

Celebrity Exes Andi Dorfman and Josh Murray Flaunt their Search for Love Online



By

Meranda Yslas

On the latest season of *The Bachelorette* we all watched and cheered when [Andi Dorfman](#) chose Josh Murray to be her fiancé. Unfortunately, their celebrity love story didn't last long. Now, the [celebrity exes](#) are on the hunt for a new love and are showing it on social media. According to [Fashion&Style](#), Murray posted an adorable picture of his dog on Instagram with #mommyHunting. The reality star is also open about dating when she posted a photo of her new man on Instagram. Even though it looks as if the two have moved on, Dorfman still speaks kindly

and optimistically about her celebrity ex. “I never say never,” she shared, “I’ve learned that for a really long time, to never say never, but I think I’m really happy with the life I’m living right now and all I can say is I hope for happiness with him too.”

Celebrity exes Andi Dorfman and Josh Murray aren’t shy about publicly displaying their search for love. What are three reasons exes should not openly flaunt their dating life in front of one another?

Cupid’s Advice:

There’s always the question of how long you should wait from the break-up to going back out and looking for love. Once you do start a new romantic relationship, are you suppose to let your ex know? Here are three reasons why it’s better to keep your dating life away from a past lover:

1. It could look like competition: If it seems like you’re purposely bragging about your new love life just to make your ex jealous, it may be difficult to start a real and true new relationship. Both your new guy and your ex will think the relationship is only for attention.

Related Link: [Celebrity Break-Up: Did Josh Murray Split with Former ‘Bachelorette’ Andi Dorfman for More Reality TV Fame?](#)

2. Maintaining a friendship: Although some break-ups make it impossible for any form of friendship to last, that’s not always the case. If you still want to have your ex in your

life, it's better not to bring up the subject of dating and new mates. It's uncomfortable and can put a strain on the new friendship.

Related Link: [‘The Bachelor’ Host Chris Harrison Says He “Had No Clue” Andi Dorfman & Josh Murray Would Break-Up](#)

3. Picking a side: If you two have dated for a long it is likely that you have mutual friends. If you're flaunting all over Facebook or Twitter about your new partner, your ex may get curious and try to get the details from one of those mutual friends, placing them in an awkward situation. Rather than making your friends feel like they have to chose a side in the break-up or play the messenger between the two, it's better to just keep that part of your life private.

Did you let your ex know about your new love life? Share below.

Love Advice Video: How To Say Goodbye To Your Ex For Good





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

No matter how nasty the break-up was or how badly your ex treated you, you constantly find yourself thinking of him and missing him. Don't worry – you're not alone! In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) offers love advice on how to say goodbye to your ex for good.

Related Link: [Relationship Advice Video: Why You're to Blame for Dating Losers and Jerks](#)

E! 's *Famously Single* Dating Expert's Love Advice On How To End Your Obsession with Your Ex

Having an obsession with your ex and being trapped inside of the toxic cycle of wanting to get back with him is unhealthy. With her love advice, House stresses the importance of

realizing that “it’s time to unhook your heart from his.” You shouldn’t allow him to continue to have a hold on you or your self-worth. In order to find true love and happiness, you must break free from the vicious cycle by “removing yourself from the triggers that tempt you to go back.” Once you do that, you will be able to experience a healthy and real romantic relationship.

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

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

Romantic Relationship Advice: From Roadkill to Recommitment





By

Elaine Taylor

I am a woman for whom the relationship “r-word” had been “roadkill” more often than “recommitment” (not nearly as often as my almost namesake Elizabeth Taylor but more in the range of Demi Moore or [Jennifer Lopez](#)). So it’s surprising that I leapt to the assumption that “May is National Recommitment Month” was for romantic relationships. A Google search, however, led in a different direction.

Romantic Relationship Advice on the Importance of Recommitment

Apparently, Recommitment Month originated as a time to look back on New Year’s resolutions and reenergize (recommit to) goals set and vows made with a champagne glass in one hand and a noisemaker stuck between pursed lips. Recommitment Month is also an overused leitmotif commandeered by addiction facilities to hawk their pricey rehab gigs.

My only New Year’s resolution is never to make one because I

already know my commitment will be lip-service deep. I'm going to stick with what I, multi-divorced but now blissfully hitched, finally figured out about both commitment...and its scary twin, "recommitment."

My romantic relationship practices in years past have followed the basic animal kingdom model. I have:

- Been attracted to the peacock version of the species: tall, dark, handsome. Who could resist a nice tail?
- Gone for the all-too-common, unambitious, suburban songbird. He sits atop the feeder, happily chirping at the bright blue sky, waiting for Santa Claus to show up with the seed bag.
- Tried out a white-rumped sandpiper. It could be said that I was attracted to his breeding territory(San Francisco). It could also be said I didn't realize his breed was not monogamous.

Related Link: [Expert Relationship Advice: I'm Divorced, But He's Married](#)

Recommitment? Ha. More than once I sprinted down the aisle – in reverse – to Peggy Lee crooning, "Is that all there is?" Not that any of my paramours had grim character flaws. They were perfectly acceptable husband material. Just not for me. At some point, I poked an accusatory finger at the mirror and confided, "With your track record, maybe it's time to consider that *you* might be the problem." So I went to an astrologer/psychic to ask if Peggy Lee nailed it: That's all there was?

"Oh, no," the psychic said. "You are destined for great love – the kind about which stories are written – but not until you're ready."

Seriously? I had a workout regimen and a classic sense of style, and I waxed routinely. What more did a woman have to do to be "ready" for a relationship and love? Ashton Kutcher came

along with his tidbit of relationship advice – vulnerability is the essence of romance – a couple decades too late for me; I had to figure it out for myself. Even more scary, it became obvious that I had to be willing to be vulnerable with *myself* before I could be vulnerable with anyone else.

Over the next years, I spent time on the therapy couch, and I:

- Held my nose and, reluctantly, dived headfirst into my emotional dumpster.
- Dug to the back of the withheld-feelings closet – the one I had never dared peek inside because, yes, I had in fact stuffed it with an army of destructive memories and their full-dress uniforms: shame, sorrow, and self-denigration.
- Didn't stop diving and digging until that dumpster and that closet were emptied out, spit-shined, and springtime fresh.

That was my first big step in making myself “ready.” The second step – and perhaps my most important insight – was to realize the one person to whom I had never even *considered* committing to – much less *recommitting* to – was...me! Of course not – that would be selfish! I was committed to mothering and wife-ing and bread winner-ing. *Me*-ing would have taken time from the ones I loved.

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

My therapist asked if I included myself on the Ones-I-Love list. The question didn't even make sense. Wasn't it someone else's job to love me? The someone I hadn't yet met?

Focusing On Your Relationship and Love with Yourself

The therapist's answer came in the form of a question: If you don't love yourself – believe yourself worthy of love,

deserving to be cared about and cared for – then why would that elusive “someone else” love and care about you?

Whoa! That was like a pistol-whip to the head. It left me stunned and reeling. Was she saying it wouldn't be selfish to expect from others what I was so willing to give? Respect? Nurturing? Security? To feel I had the right to the same “love-entitlement” that I accorded the Ones-I-Loved?

The psychic had been right when she said I wasn't ready. I had always hidden my vulnerability, never believed in my own self-worth. I worked hard to change. Soon after, the love – that someone for whom I had yearned for so long – slid right into my life. For more than a decade, he has colored my world with a rainbow of happiness and contentment. Never again have I found myself asking, “Is that all there is?” Recommitment – to him and to myself – is, at last, something I do most willingly, joyfully, and often.

Elaine Taylor is the author of Karma Deception and a Pair of Red Ferraris: A Memoir. She is a former IT headhunter, Contingent Workforce Management specialist, and Board member of Raphael House in San Francisco. She can be found at www.KarmaDeception.com

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

Love Advice: Give Your Relationship and Love Life a

Spring Cleaning



By

[Courtney Omernick](#)

Spring is a time of new beginnings, fresh growth, and reevaluation. You may already have a spring cleaning ritual for your closet. So, why not have one for your relationship and love life? Cupid has just the love advice for you!

Below are some ideas to give your love life a spring cleaning.

1. Throw out your old activities: Many couples don't realize that they're doing the same activities over and over again. It's great to revisit your favorite past time every so often, however, things can get old after awhile. Surf the web for fun

couple's activities and try a new one together.

Related Link: [Dating Advice: How To Get Noticed on Dating Sites](#)

2. Become Reacquainted: When you're in the early stages of your relationship, you tend to ask a lot of questions to try and get to know the other person. However, when you've been together for awhile, you stop asking those questions. As you grow together, take this love advice, and ask more soul searching questions.

Related Link: [Relationship Advice: 11 Steps to Finding a Husband Online](#)

3. Plan a vacation: Even if you don't go on regular dates, planning for something that's further off in the future can be exciting. Planning a vacation gives you time to work on something together, save up funds, and take the edge off of the monotony in everyday life.

How have you given your love life a spring cleaning? Comment below!

Do Men Want to Date Younger Women? Find Out What Dating Experts Think!





On this week's [Single in Stilettos](#) show, matchmaker Suzanne Oshima and dating expert David Crowther discuss whether or not men want to date younger women.

Relationship Advice Video Reveals If Men Want to Date Younger Women

Related Link: [Expert Love Advice: The #1 Thing a Man Wants in a Woman](#)

Middle-aged women often think that men their age only want to date younger women, but that's not always true. According to this relationship advice video, it really just depends. If a man is going through a divorce and experiences a mid-life crisis, he may feel the need to date a younger woman to validate himself or make him feel desirable. If a man wants children, he'll be attracted to women of childbearing years.

As this dating expert explains, there are also men, though, who aren't going through a life change or don't want children

and will date people closer to their age. For the most part, men want to date someone within 10 years of their age.

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](#).

Do you think men want to date younger women? Tell us in the comments below!

Marc Allen Gives Simple Love Advice in 'Tantra for the West: A Direct Path to Living the Life of Your Dreams'





By

Emma L. Wells

Marc Allen spent 30 years studying and practicing Tantra. Now, he has compiled everything he has learned into his new book, *Tantra for the West: A Direct Path to Living the Life of Your Dreams*. The relationship author explains that Tantra is a set of practical tools people can use on their path to happiness. His book is interspersed with expert relationship advice and anecdotes from his own journey to provide readers with a better understanding of Tantra and how it can help in so many different aspects of life. Not only is it a [self-help relationship book](#), but it also provides solutions to problems about work, money, aging, and so much more.

Marc Allen Provides Easy Love Advice in New Book

You say that Tantra is not the “yoga of sex,” like many people believe. Can you share a true definition of Tantra for our readers?

If you Google “Tantra” or study Tantric Buddhism or Tantric Hinduism, like I did, it’s a much broader definition that you could call the “Yoga of Every Moment” or the “Practice of Every Moment and Everything.” It includes sex, but it includes every other moment of your life too. Don’t get hung up on the word “Tantra.” If it doesn’t resonate with you, then pick another word. You can call it the “Magical Path” or “Creative Visualization.” You can call it anything you want! The words don’t matter, but when you look at every moment of your life as opportunity for growth and practice, everything changes. *That* is a direct path to real fulfillment and peace.

You touch on so many different aspects of life in your book: relationships and love, work, money, aging, politics, and more. Which subjects do you think are most important for people today?

I think it totally varies with the person and where they are in life. Certainly, romance is incredibly valuable. It’s valuable to learn how to have relationships and love, and when you look at it through the lens of Tantra, you could say, “I’m on my own unique path through life, and I’m on a path that involves every moment of my life and therefore every relationship I have.” Relationships are a key to fulfillment for peace, and if you work out your relationship, you work out the rest of your life.

Can you give specific love advice for our readers who are single and wanting to improve their love life through these teachings?

My best love advice is to learn how to work in partnership with everyone. Every relationship and love should be a win-win. So in intimate relationships, don’t look for a lover. Instead, look for a partner; look for someone you can really support in realizing their dreams. That’s what our intimate relationships are for. We’re supporting each other in realizing our dreams, whatever they may be. The game in

relationships is to embrace everyone you meet but especially your intimate partners, saying “I want to support you in doing what you love – how can I do that?”

You’ll find when you do that, you get that back from them. If you’re in a relationship where your significant other is not understanding what effective partnership is all about or if you’re in a relationship with a person who’s trying to control you or, God forbid, abuse you in any way, those are the relationships to leave. If your partner doesn’t get that, then I would say you deserve someone better!

Relationship Author Teaches Readers Through His Own Experiences

You seem to draw a lot on your own experience when you are writing. Is it hard for you to put your own journey into the story, or does it just come naturally?

I sometimes think maybe I talk too much about my personal life, but people really seem to like it. My story is the path I know best. You observe other people, but by seeing them from the outside, you never really see the inner work that they’re doing. On the other hand, you know your own inner work – and it’s the inner work that’s important.

Once I did the inner work – by creating the life that I wanted and the company that I wanted and by becoming a writer, a composer, and a publisher – the outer work was simple and obvious. I often think at least 99 percent of the important work that I did was all internal.

If you had to sum up your book and what your trying to do with your work in just a few sentences, what would you say?

This book is filled with simple tools that lazy people, like me, can use. They don’t require discipline or getting up early. They don’t require anything daily. I’ve found that any

practice that people have to do everyday never worked for me. I gave up New Years' resolutions years ago – they never worked for me.

I spent four years at various Buddhist centers. At the Zen Center, we got up at 5:30 a.m., and at the Tibetan Center, we got up at 6:30 a.m. I left because they weren't working for me; I'm not a morning person. I need a lifestyle that recognizes who I am. The path to Tantra is all about looking at every moment and saying, "Every moment is my path." You could say, "Every moment is my spiritual path," or you could say, "Every moment is my analysis." The world is offering me all this wonderful free analysis if I just open myself up to it and see what is. You could call that the path to Tantra.

You can keep up with Marc on his website, <http://www.marcallen.com/>. Don't forget to pick up your copy of Tantra for the West: A Direct Path to Living the Life of Your Dreams!

Expert Dating Advice: How to Find True Love Fast





Matchmaker Suzanne Oshima talks to relationship expert Arica Angelo about how to find true love fast. Check out their [expert dating advice](#) above!

Related Link: [The Secrets of Meeting Men](#)

Expert Dating Advice to Help You Find Love Fast

Angelo believes that there are two pieces of love advice you must consider if you're ready for The One. First, you must come off the sidelines. Dating is constantly changing, which means you have to break out of your routine if you want to keep up.

And second, you have to be willing to take risks. If you're not meeting someone special, it's time to stop playing it safe and do something differently!

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

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Dating Advice Q&A: Can I Blog About My Relationship and Love Life?



Question from Jenny T.: I have a lifestyle blog where I constantly post updates about my friendships, favorite fashion, recipes, and occasionally my love life. I started dating a new guy about two weeks ago. Can I blog about our dates and how I feel about him, or is it too soon to share those details about our

relationship?

Read on for [dating advice](#) from our relationship experts!

Dating Advice from Our Relationship Experts

[Suzanne K. Oshima, Matchmaker](#): One sure fire way to make a guy disappear without a trace is to start blogging about your dates and how you feel about him when you're just two weeks into dating. It doesn't matter if you don't use his real name, no man wants to feel like everything he does or says on a date will be exposed for the whole world to see.

When you launched your lifestyle blog, you signed on to blog about your personal life and everything that goes on with it. But he didn't sign on to have his personal life exposed too. So, my suggestion is for you to cool it with TMI about your relationship and love life on your blog, otherwise you won't have any dates to blog about.

Related Link: [Dating Advice Q&A: Is It Appropriate to Play Hard to Get Via Texting?](#)

Paige Wyatt, Reality Star: Sharing intimate details about your relationship and love life with a new guy should be more discrete than cooking tips or fashion advice. Posting details about dates can make a guy uncomfortable, especially early in the dating process. Guys tend to keep their romantic lives to themselves, because they don't have the desire to share details and experiences like women do.

Typically they wouldn't mind you chatting with your girlfriends about your relationship, but posting things about the dates online can feel invasive to guys. This can be especially true if they learn how you feel about the dates or relationship by reading it online instead of you sharing it

with them personally. It would be appropriate to post things less intimate, such as “great date night restaurants”, or “fun date night outfits”, but keep the personal details about your new relationship close.

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

[Robert Manni, Guy's Guy](#): Good writing requires guts and honesty, but in this case, I suggest a cautious approach. It's one thing to look back and provide insights from lessons learned from past relationships. But providing readers blow-by-blow details after only two weeks creates unnecessary pressure on the writer, her guy, and their possibility of succeeding as a couple. Would you want your audience to know all the details of your latest love interest as it's happening? I'd say, probably not.

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.

Would you blog about your relationship and love life? Share your dating advice with us in the comments below!

Expert Dating Advice For Finding Love After Divorce



By Amy

Osmond Cook for [Divorce Support Center](#)

Fellow fictional vampires Nikki Reed and Ian Somerhalder just tied the knot in their celebrity wedding after a whirlwind romance. The famous couple began their relationship in the fall of 2014 when Reed announced she and her then-husband Paul McDonald were separating. By January 2015, the [celebrity divorce](#) was finalized and Somerhalder had popped the question. Now, the two are hitched and honeymooning in Brazil after dating for less than a year.

Expert Dating Advice for Finding Love

To some, tying the knot only four months after leaving a marriage may seem impulsive, but there are no rules set in

stone when it comes to finding love after a divorce. “This wildly varies from person to person,” Judith Sills, Ph.D, psychologist and author of *Getting Naked Again: Dating, Romance, Sex, and Love When You’ve Been Divorced, Widowed, Dumped, or Distracted* told Web MD. “Everyone ends a relationship by grieving the emotional investment. For some people, that happens before they move out. Others are still emotionally married after the divorce is final.”

Based on the romantic photos that Daily Mail shared of the honeymoon, it looks like married life suits this famous couple. Reed seems confident about her relationship with Somerhalder, which is one of the most important signs of a healthy union, especially when her celebrity divorce from Paul McDonald was so public.

What are some ways you can tell if you are ready to dedicate yourself to a committed relationship after a divorce? Here’s some expert [dating advice](#) to determine if you’re ready to begin again:

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

1. Feel it out: Stay true to your feelings. Allow yourself “a little time to think, a little time to grieve, a little opportunity to find someone else,” Sills says. Sure, Reed was ready to seriously date almost immediately after leaving her previous marriage, but that doesn’t mean you have to be, too. Do what feels good. If dating makes you uncomfortable, embrace that fact, and use that time to treat yourself. Eventually, your emotions will let you know when you’re really ready.

2. No, really, feel it out: Dating after divorce has shown potential to prevent depression in a surprising way. Dr. Karen Finn stresses the importance of human touch when it comes to maintaining good mental health. However, if the idea of becoming physically close with a new person isn’t appealing, Dr. Finn recommends to, “get a massage, become known by your

friends as a hugger, get a mani and/or pedi, and hug yourself.”

3. Do it for the right reasons: It can be tempting to jump back into dating after a divorce so that you can claim yourself as “the winner,” the one who finds happiness with another person first. Unfortunately, that’s not the kind of motivation that will necessarily lead to a lasting new relationship. You wouldn’t want to get involved with someone who is invested in hurting their ex’s feelings, so don’t put anyone else in that position.

Related Link: [How to Be Mindful When It Comes to Relationships and Love](#)

There is no schedule in terms of finding love post-divorce. Most importantly, this is a time to rekindle the love you have for yourself! *Then* you can start hunting vampires like Reed, if you know what I mean.

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

Celebrity Exes Jennifer Lawrence and Nicholas Hoult Reunite in ‘X-Men’ Movie Scenes





By

Meranda Yslas

Even though [celebrity exes](#) Jennifer Lawrence and Nicholas Hoult are split in the real world, fans get another chance to see them together in the upcoming release of the Rogue Cut of *X-Men: Days of Future Past*, according to [E! Online.com](#). That's 17 minutes of previously-cut footage! The former celebrity couple will make their appearance on screen once again, along with fellow co-stars Patrick Stewart, Ian McKellen and Hugh Jackman to name a few. The celebrity exes also both announced that the upcoming movie, *X-Men: Apocalypse* will be their final movies in the superhero series.

Celebrity exes reunited! How do you know when you've moved on enough to be friends with your ex?

Cupid's Advice:

Going through a break-up is emotionally hard; feelings are

hurt and the relationship and love is over. If that person meant a lot to you, you may still want them in your life some way. Here are some ways to know if you are ready to build a friendship with an ex:

1. You have forgiven: A great sign that lets you know you're still not bitter about the ending of the relationship is if you have forgiven your partner. If you are able to recognize that whatever they did to cause the break-up or to hurt you is in the past, then you are ready to reach out to your ex.

Related Link: [Love Advice: Can Jennifer Lawrence and Bradley Copper's Work Marriage Work?](#)

2. Accepting what didn't work: Understanding that a romantic relationship between the two of you wasn't and isn't going to be successful is key when starting this friendship. You shouldn't be starting the friendship in hopes that there's a possibility of rekindling the relationship and love.

Related Link: [Nicholas Hoult Breaks Silence Regarding Ex Jennifer Lawrence's Leaked Nude Pictures](#)

3. You are able to date: If since the break-up you have gone out on a few dates or maybe even have a new beau, then a friendship with your ex can be possible. It shows that you have completely moved past the heartache and resentment towards your ex may no longer exist.

How did you know you were ready to be friends with an ex?
Share below!

Matthew McConaughey Credits Celebrity Wife Camila Alves for His Happiness



By

Meranda Yslas

Working in Hollywood isn't an easy task. There are long hours, meaning sometimes you will be away for weeks or months at a time. For Matthew McConaughey, he is able to endure this thanks to his celebrity wife Camila Alves. According to [E! Online.com](#), the actor shared, "Now I get to wake up next to someone who I know loves me the way she does-my wife-who gave birth to our three beautiful, healthy children." Being a celeb and a parent can be tough, but the *Dallas Buyers Club* star hopes that it will be a learning experience for his kids.

“What they learned is not that if you go to work you get a trophy, but if you do something really good today, you can be rewarded for it later.”

This celebrity wife sure isn't lacking an appreciative husband! What are some ways to show your thanks to your partner?

Cupid's Advice:

It's not only celebrity wives who get praised; all partners should! When you've been in a relationship and love for a while, it can be hard to think of new ways to show your partner that you appreciate them. Here is Cupid's love advice on showing thanks to your beau:

1. Pen and paper: With sending a quick email or text becoming the new norm, hand written letters are becoming obsolete. Break out the stationary set, and write your partner a sweet love letter, including how much you appreciate them. This small gesture can mean a lot.

Related Link: [Matthew McConaughey's Kids are Excited to Have a New Sibling](#)

2. Return the favor: One way you can show your partner that you appreciate them is by doing a random act of kindness. Surprise them with a special cooked dinner one evening or offer to take the kids to school even if it's their turn.

Related Link: [Matthew McConaughey and Camila Alves Move to Texas](#)

3. Saying 'Thank you': While in a romantic relationship, sometimes the words 'thank you' are forgotten. Show your mate

that you do notice them by simply saying aloud why you appreciate them. Just hearing those words can make your partner feel good.

How do you show your partner that you appreciate them? Share below!

Relationship Movie 'Playing It Cool' Features a Loveless Chris Evans



By

[Courtney Omernick](#)

In the new relationship movie *Playing It Cool*, a screenwriter (Chris Evans) is having a hard time writing a romantic comedy because he doesn't believe in [relationships and love](#). One evening, at a charity banquet, he meets "her" (Michelle Monaghan), and the rest is history.

Check out Cupid's relationship movie review of *Playing it Cool*, which hits theaters May 8th!

Should you see it:

This relationship movie can definitely be categorized as a chick flick. If that's what you're looking to see, then look no further than *Playing It Cool*. This movie is also packed with amazing actors such as Chris Evans, Michelle Monaghan, and more!

Who to take:

This film would be great to see with your friends or significant other.

How can you bounce back after a breakup?

Cupid's Advice:

As explained in the movie, Chris Evans' character has a hard time with relationships and love because his mother abandoned him as a young boy. If you've ever gone through a break-up, it can feel just like abandonment. Sometimes, a breakup can leave you wanting nothing more than to wallow in your bed with a tub of ice cream. Don't worry! Cupid is here to give you advice for bouncing back:

- 1. Invest in yourself:** Now that you will probably be spending

more quality time alone, don't view it as being lonely. Take this opportunity to rekindle an old passion or see the world!

Related Link: [What NOT To Do: The 5 Most Devastating Celebrity Break-Ups and Why They Happened](#)

2. Seek support: If you're having a hard time going through life alone, reach out to friends and family. Nothing beats a good weekend with those who really "get" you.

Related Link: [5 Pieces of Love Advice From Celebrity Couples in Long-Term Relationships](#)

3. Give back: Just when you think your life is awful, there is someone out there going through a much harder time. It's important to focus on your growth as a person during this time period. One way you can do that is through volunteer work, mentoring, etc.

How have you bounced back after a break-up? Comment below!

Relationship Advice: 11 Steps to Finding a Husband Online





By

Rajiv Satyal

I know how you can do it. Because that's how my fiancée got me.

1. Availability: A lot of us want the fairytale spotted-across-a-crowded-room-sweep-us-off-our-feet story (yes, men, too), but you've got real life to let it happen. A great piece of relationship advice is, don't leave the biggest decision of your life to chance. Get online and make it happen.

Related Link: [Dating Advice: The Psychology of Online Dating](#)

2. Context: I was on several online dating sites: Match, eHarmony, Coffee Meets Bagel, and OkCupid (where we met). I was also on Shaadi.com (the Indian JDate). Sure, every now and then, you find a white girl on there and wonder, "Is she lost?" But OkC has that cool factor. And that's where she was.

Related Link: [5 Pieces of Love Advice From Celebrity Couples in Long-Term Relationships](#)

3. Name: Her handle was "calvinnhobs," which was quirky and

silly. Try to avoid too-common interests like FoodGirl and TraveLady. Everyone likes food and travel. Share something specific to you personally.

4. Visuals: Distant shots or only of your eyes don't tell me much. It's like a university guidebook. The pretty ones showed their campuses. The not-so-pretty ones had, like, a closeup shot of a brick. Don't be shy.

5. Growth: OK, I know this can sound condescending but... she had some grammatical errors in her profile. I'm a total grammar geek, so it told me I could bring something to the table. It's kind of like how women view a man who can't quite dress – she can't wait to take him shopping. If this seems too nitpicking, welcome to online dating.

6. Mother Figure: Couples will do lots of things together. But for couples who want them, the single biggest thing we'll do is raise kids. As such, I'm looking for a mother. I search for clues to determine whether you're a caretaker/caregiver. "I enjoy helping others through volunteering and teaching... I always enjoy a good night cooking a great meal... Things I could never do without: Family." Boom.

7. Specificity: She painted the picture of who she was. "I love all things science too, so if you can stand someone talking about the latest cholesterol guidelines, the latest pics from the Mars rover, and even the effects of global warming over coffee...you are very cool!"

8. Outreach: I was touched and flattered that she messaged me first, especially since she was in Texas and I was in California. I'd gotten to the point that I'd also increased my radius to the max: the options are something like 25 miles, 50 miles, 100 miles, desperate.

9. Humor: She was funny, using words like "snazzy" to describe my shoes, quotes from standup comedians, funny capitalizations. Little things, victimless humor. Expose your

fun side, but save the really edgy comebacks for when we know each other. We're looking for life partners, not bowling buddies.

10. Patience: She messaged me on April 30. I didn't respond until May 14 as I was traveling. OK, so the first few days were my trying to play the game. But after that, I really did get busy. And what did she do? She waited. My love advice is, people who write you RIGHT BACK come off as needy. Almost everybody says, "I don't want any drama." I don't think that's true. No drama at all is boring. We all want a little – but just a little. And after she and I sent several messages back and forth, I asked her for her phone number, and we were offline.

11. Commitment: Within six months, we were engaged. I actually proposed to her when opening for Kevin Nealon. At that point, we figured it was probably time to disable our OkC profiles. I sent her one last note. And she replied – after a day.

Yesterday – 11:01am

Wow. So, I don't normally do this kind of thing. But you're really cute. I'd totally, like, marry you or something.

Today – 6:50am

You're kinda cute too, I'd think of marrying you only if Kevin Nealon is there. Love you fool!!!!

Rajiv Satyal is a standup comedian from Cincinnati, Ohio, whose witty, universal, and TV-clean act resonates around the world by covering everything from racial issues to soap bottles to his favorite topic – himself (and his relationships). This University of Cincinnati engineer and

former P&G marketer has repeatedly opened for Dave Chappelle, Maz Jobrani, Tim Allen, Kevin Nealon, and Russell Peters. Rajiv has garnered 4 million+ YouTube views, performed on three continents, and been featured on NBC, NPR, Nickelodeon, Fx, Netflix, Times Now, TV Asia, and Pandora, as well as in The Wall Street Journal, Advertising Age, The Huffington Post, India Abroad, The Cincinnati Enquirer, and the LA Times. You can find Rajiv regularly performing at the Laugh Factory and Improvs in Los Angeles, acting in commercials, doing improv, on TV, on XM and Sirius Satellite Radio, or admiring himself on his Funny Indian Fan Club on www.facebook.com/funnyindian.

Relationship Advice: How To Get Engaged In A Year!





On this week's [Single in Stilettos](#) show, founder and matchmaker Suzanne Oshima talks to relationship expert Debi Berndt about how to change your dating life and get engaged within the year. Read on for their [relationship advice](#)!

Related Link: [Dating Advice for Women: Get Out of Your Dating Rut & Find the Right Man](#)

Follow This Relationship Advice To Change Your Dating Life and Get Engaged In A Year

Dating experts believe that you may actually be subconsciously choosing to be single, rather than seeking the relationship and love you truly want. If you want to break that cycle you need to find out why you're making that choice and go deep into what is stopping you from finding the love of your life. By following this love advice you can change your dating life and realize why you're attracted to people and what true love actually is.

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

Watch the video above for more great relationship advice!

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 is your best relationship advice to change your dating life? Tell us in the comments below!

Relationship Expert Shares Must-Dos for Career Women





By

[Sandra Fidelis](#)

What's a driven career woman to do when she's looking for a [relationship and love](#) life while simultaneously balancing the demands of a busy professional life? Some say that dating is like having a second job, but your journey to love doesn't have to feel like a burden.

Relationship Expert Shares Must-Dos for Career Women Looking for Relationships and Love

Hilary Duff, star of the series *Younger*, is now a single celebrity mom after her separation from husband, Mike Comrie. Duff is in the process of reviving her acting career after taking some time off to start a family. But now that she's back on the market as a single celebrity and career woman, what can she and other singles like her do to meet a great guy? Sandra Fidelis, a relationship expert, says that there are four must-dos for a career woman to find love again:

Related Link: [Expert Love Advice: What to Do If Your Job Intimidates Your Partner](#)

1. Expand your social circle – It may be difficult for you to expand your social circle. Maybe you have a great set of friends and co-workers that you hang out with on a regular basis and there are no eligible men available. Well, if you're not meeting many any bachelors through your current circle of friends, you should find ways to branch out and do activities or join clubs where you don't know anyone. This is the best way to increase your opportunity to meet Mr. Right.

2. Focus on self-care – It's easy to get caught up in the rat race and let your self-care routine fall by the wayside. Taking care of yourself, mind, body and spirit will make you much more attractive to men and you'll look and feel great. Hilary Duff recently showed off her toned body in *Shape* magazine where she talked about how she stays in shape by switching up her exercise routine. Take a hint from this single celebrity! Your self-care routine should definitely include some regular exercises that you find enjoyable. In addition, yoga, meditation or regular massages are great ways to unwind and connect with your magnetic feminine energy.

Related Link: [How to Balance a New Relationship and Love with a Booming Career](#)

3. Take part in activities you enjoy – You can expand your social circle and meet new people by taking part in activities you love. If you're a busy woman whose main focus is work, you'll be able to connect with other like-minded people (including men) and it will also allow you to cultivate a richer and more enjoyable life – which makes you a more attractive woman.

4. Try online dating or work with a matchmaker – Many women cringe at the thought of going online to meet a partner, but if you're a busy career woman looking for a committed

relationship and love life, going online or hiring a professional to introduce you to potential matches may be an effective way to meet people you may never have the chance of meeting otherwise. Take Duff for example, it's recently been reported that the starlet took to Tinder. Although many think it's a fake account (and it may very well be), celebrities are no strangers to using a more discrete method such as a matchmaker and "outsourcing" their dating search. You might consider getting online or outsourcing your love life too if your career demands make it hard for you to meet great men.

[Sandra Fidelis](#) is a relationship expert, best-selling author and speaker with a great talent for helping single women get off the dating merry-go-round and finally meet the right man.

Relationship Expert Shares How To Get Over a Breakup





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

In this week's [relationship advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) offers her best dating advice post-breakup. If your relationship and love affair just ended you may be stuck in a vicious cycle of crying, hating him, and missing him. "You're heartbroken and you don't know what to do," the relationship expert said. "You can't function. All you feel capable of doing is crying. Is that extreme? Maybe. But it's not uncommon." Her expert dating advice will help you go through what she calls a breakover. A post-breakup makeover.

Relationship Expert from E!'s *Famously Single* Shares Relationship Advice Post-Breakup

In this week's relationship advice video post, the *Screwing the Rules* relationship expert elaborates that there are 12 steps for a breakover:

Related Link: [Expert Dating Advice: Is He Going to Dump Me? Your Partner's Body Language Before a Break-Up](#)

1. Realize the reality of the relationship. Face your contribution to the breakup.
2. Bumpers with benefits. What did you learn from the experience?
3. Write down why he's an asshole.
4. Dig in. Address some deep-seeded issues and excavate them.
5. Would you date yourself?
6. Get to know yourself. What are your core values? Do you know your needs vs. your wants?

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

7. Go out and online. No, you are not ready to date, but you can go out and see that there are plenty of fish in the sea.
8. Flirt. Feel sexy and have fun.
9. Renew you. Get a life, pursue your passions and get hobbies.
10. Refresh your look. DO NOT chop off and dye your hair. Just think about highlighting it, a new outfit, a day at the spa.
11. Feel and look sexy and strong.
12. Now you're ready to start dating.

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

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

How do you get over a breakup? Tell us in the comments below!

Will Chris Soules Be Tuning in to Watch His Celebrity Exes on 'The Bachelorette' Season 11?



By

Emma L. Wells

The premiere of [The Bachelorette](#) season 11 is less than three weeks away. We know we'll be watching, but what about former *Bachelor* Chris Soules? It's understandable that he may not want to tune in to the reality TV show to watch two of his celebrity exes – [Kaitlyn Bristowe](#) and [Britt Nilsson](#) – search

for a relationship and love. "Kaitlyn and Britt were obviously a part of my life, and I'm interested to see how their journey goes," Soules told People.com. "Honestly, right now, I'm okay with that part of my life being behind me." Since *The Bachelor*, Soules certainly seems to have moved on to a happy celebrity engagement with his fiancé Whitney Biscoff. However, just because Prince Farming is busy with *Dancing with the Stars* doesn't mean he'll be able to avoid *The Bachelorette*. "Whitney will definitely be watching, so I'll probably be watching," he joked.

Former *Bachelor* Chris Soules says he still cares for his celebrity exes. What are some ways you can be friends with your ex after your relationship and love ends?

Cupid's Advice:

When it comes to relationships and love, just because you have ended your romantic partnership doesn't mean you don't want to see your ex anymore. Being friends after a break-up isn't easy, but Cupid has some tips on how you can make it work:

1. Don't force it: You shouldn't force a friendship on anyone, ex-lover or not. Similarly, forming a platonic relationship with your ex has to happen naturally. If romantic feelings or resentments remain, it won't be possible. Give yourself time to grieve and move on. Once you've adjusted to life apart, then it may be time to offer your friendship. Don't rush into this phase immediately following a split.

Related Link: ['The Bachelorette' Battle Begins as Season 11 Promo is Released!](#)

2. Think about your language: It'll be easier to be friends if you don't refer to them as your ex anymore; you're heading in the right direction once you can introduce them simply as your friend. You should be prepared for a bit of an awkward phase to start out. Recognize that it's an adjustment; eventually, you two will figure out how to act around each other.

Related Link: [‘The Bachelor’ Season 19 Contestant Britt Nilsson Faces Her Fear For Chris Soules](#)

3. Consider your new significant other's feelings: If you are able to form a friendship with your ex, keep in mind that your new partner may not understand. Be mindful of their feelings. Additionally, if you feel yourself getting jealous of your ex's new boyfriend or girlfriend, you might be harboring some residual romantic feelings. In this case, it's probably best to take a step back from the friendship until you can work through them.

Have you remained friends with any of your exes? Tell us your story below!

Relationship Advice Video: I Have a Successful Career But Am Struggling to Find Love





In this week's [Single in Stilettos](#) relationship advice video, founder and matchmaker Suzanne Oshima talks to dating expert Des O'Connor, who shares his best [love advice](#) for someone who has a successful career but is struggling to find The One.

Dating Expert Shares Best Love Advice

Despite what you may think, you can climb the corporate ladder *and* have a fulfilled romantic relationship and love life. O'Connor reveals five tips to remember:

Related Link: [Single in Stilettos Show: Love Advice for Winning Him Over](#)

1. What you focus on is what you become: If you're only concerned about your job, it'll take over your personal life too. Turn some of your attention to dating instead.

2. You need to strike a balance.

3. Men need to feel needed.

4. Stop saying, "I don't need a man!": If you keep sending that idea out into the universe, guess what? You won't find a guy to invite into your life!

Related Link: [Des O'Connor Reveals Why You Keep Attracting the Wrong Men](#)

5. Men aren't intimidated by strong, independent women: If you keep running into this issue, you're attracting the wrong type of men.

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](#).

Relationship Advice: How Do You Know When Prince Charming Is Actually Prince Alarming?



By

Justin Lavelle, BeenVerified.com

When you hear someone say that they met their significant other online, you wouldn't think twice, as online dating is one of the leading ways singles meet potential suitors. Although it's commonplace to meet people online, there are always risks associated with dating people you don't know. You might end up connecting with someone who has a fake profile and is more interested in scamming you rather than determining if you're Mrs. Right. But how do you know if you're dealing with someone who has a fake profile? And what are the red

flags you should look for? Fortunately, there's [relationship advice](#) to navigate the online dating scene and figure out if you're dealing with prince charming or prince alarming.

Relationship Advice: Tips to Help Protect Yourself When Dating Online

1. It's a big red flag if your online interest asks you for money, especially if it's early on and you've never met face-to-face. Scammers will often ask for money on behalf of a sick relative, a short term loan to pay rent, or travel money to visit you if he lives out of state.

Related Link: [Match.com Studies Singles in America](#)

2. Be careful if he avoids meeting you, especially if he says he will be out of the country. There's a reason that scammers don't want to meet face-to-face. If they're running a game, they will come up with all kinds of excuses to avoid meeting. Some may use work travel as an excuse, others may say they have shared custody of his kids and it's his weekend to keep them, or that an ill mother needs to be taken care of. Listen to this relationship advice: Pay close attention to what they're saying.

3. Dating experts say to meet relatively quickly in person and in a public place. It's advantageous to meet face-to-face to see if you have chemistry and if he is who he claims to be. It's far easier to walk away from a bad situation before you feel an attachment. Choose a place that has foot traffic in case you need to call out for assistance. Always tell a friend or family member where you'll be and what time you'll be there. It might be wise to have a bail out call come 30 minutes into your meeting, just in case you need an escape strategy.

Related Link: [Julie Spira Discusses 'The Perils of Cyber-](#)

Dating'

4. Accept the fact everyone tells lies, even little white ones, so decide where you draw the line. Online daters want to put their best foot forward. Men may say they're a couple of inches taller than they are in reality, and women may not accurately describe their body type. Many online daters accept superficial lies as part of the deal. My dating advice is to decide what is acceptable for you.

5. To avoid identity theft scams, try Google's reverse image search. Take a few minutes to search the profile's pictures, and if the reverse search shows up across hundreds of pages, it's highly likely that the person is being deceitful and is using someone else's images as his own.

Related Link: [Relationship Expert Reveals What to Do Before You Begin Online Dating](#)

6. When chatting online, make sure the flow of conversation makes sense to ascertain if you're talking to a live person or a robot profile. Mix up the conversation; see if the person continues to track with you. If they're unable to switch gears, it could be a robot responder giving predetermined responses.

7. Relationship experts say if his profile is comprised of only one photo and the text is basically empty, they could be a scammer. People who don't want to be held accountable to the content of their profile will simply leave it blank. If they're too lazy to take the time to self-disclose and post some self-descriptive text, then you should probably take a pass.

8. If his Facebook account has fewer than 100 friends, there's a reason to be suspicious, especially for younger users. Most people on Facebook have more than one hundred friends. There could be an explanation; he may be new to social media or a teacher that is trying to remain private. Delve deeper into

his reasons. This doesn't necessarily apply to older users, as the average person over 55 is more likely to have smaller amounts of followers.

Related Link: [Online Dating Advice: When To Jump Back Online After A Breakup](#)

9. If people claim to be famous or know famous people, it could be to lure you in. Some women get star struck and might continue in conversation with someone they aren't interested in if there is hope of meeting someone rich and famous. Take their stories with a grain of salt; don't continue the dialogue if you're not truly interested.

10. Research as much as you can about the person before you meet face-to-face. Search their name on Google, search all social media profiles and ask friends if they know them. You might find out that the person has a criminal record or may be in a serious relationship and love already! Also, you can do a thorough background check on the person via BeenVerified.com, which consolidates information from public data sources to make it a one-stop shop for accessing personal information.

Justin Lavelle is the social media and blog content director for BeenVerified.com. BeenVerified is a leading source of online background checks and contact information. It helps people discover, understand and use public data in their everyday lives and can provide peace of mind by offering a fast, easy and affordable way to do background checks on potential dates. BeenVerified allows individuals to find more information about people, phone numbers, email addresses and property records.

Date Idea: Star Light, Star Bright



By

[Rebecca White](#)

Whether you celebrate around a tree or a menorah, the holiday spirit is in full swing – and so is the stress that comes along with it. Your [relationship and love](#) life may feel strained from all of the pressure. If you're in need of a romantic evening with your partner, dive into the cultural craze and Hanukkah spirit with a personal take on "The Festival of Lights." This weekend date idea is the perfect opportunity to stargaze together and enjoy nature's own decorative lights.

Stargaze to Improve Your Relationship and Love

To get started with this date idea, you'll need to grab some winter wear and hot cocoa (don't forget the peppermint schnapps!) so you stay warm while you look at the stars. Next, you've got to find the best spot in your neighborhood. If you live in the city, don't worry! All those bright lights may make it difficult, but it's not impossible. The Amateur Astronomer's Association of New York leads stargazing ventures every week.

Related Link: [Top Ten Most Romantic Holiday Getaway Spots](#)

There's nothing more romantic than lying with your significant other under a big, fluffy, cashmere blanket while stargazing in the great outdoors. Let the holiday spirit bring your relationship and love to the next level. Think about it: The scenery is beautiful; there's no one else around; and you're lying next to each other in the darkness, looking up at the sky. Mix in cuddling under a blanket and sipping on a warm drink, and this might be your favorite date night yet!

Since it's best to start stargazing about an hour after sunset, you can have an early dinner and then head to your own festival of lights. For some added romance, bring along a picnic basket filled with some sweet treats. As the sun goes down, the stars will become more visible, and you'll want to have binoculars to get a closer look. You may want to invest in a constellation map so the two of you can tell the difference between Aquarius and Lyra. You could even make a game out of figuring out the different patterns.

Related Link: [5 Celebrity Couples Who Celebrate Hanukkah](#)

It's also important to remember what culture you're celebrating on this take of "The Festival of Lights." To learn more about Chanukah, check out websites and read a brief

history. In the midst of enjoying the starry night together, take our love advice and exchange gifts under the open sky. Look out for shooting stars, and don't forget to make a wish for the holidays!

Have you stargazed together as a date? Share your stories below!

Weekend Date Idea: Give the Gift of Babysitting



By

[Rebecca White](#)

Don't fret about what to get your friends this holiday season! This weekend, offer to babysit and give them a kid-free date night. Holiday seasons can be tough on families because there are so many preparations to be made. The gift of alone time is just what your friends need. Plus, you'll get to see what your partner will be like as a parent! This date idea is sure improve your [relationship and love](#) life as you play house for a few hours.

Give the Gift of Babysitting to Improve Your Relationship and Love

For this weekend date idea, call up one of your married friends and tell them to take some time off and plan a night out with their spouse. Next, it's time for you to decide how to entertain their kids! Depending on the ages, you can play games, watch a movie, or plan a bigger activity like making crafts, writing a story, acting out a musical, or putting on a fashion show. For more ideas, check out PBSKids.org for advice and ideas on how to babysit for any age.

Related Link: [Matthew McConaughey & Camila Alves Enjoy Some Alone Time](#)

This date idea will give you some insight into what your significant other will be like as a mom or dad. Is he the disciplinarian? Is she nurturing and maternal? These are things you'll want to know to determine if you're truly a match made in heaven. Make sure you know who is in charge of enforcing punishments, who is in charge of making dinner, and who is in charge of cleaning up the house so your friends don't come home to a disaster. By delegating responsibilities, you'll find out if you make a good team and if you can handle the surprises that kids have in store for you.

Babysitting will also help you learn if your partner is even comfortable around kids. They should be able to channel their inner dork and play silly games, but that may be a challenge for them. Maybe they're easily grossed out or get frustrated at the smallest thing. If so, that may be a bad sign. After all, kids are messy and require a lot of patience. This gift to your friends is a gift to yourself too. Who knows what you'll discover about your sweetheart!

Related Link: [Single in Stilettos Show: What Makes a Man See You as Marriage Material](#)

If you're nervous about babysitting with your honey, then set aside some time to chat about it. This could even be another date night before your babysitting adventure! Communication is key to succeeding as babysitters and parents (someday). After babysitting together, your relationship and love life will be thriving. Don't miss this opportunity to grow even closer together!

Have you babysat with your beau before? Share your stories below!

Dating Advice: Film a Documentary During Black Friday





By

Emma L. Wells

Black Friday shopping isn't for everyone. However, while stores can be hectic and crazy, if you've got a lot of holiday gifts to buy, it is nice to get it all done at once, especially while so many items are discounted. This year, brave the crowds with your beau! It may not be a romantic [date idea](#), but it can certainly be a fun one.

Have Fun While Being Productive on This Weekend Date Idea

It's important to stick together on this holiday weekend date idea. Combine your shoppings lists and hit the stores at midnight. Instead of just running errands, make this date idea more entertaining by bringing along a camera. You can shoot all the action around you as you go from store to store. Make sure you record the craziest things you see on your Black Friday adventure.

Related Link: [Date Idea: Take a Holiday from the Holidays](#)

Take turns manning the camera as you search for gifts for everyone on your list. Try to stay out of other people's way as you frame your shot – you don't want to bother the other shoppers! Maybe you'll even find some good deals on new camera equipment that you can use for your next documentary!

Later, you can edit the film as a team and show your friends this mini-documentary. Have a "premiere party" for your video after you open holiday presents; that way, your loved ones can see how much fun you had – and how much trouble you went through! – picking out their gifts. The morning and evening news almost always showcases footage from Black Friday too. Send your local station some of the most outrageous things you saw. You never know: Maybe you two lovebirds will wind up as local celebrities!

Related Link: [Date Idea: Escape Black Friday](#)

Discover a New Passion with This Dating Advice

This experience will make for a great story to tell in the future. Consider this dating advice and think of the date idea as an opportunity to record a special moment in your relationship and love. Perhaps you'll even discover a new mutual hobby! You budding filmmakers may want to enroll in a documentary making class after the holidays are over.

Cupid wants to know: Will you go Black Friday shopping with your honey this year?

Dating Advice: What Katie Holmes Can Teach Us About Post-Divorce Hooking Up



By

[Christina Pesoli](#)

Rumored celebrity couple Katie Holmes and Jamie Foxx. Are they or aren't they hooking up? *US Weekly* says "yes," they're a new celebrity couple. Jamie Foxx says "no." And, because Katie Holmes is Katie Holmes, she won't even dignify the question with an answer. But regardless of how you feel about this rumor, the story makes obvious the following: hooking up is no longer exclusively for the twenty-something and under crowd. Post-divorce hooking up is now a thing.

But, how can you tell if post-divorce hooking up is right for you?

To maximize your chances of waking up in the morning with no regrets, consult the relationship advice flowchart before getting your groove on:

1. Are you actually divorced?

- a. No? Do NOT hook up. Random hookups before your divorce is final are one of the top causes of completely avoidable divorce drama. Get your divorce done first; then, get your freak on.
- b. Yes? Proceed to the next question.

Related: [5 Pieces of Love Advice From Celebrity Couples in Long-Term Relationships](#)

2. Are you wearing beer goggles?

- a. Yes? Do NOT hook up. You want your decision to hook up to be made with complete clarity. And nothing clouds your judgment like beer goggles or worse yet, vodka vision.
- b. No? Proceed to the next question.

Related: [Jennie Garth: Can You “Win” the Celebrity Exes Challenge?](#)

3. Are your kids with you?

- a. Yes? Do NOT hook up. The last thing your kids need is to be traumatized by walking in on you doing the wild thing with some random guy.
- b. No? Proceed to the next question.

4. Are you in a public place?

- a. Yes? Do NOT hook up. Have a little consideration for those around you. Hooking up should only be done in private.
- b. No? Proceed to the next question.

5. Is the guy you're thinking about hooking up with young enough to be your kid?

a. Yes? Do NOT hook up. Look, I'm not trying to be all ageist, but you're bordering on being really creepy.

b. No? Proceed to the next question.

6. Is hooking up with this guy something you hope to keep secret?

a. Yes? Do NOT hook up. Nothing ever stays a secret—especially not hooking up.

b. No? Proceed to the next question.

7. If/when word spreads about this hookup, are you likely to feel embarrassed or humiliated?

a. Yes? Do NOT hook up. Word WILL spread. So, make sure you're cool with that.

b. No? Proceed to the next question.

8. Is there a significant chance you will regret this?

a. Yes? Do NOT hook up. And even if you think the idea is awesome when you're in the heat of the moment, think long and hard before hooking up with a coworker or neighbor. Having to repeatedly run into someone makes it hard to put the whole thing behind you if you do end up regretting it later.

b. No? Go for it!

Christina Pesoli practices family law with Noelke Maples St. Leger Bryant, LLP, in Austin, Texas. She is the author of Break Free From the Divortex: Power Through Your Divorce and Launch Your New Life (Seal Press). She has written extensively on the topic of divorce, providing advice and support designed to help people avoid common mistakes that make divorce take longer and cost more. She also writes advice columns for CultureMap Austin and Divorce Magazine. You can find more of her articles on her website: christinapesoli.com.

'American Idol' Artist Quentin Alexander Says Communication Is Most Important in Relationships



By

Jenna Bagcal

Conceptual, artistic, bold, and distinctive are all words that describe 21-year old Quentin Alexander. The New Orleans, Louisiana native was a contestant on season 14 of [American Idol](#) and made a name for himself during his time on the reality TV show. He blew audiences away with his performances

each week, combining his emotion-filled vocals with stunning effects and clothing. The performer is self-assured in who he is, saying, "The type of artist I want to be is one that touches on all of the senses. A concert of mine would be something that would be just as appealing visually as it is musically." In this celebrity interview, Alexander opens up about his experience on the show and his plans for the upcoming year.

***American Idol* Contestant Shares How New Orleans Shaped Him As An Artist**

New Orleans is known as a cultural and musical epicenter of America and is a place that Alexander is lucky enough to call home. He cites his hometown as a major contributor to his artistry and personality overall. "Growing up there really played the biggest part in the way that I present my art and the way that I am," he shares. "There are so many different musical and cultural influences, so many different ways of life all in one small bowl. It's like a Gumbo pot, just a mixture of everything." He adds that being from such a culturally-diverse city gives him a unique outlook and advantage in terms of his music and avant-garde fashion sense.

Related Link: ['American Idol' Star Joey Cook Opens Up About Her Celebrity Engagement: "He's the Love of My Life!"](#)

In terms of relationships and love, Alexander reveals that having a partner who isn't in the music industry makes for the best support system. "It's always great to have that teammate supporting you from the outside, someone who isn't really in the same kind of boat that you're in," he divulges. He also believes that the most important factor in a successful partnership is communication. "For anything to work, the best thing to do is to communicate and let each other know what's going on," he says.

Reality TV Star Discusses His Experience on the Show

Although he was eliminated from the reality TV show, Alexander has taken away many valuable experiences and pieces of advice from his time on *American Idol*. The most valuable tip came from [Jennifer Lopez](#), who told him to “hold on to your art – it’s the one thing that makes you *you*.” He adds, “It’s the truth. The one thing that separates me from everyone else is my art, my personal feelings, and how I go about doing things.” The singer says that the superstar’s comment assured him of his role in the competition and validated that he was going in the right artistic direction when he was questioning his choices. “Should I compromise my performances just to fit in this mold?,” he asks. “She confirmed for me that I shouldn’t. Just be yourself, and everything will work out like it’s supposed to.”

Related Link: [‘American Idol’ Contestant Sarina-Joi Crowe on Being Eliminated: “It Motivates Me Even More”](#)

Now that his journey on *American Idol* is over, Alexander is excited to get home to New Orleans and attend the various festivals and events. “It’s the greatest time of year in New Orleans to have all the music come in and all the people coming in from different parts of the world,” he says.

In the future, aside from pursuing music, the performer plans on releasing some of his short films that include original music and fashion that he has designed. He also hopes to design an original clothing line within the next year. We can’t wait to see what he does next!

Catch up with Quentin on Twitter @QAlexanderXIV! American Idol is on FOX at 8/7c every Wednesday.