

Celebrity Couple Taylor Swift and Calvin Harris Plan Trip Abroad to Meet His Parents



By

Meranda Yslas

It looks like this celebrity couple is taking the next step. According to UsMagazine.com, Calvin Harris is planning to take [Taylor Swift](#) to Scotland for a few days to meet his parents after being in a Hollywood relationship for only four months. The [celebrity couple](#) isn't shy about their relationship either. Earlier in July on Britain's *Kiss FM*, the DJ shared that dating the "Blank Space" singer is "absolutely fantastic" and that he is "insanely happy."

This celebrity couple is taking the next step! How do you know when you're ready to introduce your partner to your parents?

Cupid's Advice:

Introducing a new partner to the parents is a pretty serious step in a romantic relationship- you don't do it with every guy or girl you go out with on a date. It's hard to know when to take your relationship and love to the next level, so Cupid has some dating advice of when to bring your beau home:

1. You're both committed: If you both feel that this relationship isn't just a fling and are expecting something long term, then it's probably the right time to let the family meet the new guy or girl.

Related Link: [New Celebrity Couple? Taylor Swift and Calvin Harris Hold Hands at Nashville Concert](#)

2. Meeting the friends: Use your friends as a tester before introducing your significant other to your parents. If the get together was a success and your friends are supportive of this new love, meeting the parents will be the next logical step.

Related Link: [Taylor Swift Through The Years](#)

3. Excited to share the news: If you are excited and eager about the idea of having your family meet your new mate, then go with that gut feeling. If you're embarrassed of your partner or doubtful of your parents' approval, then you might want to wait and see how the relationship and love pans out before bringing in the folks.

What are some other signs it's time to introduce your partner

to your parents? Share your thoughts below.

Expert Dating Advice from Laurel House: First Date Conversation Tips



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](#) shares great first date conversations tips to help you land that second

date. Her expert dating advice is to forget the small talk and open yourself up to deeper conversations.

E!'s *Famously Single* Dating Coach On What To Talk About On A First Date

You may be wondering how to get passed the small talk on a first date in order to form a lasting relationship and love. "Be revealing, be vulnerable, be you," says the relationship author. The biggest mistake you can make is to view the first date as merely an opportunity to see if you're chemically drawn to each other. Doing so will set you up for a fast burn out of fireworks rather than a lasting flame. Remember that the initial hit of chemistry can be exciting but also blinding.

Related Link: [Dating Experts Give First Date Tips](#)

The first date is the perfect time to see if your core values align. Talking about shared interests is great, but you need to dig even deeper. The conversation should reflect your desire to have a substantive relationship. House's expert dating advice is to ask the most important question: Why? The first date is about learning new things, and the answer to that question will help you understand each other and your points of view. So pull your walls down! By sharing first, you're creating an environment of safety and trust.

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

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

What do you think is the best way to move beyond the small talk on a first date? Tell us in the comments below!

'The Bachelorette' Kaitlyn Bristowe Opens Up About the 'Men Tell All' Episode



By

Katelyn DiSalvo

The *Men Tell All* special for *The Bachelorette* was filled to the brim with drama. Twenty of [Kaitlyn Bristowe's](#) celebrity exes all in one room ready to let it all out, that can be a scary situation! While some of the men defended her, others were not afraid to question her behavior. According to [People.com](#), Bristowe also tells all about the emotional episode in a blog post. She thanks all the men that stood up

for her, and also calls out all the men that bashed her. Then she got to the tough part and discusses all the online hate she got from viewers, and why she really started crying saying, "The 'haters' go out of their way to shame me for my behavior and don't acknowledge their own. I made mistakes and went through tough times. I did things that I would do in a relationship. I was being true to myself. You don't have to agree with it, but don't tell me I should crawl in a hole and die." She goes on to express that this experience has given her the opportunity to shed a light on the issue of online bullying.

There's no lack of cruel comments coming *The Bachelorette's* way these days. What do you do if you're dealing with hate from outside parties about your relationship?

Cupid's Advice:

Sometimes people who aren't in your relationship have a lot to say about it, and it's not always nice. Cupid has some ways to deal:

1. Develop your own opinion about your relationship: Once you have your own opinion about your relationship, no one else's opinion will really bother you. You know what you believe, and that's all that matters. At the end of the day, you are the one in the relationship not everyone else and their opinions.

Related Link: ['Bachelorette' Drama: Kaitlyn Bristowe and Nick Viall Get Intimate](#)

2. Have a sit down: Sometimes talking it out can be really helpful. Sit down with the people who are having issues with

your relationship, and be honest and open. This way you can express the way you feel and so can they. This may help others see that you are happy in your relationship and the hate can come to an end!

Related Link: [‘The Bachelorette’ Kaitlyn Bristowe Chooses Her Top 2 and Meets Families](#)

3. Stay calm: Don't let the hate get to you! Stay calm and stay confident in yourself and in your relationship. As they say, "the haters gon' hate."

Share some of your tips on dealing with the haters below!

Famous Couple Blake Shelton and Miranda Lambert Are Divorcing After Four Years





By

Katelyn Di Salvo

According to People.com, after several speculations, it is confirmed that famous celebrity couple Blake Shelton and Miranda Lambert are calling it quits after four years of celebrity marriage! Once the [celebrity break-up](#) was announced, the two released a joint statement to the Associated Press that read, "This is not the future we envisioned, and it is with heavy hearts that we move forward separately. We are real people, with real lives, with real families, friends, and colleagues. Therefore, we kindly ask for privacy and compassion concerning this very personal matter." The country singers tied the knot in Texas in 2011, after dating for six years. Their very long celebrity relationship has been the target of several tabloids for years, and now all those tabloid rumors are coming true.

We're really sad to see this famous couple call it quits. How do you

know when it's time to end your long-term relationship?

Cupid's Advice:

It can be tough to know when it's the right time to call a long-term relationship quits. Cupid has some tips:

1. Changes in communication: This is probably the first thing that happens when a couple loses its spark. You used to look forward to the calls, texts, and emails, but now neither one of you seems interested in holding a conversation for longer than you have to. If this is happening in your relationship, it may be time to throw in the towel.

Related Link: [Miranda Lambert & Blake Shelton Are Engaged](#)

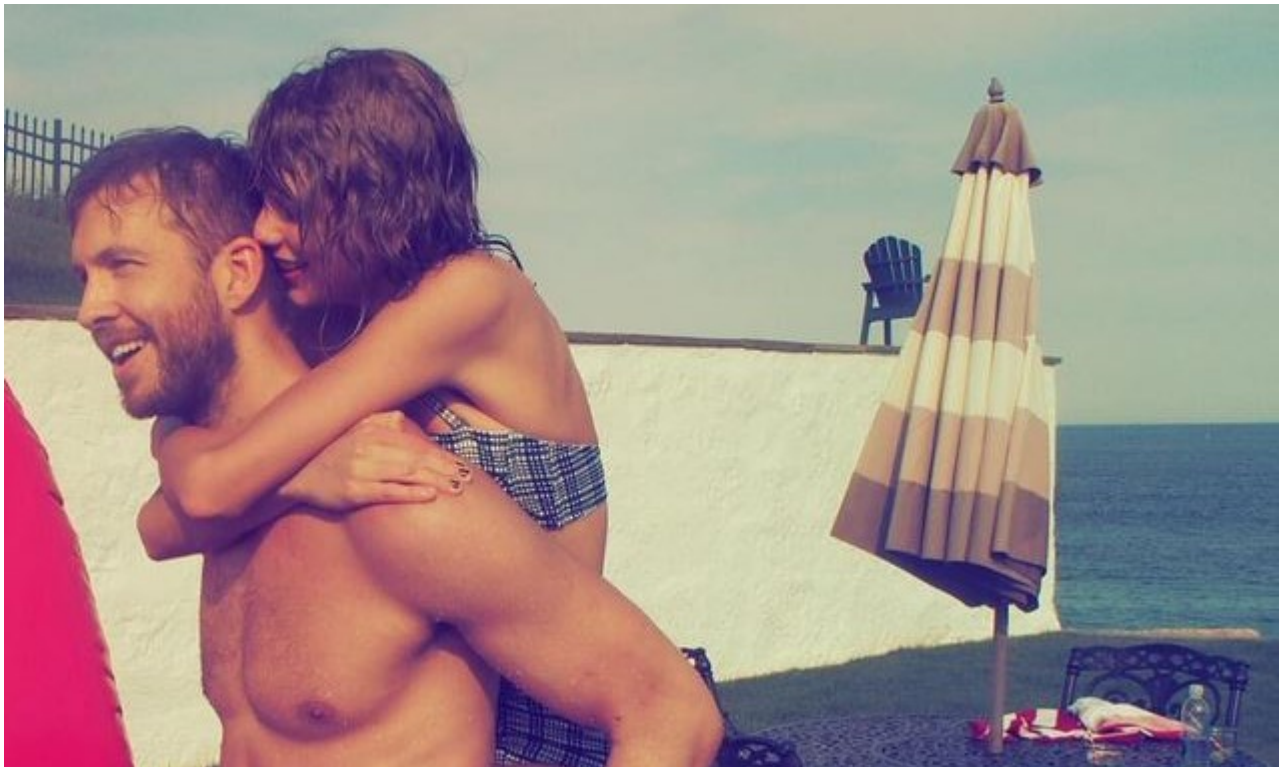
2. Constant fighting: Another sign that a break-up is looming is if the two of you are constantly fighting about the silliest and smallest of things. When you no longer want to be with someone, anything they do will bother you. Couples who are looking to get out of the relationship will fight whenever the opportunity presents itself.

Related Link: [Miranda Lambert & Blake Shelton to Compete at CMAs](#)

3. No more emotion or affection: A happy couple will constantly show affection to one another. A sign that things are coming to an end is when neither of you show any affection towards each other. Hugs, kisses, and hand-holding are not a part of your every day routine.

What are some more signs that a breakup is upon the horizon? Share below!

Dating Experts Say Your List Of Must-Haves Isn't That Important!



On this week's [Single in Stilettos](#) relationship advice video, matchmaker Suzanne Oshima talks to [dating expert](#) Marni Kinrys about why your list of must-haves isn't as important as you may think.

Expert Love Advice About Your List of Must-Haves

Do you ever wonder why you can't find a relationship and love to last a lifetime? The truth is, you probably have a long list of must-haves and ridiculous expectations. Dating experts agree that women put too much pressure on men. For instance, they expect them to be charismatic and witty, like the guys we see in movies; however, in real life, these type of men are usually the jerks.

Related Link: [Love Advice: How To Increase Your Chances Of Meeting The One](#)

If you have a list of must-haves that is impossible to meet, listen to this expert love advice: Open your parameters and help a man out instead of waiting for him to fail! Add to the conversation and ask your date questions so he can feel more confident. Remember that you're looking for a life partner, and it just doesn't matter how tall he is or if he has a full head of hair. The more closed off you are and the more things you have on your list, the longer you'll be single. We all have a picture perfect man in our heads, but we need to let go of that idea in order to give the right guy a chance.

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

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

What's your best love advice for meeting The One? Tell us in the comments below!

Dating Advice: 10 Kissing Tips to Read Before Your Next Makeout Session



By

[Courtney Omernick](#)

Whether you're just dating, in a [relationship and love](#), or single, it never hurts to get some extra dating and relationship advice; especially when it comes to important things like kissing.

Below are some special pieces of dating advice and kissing pointers.

Cupid's Advice:

1. Have fresh breath: It seems like common sense, but a lot of people are guilty of bad breath. Make sure your teeth are clean. It doesn't matter how good of a kisser you are, as bad breath can ruin everything.

Related Link: [Love Advice: 5 Signs You're in a Lukewarm Relationship](#)

2. Build up the moment: No matter if it's the first date, or if you've been dating for awhile; there's going to be some tension. And, kissing is a great way to break the tension. Don't wait too long for that first kiss, however. You want to make sure they still understand that you're interested in them.

Related Link: [Relationship Advice: A Couple's Guide to Better Arguing](#)

3. Use your eyes: Obviously, don't keep them open while you're kissing. But, try speaking with your eyes to initiate the kiss.

4. Don't try to control it: A good kiss is powerful. The moment will be broken if you put too much thought into it.

5. Relax: Kissing isn't a "win or lose" situation. Try to gauge what the other person is doing, and go from there.

6. Be spontaneous: Give your partner a gift when they least expect it. Catching them off guard with a kiss can be just what they needed.

7. Pay attention to the surroundings: Special and new surroundings can make things interesting. Because your eyes are closed, you'll be able to see and feel new sensations more clearly.

8. Control your saliva: Don't create slobber that runs down

your face. Keep your saliva in check.

9. Use your hands: Don't just fixate on someone's face. Touching their neck, sides, or holding them close makes the kiss better.

10. Don't drink: The best kisses and makeout sessions occur when you're sober.

What's your dating advice for our readers? Do you have any kissing tips? Share in the comments!

'Married to Medicine' Reality TV Star Jill Connors On Relationships And Love: "It's So Hard To Get That Passion Back"





By

[Rebecca White](#)

If you're a fan of [reality TV](#), then you know drop dead gorgeous Jill Connors is the up-and-coming star of the third season of Bravo's *Married to Medicine*. The mother, attorney, and business woman has taken the Atlanta social scene by storm, becoming known for her buzzed about philanthropic soirees. The Southern belle gracefully balances motherhood while managing her husband's – Dr. John Connors – successful plastic surgery practice. We recently chatted with Connors about her celebrity love story and her best advice for keeping your relationship and love strong.

Reality TV Star Shares Her Celebrity Love Story

It was love at first sight for this famous couple. "I was a senior in college, and I had three boyfriends when I met John," the star dishes in our exclusive celebrity interview. "We met on an airplane when I was going to visit one of my boyfriends in New York." The funny thing is Connors couldn't

even tell her parents how she met her husband because they had no idea she was going to New York at that time! When she locked eyes with him, she just knew. “It was the weirdest spiritual thing,” she says. “About a month later, I remember saying to my best friend, ‘I’m not in love with him yet, but this is the man I’m going to marry.’”

Related Link: [‘Married at First Sight’ Couple Jamie Otis and Doug Hehner Share Love Advice: “A Strong Foundation is Key”](#)

Not only was their meeting serendipitous, but they weren’t even supposed to be on the same flight or next to each other, for that matter. John planned to be in Florida for a medical talk with his friend Jim, but his buddy couldn’t make the flight. Jill was booked on a later plane, but a passenger didn’t show up for the earlier flight, so she got Jim’s seat next to John. And the rest is history!

Now, after nearly 13 years together, the married famous couple has three sons, who are ages 7, 9, and 11. When it comes to teaching her kids about romance, Connors is very open. “It’s because my parents never talked with me because they were strict Catholic Italian,” she reveals. “I still haven’t had the sex talk with my mom, and I’ve already had it with my oldest son!”

The mother of three wants her kids to learn respect and the importance of working hard in a relationship. “The women’s job is a little harder, especially if she’s working,” Connors believes. “Realistically, she’s going to be the one working inside the home and the primary caretaker for the children.” When that’s the case, the reality TV star wants her boys to understand that they need to help their partners balance everything and be a team.

Jill Connors Talks Love Advice

This busy celebrity couple understands that balance is challenging to achieve in a marriage. Since Connors works with her husband, it's even more difficult. "Because we work together, we'd be at work and then come home and talk about work," she says. "It's so hard to get that passion back, especially if you're married for 13 years and have three kids!" But don't fret because there are things you can do to put the spice back in your relationship and love. Connors' love advice is to carve out alone time: "Sometimes, we have stay-cations, like an overnight trip to the St. Regis," she shares. "You feel like you're getting away, but you're not *too* far away!"

Connors also says that it's important to be comfortable with your significant other in order to avoid jealousy. "You need to know why you're jealous," she explains. "Is it because there's a reason to be jealous, like your partner cheating? Or is it because you aren't comfortable with yourself?" Once you figure out what the root of the problem is, then you can work on learning to trust the other person.

Related Link: [Exclusive Celebrity Interview: 'Player Gets Played' Stars Discuss Moving On After Infidelity](#)

Personally, Connors gets asked all the time if she's jealous because her husband is a breast plastic surgeon. "He's never made me feel like he's attracted to these other women, and he's so loving to me, so there's no reason to be jealous," she candidly says.

Although she's been married for over a decade, she has some relationship advice for new couples. "The beginning of dating is the best, most fun time ever," the celebrity mom shares. "If it's hard in the beginning, it's only going to get harder." If that's the case, she suggests that you move on. "You never know where that perfect person is. You could even

meet them on an airplane!" she says with a laugh.

You can keep up with Jill Connors on Twitter. Tune in for Married to Medicine on Bravo on Sundays at 9/8c!

Former 'Bachelorette' Contestant JJ Lane Suffers Black Eyes After 'Men Tell All'



By

Meranda Yslas

It looks like fighting for love just got a little more literal. As told by [UsMagazine.com](https://www.usmagazine.com), the former [Bachelorette](#) star JJ Lane left the *Men Tell All* party with two black eyes after getting in a fight. The reality TV star tweeted a photo of his injuries on July 14th to another *Bachelorette* costar with the caption, "Bruh! It's always an adventure hanging with you buddy." According to some more tweets from Lane, he was jumped by a group of men after the reality TV special and went to the hospital to get checked out. A recent Instagram post shows that the 32 year old is recovering just nicely.

This 'Bachelorette' contestant isn't fairing well. What do you if a friend gets in the way of your relationship?

Cupid's Advice:

Being able to hang out with your significant other and your close friends at the same time is great. However, sometimes you and your friends need some space in order to allow your relationship and love to grow. Here is Cupid's relationship advice on how to handle a friend getting in the way of your relationship:

1. Time apart: Be honest with your pals and let them know that there are going to be times when you and your beau need to spend time alone. Often times they will understand and won't get hurt when you don't invite them to everything.

Related Link: ['Bachelorette' Contestants Clint Arlis and JJ Lane Find Love...With Each Other!](#)

2. Set boundaries: A romantic relationship is just between you and your partner. Although it's fine to tell your best friend everything about your love life or ask for advice, they

shouldn't be controlling your relationship. Listen to what they have to say, but in the end, how you act with your beau is your decision.

Related Link: [‘The Bachelorette’ Kaitlyn Bristowe Is Not Ready for Hometown Dates](#)

3. Change your focus: Before getting into a serious relationship, your friends may have been your number one priority. While it is still important to respect and value your friendships, it is also important to make your significant other feel special, too. Learn how to divide up your attention so your lover isn't feeling left out.

Did you have a friend that always interfered with your romantic relationships? Share your story below.

Celebrity Gossip: Caitlyn Jenner Is Not Dating Candis Cayne Despite Rumors





By

Meranda Yslas

There's been some celebrity gossip flying around that [Caitlyn Jenner](#) and actress Candis Cayne are in a romantic relationship, but that isn't true! According to [UsMagazine.com](#), the two are just friends. Although Cayne is joining Jenner at the ESPYS ceremony where she will be receiving the Arthur Ashe Courage Award, both of the celebs' reps are clear that it's not a date. The *Dirty Sexy Money* star has been a mentor to the former Olympian as she has been going through her public transition.

Some celebrity gossip just isn't true. What do you do if there are untrue rumors circulating about your relationship?

Cupid's Advice:

Celebrity gossip isn't the only thing that causes rumors.

Sometimes friends and family members make up false stories about your relationship and love. It can be hard when people make assumptions without knowing all the facts. Here are some of Cupid's relationship tips when it comes to handling gossip about your relationship:

1. Trust your love: Just because a rumor is flying around doesn't mean you have to believe it or act upon it. If you trust your beau and he trusts you, your relationship will outlive the lies.

Related Link: [Celebrity News: Caitlyn Jenner Gushes Over 'Over the Top Great' 'Vanity Fair' Photos](#)

2. Ignore it: Unfortunately people are going to talk and there's not a lot that you can do to control it. The best thing to do is ignore what people are saying and focus on yourself and your partner.

Related Link: [Transgender Facial Surgeon Discusses Celebrity News Surrounding Bruce Jenner](#)

3. Clear the confusion: Sometimes gossip is created out of half truths and misunderstandings. If you explain your version of what happened without anyone else's added details, you will appear open and honest while setting the story straight.

How do you deal with rumors that surround your relationship and love? Share below.

Expert Love Advice: 10 Signs

That He's Just Not That Into You



By

[Jared Sais](#)

The world of dating is hard to maneuver by yourself. If you ever find yourself wondering if your date is going to call you again, follow my [expert love advice](#) to figure out if he likes you...or not. Here are 10 signs that he's just not that into you:

Dating Expert Reveals 10 Ways to Know If He's Into You Or Not

1. He doesn't make eye contact: A man will lovingly gaze into

a girl's eyes if he likes her. Heck, a man will awkwardly stare shamelessly at a girl when he likes her! To most men, it's the only move they have when they flirt. If they aren't looking at you, it's the biggest sign that they're not interested in a relationship and love.

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

2. He doesn't text you back: A man will usually text you after a date to make sure you got home okay. But after that, if you text back and he doesn't respond, that means he's not interested. A man who wants to see you again will set the next date up while you're still on the first date. If the first date ends and there isn't talk of a second date or he doesn't follow up with a text, the odds aren't good that you'll see him again.

3. He pays attention to his phone during your date: Looking at his phone during a date means one thing: boredom. As a dating expert, I came up with an easy way to remember this rule: more phone equals less interested and less phone equals more interested.

4. He talks about other women: Well, this one is simple: If he's speaking about or looking at other women, he's either a creep, or he sees you as more of a friend than a potential partner. You'll need to get his attention and show him you can be sexy and more than just a pal. Those other women have nothing on you!

Related Link: [Expert Dating Advice: How to Spot a Man Who Only Wants One Thing](#)

5. He shows a lack of emotion: Simply put, a man who cares for you is interested in you. If you're sad and there's a huge lack of empathy, then chances are, he doesn't even cherish your friendship. My expert love advice is to lose him fast, as he isn't a good friend or the right fit for you romantically.

6. He makes excuses: “I can’t see you tomorrow.” “I have to wash my hair.” “Oh, I can’t go to that bar with you because I’m busy.” Excuses can be practical at first, but one after the other means one thing: He’s just not that into you. Also, look for excuses that don’t make any sense.

7. He only calls if he needs you or at a late hour: As a relationship expert, I think these two scenarios sound like booty calls. Maybe he’s only interested in a physical relationship with you. That’s when you get the late night calls or dates that always seem to be watching movies at his place.

Related Link: [Love Advice: How To Tell If a Guy Likes You](#)

8. He shows a fake smile: A fake smile is seen as the polite thing to do, but it means that there’s a lack of happiness and good vibes. If there’s no interest, someone will fake smile, as they’d rather not be rude. By the next day, though, a text message will say that they’re just not feeling it.

9. He doesn’t contact you after a date: It’s the easy way out. Many of us are guilty of not texting or returning messages as a way to ignore the situation completely.

10. He touches you as a friend: Think about how he touches you: Shoulder touches (friend) versus thigh touches (sexual attraction) and upper back (friend) versus lower back (sexual attraction) are two examples. Touching may be seen as good no matter what, but that isn’t so. A touch on the top of your head (which usually symbolizes dominance or that you did a “good job”) doesn’t mean the same thing as a touch on your chest with a flat palm (a non-verbal cue of trust and love).

[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.

Relationship Expert: The Economic Reality Of Divorce Is No Excuse For Irresponsible Parenting



By

Rosalind Sedacca, CCT

While the economy is turning up, middle- and lower-class Americans are still struggling with financial challenges. Many couples that are ready to call it quits in their [relationship and love](#) are postponing the divorce decision because they can't afford it or the two-home reality in their future. As a

relationship expert, here is my love advice for how to cope with the economic reality of divorce.

Relationship Expert Shares Love Advice About Divorce

Does postponing divorce mean couples are finding new ways to get along and reconsider their marriages? I've seen some cases where the relationship and love survives because they put off breaking up. But for many, it just means adapting to continued states of unhappiness and coping with disappointment and frustration. This approach, of course, does not bear well for the children of these unions. They experience the negative consequences of a distressed marriage whether their parents split up or choose to stay together because of economic factors.

Too many couples are so financially dependent on one another that they can't make a clean break. But, at the same time, they've lost their emotional interdependence, which helps a partnership thrive during outside challenges. Without the affection and emotional connection, they're basically roommates sharing a home and living expenses.

Related Link: [Expert Love Advice: How To Tackle That Nagging Seven-Year Itch](#)

The problem is that they're also parents of children who may be more confused than ever about life at home. Mom and Dad are still married and together – but are they? It's a big concern for therapists, school guidance counselors, clergy, and others who understand children's emotional and psychological needs during times of high stress. There are no clear resolutions for today's economic challenges or for parents caught up in making the divorce decision. However, staying together in a marriage that continues in “form” can only be a damaging

situation for the kids. That's because those marriages often fail to focus on the emotional safety and security factors that children need in order to thrive, feel self-confident, and express themselves.

Dating Expert Gives Tips For Moving Ahead – In Or Out Of A Marriage

Parents, whatever you do, stop and ask yourself some fundamental questions before moving ahead, whether you choose to stay in your marriage or get divorced:

- Despite economic stress, are we taking the time to give our children the loving attention they deserve?
- Are we as parents providing a loving environment for our children, either in the same residence or two separate abodes?
- Are we providing the nurturing values and personal time we want to instill in our children despite our own challenges as adults?
- Are we creating rituals with one or both parents so our children feel that we still are a “family” regardless of the form it takes?
- Should we be seeking outside professional help to make sure our children are feeling safe, secure, loved, and peaceful in their home environment(s)?
- Are we being honest with our children about our circumstances without sharing adult details with them that would be confusing and burdensome at their age?
- Are we restraining from arguing, badmouthing each other, and creating tension? Are we avoiding bitterness, sarcasm, or other negativity when the children are present?
- Are we reminding our children how much we love them and will continue to love them regardless of changes in where and how we live?

Related Link: [Relationship Expert Talks About Helping Kids Through Divorce](#)

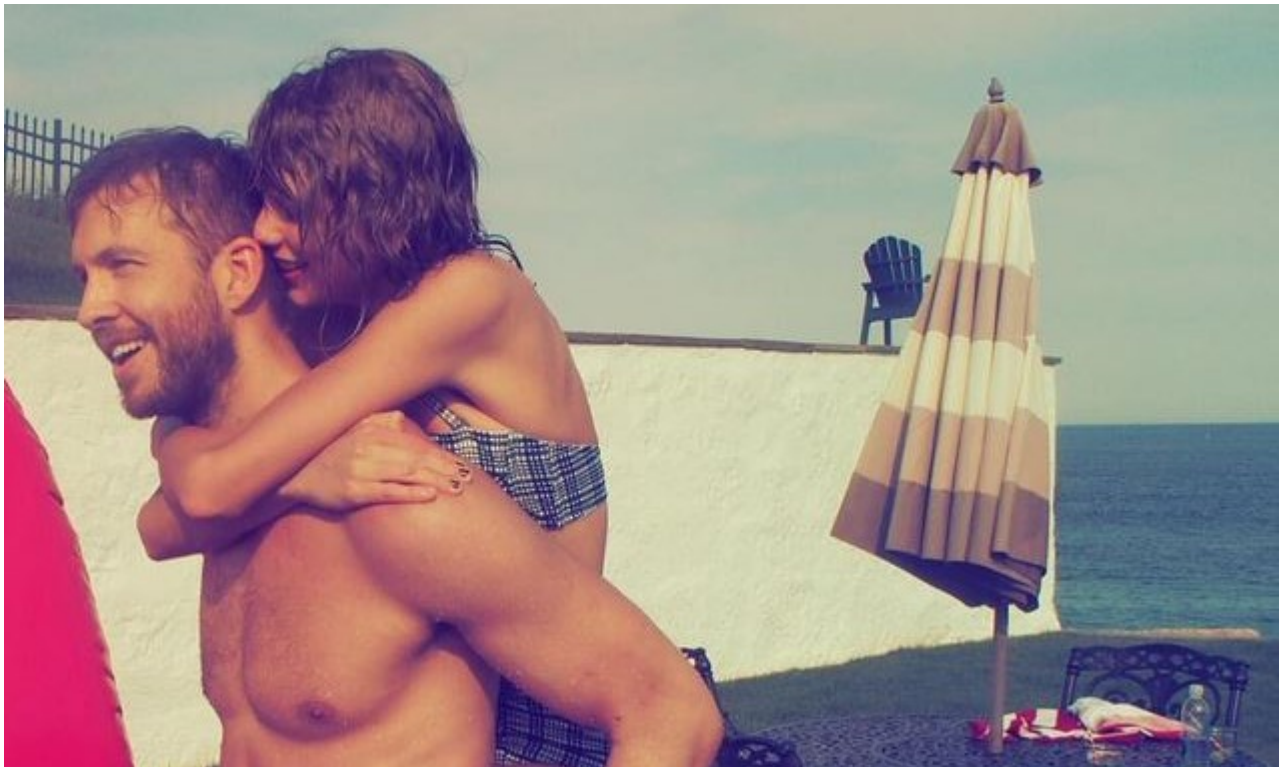
As a dating expert, I know that how you answer these questions will determine the quality of life your children experience, whether they are residing in one residence or two. Always remember: You are parents first and a couple struggling with marital or divorce issues second. Isn't that the way it should be?

For more information about and expert relationship advice from Hope After Divorce, click [here](#).

Rosalind Sedacca's Child-Centered Divorce Network provides free articles, an e-zine, coaching services and other valuable resources for parents at www.childcenterreddivorce.com. Her signature ebook, How Do I Tell the Kids about the Divorce? A Create-a-Storybook Guide to Preparing Your Children – with Love! is also available at www.howdoitellthekids.com.

Relationship Advice Video: Should I Date More Than One Man?





In this week's [relationship advice video](#), matchmaker and relationship expert Suzanne Oshima talks to dating consultant David Crowther about dating multiple people at once. Check out their best love advice in the video above!

Relationship Advice Video Reveals That You Should Date More Than One Man At A Time

Finding a relationship and love that will last a lifetime can take awhile. That's why these two dating experts agree that you should never date only one man at a time *unless* you've decided to be exclusive with someone. According to this relationship advice video, you don't want to put all of your eggs in one basket!

Related Link: [Relationship Advice Video: Two Quick Ways To Figure Out If He's The One](#)

To follow their dating advice, date several men at

once and weed out the people who aren't right for you. As time goes on, you'll get to know your dates on a more intimate level and eventually discover who isn't a good fit for you. When that happens, you can move on to someone who is more compatible with you for a long-term relationship.

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](#).

Love Advice: How to Make Your Partner Happy in 5 Minutes a Day





By

Molly Jacob

From work to social lives, our days can get pretty hectic. Although we love our partners more than anything, some days we just don't have enough time to give them all of our attention. With relationships and love, it's still important to give your sweetheart small, but significant reminders of your love every day. Need dating and relationship advice about how to do that?

Cupid has love advice about ways you can make your partner happy in just 5 minutes a day!

1. Give a massage:

Your baby has had a hard day at work, so giving a quick back or foot massage is sure to make his or her day. Giving a massage without them having to ask for it is sure to win you brownie points with them, too.

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

2. Do the dishes:

Even if you're tired at the end of the day, doing the dishes should take you no more than five minutes, and it's sure to make your significant other's evening much more relaxing if they see that the dishes have been taken care of after dinner. You could do any sort of similar chore around the house, which would just as well add happiness and gratitude to your relationship and love life.

3. Give a gift:

This gift doesn't have to be a big or extravagant one; it can simply be a candy bar or latte you picked up on the way home from work. Your sweetie is sure to love a treat, and little gifts are an easy way to add a nice surprise to your partner's day.

Related Link: [Couples Therapy: A Way to Rebuild a Struggling Relationship](#)

4. Send a cute text:

Throughout the day, send a couple cute texts, such as, "How did your meeting go?" and "You're amazing!" These little reminders of your love don't take much time or effort, but really show you've been thinking about them. It's good love advice to always make sure your significant other knows how much you mean to them!

5. Say "I love you":

This won't take any longer than a few seconds, but it's definitely a fantastic way to strengthen your relationship and love life. Your partner may know you love them, but it's still always important to say it out loud, and often. Love advice: you can never say, "I love you" too much!

How else can you make your partner happy in just five minutes a day? Let us know in the comments below!

John Green Chick Flick, 'Paper Towns,' Hits Theaters



By

[Courtney Omernick](#)

In the new movie *Paper Towns*, which hits theaters on July 24th, Margo loves mysteries so much that she decides to become one. After taking her neighbor, and crush, Quentin, on an all-night adventure, Margo disappears and leaves behind clues for Quentin to decipher.

The search leads Quentin and his friends on an exhilarating adventure.

Should you see it:

This relationship movie can definitely be classified as a thrilling chick flick! If you've ever worked hard to get someone to notice and like you, then you'll be able to relate to this film. The movie also features an exciting cast including Nat Wolff, Cara Delevingne, and Halston Sage.

Who to take:

This relationship movie/suspenseful chick flick would be great to see with your friends or significant other.

How do you stand out for your crush?

Cupid's Advice:

Nowadays, with so many distractions out there, it can be hard to get the person you like to notice you. You might have tried playing hard to get, a different outfit, or rearranging your schedule. If all of that has lead to zero results, see our advice below!

1. Be attentive: Conversations are a two way street. Don't play hard to get. Ask questions, answer questions thoughtfully, engage in eye contact, and put your phone away!

Related Link: [Latest Celebrity News: Liam Hemsworth Is Hooking Up with Co-Star Maika Monroe](#)

2. Let your guard down: Past relationships or bad dates may have left an awful taste in your mouth, but don't assume that they person you're with is just like "all the rest." And, under no circumstances should you bring up your dating

troubles around your new date.

Related Link: [New Celebrity Couple: 'Glee' Star Dianna Agron Is Dating Mumford and Sons' Winston Marshall](#)

3. Stop texting: Don't base your new found relationship off of text messages, instant messages, and emails. Make sure that the majority of the time communicating is spent face-to-face or talking on the phone or through skype.

How did you stand out for your crush? Do you have some love advice for our readers? Comment below!

Scott Disick Checked Into Rehab Before Kourtney Kardashian Celebrity Breakup News





By

Katelyn Di Salvo

Everyone is trying to keep up with the Kardashians these days! So much drama seems to be following the famous reality TV family, especially with the recent celebrity break-up news between Kourtney Kardashian and Scott Disick. According to UsMagazine.com, Disick checked into rehab Sunday, July 5th, for a very short stay right before his celebrity break-up hit the tabloids. The reality star arrived at the rehab facility in Florida after returning from his trip to Monte Carlo. However, Disick checked out the same day, spending just hours at the center. Kardashian recently celebrated her daughter Penelope's 3rd birthday in Disneyland without her [celebrity ex](#). We hope Scott can get on the straight and narrow for his kids!

This line of celebrity breakup news keeps getting more drama-filled!

What do you do if your ex checks out of his or her responsibilities to your kids?

Cupid's Advice:

Your kids should be number one and if your partner isn't holding up his or her end of the deal, it's time to re-evaluate. Cupid has some love advice:

1. Talk to your kids: If your kids are old enough, they will notice that their father/mother isn't around and may even start asking questions. So, talking to your kids can help them get through this difficult time and clear up any confusion.

Related Link: [Scott Disick Invites Fans to 'Come Party' in Vegas Post-Split from Celebrity Ex Kourtney Kardashian](#)

2. Do your best to play both roles: If your ex checks out, your job as a parent becomes a little harder. You have to make sure the kids aren't affected. Although as a mom you can never be a dad and as a dad you can never be a mom, you do have to step your game up to make sure your kids don't feel like they're missing out on anything.

Related Link: [Kourtney Kardashian Announces Celebrity Break-Up from Scott Disick](#)

3. Don't give up: People go through things, and sometimes it takes them a while to snap out of it. If your ex checks out, always keep in mind that he/she more than likely does love the kids. Never trash talk in front of your kids, and don't make them hate their mom/dad or lose hope in them.

What are some tips you can offer on this situation? Share below!

Love Advice: What Makes A Great Online Dating Profile



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

Most dating experts agree that, when it comes to online dating, creating your profile is of the utmost importance. In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) says, "Online dating isn't a game!" Her best love advice is to have a strategy to invite the right people into your life and eliminate the wrong people.

E!'s *Famously Single* Dating Expert Laurel House Talks About Online Dating

It's no surprise that the relationship expert believes that photos play a major role in your online dating profile. "This is especially true for a woman's profile because men are visual creatures, while women are emotional creatures," she shares. Make sure that your photos are high quality and that they show your best self-living your best life. Your pictures should be a visual biography of where you hang out, what activities you enjoy, and who you like to hang out with. "All of these things reveal who you are," House explains.

Related Link: [Dating Expert Shares Number One Rule of Successful Online Dating](#)

However, the most important element to your profile is that "it's an authentic depiction of who you are. Your profile should make the reader feel like they're getting a good sense of *you*." In order to do so, you may need to hire someone to write it for you – and that isn't a bad thing! House's love advice can teach you how to create your best profile and also how to evaluate the profiles of potential dates.

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

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

What elements do you think make a great online dating profile? Tell us in the comments below!

Kourtney Kardashian Announces Celebrity Break-Up from Scott Disick



By

Maria N. Capalbo

According to UsMagazine.com, Kourtney Kardashian is calling it quits with her celebrity love, Scott Disick, after he was seen cuddling with his celebrity ex Chloe on a yacht. According to sources, Kourtney says that she has “had it” with Disick, and his adventures outside of their relationship! Kourtney posted her Fourth of July pictures of fun with the kids this past weekend, but they were missing Disick. Sometimes up’s and down’s lead to giving up!

Let's hope this celebrity break-up sticks! How do you know when you're really ready to call it quits with your partner?

Cupid's Advice:

Deciding to end a relationship you have been fighting for, for so long can really be stressful. It is important to really evaluate your happiness in the situation. Cupid has some suggestions on when it's time to call it quits with your partner below:

1. More arguing than love: When there is constant arguing between the both of you, and no more compassionate interaction, that is when you should really start reconsidering things. Every conversation should not be a fight.

Related Link: [Kourtney Kardashian Confronts Khloe About Partying with Scott Disick](#)

2. No loyalty or trust: Whenever your partner goes out, do you feel anxious or worried they might be doing something they aren't supposed to? If you are nervous about them doing anything without you, that is not good and things should also be reconsidered in this situation as well.

Related Link: [Scott Disick Upsets Kourtney Kardashian with Comments About Post-Baby Weight](#)

3. Constant sadness: Whenever you think about your relationship, if it makes you sad, it shouldn't be something that you want to continue. If your partner is not treating you right or if things are not going as planned, then it may be time to end things.

What were some signs you knew you were done with your partner?
Share below!

Mariah Carey: Moving Quickly in a Celebrity Relationship?



By

Dr. Jane Greer

Singer Mariah Carey is already talking celebrity marriage with her new boyfriend, James Packer. Typically, it's the woman who's eager to start talking marriage, sometimes even early in the relationship. Although they've only been dating for a matter of days, James already believes he wants to marry

Mariah. The duo in a new [celebrity relationship](#) have visited several countries together since last week.

Deciding to get married is a big step for so many reasons, and thinking about doing it when you are just beginning to get to know each other might not always be the best idea.

Consider reality.

When two people fall in love, anything seems possible. You might quickly begin to think about spending the rest of your life with that person, and even fantasize about how wonderful it could be. That is what love does – it makes everything look wonderful. The trouble is, a lasting relationship is made up of much more than the immediate chemistry and romance people experience when they first come together and the rest of the world falls away. That world doesn't stay away forever, and when it creeps back in with finances, job responsibilities, the possibility of having children, and other things that take place during daily life, it is helpful and important to have a strong foundation underneath you to know how to deal with these things as a unit.

Related Link: [Mariah Carey Reunites with Celebrity Ex-Husband Nick Cannon for Easter with Twins](#)

Understand each other fully.

If you have time to get to know each other, allowing you to establish and understand your commonalities, shared goals and values, methods of communication, and ability to compromise

and problem solve, you will be in a much better place to make your joint life work. These are the nuts and bolts that determine whether or not you will be able to go the distance together. Too often when you lead with love, moving too quickly, you eliminate and edit out the opportunity to experience your partner in the real world and you might not be equipped to deal with the curve balls that life sends your way.

Take time.

Time also allows you to establish a good balance between the me and the we, which is necessary in sharing a healthy relationship. The risk of rushing in to making the decision to spend your life with someone you don't know well enough, despite the fact that you think you do, is that you can wind up in a situation that requires making concessions that feel more like sacrifice rather than compromise. If it starts to seem that you are giving up what is important to you, it can be the beginning of your partnership no longer working effectively. So unless you have had the time to navigate your shared life and the demands that it entails, you might want to slow down a little.

Related Link: [Nick Cannon Opens Up About Split From Mariah Carey](#)

Move forward when it makes sense.

When, then, is it okay to start that conversation about happily ever after? It's probably best to begin once you've determined you're exclusive and your individual worlds are clearly merging into a joint world. That's the point at which you can look toward creating a future together and therefore discuss marriage, whereby you and your partner can see yourselves continuing together over the course of your lives. Look to avoid bringing marriage up out of the blue because if there's nothing concrete to attach it to, then the

relationship may not be at that point and you may scare your partner off by being too premature with the idea. He or she may completely push back as a result. Sometimes talking about moving in together before bringing up the subject of tying the knot is a good starting point. There are times, however, when people are forced to talk about marriage sooner than they might otherwise – if one person has to move to another part of the country (or even the world) for a career opportunity, for example.

Don't get too caught up in the excitement.

The bottom line is that everything looks great at the beginning of a relationship and it is easy to get caught up in the excitement and fanfare. Be aware though of looking too far ahead. Give yourself a chance to be sure you are truly compatible before you walk down the aisle. Keep in mind also that if you are just coming out of a relationship and dealing with the aftermath of rejection, it can make this new relationship even more attractive and can be a way to put the pain in the past. If that is the case it is even more important that you take a deep breath and leave yourself the time you need to make sure this is right for you, so that you don't wind up getting blinded by love and perhaps make another mistake.

It seems that Mariah and James don't have these qualms and are ready to get serious and move forward with a shared life together. Only time will tell if they are moving too fast.

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 on Twitter for her latest insights on love, relationships, sex, and intimacy.

Ashton Kutcher & Mila Kunis Celebrate Top Secret Celebrity Marriage



By

Maria N. Capalbo

According to UsMagazine.com, this weekend celebrity couple Mila Kunis and Ashton Kutcher tied the knot in secret at the Secret Garden Parrish Ranch in Oak Glen, California! The

celebrity couple has been dating since 2011 where they first met on *That '70s Show*! When Kutcher first spoke of celebrity marriage, he said he never wanted it, but when he met Kunis, things changed for him! Kunis complemented that statement saying, "We all get movie star crushes. I'm marrying mine."

This celebrity marriage was a big surprise! What are some advantages to an elopement?

Cupid's Advice:

Getting married is one of the most memorable moments you can create with your partner! Many couples prefer to do it differently. Cupid has some suggestions on why eloping may be a good idea:

1. Less pressure: The pressure to arrange this huge, unforgettable wedding bash is completely out of the picture in this case! There are no deadlines, color patterns to worry about, or even people! It is just you and your partner to worry about.

Related Link: [Mila Kunis and Ashton Kutcher Are 'Meant to Be' Says Twin Brother](#)

2. Save money: Saving money is a huge plus in this situation. With only worrying about your partner and yourself, you save a lot of money. No renting venues, no flowers and gift baskets, nothing! You have nothing to worry about when it comes to your funds.

Related Link: [Mila Kunis and Ashton Kutcher Are Expecting!](#)

3. More intimate: When you're planning a wedding that just involves the two of you, and no one else, it makes things more special between you both. Only having to focus on each

other will strengthen your bond.

What are some benefits you have gotten out of having a surprise wedding? Share below!

Dating Experts Share Best Online Dating Advice



In this week's [relationship advice video](#), matchmaker Suzanne Oshima talks to dating expert Matt Adams about online dating tips, including how to email a man and what to include in your profile. Don't miss this helpful online dating advice!

Consider This Online Dating Advice!

If you're searching online for your next relationship and love, then this dating advice may help you find The One. Dating experts agree that the message you send to a potential partner should be very personal. For example, tell him that he caught your attention and then say something about his profile. You can compliment a picture he has or discuss common interests. It's smart to show him that you read his profile and then invite him to reply back. "If you want to stand out, stay away from short greetings," Adams says.

Related Link: [Love Advice: How To Increase Your Chances Of Meeting The One](#)

However, you don't just need to be concerned with his profile but with yours as well. Make sure you have good photos that will capture his attention and that it's well written. "If you aren't getting responses back, that means something's going on with your profile," Oshima advises.

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](#).

Share your best online dating advice with us in the comments below!

Relationship Advice: A

Couple's Guide to Better Arguing



By

[Courtney Omernick](#)

So many people have dating and relationship advice for every aspect of your courtship. However, some are stumped when it comes to having a great plan for arguing.

Below are a few pieces of love advice for creating the best outcome in your arguments.

1. Stay Calm: It's easy to get flustered and upset quickly when you're trying to prove a point and you feel like

you're not getting anywhere. But, the worst thing you can do is scream or throw a temper tantrum. The other person is feeding off of your energy. Stay calm, and hopefully they will too.

Related Link: [Pros of Breaking Up in a Social Media World](#)

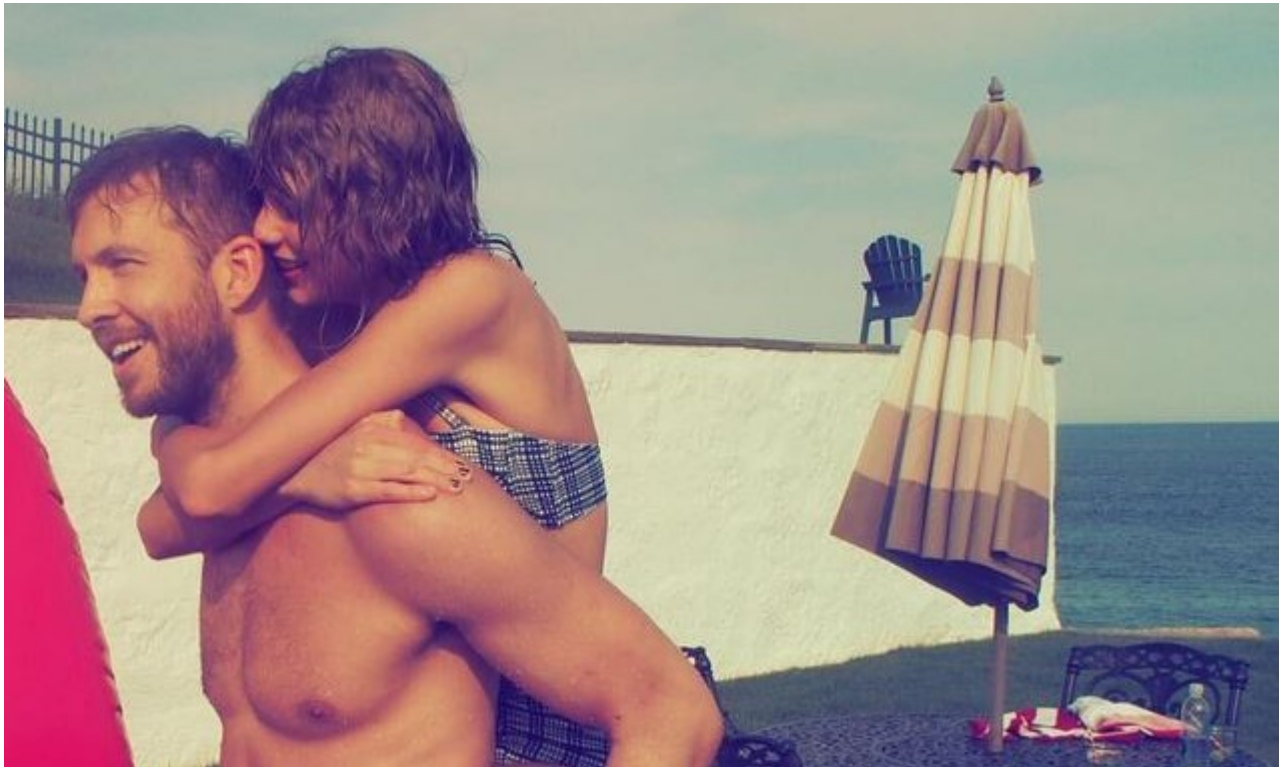
2. Don't insult the other person: Avoid saying anything to the other person that may be taken as an insult. When people are angry, they are much more sensitive and can take even a side comment as an insult.

Related Link: [Top 5 Most Shocking Celebrity Couple Affairs](#)

3. Tell the other individual that you're going to listen to and respect them: Things are about to get heated. The other person needs to know that you're going to do your best to listen to what they have to say. Remember, the other person feels just as strong about their opinions as you do about yours.

What love advice do you have for couples out there? How can they argue more effectively? Comment below!

Exclusive Celebrity Interview: Josh Kelly From Lifetime's 'UnREAL' Reveals the Truth About Reality TV



In
terview by [Rebecca White](#). Written by Meranda Yslas.

Without a doubt, there's something fascinating about reality TV that makes us tune in and catch the latest episode each week. Lifetime's newest scripted series *UnREAL* exposes the manipulation that goes on behind-the-scenes to keep the drama alive on a popular dating show. In our [exclusive celebrity interview](#), actor Josh Kelly not only reveals the truth about reality TV but also opens up about relationships and love.

Exclusive Celebrity Interview with *UnREAL*'s Josh Kelly

Contestants on shows like *The Bachelor* or *The Bachelorette* sometime act in ways that make our jaws drop in disbelief. Although we say we would never do half the things we see on television, we shouldn't be so quick to judge: Kelly

explains that people often undergo a psychological change when placed in front of a camera. "It was pretty fascinating because, before I auditioned for the show, I was taking a psychology class. I had become friends with a reality TV person, and she told me all these things, and I was flabbergasted," he says. "So I rewrote my thesis paper to show how reality TV shows would be illegal if they were done in psychological experiments. All you have to do is throw cameras at people, and they pretty much do anything. I was really happy when the show came around because it was exactly what I was talking about."

Although having cameras present makes people act a little differently, a big part of why reality TV shows are full of so much drama is the manipulation by the producers and directors. *UnREAL* showcases just how much deceit is put into making a show a hit. It may seem a bit overboard, but the 33-year-old actor insists that it's true. "*UnREAL* is exaggerated to tell the storyline with the characters, but as far as what goes on, from what I've heard, it's not exaggerated at all," the actor says. "If anything, it's almost held back and toned down."

Related Link: [Shiri Appleby Welcomes a Baby Girl](#)

Jeremy, Kelly's character, is the cameraman and a past lover of one of the producers, Rachel, played by Shiri Appleby. Although the two have a complicated past, fans can't help but hope they end up back together. "If you want to be with someone and it's not working out, then you have to ask yourself if you should be with them," he says. "I guess that's the question for most exes. With Jeremy and Rachel, I don't know. I think they both want it to work out, but they've both done some bad stuff."

Without giving too much away, he does hint that more is going to happen between the exes. "It gets crazier and crazier," the *One Life to Live* star adds. "Jeremy and Rachel try to deal with their issues."

While Jeremy may be struggling with a lingering old relationship and love, Kelly knows how to deal with an ex. His relationship advice is to be honest with your former flame *and* with your new partner. “Don’t try to hide anything, and don’t try to keep either side a secret,” he says.

He also shares a piece of love advice for current couples: “If you’re really in love, try and love the person more than you think they love you. As long as they’re doing that as well, then you guys are good.”

Finding Love on Reality TV

Even though it’s clear that what happens on reality TV isn’t always authentic, that doesn’t mean dating shows can’t be successful. Still, regardless of cameras, “finding love is the hardest thing to do,” Kelly believes. He also points out that shows like *Married at First Sight* have helped people find their soul mate. “Doug Hehner and Jamie Otis – they’re still making it. They’re one of the reality show couples that my girlfriend and I have become friends with, and they’re very happy,” he shares.

Related Link: [‘Married at First Sight’ Couple Jamie Otis and Doug Hehner Share Love Advice: “A Strong Foundation is Key”](#)

A big departure from his role on *UnREAL*, with parts in films like *Transformers: Revenge of the Fallen* and *Jarhead 2: Field of Fire*, Kelly is no stranger to being in war-style movies. Ironically, he has a military background and admits that being a past soldier and then playing one on set can be a bit aggravating. “A lot of people have a preconceived notion of who soldiers are and why they act like they do,” he says. “They think of them as mechanical and not human. On television, they’re often supposed to be like robots.”

“It can be very constricting if you’re an actor and you’re trying to play the character, and the writers and producers

are like, 'Well, you know, soldiers don't really get nervous,'" he elaborates. "We do. I can promise you that." Although at times frustrating, "it's also really fun to get back in the uniform and play."

With that thought in mind, his latest project is a short film entitled *Prisoner of War*, which was directed by a friend and fellow Army Ranger, Matthew Sanders. "It's probably the most intense role I've ever played," the actor admits. The storyline involves soldier suicide and post-traumatic stress disorder, which he feels are "really important" topics.

Whether his character is a soldier in battlefield or a cameraman for a reality TV show, Kelly thanks his military background for influencing his acting. "It has helped me in many, many ways," he shares. "I learned a lot about hard work, and I'm really happy for it."

For more from Josh, follow him on Twitter @JustJokingJK and www.facebook.com/joshkellyofficial. Tune in for UnREAL on Lifetime on Mondays at 10/9c!

Relationship Advice: 4 Reasons To Leave The Past In The Past





By

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

One of the hardest decisions in life is knowing when to walk away from a relationship and love. It's no secret that romance is hard work, but when your love life becomes more work than it's worth, you have to realize that, while fighting for love is admirable, you might be fighting for a lost cause. As relationship experts, we know that when the connection begins to unravel, sometimes, there's no coming back. And while that may be hard to accept, take our [relationship advice](#) and stick to your guns when you decide to pull the trigger on an unhealthy relationship.

NYC Matchmakers Give Relationship Advice: Never Get Back With Your Ex!

Take our expert love advice and remember these four reasons to never to get back with an ex:

1. Trust is token: There's a reason that you decided to break

up with your partner in the first place. Whether it was because of cheating, lying, or even abuse, once the trust is lost, there's no coming back. Relationships are built on trust, which is nearly impossible to earn back because you will always be wondering what else they lied about and feel the need to track every move they make. It's also hard for them to break the cycle. Even if you get back together and they try to fix the issue at hand, the chances of them slipping up are high. It'll feel like you're waiting for them to mess up, which is not a healthy foundation for a partnership.

Related Link: [Love Advice: You Love It, He Loves It Not](#)

2. Never settle: You may feel the urge to get back with them because it feels comfortable. You know them inside out and don't have to put yourself back on the market. But by settling for someone who you know in your heart is not right for you, you're not giving love a fair shot. If someone broke the trust and you're considering taking them back, think again. If they were the right match for you and loved you, they would not have betrayed you. While everyone deserves a second chance, you will quickly learn that you can't change someone. While you're trying to change your ex into someone you want them to be, you could be missing ample opportunities to meet your soul mate.

3. Staying is harder than moving on: We all know that when it comes to a break-up, the hardest part is moving on. And while time heals all wounds, it's a very painful and sometimes long process to get over someone that you loved. Getting back together with your ex may seem like a short-term solution, but it's not. The only thing harder than moving on from your relationship is moving forward in it. Getting over the betrayal or trust issues and being able to move past the reasons that you initially broke up is very difficult.

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

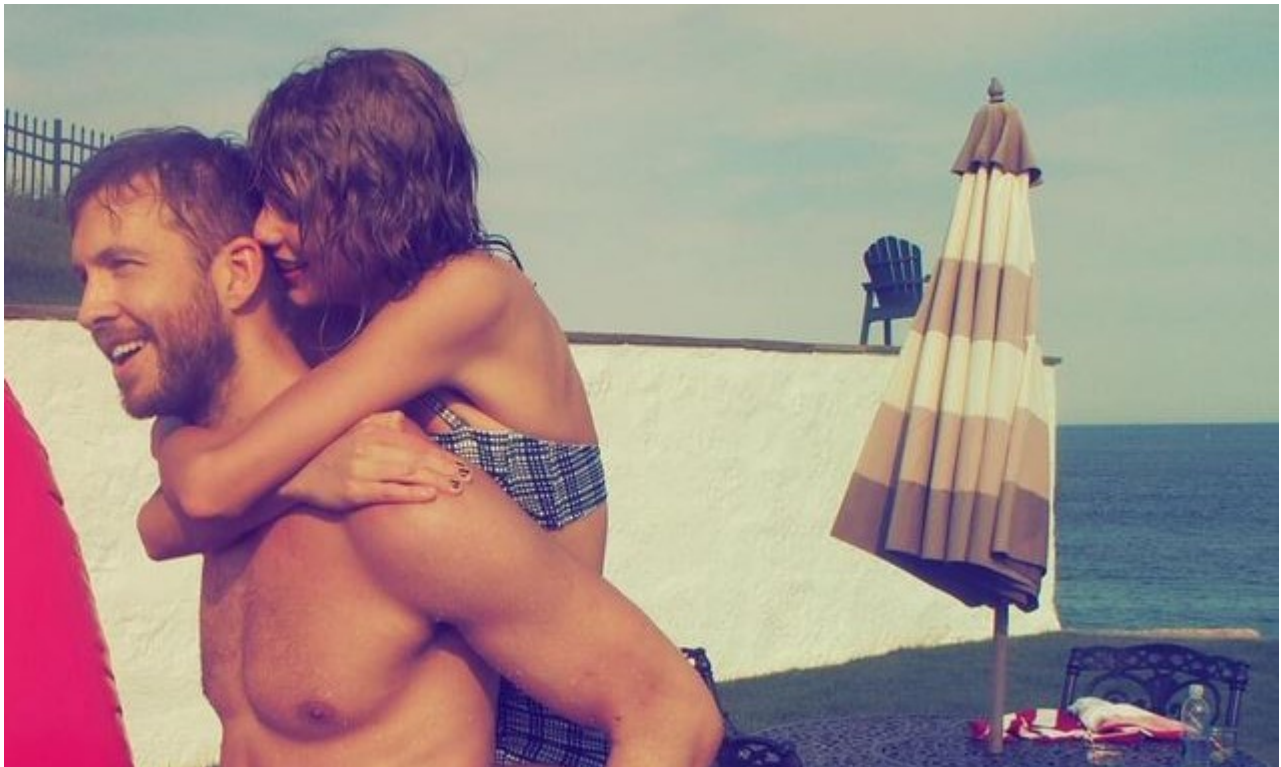
You...or Not

4. It's not worth the ego boost: If your boyfriend broke up with you and wants to get back together, you will be tempted because it is a boost to your ego that he wants you back. And if you broke up with your boyfriend, he will probably try to earn the trust back and get back together because it is a blow to his ego that you rejected him. When it comes to deciding whether you want to get back together, you cannot let your ego (or his) cloud your judgement. If you get back together for the wrong reasons or what seems like a good idea in the moment, you will quickly regret it.

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.

Expert Love Advice: How To Tackle That Nagging Seven-Year Itch





By

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

Can you remember the first time you were in love? Do you remember how the mere image of your partner took control of your thoughts? Your actions? Your view of the world? Life was vibrant and hopeful. Most of us can relate, but fast forward seven years, and the crowd thins a little. The intensity has dimmed or even disappeared long ago. Were we wrong about that person...or are we just incapable of maintaining a lasting [relationship and love](#)?

Relationship Expert Shares Love Advice On Seven-Year Itch

As a relationship expert, I know that there's some empirical truth behind the matrimonial seven-year itch. According to the US Census Bureau, statistics continually support this behavior pattern and offer a theory showing that, after seven years of marriage, most couples have raised their children and have realized they don't want to be around each other anymore.

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

In an article for *PsychologyToday*, author Dario Maestripieri, Ph.D., referred to the findings of anthropologist Helen Fisher. She theorized that humans may have a predisposition to being serial monogamists. This means that “people are socially bonded to one partner at a time but don’t stick to the same partner their whole life.” Instead, they switch from partner to partner. This often follows a four- to seven-year pattern.

So how do you explain those couples who defy the odds of statistics and anthropological patterns? What is it about the pair that remains together for 30-plus years that we could emulate in our own love life? Here is some expert love advice about what those enduring relationships have that yours may not:

1. The relationship is flexible: Most long-term goals need to adapt to endure, and the same holds true for long-term relationships. An article for eharmony.com warns of adhering to patterns that don’t work or weaken a partnership. For example, if one or both of you start taking the other one for granted, if either or both of you adopt a condescending tone in communicating with your spouse, or if you start seeking comfort and support from someone other than your spouse, the healthy relationship can break down. “To help avoid long-term unhealthy side effects that can lead to the seven-year itch, it’s important to change those relationship-weakening patterns and habits,” the article reads. “In doing so, you may discover what you love about each other and ultimately deepen the bond you share.”

In an article for *PsychologyToday*, author Robert Taibbi, LCSW, stresses the importance of updating your vision. “What do you both envision in the next year, five years, or ten years? It’s not so important what you say as you both have the ability to say it,” he explains. “This is what will help you both narrow the gap between your daily life and your inner needs.”

Related Link: [Expert Dating Advice: Should You Give Your Ex a](#)

Second Chance?

2. Communication, communication, communication: Communication is a habit that should emerge during the early dating stages and continue throughout a marriage. Make it a habit to express your needs. Moreover, be sure to ask your partner what his or her needs consist of as well. This doesn't mean you'll always agree, but it will teach you how to handle conflicting views. In the eharmony.com article, we are reminded to expect bumps in the road. "The goal is not to avoid them at all costs but to understand how to navigate them in healthy, effective, loving ways," it says.

3. Partners choose happiness over the need to be right: It often comes down to choosing one or the other. Are you drawn to having the last word? Do you relish those opportunities when you have proven your partner wrong? Is defending your point of view worth taking it to the mat at every opportunity? If so, you may win the battle, but you are destined to be alone at the end of the war. "By letting go of the desire to always be right at any cost, you give yourself and your partner permission to enjoy life again," says eharmony.com. "A happy relationship AND less stress? Sounds like a win-win."

Problems will certainly make a regular appearance in your relationship, whether motivated by self-serving strategies or not. In this case, long-term couples understand the importance of solving problems when they arise. They know that unresolved problems or unchecked behavior creates an unhappy environment. "It just becomes another land mine that you have to carefully walk around," writes Taibbi. "If you're always looking down at where you are stepping, you never can really look at each other."

Related Link: [Romantic Relationship Advice: From Roadkill to Recommitment](#)

So how can one scratch that dreaded seven-year itch? Our

relationship advice is to make sure your partnership is important to you. Expert love advice shows that, by maintaining flexibility, communicating, showing respect for your partner's opinions, and handling conflict openly and with fairness, you can uphold the value of your relationship and enjoy an itchy-free future with the one you love.

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