

Kate Hudson Opens Up About Celebrity Break-Up From Matt Bellamy



By Katie Gray

In [celebrity news](#), Kate Hudson recently opened up about her celebrity break-up from Matt Bellamy, as the two are no longer a celebrity couple. According to [UsMagazine.com](#), Kate Hudson explained the two ended their celebrity engagement due to different visions of what their future would look like together. The previous pair hope to maintain a friendship. Hudson's relationship advice is, "Relationships ending are painful, and you can choose to carry that or you can choose to reframe it."

The details are coming out about this celebrity break-up! What are some ways to know you aren't meant to be for the long-term?

Cupid's Advice:

Sometimes you see a future with somebody and then you realize that what you had envisioned is different from what your partner had in mind. In some cases, this means it's time to go separate ways. Cupid has some advice on how to know if you're not meant for a long-term relationship:

1. Different goals: Sometimes you love a person a lot, but when it comes down to it, you have different goals. If one person really wants to get married and have children, but their partner doesn't ever want that, then they either need to compromise or part ways. It's important for a majority of life goals to be the same!

Related Link: [Calvin Harris Slams Rumors of Celebrity Break-Up From Taylor Swift](#)

2. Different paths: Oftentimes people travel different roads in life at different times, and that's okay, because we are all unique. We create our own paths in this beautiful thing called life. If you're not going the same direction as your partner though, it could be a sign that you're not meant to be. You have to be at least headed in the same direction when it comes to life aspirations and routines.

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

3. Different lifestyles: Opposites do attract, however; birds of a feather flock together too. If your lifestyle is

completely opposite from your partner's, then you may run into issues at some point and need to call it quits. If one partner wants to go out and party a lot, but the other partner is a homebody – there will be a clash. The person you spend forever with, needs to have somewhat of a similar lifestyle!

What are some ways you have known when you weren't meant to be long-term with your partner? Comment your stories below:

Relationship Advice: How To Get A Ring On THAT Finger!



On this week's [Single in Stilettos](#) relationship advice video, matchmaker Suzanne Oshima and dating expert Tinzley Bradford talk about how long you should wait before you get engaged.

Dating Experts Give Relationship Advice On When To Tie The Knot

Have you been in a relationship and love for a few years and he still hasn't proposed? It seems like we've all been there, but don't fret because the experts have this [relationship advice](#): It's okay to ask him and talk to him about it! If you've been together for 2-4 years, then it's time to have a talk. Don't waste your time when you're dating, because if he likes you, he should put a ring on it.

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

You also want to make sure you never give a man an ultimatum and you value what he wants. Marriage is about compromise and it's about both of you, so you need to have a discussion about it. Learn about where both of you are regarding the idea of marriage, whether you're comfortable financially or even at your career. You never want to force someone into marriage. Listen to this relationship advice, because if he's dodging the talk, that could be a red flag that maybe he isn't ready for marriage.

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](#).

How long should you wait before getting engaged? Tell us in the comments below!

Court Confirms Khloe Kardashian and Lamar Odom's Celebrity Divorce is Not Final



By Mackenzie Scibetta

As the public awaits to hear if Lamar Odom will regain consciousness, one piece of [celebrity news](#) is helping to clear the air about Odom. According to [UsMagazine.com](#), the [celebrity divorce](#) between [Khloe Kardashian](#) and Odom was never finalized. Kardashian first filed for divorce in December 2013, but the

former married celebrity couple never officially signed the papers until July 2015. Kardashian was reportedly “inconsolable” after Odom was found unconscious in a Nevada brothel.

It looks like this celebrity divorce is still in the works! What are ways to support your partner through tragedy?

Cupid’s Advice:

Nothing hurts more than feeling helpless while watching a loved one suffer. Everyone copes in different ways, however, so make sure you fully understand your partner before you try to help them. Cupid has a few tips to help you lift your partner out of the dumps:

1. Give them their privacy: While consoling your partner with cuddles and hugs is beneficial, letting them be alone with their emotions will be more helpful to their mindset. Crowding them or pressuring them to share information might make them hurt more so understand when it is the best time to give them space.

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

2. Be a good and attentive listener: Giving them the opportunity to vent without feeling judged will be very beneficial to their road to happiness. Make them feel connected to you so they can heal faster. Don’t pressure them into telling you anything, but always let them know you will listen.

Related Link: [Celebrity News: Kim Kardashian Is Sick to Her](#)

[Stomach when Khloe Flirts with Lamar](#)

3. Offer to take them to their favorite place: Encourage them to escape their tragedy by travelling to their favorite restaurant, amusement park or beach. This is a healthy way to uplift their spirit while still enjoying life. This will remind them that life is still full of positive moments.

How do you cheer yourself up when you're in a bad mood? Comment below.

Celebrity News: Taylor Kinney Says Lady Gaga Slapped Him After Their First Kiss





By Mackenzie Scibetta

Love at first slap? Taylor Kinney and [Lady Gaga](#) started off their [celebrity relationship](#) by getting physical, with Lady Gaga actually slapping Kinney after an attempted kiss. According to [UsMagazine.com](#), while on the set of Gaga's "You and I" music video Kinney made an artistic decision to unexpectedly kiss Gaga, but she was not feeling it. However, Kinney says that by the second take she was accepting his kiss. The couple have been dating for four years and are now in a [celebrity engagement](#), although they have yet to set a wedding date or location.

This celebrity news is pretty funny! How do you know if someone you're interested in likes you back?

Cupid's Advice:

Deciphering whether your crush likes you back or not isn't as difficult as one would think. It's all about paying attention to the little details and picking up on subtle hints. Cupid has some golden tips to help you discover if your crush is crushing back:

1. Watch their body language: While this celebrity news of Lady Gaga slapping her crush is atypical, most people when interested in someone will lean towards them when talking, make impressively good eye contact and have better posture. Also, notice if they're smiling a lot around you.

Related Link: [20 Celebrity Couples That Are Just Like Us](#)

2. Notice how often they're around you: If you catch them going on their lunch break the same time as you or making excuses to be near you, then they clearly want to spend more time with you. Watch if they try to grab your attention from across the room too.

Related Link: [Celebrity Couple Lady Gaga and Taylor Kinney Get Cozy on Romantic Charity Ski Trip](#)

3. He showers you with compliments: Sometimes they are not as obvious as "you look beautiful" so you'll need to look deeper. Compliments can be very subtle and can come in unexpected ways, such as praising you. Make sure to return the favor so he catches onto how you're feeling too.

How do you let a guy know you like him? Let us know below.

**Relationship
Striking
Conversation**

**Expert
Up**

**Talks
Party**



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](#) talks about how to start a conversation at a party. Her dating advice is simple: Dig in and reveal yourself.

E!'s *Famously Single* Dating Coach

Gives Top Tips For Party Conversation

When you go to a party and see someone really hot standing across the way, how do you casually start a conversation? The relationship expert empathizes that finding a point of entry can be difficult. The first step is to overcome your nerves! Harness them and get your adrenaline pumping so it empowers you. You want to walk up confident in how interesting you are.

Related Link: [Dating Expert Says Look For What You Need, Not Want!](#)

Once you find the confidence to approach the hottie across the way, you'll want a few topics to discuss. For example, if you're a foodie, talk about the food being served at the party. Or be a bar fly and talk about cocktails. Either way, relationship experts, whether from *E!'s Famously Single* or not, say you'll want to show a passion of yours and reveal something about yourself. Remember to dig deep and get past the surface if you want a relationship and love.

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

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

How do you start up conversation at a party? Tell us in the comments below!

Expert Dating Advice: How To

Impress Her Dad



By [David Wygant](#)

So you've met somebody you really care about. You've exchanged the "I like you's." You might have even exchanged the "I love you's." You're talking about a future – or at least something to do next month. And then all of a sudden she says, "My parents are in town this weekend, and I'd love for you to come to dinner with us."

David Wygant Shares Expert Dating Advice to Impress Her Dad

You've heard all about her mom, and you think, "She's a mother; mothers are easy." All you need to do is flirt with her the same way you flirted with her daughter. Well, not

exactly the same way, but mothers always want their daughters to find a relationship and love. Mothers are always looking at the man the daughter brings home, and as long as he's well-behaved and dresses well, you're fine.

Related Link: [How to Meet a Man on Halloween](#)

But what about the father? You've heard she's a daddy's girl. You've heard that her father is really difficult, and you've heard many other intimidating things about him. How do you impress the dad? According to my expert [dating advice](#), it comes down to this: The father is always the toughest one, especially if he was a good dad and his daughter was his princess. He's going to want to make sure that the man she picked is strong and confident.

I have a daughter. She's far from dating age, but the way I am bringing my daughter up is the way I want a man to treat her. I want him to listen to her. I want him to respect her. I want him to allow her to blossom and grow. And that's what it's all about.

When you meet the dad, he's the one that is going to have his eyes glaring at you like an eagle on top of a mountain. He wants to make sure you're good enough for his little girl. In his eyes, she will always be his little girl. You are going to need to impress him, and doing that is very simple.

If she's serious about you, he wants to know what your life action plan is, how motivated you are, and how much money you make (without bringing up the number). Maybe you want to become an entrepreneur. Talk about your job. Talk about everything in the positive. He wants to see a motivated man because, if you're the guy that is going to give him grandchildren, he wants to make sure you're going to be able to support them all when she's barefoot and pregnant.

Be a gentleman. Open the door for her. Hold her hand. Treat her with respect. Smile when she talks. Have eye contact. Find

out how he wants to be addressed. For instance, if he's a military man, he might want to be called sir.

Related Link: [How to Make Your Girlfriend Feel Beautiful](#)

Share your stories. Share your sports interests. Is he into fantasy football? What's his favorite sports team? It's all just bonding. Learn about his business ahead of time. Research some things to help you make conversation. It's all about making a connection. Find ways to bond with him because, deep down, he's just a guy.

At the end of the day, it's all about the way you treat his daughter in his presence and your life goals. That's what going to make a father feel comfortable about the man in his daughter's life.

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 dating advice from David, click [here](#).

Kylie Jenner on Celebrity Relationship with Tyga: 'We Don't Really Fight'



By Mackenzie Scibetta

While [Kylie Jenner](#) and Tyga have only recently opened up about their controversial [celebrity relationship](#), they appeared to be all smiles in a recent impromptu Q&A session. According to [UsMagazine.com](#), the young famous couple said they avoid fighting by trying to always be optimistic and just have fun. Tyga dished some insightful [love advice](#) saying, “You gotta live for yourself and better the people around you and make an impact.” The pair have been dating since earlier this year.

This celebrity relationship hasn't hit any rough patches as of yet. What are some ways to keep fighting

to a minimum in your relationship?

Cupid's Advice:

Relationships are all about keeping balance and compromise. You need two understanding, appreciative, and positive souls to prevent unnecessary arguments. Cupid is here to show you how to keep the peace in your relationship:

1. Choose your battles wisely: Petty arguments over who should do the dishes are not worth your breath. Focus on what is important and only fight if it can benefit the relationship. If you take a moment to pause and ask yourself "why am I getting angry?" you can avoid small issues.

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

2. Laugh about it: Kylie Jenner herself admits that when her and Tyga fight sometimes they can't help but break out and smile. Once you see how silly the issue is, you and your partner can loosen up and joke around. This is an easy fix to drifting away from any argument.

Related Link: [Famous Couple Kylie Jenner and Tyga Make Funny Snapchat Videos](#)

3. Admit when you're wrong: This is the part that most people struggle with but once you master the apology it will be smooth sailing afterwards. Don't play the blame game because it will just add more problems. Spend your time fighting over who is sorry the most instead.

How do you and your partner reconcile after a big fight? Comment below.

Dating Experts Reveal 5 Things You Need To Know About Men



On this week's [Single in Stiletto's](#) relationship advice video, matchmaker Suzanne Oshima and dating expert Robert Manni reveal the five things women need to know about men when they're dating!

Dating Expert Reveals Relationship Advice: 5 Things You Need To Know About Men

1. Men are sexually wired. They think about sex a lot. But, the dating experts say just because he thinks of it, doesn't mean that's his only intent.

2. What you see is what you get. Men say what they think and are straightforward. You can tell a lot by his demeanor, sense of humor, and how he dresses. Unless he's a player. The experts relationship advice is to sort through the players and genuine guys.

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

3. Patronizing women. A lot of men tell women what they want to hear, with sex in mind. Women have to be careful and sort out if what they're hearing is true.

4. Men are driven by fear and ego. Men are competitive with each other and are ultimately loners. They don't confide in each other and are left to sort things out on their own. Men have a fear of losing rather than the desire to win.

Related Link: [Expert Dating Advice: How to Make a Relationship and Love Work](#)

5. Men want a solid relationship and love. They are looking for something reliable. Men want a woman who is attractive and a friend they can confide in.

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 women need to know about men? Tell us in the comments below!

Author Jennifer Scott Shares Timeless Lessons of Poise and Dating Advice in New Madame Chic Book



Interview by [Whitney Johnson](#). Written by Mackenzie Scibetta.

Watching a grown woman yank on another woman's hair while

wearing a skin-tight dress and holding a cocktail is the opposite of what it means to have poise, but as we know from the latest celebrity news, it is neither surprising nor uncharacteristic in our society. In fact, it is almost commonplace for women these days to have a lack of grace and dignity. Lucky for us, relationship author and blogger Jennifer Scott recently released her third book in her *Madame Chic* series dedicated to this topic. In *Polish Your Poise with Madame Chic*, she serves us a guide to a classy and elegant lifestyle and also sprinkles in some [dating advice](#).

Relationship Author Shares Her Tips for Having Poise

First, can you define poise for our readers?

There are five main characteristics that make up poise: confidence, composure, compassion, presentation, and being present. Confidence is really just about feeling comfortable in your own skin and owning who you are. Composure is so important and hard, especially in a difficult situation where someone is pushing your buttons. There are so many encounters where we could use composure to our benefit. As for compassion, that asks us to think about someone other than ourselves, which is a major part of having poise, especially in our narcissistic society. Also, how you present yourself – not just your clothes but how you behave – can say a lot about you. Making eye contact, speaking clearly, and dressing in your own true style will help. Lastly, being present means not getting stuck in your own head and worrying about the future. Instead, seize every moment you have.

Related Link: [Most Popular Girl in New York City Shares Online Dating and Relationship Advice in New Book](#)

What celebrities come to mind when you think about poise?

I love Rachel Bilson because she doesn't have a big presence on social media, which says a lot about her. Other celebrities that I love are Natalie Portman, Michelle Williams, and Kirsten Dunst because they all possess a lot of grace. And of course, Audrey Hepburn is still an icon even so many years after her death.

An obvious choice for someone who needs to work on their poise would be [Miley Cyrus](#). She's trying too hard to shock people, and that's not going to last long-term.

What was your favorite chapter to write in *Polish Your Poise with Madame Chic*?

I loved the presentation and style part because it is so valuable. People assume style is superficial, but it's not! It's simply about presenting yourself well with dignity and respect. I always encourage my readers to find their own style. You see people on the streets wearing black yoga pants everyday with an old t-shirt, and it's rancid.

In what aspect of their life do you find young women need to work on their poise most?

I think they struggle most with finding their place in the world and learning how to carry themselves. It's hard in our society, especially with celebrities focusing on the wow factor; young women start to think they should behave like that too. They're acting anti-establishment because it's the popular trend right now. Instead, young women should really think about how they present themselves and what their choices say about who they are.

Jennifer Scott Provides Dating Advice For Those Lacking Grace

Now for some dating advice! What suggestions do you have for women going on a first date?

First, I think that dating should be taken seriously. You shouldn't just accept any invitation! Next, dress beautifully and in a respectful way because you want to attract the right kind of person. There's no need to be overly sexual to try and get the guy interested in you. Also, when you're in conversation with him, don't spill your life story. Instead, show that you're well-read and discuss current events or books and movies that you enjoy. Make him see that you're an interesting person.

Any tips for someone meeting their partner's family for the first time over the holidays?

This is where poise can be your secret weapon. Make sure to dress respectfully, make good eye contact, shake hands, and bring a gift for the host. Show them what a dignified young lady you are by really being present and engaged. And no matter what, do not play on your cell phone the whole time!

Related Link: [Relationship Author Dr. Tara Fields' Love Advice: "The Happiest Couples Don't Necessarily Have More or Less Conflict"](#)

How can a woman maintain her poise post-breakup?

It's really easy to maintain poise in the good times, but it's even more important to maintain it in the bad times. Always pause when you're agitated and do not jump on social media. Keep things private, both good and bad. Additionally, don't let yourself go into a funk of wearing only sweatpants. Pull yourself together to help keep that positive attitude.

Lastly, as a working mom, do you have any tips for our readers who are struggling to balance their family life with their career?

Set your priorities. Family is the main focus for most women, so when you come home from a long day of work, make sure to spend time with your spouse and kids. Whatever precious time

you have with them, be present and make it count.

Polish Your Poise with Madame Chic *is available on Amazon. If you're looking for more from Jennifer Scott, check out her blog Daily Connoisseur!*

Dating Advice: 5 Ways to Keep Boundaries with Your 'Work Spouse'



By Katie Gray

The concept of having a “work spouse” is becoming more and more common in the workplace. In this day and age, people are typically working more hours than they used to. This means that they are also spending more time with their co-workers, which includes the opposite sex. This type of relationship is similar to having a real spouse – it’s someone to support you through life, but without the sexual benefits. Vault.com conducted a survey among a diverse range of industries and found that out of the 693 people surveyed, 32% said they have or have had previously, a “work spouse.” This type of relationship is on the rise!

Cupid has some [dating and relationship advice](#) on how you can keep boundaries with your work spouse:

1. Don’t share too much personal information: While at work and interacting with your work spouse, don’t overshare personal information. It’s important to keep the relationship light and happy. If you overshare things from your private life, the relationship won’t be strictly professional anymore. Be personable without crossing the line.

2. Don’t go out drinking together: Dr. Phil’s advice on this subject is, “Don’t drink with your work spouse. When you drink, boundaries get blurred.” Therefore; keep the relationship professional and no conflicts will arise.

Related Link: [5 Ways To Know Your Partner Is Lying To You](#)

3. Be honest: The most important thing is honesty when it involves this topic. Make sure your work spouse is aware if you have a real spouse or significant other. If you do, be sure to tell your partner about your work spouse as well so

there are no secrets. Sources say that it's good to even have them meet, so there is no room for paranoia or tension.

4. Avoid frequently talking about your work spouse at home:

Although you love being around your work spouse and have many inside jokes and stories, it's best to avoid talking about them too much at home. There needs to be a distinction between your work life and your home life. It could potentially hurt your partner's feelings if you bring up your work spouse too much. However; it's good to casually mention them and share information.

Related Link: [Relationship Advice: Marriage Survival](#)

5. Communicate appropriately: Even if your work spouse is your favorite co-worker by far, make sure that you are still communicating and interacting with other employees. This way it won't seem like you and your work spouse are exclusive and like a clique. Your fellow co-workers and the people in your personal life should all be aware of this strictly platonic relationship in the workplace. With effective communication, everyone will remain on the same page.

How have you maintained boundaries with your own work spouse? Share your stories below!

Relationship Advice: When to Stop Wearing Your Wedding Ring



By Dr. Jane Greer

Actor Brian Austin Green was spotted making a trip to the grocery store, smiling and still wearing his wedding ring despite his split from Megan Fox. He appeared to be in good spirits. After five years of marriage, the couple decided to part ways about six months ago. Yet the fact that he is still wearing his ring brought a lot of media attention. There is so much to think about when you are separating and considering divorce that sometimes that tiny detail about when to take the ring off either falls to the bottom of the list or becomes too overwhelming to face.

Deciding when to slip it off is a personal choice, with no right or

wrong answer. Here's some relationship advice.

The wedding band itself can hold a lot of meaning not only to the people in the marriage, but also to everyone around them who sees if they are or are not wearing theirs. It is a marker to the world that says they are in a committed relationship, or possibly, if they have broken up but continue to wear it, that they are still dealing with aspects of their relationship and are not completely ready to let go.

When people keep wearing their ring post-split, it might be that they are not ready to transition their identity from being married and part of a "we" to being single and just a "me." That shift can be challenging and daunting, and the ring itself can continue to give them a sense of security so they don't have to be out there on their own in the world just yet. Or, it may be a simple signal that they are not ready to start dating and want to give a very clear message that they are unavailable. Or, when there are children involved as there are with Brian and Megan, continuing to wear a ring might be a subtle sign that the parents are still connected so the kids can have the ongoing sense of family.

When is the right time?

All of this leads to the big question: is there a right time to take it off? That answer is different for everyone, and will vary greatly from person to person. It doesn't matter when you do it, but what does matter is knowing and understanding what it means to you when you finally decide to stop wearing it. For most people, when they take their ring off it is a statement that they have taken a definitive step into their new single life. It can be a long road to get over a break-up or a divorce. It takes time for both partners to heal and recover, but first they have to accept it is over and

begin to move forward. Removing your ring is part of the process of letting go. Only time will tell when Brian will be ready to do that.

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

Love Advice: Roll With The Punches, Don't Get Rolled Over





By Debbie Ceresa

You know the feeling. It's that unsettling doubt that surfaces when the best of days turns into the worst of moments. It's like the time Taylor Swift was awarded the 2009 MTV Best Female Video Award only to watch helplessly as the self-proclaimed 'expert' on artistry, Kanye West, took the microphone to express his differing opinion. Thankfully, most of us aren't confronted with these instances on national television, yet our reactions to these experiences are just as emotionally charged. As a relationship expert, I know these moments happen in relationships and love all the time. During these occasions, you're faced with a choice. How you handle that decision can make all of the difference in the outcome.

Love Advice On Rolling With The Punches

Several years ago, I was asked to present several awards during an annual high school honors ceremony. This year, one of the awards would be presented to my team of ambassadors and

I couldn't wait. I caught the smiles from the audience and was ready to begin my accolades of the young people on the team. However, before I could say another word, a loud ringing phone rudely interrupted this high point. I could have tried continuing over the interruption. Or, I could have gotten angry and flustered. But, I didn't. The ringing eventually stopped and the audience sat silently. Looking over the crowd, I smiled and jokingly said, "I guess another student wants to apply." The laughter was overwhelming and so was the applause.

Related Link: [Relationship Advice: 4 Reasons To Leave The Past In The Past](#)

I learned a lot from that incident. Often in our lives, many unexpected events happen. What we do with the unexpected is what matters. My love advice: Instead of living in fear of being knocked off course, here are four strategies to navigate the surprise bumps and keep you on the straight and narrow for success in your love life.

1. Change your course and navigate the unexpected life bumps. You know the unexpected is going to happen when you least expect the disruption. Why not channel your adventuresome side? Use the detour as an opportunity to find a new discovery. Many of us hide our longing for adventure by turning cautious and reserved. Remember your curiosity when you were a child? Some of your inquisitive adventures were great learning experiences; others earned you a time-out. Either way, it didn't take long to learn from one of your escapades. As adults in your love life, not all of your challenges bring about immediate positive outcomes. Nevertheless, accept this love advice, your "time-out" experience, and learn from it.

2. Learn to laugh. By keeping an open mind, you'll find yourself laughing and enjoying some of the unexpected. It's easy to focus on the familiar and never look beyond the narrow comfort zone you created. Often times, the comfort zone is

only in our mind, prohibiting us from seeing so much more. Life is constantly changing; why not enjoy the unforeseen? My expert dating advice: Laugh, join the party, and live in the moment.

3. Don't listen to the criticism. Many people rely on the emotional destruction of others to boost their own place in life. Just like Taylor Swift in 2009, and the 2015 Grammy awarding artist Beck for Album of the Year (whom Kanye West also tried to upstage), sometimes this happens when you least expect it. In those seemingly powerless instances, the outcome is entirely up to you. Your strength lies in your ability to rise above the negativity and be an example of grace, maturity and professionalism. Both Swift and Beck displayed immense diplomacy and both gained enormous respect as a result.

4. Accept and share compliment. How do you feel when someone hands you a compliment? I don't know about you, but I feel good when that positive gesture comes my way. Focusing on what's good in our lives and taking note of our good fortune in every aspect helps us operate on a higher level. It encourages us to rise above the pettiness and negativity and remain focused on what is everlasting and important. Accept and be grateful for that positive vibe that comes to you. Think about the many ways you can spread your own thankfulness. I guarantee the positive energy will make your day.

Related Link: [Dating Advice: Create The Person You Want To Be](#)

We can't eliminate the unanticipated twists that happen in our lives, but we can decide today how we plan to navigate them. By remaining flexible in the need to change, using humor to buoy our decisions, turning away from negative people, and focusing on our contributions to the world and being grateful for the goodness that comes our way in return, we can handle the unexpected. In this way, the one thing we CAN expect is much success and happiness in our near future.

Debbie is a Certified Grief Recovery Specialist® and the author to the #1 bestselling memoir A Beautiful View, available on Amazon.com. A Beautiful View documents her journey through her husband's battle with cancer, which ultimately ended with his death. She has experienced grief firsthand and is well equipped to aid others in the recovery process, whether with death or divorce. For more information about Debbie and how to recover from your loss, please visit debbieceresa.com.

For more information about and articles by our Divorce Support Center relationship relationship experts, click [here!](#)

Relationship Experts Q&A: Does Social Media Stalking Create False Intimacy?





Question from Anna C.: I've had a crush on my neighbor for a while, and he finally asked me out on a date! Since we've lived near each other for nearly a year, we're already friends on Facebook. Of course, I've looked at his profile in that time, and I feel like I really know him. On our date, is it okay to bring up something I saw on his profile, or should I avoid mentioning anything I've learned from social media stalking?

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

Relationship Experts Share Dating Advice On Social Media Stalking

[Suzanne K. Oshima, Matchmaker](#): If it was something that you saw on his profile awhile back, then I would avoid bringing it up. He'll know that you've been snooping around his Facebook page and it could raise an "eyebrow" in his mind. As a relationship expert, I tell my clients that you never want to appear like you're more interested in him than he is in you. So, just play it cool on the first date and have fun. As you

go out on more dates and you get to know him better, then it would be okay to bring up something you saw on his profile because then it would be more appropriate.

Related Link: [Expert Love Advice Q&A: When Do I Send A Friend Request After A First Date?](#)

Paige Wyatt, Reality TV Star: It's absolutely okay to mention something you saw on your dates Facebook profile on the first date! It's a good way to connect and create a comfortable conversation. But you've got to make sure you say you saw it on their profile. If you say, "Hey, I saw that funny video on your page last week with the cats!" it can start a conversation, but if you say "I think cats are so funny!" it might get a little weird. Guys can get creeped out if you try to hide the fact that you looked at their social media. Honestly, that seems a little more stalker-ish, like you're secretly watching them. If you're open about seeing things on their profile, they're more inclined to feel flattered that you took an interest in their stuff!

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

[Robert Manni, Guy's Guy](#): Since you were neighbors and had connected offline prior to dating, I suggest leaving Facebook behind for now. Checking his profile now and then is understandable, but as you know, social media posts can lead to assumptions and misconceptions. If I were you, my love advice is to consider yourself lucky to be dating someone that interested you from afar. That's a great start. Now it's time focus on building a relationship and love face to face, and hopefully cheek to cheek.

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 social media stalking creates false intimacy?
Share your dating advice with us in the comments below!

Victoria Beckham Slams Celebrity Break-Up Rumors



By Abbi Compel

[Victoria Beckham](#) and David Beckham made this week's latest [celebrity news](#), as celebrity break-up rumors have been spreading about the lovely couple! But, according to

UsMagazine.com, Victoria denied all rumors and told the UK fashion magazine *Grazia* that the two are beyond fine. This pair's love is apparently stronger than ever! The two may have different schedules, but they always find ways to make time for each other and their family.

This celebrity break-up rumor is major! What are some ways to keep rumors from affecting your relationship?

Cupid's Advice:

Rumors can be the leading cause of a break-up. They can be so easy to believe and make you so quick to judge. Cupid has some ways to keep these rumors from affecting your relationship:

1. Communicate: The first thing you should do in a situation like this is to communicate with your partner. Ask them why these things are being said and make sure you are getting honest answers from them. You don't want to make any big decisions until you talk it out.

Related Link: [Celebrity Break-Up: Amy Poehler and Nick Kroll Call It Quits](#)

2. Ask Questions: Ask them where these rumors came from. If you know who the source is then talk to them and see why they are saying things like this. Ask them multiple questions and find out what caused these rumors in the first place!

Related Link: [Kaley Cuoco and Ryan Sweeting File for Celebrity Divorce](#)

3. Trust: Don't be so quick to believe what other people say. Our emotions can take over in an instant, and that is a scary

feeling. We want to believe the first thing we hear, because at the moment, it sounds right. But you have to remember you trust your significant other for a reason, so be sure to talk it out!

What do you think is some good advice to keep rumors from affecting relationships? Comment below!

Dating Advice: How To Get A Man To Call You Back



On this week's [Single in Stilettos](#) relationship advice video,

matchmaker Suzanne Oshima talks to dating expert Matt Adams about how to get a man to stop texting you and actually pick up the phone.

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

Matt Adams Reveals Dating Advice On Becoming A Priority In A Mans Life

Are you struggling with how to become a priority in your relationship and love? Then, you've come to the right place, because Matt Adams reveals his best love advice for how to get a man to value you. First, you cannot be needy! Don't require something of the man your dating and instead give him value. For example, text him something interesting or funny that doesn't need a reply.

Related Link: [Expert Dating Advice: What A Man Doesn't Want In A Woman](#)

You can bait him with something, like a mysterious story. Say, "I'm so embarrassed, you'll never guess what I did today." Then, when he replies, you'll respond and say "Too much to text, call me later!" Now, you're setting him up to chase you a bit to get that missing information. It's vulnerable and yet mysterious. If they don't bite the bait, then they probably aren't as interested as you might think.

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](#).

How do you get a man to call instead of text? Tell us in the comments below!

Relationship Advice: Don't Give Up on True Love as a Single Parent



By Diane Sawaya Cloutier (with Mario P. Cloutier)

A well-known proverb tells us: “Don’t judge a man until you’ve walked a mile in his shoes.” I’ve walked many miles in the shoes of a single parent trying her luck at dating, and my aim is not to judge, but to encourage and advocate with some important [relationship advice](#).

I know first-hand what it’s like to be a single mom. While I

was fortunate to benefit from an amazing support group, I remember that phase of my life as one that brought many fears and questions, often in the form of self-doubts. I felt lonely, and I truly thought that few others could relate to my situation. This was some 25 years ago, in a world that was certainly different from today's for single parents. For instance, the likes of "xyzSingleMomsMingle.com" had not yet arrived. Facetime couldn't help me keep an eye on the little one when I went out. And less people were becoming single parents by choice. Still, when it comes down to the real anxieties and worries single parents face, has much really changed?

The troubling concerns that single parents say torment their lives today sound identical to the ones I wrestled with more than two decades ago: "Am I a good enough mom?" "Will we be okay financially?" "When will I be able to find some time for myself?" "Am I going to be alone for the rest of my life?" And, the BIG one: "Will I ever be able to love and truly be loved again?"

I don't pretend to have all the answers to these pressing questions, but, on the BIG question, I do have some pieces of relationship advice for you. Here's what I've learned:

The journey of a thousand miles begins with a single step. Everything starts with a decision—a choice we make. What is yours? Are you just looking to meet someone, or are you seeking to love and truly be loved? This may sound simplistic, but it is the first step of any true love journey.

Decide not to settle.

After my divorce, I found myself back on the dating scene as a single mother. It took me several failed relationships before I made a choice that changed my life. I decided I would no longer settle or compromise for anything less than a lasting, blissful relationship. And I was resolute in my decision, even if this meant remaining alone with my son for the foreseeable future.

Make it a B.Y.O.S.

Party invitations refer to B.Y.O.B. My advice to you is don't jump into a new relationship unless you Bring. Your. Own. Self.

Early on, I was undermining what I really wanted from a relationship when I first started dating someone. I camouflaged who I really was just so I wouldn't have to be alone. To fill a void, I made the focus on what I thought the person I was dating wanted from a relationship instead of whether the person could fulfill my needs. Trust me on this: Once you make the choice to no longer settle or compromise on anything less than a lasting relationship, you are more likely to find your soul mate.

You're in charge.

Make a conscious effort to figure out the non-negotiables, or "personal laws" you require from a relationship. Once you've established your own needs and your own self-worth, you will have a clear picture of the shape your next relationship will take. Remain steadfast and unbending about your personal laws. This will help you avoid pitfalls in your quest to find your ideal relationship, and it will show others that you care enough about yourself to not compromise what you feel is important.

For me, my #1 personal law was: My son has to be embraced, not just accepted. I'd been in situations where I knew this wasn't the case, and it didn't feel right. This became a non-

negotiable condition for me. Personal laws are by nature...personal! There's no one set of requirements. But, if you fail to establish them—or worse, if you don't implement them as you embark on your next relationship, chances are this will end up as a deal breaker later on.

After experiencing it firsthand, I strongly believe a single parent can love and truly be loved again. However, if you're looking for a lasting, fulfilling relationship, keep in mind:

- When we continue repeating the same stuff, we can't expect different results;
- Everything is a process, and anything of great value is worth the wait;
- Faith without work is a waste of time.

Diane Sawaya Cloutier found her soul mate and husband, Mario Cloutier, in 1998 after they both had experienced unfulfilling relationships. Now, authors and relationship coaches, Diane and Mario Cloutier's new book, ReLovership™ – 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 ReLovership™ book and seminars. Learn more at www.ReLovership.com.

Dating Advice: 7 Warning Signs That You May Be Dating

a Taken Man



By Mackenzie Scibetta

The only situation more traumatizing than discovering your man is with a secret woman, is realizing that you have unknowingly been the “secret woman” to a man and his wife or girlfriend. Devastating to a woman’s self-esteem, this type of relationship needs to be stopped before it takes off into something more serious. The typical man who is already taken will be manipulative, uncommunicative and cautious. Watch out for those telling traits, as well as other signs that your lover may be in another commitment.

Look at Cupid’s [dating advice](#) on

the most revealing signs that your man is taken:

1. He's overly protective of his phone: One reason your significant other doesn't want you to touch their phone might be because there are incriminating messages, phone calls or photos on it. If he keeps his phone hidden and becomes defensive when you ask about who he's talking to, that hints he's hiding at least something, whether it is another woman or not is for you to decide.

2. He doesn't invite you to his place: This could be for the fact that he has a wife, girlfriend, or even kids at home. To keep this other life veiled from you, he will likely always suggest heading to your home instead. All and any excuse will be brought out to mislead you from the real reason you cannot visit his place.

Related Link: [10 Body Language Signs That Mean He's Into You](#)

3. He doesn't talk about his friends or family: Opening up about his friends, or even introducing you, could potentially lead to you finding out details about his other significant other. Naturally, if your man is taken then he will keep you as distanced as possible from anyone who knows that he is deceiving you.

4. He is not active on social media: This sign is significantly important, especially in our modern age where everyone and their grandparents have at least one form of social media. This lack of an online presence suggests he does not want to be found, tracked or followed.

5. He stays quiet about past relationships: A cheating man will not share many details about his past relationship because, technically, his past relationship is also one of his current. To prevent slipping up on information or accidentally

giving clues to another woman he will likely completely avoid any topic about past romances and will become agitated at the mention of it.

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

6. He always calls you when he's out of the house: Whether it's from the supermarket, post office, or sidewalk he will make sure that your voice is not heard inside of his home. He uses these outside places to avoid his home life, where a girlfriend or wife awaits him.

7. He's always busy on the weekends: It's hard to sneak in time with you on the weekend when his wife/girlfriend knows he is off from work. Attached men cannot afford to be spontaneous or adventurous. They can only stick to safe zones and days when they know they will have an excuse.

How do you handle a cheating a boyfriend? Let us know below.

Relationship Expert Talks What's Wrong With Men In The Dating World





By [Jared Sais](#)

As a [relationship expert](#), I've heard some of the worst dating stories. I'm sure, like my friends, you too have been on some bad dates. Sometimes the men are only after one thing. Sometimes they just don't know how to actually have a conversation with you. And sometimes they have no manners and barely plan the date. This article will do two things. First, I will call out the rude, bizarre, and ugly behavior men are showing women on dates. Second, I will share my love advice on how women should handle situations like these.

Relationship Expert Says What To Do On A Bad Date

Let's look at a couple scenarios and then I'll give my expert dating advice.

Scenario 1: The girl picks up the guy in front of his apartment. It's 7 p.m. and the girl hasn't eaten and is quite hungry. She is excited as she sits in the car anxiously. She

took the time to make sure she looked nice. Then the man walks out of his building in workout gear. Long shorts, ragged shirt, and hair a mess. He gets in the car and tells the girl that they're going to a nice place. Needless to say, she's a bit dumbfounded by the way he chose to put himself together. He tells her where to go and they wind up at a sports bar. As they get into the bar he sees a group of his friends and orders two beers, one for him and one for her. The night ends two hours later and he decides to stay with his friends, leaving the girl to drive home from the bar.

Now, I'm sure your mouth is on the floor by now, but this situation might also look familiar. And if so, this is what you can do next time:

- Call them out on how they've presented themselves.
- Tell them you haven't had dinner yet.
- Tell them the date is over if they don't treat you right.
- If they don't show you respect or have class, they're not worth your time.

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

Scenario 2: The girl took time getting ready and even wore a new outfit. It's 8 p.m. and she only ate a tiny bit as the guy said they were getting food together. As the girl meets the guy, he decides to change the plans and wants to head to a bar for a drink first. They get a drink each and he only pays for his, leaving her to pay for her own. During the drinks they speak about getting food and more about him. He never asks one question about her and what she likes. They finish their drinks and head back to his car. They start to drive and wind up back at her car. He says he'll get food on the way home and that he feels tired. So the girl drives home and eats back at her place.

What to do if this happens to you:

- Leave and never call him back, ever.
- Again, call him out on his behavior.
- The man should pay for the first few dates. Call me old school but it's just classy and shows good manners. Of course, the girl should offer to split but the guy should decline and pay.
- If the plans change, step it up in scale. So if you want to change plans, make it bigger and better, not smaller and worse.
- If you agree to food on the date, then that is a must. Don't ditch the main event. It's rude.

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

What is wrong with men today? They aren't dressing to par, they aren't paying, they only want a physical relationship and love, they show zero class, and worst of all, they're disrespectful to women. There are good guys out there, ladies, but there may be awkwardness, which will happen to a guy that really likes you. They will pay for the date, open the door and want to get to know you.

As a relationship expert, I see good guys get the boot due to some silly reason, while idiot men who won't even care about a woman's day get all the buzz and attention. This leads to a constant cycle of bad dates and sadness. But, this isn't all the woman's fault, not in the slightest. Men need to really bring their game up. Be a classy guy, show you care about the way you look, and act with gratitude. Open doors, pay for the meal and look for something real in the woman you're dating. Not every date needs to be perfect but try and put some thought into it to make it nice. I think the perfect date is

at a coffee shop, from 5-8 p.m., where there's quiet music to take away from any first date awkwardness.

[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.

Dating Advice: Don't Let Jealousy Impact Your Friendships





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

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) talks about how jealousy impacts your friendships. Her dating advice is simple: Just because you're in a relationship and love doesn't mean you have to drop your opposite sex friends.

Dating Advice from E!'s *Famously Single* Dating Coach Laurel House That Will Help Your Friendships

Being in a committed relationship is not a single gender jail, where your partner is the bodyguard. The relationship expert offers everyone a reality check: Friends often last longer than new lovers. Your BFF's have been there through the good times and the bad. So don't disengage with your friends when you're spoken for and decide to go back when you're single. You'll most likely lose a lot of friends that way.

Related Link: [Dating Expert Says Look For What You Need, Not Want!](#)

House also reveals that you *can* be friends with people of the opposite sex! Her dating advice? As long as you both have an understanding that you're just friends, then it shouldn't impact your love life. There should be no lying or hiding your friends from your partner. But make sure you have a conversation with your honey to talk about your comfort levels.

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

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

Do you think you can be friends with people of the opposite sex? Tell us in the comments below!

Breaking Up: Dating Advice for the Breaker and Breakee





By Jim Hjort, LCSW

Humans are wired to thrive on close interpersonal connections, so when a relationship and love life comes to an end, often at least one of the parties will hold hard feelings. Perhaps blame, regret, vulnerability, disappointment, fear, or any number of others. This is when dating advice becomes the most important.

If there's an impulse that's stronger than the one to seek close connection, it's the one to protect ourselves from injury.

Temporary empowerment.

As a result, when intensely negative breakup feelings arise, their cousins—anger and self-righteousness—often follow close behind. Those feelings can provide a temporary feeling of empowerment, as opposed to feeling helplessly stuck in an

unpleasant situation. Unfortunately, the fireworks that anger and self-righteousness can induce tends to create even more lasting animosity, which provides fertile ground for negative thoughts and feelings to multiply.

Prevention of Openness.

That, in turn, can prevent both people from having the psychological and emotional openness necessary to recognize the next relationship opportunity that comes along—and nurture it. Not to mention, such a negative state of mind impacts your ability to generally enjoy life and function in healthy ways.

A breakup is a stage of your relationship.

In order for both parties to emerge from a breakup as healthy as possible, you need to remember something that is simple, but easy to forget in the presence of strong emotions: the breakup is a stage of your relationship, just like any other. That means that all the rules of healthy communication and respect for your partner still apply.

For starters, recognize that any partnership exists through a interaction between each party's need for something from the other, and the other party's willingness and ability to fill it. Fundamentally, a breakup happens when sufficient numbers of these pairings can't or won't be made.

Be open and honest.

Therefore, the healthy approach is the open and honest one: let the other person know what need of yours isn't being met, or what need of theirs you are unwilling or unable to meet. (The "it's not you, it's me" speech isn't really accurate: it's both of you whose needs and willingness and ability to fill them have to fit together, like two pieces of a jigsaw puzzle.)

When you're doing this, be sure to use "I" statements to own

your perspective, instead of attributing thoughts, feelings, and motives to the other person. (For instance: “When you disappear for days without calling, I feel like I don’t matter to you.”)

Own your decision.

If you’re the breaker, own your decision and explain it. If you’re the breakee, try to devote your mental resources to listening and comprehension, rather than formulating a rebuttal while the other person is speaking. The breaker has made a decision; try to understand it. And then, restate what the other person has said in your own words, both to make sure you’ve understood them and to convey that you’re trying to do so.

Arrive at a mutual understanding.

Approaching a breakup with the goal of arriving at a mutual understanding tends to defuse the natural, defensive anger response. It also provides both of you with clear information and a matter-of-fact perspective on what happened, eliminating the unknown, which tends to spawn negative rumination and feelings just as much as animosity.

This thoughtful, healthy approach certainly won’t eliminate the pain of a breakup, but it can greatly reduce your suffering about it, which is different. With a solid understanding of what happened, you can also move forward with less “baggage.” Best of all, you might even come to understand your needs (and shortcomings) better, so that your next relationship has a better chance of success.

Jim Hjort, LCSW, is the founder of the [Right Life Project](#), where he helps people overcome roadblocks to self-actualization as a licensed psychotherapist, RightLife Coach and mindfulness meditation instructor. The Right Life Project helps people understand the ways they can manage the different dimensions of their lives (psychological, social, physical,

and vocational), in order to be happier and more fulfilled, and to reach their full potential.

Are Celebrity Couple Emma Stone and Andrew Garfield Overcoming Jealousy?



By Dr. Jane Greer

It's rumored that celebrity couple Emma Stone and Andrew Garfield are having issues lately, stemming from the fact that Stone is close to her colleague Ryan Gosling. The possibility has spawned a lot of discussion about jealousy and how the

famous couple might move forward from here. While the two of them have not addressed the situation publicly, additional reports surfaced suggesting the pair have resolved their issues.

It's very important to tackle jealousy head-on rather than letting it simmer within the relationship.

Believe it or not, your partner doesn't have to be working with a movie star, as is the case for Emma and Andrew, for you to feel the green-eyed monster in full force. In fact, most people go through this at one time or another, especially if their loved one is working closely with someone who is attractive and smart. When this happens, it is hard not to be rattled by the possibility that they could fall for this person and you could wind up losing them. So, what can you do to keep your fear and jealousy from taking over, and possibly creating more of a problem with your relationship than actually exists?

Recognition.

First, recognize that acting jealous can actually cause tension between you that may drive you apart rather than bring you closer. If you are feeling threatened, you may accuse your lover of doing something he or she isn't doing, lash out in anger, or just generally make things so unpleasant that you unwittingly push them away from you and possibly in the direction of the other person.

Focus on your connection.

The bottom line is that it is always uncomfortable knowing there are appealing men or women around whom your lover might

come into contact with and find attractive. However, the real key to staying together happily is to focus on the connection you two share, rather than putting an emphasis on that perceived interloper. In other words, pay attention to ways to build on and strengthen your intimacy and closeness. If you are having problems over sex and/or money, for example, then now is a good time to invest your energy into problem solving and finding ways to compromise and resolve them, so that you can feel more confident, happy, and safe in your relationship. This way you use your energy productively to focus on considering and loving each other, rather than use it to act on your anxiety and possibly end up having it work against you.

Eliminate the space.

When you are in sync and feel harmonious, it can eliminate any room for someone else to come between you. It can also help to ask for reassurance, making sure to avoid placing blame but rather raising your concerns and giving your significant other the chance to bring clarity to what is actually going on that will help you feel better. Despite jealous feelings occurring, when you have a strong foundation and trust each other, you can feel secure that you are the person your partner wants to be with. Hopefully, that will be the case, too, for Emma and Andrew.

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

Relationship Advice: Marriage Survival Guide for Tough Times



By Kyanah Murphy

If there's one thing we can all learn from being in a relationship, it's that they're full of seriously wonderful moments including smiles, laughter, intimacy, and love. I guess that's why when people think of marriage, they think of fairy tales and happily ever after stories. But with everything good, there are also difficulties that can arise in a relationship. No two people are perfect, and life certainly

isn't perfect, either. Hard situations and misunderstandings come up, which means that arguments are bound to happen. They're not pleasant to experience but they're aspects of a relationship that cannot be avoided – they're normal. There is some good news, though. Given how you handle your tough times, you and your partner can come out on top, stronger and closer than ever. So if you're fearing the worst, put your mind at ease. Cupid has some relationship advice that is sure to help.

What are some pieces of relationship advice that will allow you to hang on tight during tough times in your marriage?

1. Let yourself feel your emotions and accept them: Of course we don't want to feel sad or angry or upset. We are people, though, so it's bound to happen.. Accept this and any emotion you're feeling at the time as normal. Don't try to bottle it up, as it'll just bubble underneath the surface until it finally explodes.

2. Talk about how you feel: Turn to your spouse. That's what they're there for! However, if you have friends or family who you feel comfortable speaking with, speak to them as well (or instead). If your situation is very difficult for you to handle, consider looking to a professional to help.

Related Link: [Expert Dating Advice: How to Get Over "The Little Things"](#)

3. Accept and give comfort: If your spouse wants to hug you, let them, even if you don't want a hug right now. The same goes for if they want a kiss or to cuddle. This can help bring down any walls that have been built up and may also serve as an expression of love and care. At the same time, don't forget

to give love and comfort to your spouse, even if they don't want it.

4. Be patient: Sometimes for whatever reason, people think that tough times are going to last forever. In the lyrics of Katy Perry's song "Firework", after a hurricane comes a rainbow. You may not be able to see the light at the end of the tunnel, but that's only because you're not there yet. Be patient and you will get there. Remember the vows you took, too!

Related Link: [Expert Dating Advice: How to Make a Relationship and Love Work](#)

5. Give yourself some "me" time: Throughout these tough times, don't forget to set aside time for yourself. Give yourself space from your partner and allow yourself to regroup. Dive into things you enjoy that lift your spirits, be it crafts, writing, going for walks, or simply cuddling a cat. Whatever brings you enjoyment, do it. Take care of yourself.

6. Don't avoid the tough times: Don't ignore tough times when they come up. Avoidance or acting like everything is fine won't resolve whatever problems you and your spouse are going through. Odds are, depending on the circumstances, this tough time will end up repeating itself if ignored.

What are some ways you handle tough times in your marriage or relationship? Comment below.

Throw a 'Gilmore Girls'

Viewing Party and Get Love Advice from the Series



This post is sponsored by UPTv.

By Mackenzie Scibetta

Although the eccentric mother-daughter duo of Lorelai and Rory Gilmore have sadly been off of television for eight years, their charming bond will live on as UPTv has just acquired all seven seasons of the beloved show *Gilmore Girls*. Starting on Oct. 4 at 10 a.m. EST, you and your besties can fall back into the storybook town of Stars Hollow to watch 15 hours of heartbreaks, budding romances, and sweet friendships that will leave you with relationship and love advice for years to come. Rivaling any [celebrity relationship](#), Lorelai and Rory's lovable dynamic truly shows what family is all about. If you

really want to immerse yourself in this complicated family drama, throw a viewing party with your girlfriends to welcome them back!

***Gilmore Girls* Viewing Party Essentials**

To ensure that your *Gilmore Girls* viewing party runs smoothly, make sure you have an endless supply of snacks. Lorelai and Rory always ate an impressive amount of sweets and junk food – don't be scared to indulge for the sake of the Gilmore's! Since they loved take-out, order a few pizzas and some Chinese food, and you'll be set. Lorelai also had a soft spot for breakfast diner food (and who can blame her?). Have a carton of eggs, some pancake mix, and a package of bacon on hand to help you and your friends feel right at home. Comfort food always has a way of sparking deep conversations, so be ready to dish out some of your best [relationship advice](#) to your pals.

An interesting way to keep the energy flowing throughout your marathon is by holding a coffee drinking contest. When it comes to beverages, you may recall that this mother-daughter duo were notorious for the amount of coffee they managed to drink each day. You and your friends can try to keep up with them, coffee for coffee! As an added bonus, this game help you and your guests stay awake and alert until the last episode airs at 3 a.m. EST.

Another fun way to keep you entertained and enlightened during the marathon is to see who can identify the most pop culture references on the show. Some references are so subtle and cleverly said that they're easy to miss! In addition to watching out for those pop culture references, you will see pop-up facts that UPtv will reveal throughout each episode to highlight Gilmore "firsts" and other trivia. Gather

as much knowledge as you can to become the ultimate *Gilmore Girls* fan!



One lucky CupidsPulse.com reader can enter to win this 'Gilmore Girls' fan pack! More details below.

Keep Your Eyes Peeled For These Must-Watch Episodes and Love Advice

1. "Kiss and Tell" (Season 1, Episode 7): This episode marks the true start of Rory and Dean's whirlwind relationship, as he gives Rory her first kiss in the middle of a grocery store aisle. Romance is rarely as glamorous and smoothly-planned as it seems on television, so this episode provides a refreshing take on this milestone and shows that it's okay for love to be clumsy.

2. "The Breakup, Part 2" (Season 1, Episode 17): Seeing Rory utterly heartbroken over the end of her and Dean's short-lived romance broke not only our hearts but also Lorelai's. Attempting to overcome her split with a rebound kiss from the irresistible Tristan, played by Chad Michael Murray, Rory shows us that sometimes nothing can heal heartache, not even a

steamy lip-lock. Rory leaves Tristan to wallow at home, demonstrating that grieving is totally acceptable.

3. “They Shoot Gilmores, Don’t They?” (Season 3, Episode 7):

This episode has everything: choreographed dance numbers, love triangles, and the start of Rory and Jess (who were actually a celebrity couple in real life for four years!). Although it’s heartbreaking to see Dean call it off with Rory (again), watching Lorelai come and save the day reinstates that she’s the best mom in the world. The episode reminds us that the end of one relationship opens the door to many others.

4. “Raincoats and Recipes” (Season 4, Episode 22):

Lorelai finally opens up her dream Dragonfly Inn for a test-run, and her life finally appears to be going uphill. On the opposite side, Rory uncharacteristically loses her virginity to Dean, who is married. All the while, Lorelai’s parents admit to being separated. This episode is an emotional roller coaster from the beginning, and it lets viewers see how chaotic and confusing love can be.

5. “Written in the Stars” (Season 5, Episode 3):

This episode was long-awaited by many fans: Luke and Lorelai finally go on their first official date together. Luke proves to be more caring than he appears after he shows Lorelai he has saved the horoscope she gave him eight years ago. This episode proves that soulmates really do exist and that Luke and Lorelai are meant to be, even though it took an extremely long time for them to figure that out!

6. “Wedding Bell Blues” (Season 5, Episode 13):

On the 100th episode, Lorelai’s parents rekindle their relationship and love and renew their vows, while Rory and Logan almost make their romance official. This episode highlights that every relationship can survive rough patches. After all, the stubborn Emily and Richard were able to find their way back to each other again.

~~**GIVEAWAY ALERT:** If you're looking to expand your *Gilmore Girls* memorabilia, then we have the perfect fan pack for you! The bag will include a Luke's Diner coffee mug, an "I drink more coffee than a Gilmore" t shirt, a 9 piece candle set, a mouse pad, an over-sized novelty pen, wristbands, and *Gilmore Girls*-inspired snacks. One lucky CupidsPulse.com reader can win this pack by sharing this article on social media (and tagging @cupidspulse and @UPtv) or commenting directly on this post. The contest ends on Monday, October 5th at 10 a.m. EST.~~

Open to US residents only.

This giveaway is now closed. Thank you to all who participated!

If you want more Gilmore Girls facts, follow UPtv on Twitter @UPtv,

www.facebook.com/UPtv, and www.instagram.com/up_tv/?hl=en. Don't forget to tune in for the marathon on Oct. 4 at 10 a.m. EST!

Jon Cryer Says Famous Couple Ashton and Mila Have That 'Jerry Maguire Thing'





By Mackenzie Scibetta

Even Jon Cryer can't help but swoon over the undeniable chemistry between newlyweds [Ashton Kutcher](#) and [Mila Kunis](#). According to [UsMagazine.com](#), Kutcher's former costar told reporters that the famous couple "really complete each other," adding they were like a modern day couple from *Jerry Maguire*. Cryer also said of the [married celebrity couple](#) that Kunis "really grounds him. He's always got something cooking, but he loves coming back to her, coming home to her." The famous couple had a celebrity baby, Wyatt, last year and have reportedly been basking in wedding bliss ever since.

So far, it looks like Ashton and Mila were meant to be. How do you know if you "complete" your significant other?

Cupid's Advice:

The day you meet that one person who fully understands and appreciates you will be a day that surpasses all others. You can tell that you and your significant other are meant to be just by the way they look or touch you. To help you decide if you're with "the one" or not, Cupid has three signs to look out for:

1. They know exactly how to calm you down: Fighting is inevitable, so your partner better know the perfect formula for easing your mind. Your loved one needs to know precisely what to do when you start breaking dishes and throwing plates. They can handle any meltdown with confidence because they know you so well.

Related Link: [Ashton Kutcher & Mila Kunis Celebrate Top Secret Celebrity Marriage](#)

2. They challenge you: The perfect soulmate will make you learn and grow everyday. You don't want to be stuck in the same mundane routine for fifty years, you want a partner who will excite and surprise you. They might push your buttons sometimes, but it's all out of love.

Related Link: [Hollywood Couple Ashton Kutcher and Mila Kunis Reveal Daughter's Name](#)

3. They are part of almost every story you tell: This is because the best memories and adventures have happened with your lover. You don't want to miss a day without them so they become a part of everything you do. Including your significant other in a story also goes to show how proud you are to show them off.

How did you know when you found "the one"? Comment below.