity.

1. A breakdown in communication. A "problem with communication" is the number one reason couples give for seeking relationship help. It has a broad interpretation but essentially boils down to having difficulty connecting through daily conversation, misunderstandings and hurt feelings due to an inability to express feelings and needs clearly, conflict when discussing sensitive topics or issues they disagree on, and/or withholding through silence. Any of these can contribute to increasing distance, which leaves a void that one partner might attempt to fill by going outside the relationship. This is of course a poor choice, and one that can bring the couple to a place there is no coming back from.

Related Link: [Gwen Stefani Drops New Music Video About Her Celebrity Divorce](#)

2. A decrease in emotional and physical intimacy. There is a lot of emphasis placed on a couple's problematic sexual relationship as the cause of marital unhappiness. However, this is only one facet of what they share and though it is important, addressing it alone will not offer a complete solution for repairing their broken bond. Emotional intimacy provides fuel and is foreplay in a relationship—and unless two people share a strong friendship and good intellectual chemistry, their physical relationship can become another chore that is best avoided or handled quickly and without wasting any of the little emotional energy that their relationship has left them with. One partner might make the poor decision to reach out to someone who they can laugh with, who listens to them and seems to really get them, and who challenges them and inspires them in a way their spouse no longer seems to have any interest in doing.

3. Unaddressed stressors related to family and job. Couples encounter many challenges on the long road through commitment, marriage and family life. Sickness, loss of a job, an ill or handicapped child, unexpected financial problems, and the day-to-day struggle to find balance in a too-crowded life all lead to stress. For many people, this is something they try to ignore or just push through, thinking that in time, things will get better on their own. Then, one day, they realize they are completely overwhelmed and experiencing physical and emotional symptoms that contribute to an “every man for himself” mindset. When this happens, the marriage is often put on the back burner and the individuals hunker down, focused on getting through another day, unable or unwilling to add to their own burden, even for the well-being of their partner.

Related Link: [Celebrity Divorce: Source Says Halle Berry and Olivier Martinez 'Both Have Major Tempers'](#)

4. A negative or hostile home environment. When a couple stops communicating, puts their focus on their own needs, and withdraws due to overload—the environment often becomes

charged with negative energy and feelings of resentment and anger. The tension is often palatable as one or both seek a way to escape through watching TV, going online, spending time alone in different rooms and parts of the house—and seeking companionship and dialogue with others outside of the relationship/family. Essentially the negative energy pushes them further and further apart until home is not a comfortable or happy place to be, so they look elsewhere for that lost comfort.

5. Stressors related to physical or mental illness. This is the “in sickness and health” part that is contained in the marriage vows. For many couples, naiveté contributes to that feeling of invulnerability that many start out their marriage with. Sickness happens to other people, but won’t happen to them. Then when something bad strikes, it feels completely unexpected and can have a sudden destabilizing impact on a relationship. Even if the couple can quickly put resources and supports in place to deal with the crisis, it can be a game changer, depending on the type, severity, and chronicity of the illness. Physical and emotional exhaustion, draining or depleted resources, lack of down time and fun, and the potential for a large shift in how the couple interacts and relates—can push one or both people over the edge. If one individual ends up in a caregiver role for their partner, it shifts the dynamics in a way that can leave them unable to get their own needs met—and they may feel resentment and a desire to escape this new life they had not planned on. Even if the illness is not chronic and can be eventually resolved, the stress can alter how two people relate and lead to emotional and physical distance that leaves a void of unmet needs.

6. Financial problems. Money problems are often said to be the root cause of marital conflict and discord. Difficulty managing joint finances, agreeing on a budget, keeping secrets about purchases and debt, and conflicting values regarding saving and spending are some of the common issues that arise.

If these are not addressed quickly, they can lead to a loss of trust, and respect, and an unwillingness to be open and candid regarding important financial decisions that could have a long-term impact on their family's security and well-being. When this happens, some people are vulnerable to thinking about what it would be like to be with someone else, to have a partner that offers financial security and someone who wants what they want for their future.

Related Link: [Relationship Advice On Financial Infidelity](#)

No wonder the marriage vows include the phrase "for better or worse, for richer or poorer, in sickness and in health..." Marriages are tested by all of these, and if a couple doesn't work together, they will slip apart—and the space that is left is what a third person moves in to fill.

Toni Coleman is a licensed psychotherapist, certified relationship coach and internationally recognized dating and relationship expert and founder of consum-mate relationship coaching. She is frequently quoted in many local and national publications and top ranked dating and relationship websites and has been a guest on a number of radio and TV programs seeking to provide their listeners with her cutting edge expertise. She is a regular contributor to Hope After Divorce and HealthyLiving.care.

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

Dating Advice: Find Out If

Men Really Want the 'Cool Girl'



By Abbi Compel

When you ask many guys what they're looking for in a woman, they said they "just want the 'cool girl'." The problem is, everyone has their own opinion on what qualifications a girl must have to be the 'cool girl'. That being said, mostly this girl will be hot, smart, funny, and will love football. Of course, that's not an exhaustive list, and it totally depends on the guy in question.. Maybe he is just looking for a girl who has a great personality and who will love him. The question is, do men really want the 'cool girl,' or do they want bits and pieces of multiple definitions of a 'cool girl'?

Cupid has some [dating and relationship advice](#) on what makes a 'cool girl' and what men are looking for:

1. Understanding: Guys are looking for someone who understands them. If they want to go out with their buddies for the night, they want you to be totally okay with that. They don't want a girl who is going to watch their every move and not trust them when they just want a night out with the fellas.

2. Healthy: They want a girl who looks good and has a nice body. That's a given, because being attracted to your partner is key in every relationship. Each guy has their own preference, but they are most likely looking for a girl who is healthy and loves her body just as much as he will.

Related Link: [Dating Advice: 5 Ways to Keep Boundaries with Your 'Work Spouse'](#)

3. Funny: A great sense of humor is always a huge plus. They want someone who will laugh and joke with them. They don't want a girl who is going to get upset over a small joke. If you can dish the jokes back at them, then that is even better.

4. Smart: A guy always wants a girl who has not only beauty, but brains. He will always be looking to see if you can keep a conversation and have the smarts to hold your own. He wants someone who he can have meaningful conversations with when the time comes.

Related Link: [Dating Advice: 7 Warning Signs That You May Be Dating a Taken Man](#)

5. Yourself: Just be yourself. If you can be the best version of yourself, then that makes you a 'cool girl' no matter what.

There is nobody else like you, and that is what will make you unique for special guys. Be confident with who you are and always strive to be happy.

What do you think qualifies a girl as being cool? Comment below!

Relationship Advice: Living Together Doesn't Prepare You For More



In this week's [relationship advice](#) video, matchmaker and

dating expert Suzanne Oshima talks to relationship author Duana Welch about why living together doesn't prepare you for more. Check out their [dating advice](#) in the video above!

Relationship Advice On Moving In Together

Although it might be quite shocking and contrary to popular belief, surveys show that moving in together actually won't benefit your relationship and love. It might even make it suffer. The experts say that those who move in together before marriage are more likely to get divorced and cheat on each other.

Related Link: [Dating Advice Reveals What Men Really Want In A Woman](#)

Experts say women may need some relationship advice that when a man asks you to move in, he isn't asking you to marry him. Without that commitment to marriage, men are less likely to propose and more likely to have an affair. If you end up moving in together before marriage, or before you've set your wedding date, you might end up playing at commitment, instead of fully committing.

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 do you think about moving in together before marriage? Tell us in the comments below!

Celebrity Couple George and Amal Clooney Adopt a Basset Hound



By Mackenzie Scibetta

Millie just became the most talked about shelter dog in Hollywood as she was taken into the home of famous couple George and Amal Clooney. According to UsMagazine.com, Millie is a 4-year-old Basset Hound mix that was homeless before luckily being adopted by the Clooney's. The [celebrity couple](#) brought their cocker spaniel Louie to meet the new addition to the family and they reportedly hit it off! Rumors are stirring that this could be the first step towards preparing for a [celebrity baby](#). We can't help but get excited for a possible [George Clooney Jr.](#)!

This celebrity couple is on cuteness overload! What are some ways adopting a pet can help strengthen your relationship?

Cupid's Advice:

Always make sure to weigh the pros and cons before committing yourself to an animal. Ensure you are in a lasting and loving relationship because an animal is not a small issue to argue over. Once you have actually adopted your little bundle of joy then get ready for a companionship like no other. Cupid is here to show you why adopting a pet can benefit your relationship:

1. Provides endless date opportunities: You will be able to spend a lot more time together doing more interesting things if you have an animal. Taking the dog for a walk together, venturing to the park, exploring an exotic pet store and watching a grooming competition are all unique ways to spend time with your loved one and loved pet.

Related Link: [Celebrity Couple Predictions: George Clooney, Kylie Jenner and Sandra Bullock](#)

2. You will fight less: The companionship of a furry friend can help decrease stress and anxiety. Having your pet around will put you and your partner into happier moods thus turning your home into a healthy environment.

Related Link: [George Clooney Jokes About Celebrity Marriage: 'They Said It Wouldn't Last'](#)

3. You will develop healthier habits: Taking care of an animal will give your life structure and routine, as well as increase the amount of physical activity you receive. As the saying

goes, a couple who works out together stays together. Living a healthy lifestyle will increase your moods and decrease the chance of arguments.

What kind of animal did you and your partner adopt together? Comment below.

Dating Advice: Is Trick-or-Treating with Your Love Life a Good Idea?





By Mario P. Cloutier and Diane Sawaya Cloutier

Yes, it's that time of year again. Soon we'll have legions of little devils and princesses running high on sugar, banging on our doors and willing to put on their best act in the hopes of stocking up on more sweets. Quite frankly, we love Halloween. For us, it's an opportunity to bask in the excitement of the smiling faces at our door and share some love.

But when it comes to love, is Halloween a metaphor for what your love life has become? Could trick or treating describe the type of encounters you have with romantic partners? We have some dating advice for you.

If you keep attracting the wrong individuals or repeating the

same mistakes in your choice of partners, you may be prey to the trickery behind this cast of characters and missing out on the treat:

The desperate treat beggar:

This one will keep his finger on your doorbell until you open the door... even if the lights are out! He is so needy, he'll do ANYTHING to seduce you—disguise his true self, compromise his values, lie, accept mistreatment, and more. This is a role nobody should ever take on. Disguising oneself to become love-worthy is not sustainable in a romantic relationship.

The deceiving treat giver:

This person appears to be nothing but giving, but she's only passing out rotten apples and stale candy. Do you know why? Because she loves the deception! She loves to cheat and oftentimes she'll pursue more than one relationship at a time. Be wary, because this person can frequently be found offering her "treats" on multiple online dating sites.

The savvy treat seeker:

This one has a specific strategy to her treat collecting. You'll never see her knocking on a door with limited candy supplies. She's after the big, opulent, flashy treats—the full-size chocolate bars and the like. As a result, she will completely disregard more modest offerings, even if they were lovingly handcrafted for the occasion. Such treat seekers find instant gratification, but rarely end up in a fulfilling relationship.

The leveraging treat giver:

This guy gets a kick from negotiating and... he never stops! "Ok kids, who's willing to count to 100 for these two candies here?" And, once you've performed it, he cranks up his request! "Alright, now do it backwards." He's the perpetual "I'll give you this if you give me that" kind of person in his relationships. The ultimate "what's in it FOR ME!" kind of guy. Even if you like the looks of his treats, the question

is, do you really need that?

If you have known one or more of these characters, we have only one piece of advice to give you: Take control of your FEAR. Identify what it is that prevents you from slamming the door on these pretenders, and start to confront it. Don't fall for the same tricks or settle for mediocre treats. Otherwise, you'll end up trick or treating a lot more than just your love life.

Authors and relationship coaches 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. Learn more at www.ReLovenship.com.

Nick Carter and Wife Lauren Kitt Are Celebrating First Celebrity Pregnancy





By Kyanah Murphy

Backstreet is back, and it looks like Nick Carter and his wife Lauren Kitt are expecting a junior Backstreet Boy with their first [celebrity pregnancy](#). The celebrity couple shared that Kitt is four months pregnant, according to [UsMagazine.com](#). The famous couple are overjoyed, as they had been trying to have a celebrity baby for awhile.

Add another celebrity pregnancy to the record books! What are some ways to know your partner is parent material?

Cupid's Advice:

Another celebrity pregnancy is well on its way. Have you been bitten by the baby bug? Unsure if your partner is parent material? Cupid's here to give you relationship advice on what to look for to see if your partner can handle a baby:

1. Your partner is mentally mature: It's okay to be a kid at heart and have childish moments in life, but to be childish all the time is not a sign of parental material. You don't want a "baby raising a baby" after all.

Related Link: [Celebrity Baby News: Carey Mulligan & Marcus Mumford Welcome First Child](#)

2. Your partner is committed: He or she should be committed to you, committed to your pet, committed to their job, etc. Your partner isn't playing games and is committed to what they do.

Related Link: [Famous Couple Dwayne 'The Rock' Johnson and GF Lauren Hashian Are Expecting First Child Together](#)

3. Your partner is financially stable: Your partner knows when to splurge and when it's time to save. They fairly help you with the bills and necessities. They're not going out and buying everything under the sun once they've been paid.

Expecting a baby or already have one? How did you know your partner was parental material? Comment below.

Halle Berry and Olivier Martinez Announce Celebrity Divorce





By Abbi Comphel

Halle Berry and Olivier Martinez are divorcing after two years of marriage. UsMagazine.com received their statement on Tuesday, October 27. The celebrity exes are going to move forward with love and respect for each other and will take care of their son together. This [celebrity divorce](#) seems to be very calm.

It looks like there's another celebrity divorce to add to the mix! How do you know if your relationship has staying power?

Cupid's Advice:

Relationships can be hard work, especially if you want to make them last. Cupid has some love advice on whether or not you are meant to be:

1. Chemistry: Can you two spend endless amount of time together without bickering? If you can then you are off to a great start. It is all about how well you get along with each other. It should be effortless and there should be little to no arguing.

Related Link: [Gwen Stefani Drops New Music Video About Her Celebrity Divorce](#)

2. Time: Take time to get to know one another. Do not rush into things just because you think they may be the one. It takes about 2 to 4 years to get to know someone and you may want to take that time before you make a big decision.

Related Link: [Heidi Klum Talks Life After Celebrity Break-Up from Seal](#)

3. Love: If you love this person you will know. It will be a feeling you have never felt and that is how you know if it will work or not. Because the two of you will be willing to fight through anything to stay together forever.

How do you know your relationship has power to stay together? Share below!

Online Dating Advice: When To Jump Back Online After A Breakup





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

In this week's relationship advice video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) gives online [dating advice](#) for when to get back online after a nasty breakup

Online Dating Advice After A Breakup From E!'s *Famously Single* Laurel House

If you're recently heartbroken and don't know when to get back out in the dating world, then this dating advice is for you. Relationship experts reveal that getting back out there doesn't always mean looking for a new relationship and love. You need time to be alone and heal, but going out, flirting, and feeling sexy is a necessary reminder that you're a hot commodity.

Related Link: [Relationship Expert Reveals What to Do Before](#)

[You Begin Online Dating](#)

Moving on isn't always easy, so check out what steps to take after a breakup. First, you need to end social media relationships, because you don't want to see what your ex is up to. Then, you need to list all of the bad things about your former romance. It's too easy to fantasize about what used to be. Next, you need to refresh your look and do something that will make you feel good about yourself again. For the rest of the steps from *E!'s 'Famously Single*; star Laurel House, check out the video above!

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

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

When do you think you should get back online after a breakup? Tell us in the comments below!

Dating Advice Reveals What Men Really Want In A Woman





In this week's [relationship advice video](#), matchmaker and relationship expert Suzanne Oshima talks to dating coach Arica Angelo about what men really want in a woman. Check out their [dating advice](#) in the video above!

Dating Advice For Women: What A Man Really Wants

1. Respect. Respect can be shown by saying thank you and being grateful for the hard work a man puts into a date. Some women have a sense of entitlement and expect men to do certain things, but our dating advice is to be grateful and honor him.

Related Link: [Relationship Experts Talk Capturing His Attention \(in person!\)](#)

2. A woman who knows how to have fun. No one likes boring dates, with little interaction because it's such a turn off. Listen to this love advice and when you're on a date, put yourself out there and have fun.

Related Link: [Dating Experts Reveal 5 Things You Need To Know](#)

[About Men](#)

3. A bright woman. Men love brilliant women, so communicate your brilliance. Don't be a narcissist or brag about your accomplishments, though. Men gravitate toward intellectual women, so flirt with your brilliance.

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 do you think a man really wants? Tell us in the comments below!

Celebrity Interview: Lifestyle Coach Laura Baron Talks Relationship Advice





By Mackenzie Scibetta

If you're looking for guidance or direction in your life then listening to the unapologetic and uncompromising lifestyle coach Laura Baron may be just what you need. With a background in television, Baron has appeared on countless reality TV shows such as *Bad Girls Club* and *You're Cut Off*, giving contestants a taste of her own philosophy regarding career tips, relationship advice and family affairs. Baron is returning to the small screen as a [relationship expert](#) on Oxygen's new show *Fix My Mom*, which premieres tonight at 9/8c, where she will tackle the issue of complicated mother-daughter duos who need serious help mending their bond. In our exclusive celebrity interview, Laura Baron offers her professional take on reality TV, dating and divorce.

Timeless Relationship Advice from Reality TV Life Coach

In your experience, where have you found that women are most in need of a life coach? And, at what age do you feel this is

most common?

My private clients range from late twenties to late forties. They're usually at a transitional point whether it be in a relationship and love, a job, or getting back to who they really are. A woman reminding herself of her true value is often the underlying theme. But any age and any time is the right time, as long as she's ready to do the work!

Related Link: [Relationship Advice on Financial Infidelity](#)

One of the mother-daughter groups faces a problem because the mother is dating younger men. What advice do you have for mother's who are on the dating scene and don't want to upset their children?

This shouldn't be about upsetting the children, this should be about setting expectations that EVERY member of the family deserves happiness. I don't subscribe to the idea that mother's should put their lives on hold to satisfy their kids. It's strengthening for kids to see that mom is also a woman and there is life outside of the family. They will grow up with less guilt that their mom sacrificed everything and less obligation to be her sole support. In the process, moms can have open discourse to assure their kids understand she's not looking to replace them or their father, but merely looking to add more love and support into their lives.

When is it the right time for a parent to start dating again after a divorce or tough break-up? And, how do they ease back into it if they have been out of the dating game for a long time?

The time is right when that parent feels ready. It's not about the action of going out to date, it's about the communication at home to make sure the kids feel safe and loved. They can ease back in by starting to have more social times with their same sex friends. Establishing a social life outside of the home is often the first hurdle parents have to get over. Then,

get open and say hello.

We see it time and time again, women settle for second best and end up in unhealthy relationships. What is the one piece of advice you would give to someone to help them avoid or break this pattern?

To avoid getting in a toxic relationship, before you date others, date yourself. People who get into sub-standard relationships are looking to fill a need. Get honest with what you're working with, so you can both better take care of yourself and also look out for where you're letting someone in for the wrong reasons.

Related Link: [Exclusive Celebrity Interview: Former 'Bachelor' Chris Soules Says His Dating Life is "Relatively Non-Exsistent"](#)

What are three red flags (not obvious ones) that a woman can look for to know whether or not she is in a toxic relationship from the very beginning?

1. Pattern of control. Unhealthy partners want to control you and it usually starts small. You deserve authority over all decisions you make.
2. Rude behavior. How people treat others who cannot ultimately 'benefit them' (i.e. waitstaff) is who they ultimately are. Someone who is comfortable belittling or being rude to another human regardless of their perceived status is going to eventually treat you the same way.
3. Woman power. There are men who love women and men who do not. You can tell by how he talks about women, treats the women in his life, and ultimately how he treats you. Choose a man who loves women, that simple.

What is the best lesson viewers can take away from watching Fix My Mom?

Change is not limited to these women. Yes, they worked their tails off. Please allow that dedication to inspire you, that

ANY RELATIONSHIP CAN HEAL, as long as both people are committed. And as long as women support each other ANYTHING IS POSSIBLE!

If you want to read more about Laura Baron or receive more advice then check out her website, www.asklaurabaron.com/ or follow her on Twitter @asklaurabaron and www.facebook.com/asklaurabaron. Don't forget to tune into Fix My Mom tonight on Oxygen at 9/8 c.

Khloe Kardashian and Lamar Odom Are Throwing Out Celebrity Divorce Case





By Mackenzie Scibetta

As the celebrity gossip continues to buzz about Lamar Odom and [Khloe Kardashain](#), rumors are now heading into a more positive direction. The estranged couple, who are legally still married, but have been separated and seeking a [celebrity divorce](#) for almost two years, are giving their marriage a second shot, according to [UsMagazine.com](#).

This celebrity divorce is on hold for now. How do you know if divorce is the best course of action?

Cupid's Advice:

Divorce is definitely not something to enter into lightly. If you're not sure what you want, then take a time out and think it through. Cupid has some pieces of relationship advice to figure out whether divorce is the best course of action:

1. Exhaust all options: Have you tried to take some space?

Have you attempted couples' counseling? Make sure you're tried everything to make your marriage work before throwing in the towel.

Related Link: [Court Confirms Khloe Kardashian and Lamar Odom's Celebrity Divorce is Not Final](#)

2. Is the love still there?: It may be true that the giddy excitement is no longer present in your relationship, but do you still love your partner? Does he or she still love you? If the love is gone, it may be time to call it quits. If not, consider working through your issues.

Related Link: [Khloe Kardashian 'Can't Even Get in Touch' With Lamar Odom to Finalize Divorce](#)

3. Other factors, like children: Do you have kids with your partner? Sometimes your divorce will directly affect your family, and if that's the case, you may want to consider staying together for them. Of course, that depends on if you have a tumultuous relationship or not and whether being together around your children makes sense.

What are some other ways to know if divorce is the best option? Share your opinions below.

10 Spooky Ideas to Strengthen Your Relationship and Love Life



By [Sarah Batcheller](#)

Halloween is one of the most anticipated holidays of the year. People of all ages decorate with faux-spider web, smear on face paint, and practice their best evil cackles, all in the name of an exciting fright! This is an especially thrilling time for lovers, who can not only comfort each other during the ghoulish hours of the night, but revel in the excitement of dressing up and going out. Many people spend the entire month of October building up to the suspense of Halloween.

Cupid has 10 pieces of spooky [relationship advice](#) you can use to strengthen your relationship

and love life!

1. Carve a pumpkin: The scarier, the better! Witches and ghosts don't seem so bad when they're etched into your favorite fall vegetable. Plus, you and your sweetie can add your own touch of personality to your décor- like funny eyes or a great, big smile- truly making it your own.

2. Bake a pumpkin pie from scratch: Only the most talented bakers make their desserts from scratch. It can be a long process, but it sure is a fun one, and the results are definitely a sweet reward!

3. Attend a fall festival: Think of it like a carnival date, but with creepy mirror houses and other activities and games. Usually, there are markets to purchase your favorite autumnal treats. You can easily research online a local Fall festival that your city is hosting.

Related Link: [Date Idea: Look into Your Future](#)

4. Enter a costume contest: A little competition may be just the trick (or treat!) for you and your lovebird to get into a team spirit. It's also an excellent way to show off your personality as a couple.

5. Have a horror movie marathon: It's the best excuse for snuggling (as if you need one!). You can opt for classic childhood flicks, or ultra-haunting thrillers. Either option is sure to set the spine-tingling mood.

6. Create a haunted house: Deck out your house in horrifying gear, getting it ready for ghoulish guests. Not only will it make for a great way to get creative together, but you can involve your friends and neighbors in your favorite holiday.

Related Link: [Top 10 Celebrity-Inspired Halloween Costumes](#)

7. Have a haunted tour: Research stories about hauntings in your area, and go scope out the scenes. You and your sweetie can explore places, like haunted houses or woods, with particularly spooky myths attached. Just be sure to use the buddy system, and: no trespassing!

8. Tell stories around a bonfire: There are more ghost stories in the world than anyone can count, so bundle up by a nice, warm fire, and see who can tell the scariest ones. Plus, it's a great way to stay warm at the end of October.

9. Host a haunted game night: Add an eerie twist to your favorite board games, and have your friends over for a fun evening. Not only can the two of you bond over planning the night, but you can have plenty of laughs with your favorite pals.

10. Last but not least...The Classic: Trick-or-Treating! By now, you're probably too old to dress up and go knocking on neighbor's doors. But, you can dress up and greet all the little goblins and superheroes who come your way. Whether you prefer handing out sweet treats or healthy snacks, the trick-or-treaters are sure to gobble it all up...let's just hope no one's appetite is spoiled before Thanksgiving!

What are some other spooky ideas to strengthen your relationship? Share your thoughts below!

**Dating Advice: First Date
Fashion Do's And Don'ts**



By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#)

A first date is just as important as a first impression, so things like introduction and attire really count. The introduction and conversation aspect comes with the territory, but sometimes it's tough to decide what to wear to the occasion. What do you wear on a date night? It's important to look good, but it's also important to not appear like you're trying too hard. So as relationship experts, here's our [dating advice](#) and tips on do's and don'ts of fashion when going on a first date.

Dating Advice On First Date Fashion

Do: Wear something flattering

This may be an obvious one, but you'd be surprised how many

people miss this memo. It's important to look your best and in order to do so you should always wear something that fits your figure; not too tight, but not too baggy. Most importantly, make sure you're comfortable in what you're wearing because it will make you feel better when you're out on the date knowing that you like the way you look.

Don't: Wear something too flashy

Flattering is chic, flashy is trashy. Don't be that girl that shows up to a date in a low cut shirt or sequins all over your outfit. A man may appreciate your womanly features, but it's the first date and you should leave something to the imagination. This is essential because you want his first impression of you to be classy, responsible, and someone he can picture himself in a relationship and love with.

Related Link: [Expert Dating Advice: 5 Signs He's Mr. Now and Not Mr. Right](#)

Do: Lipstick

Not only is lipstick very in right now, but it also screams classy with a hint of sexy. Lipstick is the perfect make-up "do" because it balances your face in a way that compliments every woman. So, wear some lipstick to the first date, but make sure you find the right color for both your complexion and the outfit you're planning to wear!

Don't: Get too crazy with your make-up

Historically, men aren't huge fans of crazy amounts of make-up on a woman. That being said, women love make-up, so you do you and wear what you please, but just remember that the "natural look" is classic and looks really nice. So, our dating advice is wear the "natural look" for the first date because it's a win win.

Related Link: [Expert Dating Advice: 5 Surefire Signs He's Into](#)

You...or Not

Do: Wear cute shoes

Who doesn't love shoes? The first date is the time to pull out your really nice shoes whether they're your nicest boots, your brand new stilettos, or a cute bootie you just bought. The right shoe will pull your whole outfit together and he's going to appreciate that you're putting your best foot forward to look great for him.

Don't: Wear shoes you can't walk in

This is important. Shoes are like a Venus fly-trap. They suck you in with their beauty and then slowly kill your feet with pain while you wear them. I don't care how pretty the shoe is, if you can't walk in them or you're going to be complaining the whole night about how your feet hurt, DO NOT WEAR THEM. He wants to know that you are having a good time and I can guarantee he will be able to detect the pain on your face when you wince every time you walk, which will just bring the mood down for both you and him. So, our love advice: When looking in your closet to pick a pair of shoes, pick the pair that is cute, but provides a certain level of comfort so that both you and your guy can enjoy your night to the fullest.

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

Relationship Advice On

Financial Infidelity



By Toni Coleman

While celebrity news cites irreconcilable differences as the final blow for [celebrity divorces](#) such as Brandi Glanville of “Real Housewives of Beverly Hills,” actress Kaley Cuoco, and celebrity chef Giada DeLaurentiis, it doesn’t take long for the matter of money to surface as part of the proceedings. Whether finances are openly discussed as an asset to a healthy relationship and love, or used as fodder when your vows start falling in the red, money is an integral part of any marriage.

Relationship Advice On Handling

Money Issues

If you're concerned about how you and your partner communicate about money, pay attention to the following relationship advice. Watch for these four warning signs of financial infidelity.

1. You never sit down and talk specific numbers. After two people are married, their lives become intertwined. Their home and individual possessions essentially become the property of both. And ideally large purchases, investments, and decisions regarding long-term financial goals are decided jointly. But what if a couple never discusses a budget or decides how they will handle savings and investments? That answer is usually that you're both too busy, one of you is better with money and handles all the bills without the input of the other, or you each handle your money in your own way. If any of these are true you could be on a slippery slope. Continuing down this path could lead to important financial decisions being made without the knowledge or consent of the other, which constitutes financial infidelity.

My relationship advice is to address this by sitting down and listing all your income and expenses. Then, decide on a budget that covers joint expenses while also allowing each of you a discretionary pot of money that only you control. Every few months conduct a joint review to assess how your system is working and make adjustments as needed. Handling it this way allows you both some autonomy but not at the expense of your marital financial health and happiness.

Related Link: [Bethenny Frankel Calls Money 'the Root of All Evil' in Split with Celebrity Ex Jason Hoppy](#)

2. Discussing finances becomes heated and defensive. What happens if you agree to sit down and talk about your finances and one of you reacts with defensiveness or anger because you feel you're being accused or challenged in some way? When you

attempt to talk it through, do the words “yours” and “mine” get used too often? Does it ever feel like money is a taboo subject that you shouldn’t really be discussing at all because it often leads to hurt feelings or conflict? If any of these sound familiar, you’re at risk of ending up with no financial plan, which often leads to impulsive, short-sighted, and costly choices. When this happens, partners can begin to focus on protecting their share of the assets, which increases secrecy and contributes to a further breakdown of cooperation and an increasing loss of intimacy. The way to address this issue is to decide together that continuing to avoid the problem is not an option. Then you may need to seek out resources to help if you continue to be unsuccessful in your attempts to resolve it on your own. Try talking with an experienced counselor or a financial planner.

Related Link: [Expert Love Advice: Handling Debt & Credit Scores Post-Divorce](#)

3. Large purchases are hidden. When there is a breakdown in cooperation and a loss of intimacy, secrecy flourishes. These conditions create an environment in which partners can begin to act autonomously and in their own interest, hiding large purchases as they tell themselves they have no other option. Over time, one partner can run up huge amounts of credit card and other debt, liens are placed against the home due to unpaid taxes, and properties go into foreclosure—all happening without the knowledge or consent of the other partner. Yes, these are all examples of worse case scenarios, but they happen with alarming frequency. The solution is open, honest communication—again seeking out competent, experienced professionals when needed.

Related Link: [Child Expenses After Divorce](#)

4. You discover a secret bank account or PO box. When one partner is being secretive, the other one usually senses something is up and begins to pay closer attention. This is

often when the discovery of a secret bank account or PO box is discovered. Sometimes the partner happens upon the information as they're attempting to get a better handle on the couple's bills and complete paperwork. Either way, it not only spells serious trouble, but it also says that the problem has been going on for some time and has most likely reached a serious stage. It is at this stage that large secret purchases, huge debt or liens and potential foreclosures come to light.

When you hear about money being the number one reason for divorce, this is why. Because so much damage has been allowed to occur, the solution will be more complicated and costly in terms of money, time, and marital goodwill. Immediate crisis intervention is needed, which consists of professionals who can help the couple triage their debt, cut their expenses, come up with a payment plan—and continue in their home and adjusted lifestyle if possible. When a couple finds themselves here, they must act quickly and work towards a new normal. Otherwise the financial consequences can be dire and the marriage un-salvageable.

You have worked hard to build your financial security. Don't allow it to collapse by falling victim to poor financial decisions by someone you love and trust. By watching for signs of financial infidelity, you can be sure your wallet is protected as well as your heart.

Toni Coleman is a licensed psychotherapist, certified relationship coach and internationally recognized dating and relationship expert and founder of consum-mate relationship coaching. She is frequently quoted in many local and national publications and top ranked dating and relationship websites and has been a guest on a number of radio and TV programs seeking to provide their listeners with her cutting edge expertise. She is a regular contributor to Hope After Divorce and HealthyLiving.care.

For more information about and articles by our Hope After

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

Celebrity Couple Kylie Jenner & Tyga: Is Fighting Good or Bad?



By Dr. Jane Greer

Current [celebrity couple](#) Kylie Jenner and Tyga recently revealed that they enjoy focusing on the fun things in life and “don’t really fight” in their relationship. They admit to disagreements occasionally, but not all-out fights. One of the

ways they do this, they said, is by ignoring negativity. While this can create a very enjoyable and pleasant relationship in the moment, if it means brushing disputes under the rug for fear of where they might lead, it is possible it can create difficulty down the road.

It is important for all couples to address any concerns or differences of opinions so they can learn to work through conflict together. Here's some [relationship advice](#).

Focus on points of contention.

Being hesitant to delve too deep might prevent people from being able to truly share their feelings and needs. With that in mind, the question becomes is fighting in a relationship good or bad? Arguing in and of itself can be very upsetting, so it isn't surprising that some people look to avoid it completely. The problem is that if you do that, you will close off an important channel of communication that can eventually lead to a better place. There are few couples who don't occasionally encounter a disagreement, feel annoyed with the other, or have concerns about something. When that happens and the issues are sidestepped and left alone, they can fester and grow into bigger problems that, if they go on long enough, can be destructive to the relationship.

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Establish methods and listen.

In order to continue as a couple with a strong foundation, you need to have methods to work out the clashes that inevitably

arise between you. An intense fight might not be the way to do that, but often an argument is the first attempt at addressing what is bugging you. Being able to voice your concerns in a respectful way so that your partner has a chance to hear what's on your mind and not get defensive is a good place to start. This enables you to take an important step toward listening and understanding each other so you can reach a compromise that feels fair and balanced to you both. The key is working to get beyond that first intense burst of anger when your temptation is to lash out and hurt the other person. If you get stuck there it can work against you as a couple. The real goal of an argument is to problem-solve so that you can find a better way of handling things going forward.

Related Link: [5 Celebrity Couples That Fight Dirty](#)

Manage your anger positively.

The first step is to steer clear of name calling, blaming, criticizing, or attacking your partner. While that lets your anger out in the moment, it can leave your partner feeling wounded and wanting to retaliate against you, which shuts down your attempt to work things out. The aim is to reach a point where you feel cared about and know that what matters to you is also important to your partner, so that you can trust that your needs will be met. Another tip is to pay attention if things are getting too heated and out of control. When that happens, take a deep breath and hit the hold button. Use this skill to take a break so you can both cool off before you broach discussing the topic again. One important aspect of hitting the hold button is that you agree on a time when you will resume the conversation so it is not left hanging, giving either one of you the chance to feel resentful.

When you resolve an argument it can play an important role in helping you feel closer and more intimate with each other since you're able to get beyond it and feel understood. Although Kylie and Tyga's choice is not to argue, making room

to do so could be a good choice for you.