

Relationship Advice Video: Why You're to Blame for Dating Losers and Jerks



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

In this week's [dating advice](#) video, relationship expert and E!'s *Famosly Single* dating coach, [Laurel House](#) explains why you might be to blame for dating losers and jerks.

Expert Love Advice from E!'s *Famosly Single* Dating Coach Laurel

House: You Get What You Give

According to House, if you're not in a "healthy headspace and living the life you want to live," you may be unknowingly attracting the wrong type of partner. "You need to look inside yourself and think about who you are," she explains. "You attract how you act and get what you give."

Related Link: [Screwing the Rules Video Dating Tips: Busting the Soul Mate Myth](#)

After all, you are the one consistent thing in all of these relationships and love. "Take a beat. Inhale into your belly. Fully exhale out the stress and the fears and the emptiness," House advises. "Now, think about it: How have you been acting? What patterns have you been experiencing?" If you follow this expert love advice and figure out *you* first, you'll find a good guy before you know it!

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

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

What's the best way to understand your own needs and desires when it comes to relationships and love? Share with us in the comments below!

'The Bachelor' Season 19

Contestants Rehash Old Feuds During “The Women Tell All” Episode



By Emma L. Wells

The Bachelor season 19 “The Women Tell All” special brought all the women back together to reminisce about their time on the reality TV show and clear the air. They had many grievances with each other – and many more with *The Bachelor* himself, Chris Soules. Kelsey came under attack from all the contestants (yet again) for being conniving and fake. After taking the hot seat, Britt Nilsson immediately called out Carly for being a bad friend. Additionally, both Jade Roper and Kaitlyn Bristowe confronted Soules about why he rejected a relationship and love with them. He assured Roper that it was

not because of her *Playboy* spread. Bristol, unfortunately, received a less clear answer. [USAToday.com](https://www.usatoday.com/story/entertainment/2019/01/14/the-bachelor-chris-soules-playboy-spread/1081110002/) reported that Soules said, “I apologize...In that moment, I did the best I could and that’s all I know.” We can’t wait to see how *The Bachelor* season 19 will end next week!

When it comes to past relationships and love, how can you get over old disputes and move forward? The ladies from *The Bachelor* season 19 need to listen to this dating advice!

Cupid’s Advice:

Holding on to old grievances isn’t good for you. Why should you dwell on the past when you can move on and find happiness again? This dating advice applies to friendships as well as relationships and love:

1. Reach an understanding: Kaitlyn made the right choice to confront Soules about her hurt feelings. It’s hard to move on when you don’t understand what really happened. The best way to do so is to have an open conversation – preferably not on reality TV! – with the person *without* being accusatory. Let them explain their actions in their own words. You might not get a satisfying answer, but it will help you to talk it through.

Related Link: [‘The Bachelor’ Chris Soules Prepares to Bring Winner Home to Arlington](https://www.usatoday.com/story/entertainment/2019/01/14/the-bachelor-chris-soules-playboy-spread/1081110002/)

2. Look inward: In most cases, while you may be hurt, you’re probably not blameless. It’s equally important to understand

what you did wrong and could have done better. Ask your ex about your behavior or just put yourself in their shoes and examine the situation. Either action will help you ensure that the same mistakes aren't made again.

Related Link: [‘The Bachelor: Women Tell All’ Recap: Old Catfights Resume and Michelle’s Redemption](#)

3. Forgive and forget: Just because you're at a place where you're ready to move on doesn't mean the other person is, so don't expect an apology or forgiveness. The best thing you can do is say your peace, move on, and hope that, someday soon, they will be able to do the same.

How have you settled past relationship and love grievances? Tell us in the comments below.

Single in Stilettos Show: Love Advice About What You Need and Don't Need in a Man





On this week's [Single in Stilettos](#) show, founder and dating expert Suzanne Oshima talks to [relationship author](#) Duana Welch about what you *think* you need in a man but don't.

Related Link: [Duana Welch on Finding Love By Not Looking for Love: Is It Fact or Fiction?](#)

Relationship Author Shares Love Advice

According to the writer of *Love Factually*, many women focus on the wrong must-haves when they're looking for The One. Doing so may be keeping you single! Here are a few qualities that you think you need in a partner but actually don't: every shared interest, a "cool" guy, someone who respects your independence, love and sexual attraction *only*, and someone who is wealthy. To follow this love advice, reevaluate your checklist and remove those things that you don't really need in a man.

For more expert dating advice and additional information about

Single in Stilettos shows, click [here](#).

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

What is a quality that you thought you needed in a significant other but actually don't? Share your love advice in the comments below!

Latest Celebrity News: Lady Gaga Takes the Polar Plunge with Fiance Taylor Kinney



By [Rebecca White](#)

Lady Gaga and fiancé Taylor Kinney made the latest celebrity news when they participated in the polar plunge in Chicago on Sunday, Mar. 1. According to [UsMagazine.com](#), the celebrity couple ran into icy Lake Michigan for the fundraiser, which benefits the Special Olympics. Gaga said that it was so cold that she thought her wig would freeze in the lake!

Lady Gaga and Taylor Kinney are part of the latest celebrity news because they supported the Special Olympics by plunging into Lake Michigan on Sunday. What are some ways to bond as a couple by supporting charities?

Cupid's Advice:

Participating in charity work as a couple can be a great bonding experience in your relationship and love life. Even though you may not be a part of the latest celebrity news by doing so, you and your honey will strengthen your bond by helping others out:

1. Donate joint money: Save money together, and donate joint funds to a charity of your choosing. You will grow as a couple, especially if you aren't married, because it may be the first time you have joint money together and make a decision on where to spend it.

Related Link: [Lady Gaga Celebrates Celebrity Engagement with Taylor Kinney's 'Chicago Fire' Family](#)

2. Participate in activities together: Follow this celebrity couple's lead and participate in activities such as the Polar Plunge, a 5K for charity, or the ALS ice bucket challenge. There are always fun things to do for charity, whether it be by donating money or just raising awareness. Plus, doing this with your loved one will create a special moment for you as a duo.

Related Link: [Lady Gaga Says Boyfriend Taylor Kinney Is a Weirdo Like Her](#)

3. Attend charity events: Support charities by attending fundraisers together. Get dressed up and go to a gala or a silent auction. This will easily make for a fun night out, and you'll also be doing something good for society with your partner.

How do you bond as a couple by supporting charities? Comment below!

Jennifer Garner Says 'It's My Turn' to Work After Supporting Celebrity Love Ben Affleck





By [Rebecca White](#)

It's time to get back to the old grind for Jennifer Garner. According to [UsMagazine.com](#), after several years of supporting her celebrity love Ben Affleck in his career, it is time for Garner to go back to focusing on her career once more. The famous couple has three children together and Garner revealed that Affleck supports her in her decision to go back to work.

Celebrity love birds Jennifer Garner and Ben Affleck have a famously close and healthy relationship, especially when it comes to nurturing each other's careers. What are some ways to support your partner's career?

Cupid's Advice:

Whether you're a married celebrity couple or not, it is important to encourage and support your partner's career for the good of your relationship and love life. Cupid has some tips:

1. Figure out scheduling: Make sure that you schedule some alone time or time with the kids. You and your partner's schedules should align so you can spend time together as well as prioritize your work, just like celebrity love birds Affleck and Garner.

Related Link: [Ben Affleck Says Jennifer Garner's Love Helped Him Become a Hollywood Star](#)

2. Let them have it all: Don't discourage your partner from taking an amazing deal at work, even if it means relocating, or spending many hours at work. It is possible to have it all and maintain your love life as well as a career. Telling your love they can't do something for the sake of your relationship and love will cause resentment.

Related Link: [Jennifer Garner and Ben Affleck Celebrate 9th Wedding Anniversary](#)

3. Be there: Be there when it counts and have their back at all times. You are their number one cheerleader, therapist, and organizer. Just showing up proves your dedication and love to your partner.

How do you support your partner's career? Comment below!

Exclusive

Celebrity

Interview: Soon-to-Be Mom Terri Seymour Jokes About Simon Cowell's Son Dating Her Daughter!



By [Rebecca White](#)

Terri Seymour is famously known for dating Simon Cowell for six years before their [celebrity break-up](#) in 2008. However, the *Extra* correspondent has moved on since then: She announced her celebrity pregnancy with boyfriend Clark Mallon in September and is excited to welcome their daughter into the world later this week. In our exclusive celebrity interview, the TV host opens up about her relationship with her ex and her celebrity baby news.

Terri Seymour Talks About Celebrity Ex Simon Cowell

As fate would have it, Seymour is due around the same time that Cowell celebrates his son Eric's first birthday. The celebrity exes have remained close friends since their split, and the actress is even Eric's godmother. Of course, the possibility of these two celebrity kids falling in love has been discussed among their closest friends. "Simon's joked about that. He's told me they will date, so we'll see what happens," she says with a laugh. "Eric is the most adorable, well-behaved little baby, so I'm sure he'll grow up to be a lovely young man."

It's no surprise that she often wonders how Cowell ended up with such a sweet baby. "I've said to Simon before, 'I can't believe he's your child!' because he's been so good since he was born," the star gushes. For her daughter's sake, she adds that they'll "just have to make sure he doesn't get on the naughty side!"

Related Link: [Simon Cowell Shares Photo and Gushes About Newborn Son](#)

Clearly, the celebrity exes have maintained a close friendship, despite their relationship and love life not working out so many years ago. "I think sometimes, when you're in a relationship with somebody and you become such good friends, if you don't have a terrible break-up, it makes it easier to remain friends," Seymour shares in our celebrity interview. "If you have a terrible split, then that's probably not going to happen."

Cowell has even said that he will be the godfather of Seymour's baby girl, although the TV host has yet to confirm.

TV Host Reveals Difficulties During Her Celebrity Pregnancy

A pregnancy can be hard on anyone, even more so if you have systemic lupus like Seymour does. “I had a lot of sickness in the first seven months – I felt sick the whole time basically,” she divulges. “Now, I’m just feeling very tired and getting ready for the big day.”

While her lupus had nothing to do with the sickness she felt, her doctors are still monitoring her and the baby closely. “They won’t let me go past my due date because of it,” the actress says. “They’re talking about maybe inducing me a little bit early.”

While preparing for a baby is a great bonding experience for a couple, it can also test their partnership. “Pregnancy is really hard on a relationship and love. I think it can be very stressful,” Seymour explains. “It can be hard for the guy, I think, when his wife, partner, girlfriend, whoever, is going crazy with all these hormone changes. We can be quite testy on them, like I’ve been for the last couple months! Towards the end, though, it just brings you even closer together.”

Related Link: [Simon Cowell Is Having a Baby with Socialite Lauren Silverman](#)

Now that they’re in the homestretch, the famous couple is focusing on getting their daughter’s bedroom ready. “The nursery is really cute with a little bit of pink,” the celebrity mom-to-be says. “It’s got this very light-colored and fluffy cloud-like rug. We’re just doing the accessories now, like pillows, baskets, and toys. We’re trying to make it all cozy.”

It’s easy to see that the *Extra* correspondent and her celebrity love can’t wait to become parents. “I’m definitely most excited about meeting our daughter for the first time,”

she reveals. "By the time you come to the end of your pregnancy, it feels like it's been going on forever, so you just want to meet your healthy, beautiful, new baby. I'm excited about becoming a mom. It's going to be life-changing."

Still, the host isn't going to let parenthood slow her down. In fact, she's already got a new project in the works: "I'm designing a diaper bag because I've had terrible trouble finding a beautiful, cool bag," she explains. "I'm really excited about that. I'm hoping it's going to be ready when I have the baby because I still don't have one!"

You can keep up with Terri on Twitter @terriseymour and www.instagram.com/officialterriseymour/.

Former 'Bachelorette' Reality TV Star Desiree Hartsock Jokes About Being A 'Mama in Training'





By Emma L. Wells

[The Bachelorette](#) famous couple Desiree Hartsock and Chris Siegfried celebrated their celebrity wedding in January of this year, and they already have babies on the brain! Earlier this week, an Instagram photo sent rumors flying that the brunette beauty is on her way to becoming a celebrity mom. [Inquisitr.com](#) shared a photo of the reality TV star happily holding a baby with the caption: "Mama in training with @floridaray18 baby Jax. He's so precious I couldn't put him down!" Baby Jax belongs to new celebrity mom Renee Oteri Maynard, who is a former contestant from *The Bachelor* and good friends with Hartsock. Both Hartsock and Siegfried have talked about wanting to add kids to their relationship and love, but the newlywed quickly squashed the rumors by commenting in the thread that she's not currently expecting.

Desiree Hartsock isn't pregnant,

but it looks like she's ready to become a celebrity mom! What are some signs that you're ready to have a baby?

Cupid's Advice:

Having a baby is one of the biggest decisions you can ever make, and there are many factors you should consider before taking that step. Cupid has some relationship advice on how to tell if the timing is right for you and your beau:

1. You have a strong partnership: Having a baby puts a strain on your relationship and love in many ways and for many reasons. If your partnership is already a little rocky, it might be a good idea to wait until you two are on more stable ground before embarking on this journey. You should be sure that you and your significant other can support each other throughout parenthood. After all, once you're a parent, you're a parent for the rest of your life! Be sure that's a commitment that both of you can make.

Related Link: [Famous Reality TV Couple Desiree Hartsock and Chris Siegfried Reveal How Many Celebrity Kids They Want](#)

2. Your finances are in order: Everyone knows kids aren't cheap! Recent estimates put the average cost of raising a child in middle-income America until they are 18 at 241,080 dollars, and those numbers are quickly rising. It can cost thousands of dollars during the pregnancy alone. Make sure you have a financial plan in place *before* getting pregnant.

Related Link: [Former 'Bachelorette' Desiree Hartsock Shares Celebrity Wedding Photos](#)

3. It's for the right reasons: There are many reasons to have

a child, and some make more sense than others. For instance, don't have a baby just because you think they're cute or because it's what people expect from you after marriage. It may be helpful for you and your partner to each make a list of why you want a baby and why you want one now. If your reasons are good and your lists match up, then it's a good sign the timing is right!

How can you tell if you're ready to be a parent? Tell us below!

Expert Relationship Advice: What's In a Name?





By Toni Coleman, LCSW, CMC for [Hope After Divorce](#)

I recently received the letter below and offered my expert relationship advice in my response.

Expert Relationship Advice from Hope After Divorce

Dear Toni,

I have a problem that many people might feel is one of my own making and something I should be able to deal with myself. However, I haven't been successful so far, and it's causing a real disconnect between me and my fiancé.

This will be my second marriage; I was married many years ago for about twelve years and have been divorced for over five. When I married the first time, I took my husband's name. Many women did that back then, and since it was important to my ex, it was an easy decision for me to make. Following our divorce, I kept the name because it had become my identity; it was my children's last name; and more importantly, it was how I was

known professionally.

Related Link: [Can Love Be Better the Second Time Around?](#)

Now, my fiancé wants me to drop my last name and take his. He has said that my reluctance to do so points to my lack of commitment and to our future relationship and love together. I have explained my reasons for wanting to keep it, primarily my professional identity and recognition, which is very important, especially in the virtual world where I have a strong presence. My identity is also wrapped up in my name, as I have been this person for 17 years. Not changing it would change nothing else about who I am, who we are together, and how strong my commitment to him is.

I have presented my case in detail and, at times, have grown so weary of the resulting power struggle that I have thought about just giving in or calling off the engagement to see if he will relent. Our relationship is truly good on so many levels, and I don't want to lose him over this issue. We are at a dead end here. I would love your thoughts and any expert relationship advice you might have on how to go about resolving this stalemate.

– Identity Challenged

How To Compromise In Your Relationship And Love Life

Dear Identity Challenged,

What's in a name? Apparently, much more than many of us give any real thought to until we are put in a position like the one you now find yourself in. Our names contribute to our identity: where we come from, our history and experiences, who we are connected to by blood or choice, and how others get to know and define us. In other words, our name is significant to our sense of self and is therefore something we don't easily

relinquish. This is why you are not able to easily “deal with this” yourself.

Ironically, your fiancé appears to share your strong name attachment, so much so that he is willing to risk your relationship and love rather than have you be called by another man’s name. Yet while you have “presented your case in detail,” he hasn’t been able to acknowledge your feelings, even though he clearly hears and understands them. Therefore, I have to wonder what else might be going on here.

Related Link: [Learning to Compromise: My Way or the Highway!](#)

You have shared that the relationship is good on many levels, but I feel I must play the Devil’s Advocate here. What makes it so good? How well do you discuss and come to compromises on other issues? Do you find that you often give in because a problem just doesn’t feel important enough to get into conflict over? Are you generally a “pick your battles” kind of person who can let things go and let the other person win more often than not?

The reason I ask these questions is because I have to wonder if the relationship works because he is dominant and you are submissive, because your yin works well with his yang. If so, this dynamic could work very well until you encounter an issue that is a potential deal breaker, as this one may be. You shared that you have considered calling it quits even though you don’t want to lose him, and he has expressed concerns that you are not really into him and the relationship. This definitely brings you at least close to deal breaker territory!

If I am even slightly warm, challenging your status quo could help you move towards an answer. Sit down again for another talk, but this time, talk about your relationship and love in general, how you often discuss and resolve issues together, and how it feels for him when he is asked to compromise on

something that's important. If he gets defensive, gently point this out and remind him that you are on the same side and really want to understand how he feels and what he needs from you.

That brings me to a key issue here: what he is looking for in a partnership. Have you been the easy and compliant woman he prefers until recently? It's also possible that the whole name issue is a loaded one for him and that he isn't even completely tuned in to why. So exploring what his name means to him and what the significance of a woman taking her spouse's name is for him should yield some useful information.

Related Link: [Hang Tough – You'll Get Through It](#)

It might be hard to have this discussion without an objective third party. Premarital counseling is widely accepted and often recommended to couples of all ages and marital histories. Finding an experienced therapist to help you work through this issue is certainly a middle-step to consider before walking away. In addressing it together, you will inevitably wander into discussions about your different personality styles and how you generally discuss and negotiate issues together. The answer you're looking for will be found in the overall way you communicate your wants and needs to one another and whether or not you both have a willingness to be there and compromise for one another.

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

Relationship Author Susan Anderson Explains Common Patterns in 'Taming Your Outer Child'



By [Sarah Batcheller](#)

If you've ever spent a day using retail therapy to calm what's upsetting you, then the [self-help relationship book](#) *Taming Your Outer Child: Overcoming Self-Sabotage & Healing Your Life* is for you. Relationship author Susan Anderson uses her expertise in psychotherapy to pinpoint the cause of behavior she's named the Outer Child, and she attributes these actions to our fear of abandonment. In relationships especially, fear of being left causes us to act out

irrationally and push our partners away, even when we don't mean to. Analyzing our Outer Child allows us to prevent such behavior in the future. Read on for more of Anderson's fascinating love advice on how to tame the Outer Child!

Love Advice From Expert Relationship Author

We love the concept of the Outer Child, the counterpart to the all-too-familiar Inner Child. What inspired you to explore this idea in your new self-help relationship book?

My primary area of expertise is abandonment, and I've developed a program to help people heal from the primal wound. The biggest problem that many people have is that they develop patterns out of abandonment that affect their next relationships. It also impacts how they eat, drink, and shop; it gives rise to a whole host of bad behaviors. The Inner Child is about healing, but the Outer Child is about acting out. It's the part that shows on the outside, like a wart or a mole. Therefore, one of the most important parts of helping people overcome the Outer Child is helping them overcome self-sabotage.

Would you say that every person has an Outer Child and the degree in which it acts out varies or that some people have no Outer Child at all?

Everyone has an Outer Child because everyone has a way of looking for fulfillment. Not everybody can have deep personal fulfillment at every level, so everybody has little guilty secrets. For instance, they may pop a piece of candy in their mouth when they're feeling a moment of emptiness. We're all imperfectly human in that way.

Related Link: [Why We're Wired to Sabotage Our Relationships](#)

Is there a correlation between having experienced abandonment and the intensity of Outer Child behavior?

Yes. Abandonment is primal, so it's really the root of everything – it's that first fear we have. If you have a more fresh experience with abandonment, something that still throbs, then you will have lots of Outer Child behavior.

A very common pattern is the tendency to be attracted only to the unavailable, and when someone comes along who is available, you have no chemistry and you don't feel a connection. This is particularly common pattern among celebrities; they have a very difficult time because they're very eligible and everybody wants to be with them. They struggle to feel connected with someone who is actually available.

The way this connects to abandonment is complicated but interesting. First of all, there's the fear of abandonment. If you get attached to someone, you risk losing them. So if you're going after people who are unavailable, you're constantly trying to have a relationship, but you're never really having one. You're trying to avoid the pain of really losing someone. The only problem is that, while you're pursuing someone like this, it's usually a very emotional and difficult experience.

Secondly, when you go through abandonment, the feelings are so horrible that you can't wait to get better, so you try to find ways to get rid of those feelings, maybe by meeting a new person or tackling a big project. Since abandonment is a wound and scar tissue forms over the wound, that area becomes numb, so you can't feel love unless it's in the form of insecurity. If you're with somebody who's totally available, you can't even feel that. The only thing you can feel is when somebody makes you feel like they're going to leave you any minute or that you're not good enough. Then, you *think* you're attracted to that person.

Susan Anderson Presents Compelling Dating Advice in Self-Help Relationship Book

How does the Outer Child play into compatibility or incompatibility in a relationship? For example, if two people have similar Outer Child tendencies, could that make them more or less compatible?

In the ideal relationship, two people's adult selves would be very sweet to each other's Inner Children. The Inner Child is the vulnerable part of a person, so in a relationship, we should be very sensitive, kind, caring, and understanding towards each other. But what happens in a lot of relationships is that the Outer Children get into a power struggle because the Outer Child is always trying to create problems and has control issues.

Related Link: [Ways to Remain Confident in Your Long-Term Relationship](#)

In your book, you mention the Emotional Pendulum: Fear of Abandonment versus Fear of Engulfment. Can you give us some examples of how the Outer Child acts out as a result of these two opposing feelings?

It's a very natural to have those two opposing feelings. The Outer Child has a tendency to act them out, so when you feel the fear of abandonment, the Outer Child aims your emotional suction cup at your partner and scares them away, or it gets stiff and angry. On the other hand, when your partner is available, you now feel the engulfment. The Outer Child acts that out by leaving, being cold, being critical, or shutting down. The pendulum swings between the two.

Finally, we'd love to ask you for some dating advice! How can acknowledging the Outer Child help someone find love?

When you realize how much your Outer Child has been interfering, you realize that you need to do some healing. This involves developing a relationship between your adult self and your Inner Child. When these two are in alignment and there's a caring, nurturing relationship going on, that sets the tone for you to be able to relate well to someone else. It also keeps the Outer Child out of the picture.

For more information on Susan, visit www.outerchild.net and www.abandonment.net. Don't forget to pick up a copy of Taming Your Outer Child!

Lea Michele Takes Home Her Late Celebrity Ex Cory Monteith's 'Glee' Jersey Post-Wrap





By Maggie Manfredi

Say goodbye to *Glee*. In latest celebrity news, according to UsMagazine.com, Lea Michele wrapped her sixth and the final season of *Glee* this weekend, along with her fellow cast mates. The actress took to Twitter in light of the big changes and said, "Thank you so much to all of our amazing Gleeks who supported us so much! I love you guys. We were so lucky to have had the most amazing crew who worked so hard everyday to make the show amazing. I'm so grateful for them...So thank you all again so much from the bottom of my heart. I will miss Rachel Berry so very much." Michele also posted a beautiful picture of her leaving the set with late celebrity ex Cory Monteith's football jersey from the show. Emotions are high, but we are very excited to see what this superstar will do next!

In latest celebrity news, Lea Michele is honoring her late

celebrity ex Cory Monteith by keeping his 'Glee' jersey as a memento. What are some ways to honor a partner who has passed away?

Cupid's Advice:

Some of the hardest moments in life include a large amount of heartache. But like Lea Michele, you will be able to move on and still honor your past relationships. Cupid has some advice on how to handle a loved one who has passed away:

1. Take the time you need: When tragedy strikes, it can be a full body experience. When the news broke about Monteith's death, Michele got away from the public and mourned in her own way and in her own time. You are allowed this time to internalize the tragedy and work through your loss like Lea did with the loss of her now celebrity ex.

Related Link: [Lea Michele Posts Touching Picture on Anniversary of Cory Monteith's Death](#)

2. Careful with social media: Social media can be a tricky space when it comes to dealing with death. You need to be cautious in order to respect the life and family of your love, but you also want and need to express your feelings. Michele has made many beautiful posts in honor of Monteith and their relationship together on social media since his death in 2013.

Related Link: [Lea Michele Says Cory Monteith Is 'Watching Everything I'm Doing'](#)

3. Look to love again: It is important to avoid fearing love or holding back after you have mourned the loss of your beloved. We can never anticipate what he or she would say, but

Cupid is guessing they want you to be happy in this life, and happiness can be found in love.

Are you sad to see Glee go? Share your favorite thing about Rachel Berry below!

'The Bachelor' Chris Soules Prepares to Bring Winner Home to Arlington



By Maggie Manfredi

The Bachelor is on the fast track to love! According to

UsMagazine.com, Chris Soules is down to his final two leading ladies after this week's dramatic episode. *The Bachelor* season 19 has culminated in this farmer being very optimistic about getting down on one knee during the finale to solidify a relationship and love. Kaitlyn was sent home by Soules and is no longer in the running to be part of a celebrity couple, but rumors are already flying that she may end up as the next *Bachelorette*. *The Bachelor* still has to choose between Whitney the fertility nurse and Becca the virgin. The three are set for an epic finish in Bali and are already well on their way to finding love. Who will be our *Bachelor's* leading lady?

We can't all date with the level of style that *The Bachelor* contestants do, but we can still make it special. What are three ways to date in style?

Cupid's Advice:

Dating is a fun step toward finding your soul mate. Although we can't all date like Chris Soules, Cupid does have some attainable tips on how to date in style:

1. Experience new things: The best way to make dating more exciting is to try new things together. Whether it be a big move like skydiving or a smaller treat like trying a foreign food, be bold and enjoy every adventure.

Related Link: [Whitney from 'The Bachelor' Says She'd Move To Arlington, Iowa For Chris Soules](#)

2. Take advantage of free stuff: It is okay to be a dater on a budget, but that doesn't mean you have to sit at home every night and watch television. Take this dating advice to heart:

Get online and look into what your city has to offer for free. You would be surprised by the amount of coffee shop concerts, museums, and festivals that take place all year long for no charge! With a little bit of research, you can have a great date on a budget.

Related Link: ['The Bachelor' Season 19 Contestants Treat a Relationship and Love with Chris Soules Like a Game](#)

3. Stay in: Nothing completes dating like a pinch of romance. How can you make the love come alive? Start with the little things like lighting candles at dinner, sharing a blanket while watching a movie, or baking dessert together. Get creative and don't afraid to have a romantic night in; not everyone needs Bali at sunset to fall in love.

Will Chris propose to Whitney or Becca? Share your predictions below!

Whitney from 'The Bachelor' Season 19 Says She'd Move to Arlington, Iowa for Chris Soules





By Emma L. Wells

From day one, *The Bachelor* season 19 star Chris Soules has said that a relationship and love with him means moving to his (very small) hometown of Arlington, Iowa. After asking potential celebrity love Whitney if she would be able to leave her life in Chicago for him, she gave him exactly the answer he was looking for. According to [People.com](https://www.people.com), she said that, while she loves her job as a nurse, she would have “no hesitation” about moving to Arlington and “having babies” as her career. [The Bachelor season 19](https://www.fox.com) frontrunner continued, “I firmly believe that life takes you places, and it’s not where you are; it’s who you’re with.”

The Bachelor season 19 contestant Whitney is willing to move to Iowa for her celebrity love. How do you know if that’s the right decision

for your relationship and love?

Cupid's Advice:

We sometimes fall for people who aren't perfect for us in a geographic sense. Long-distance dating can't go on forever, and eventually, you're left with two choices: break-up or move. Cupid has some dating advice on how to tell what move (no pun intended) is right for you:

1. Consider all the factors: Realty TV star Whitney told her celebrity love that it doesn't matter where she is because it's who she's with that's important. While there is a lot of truth to her statement, you should examine your specific situation first. Think about what you need in order to be happy; that may include your career, your friends and family, or something as seemingly small as your kickball team or local library. What would you have to give up when you move to be closer to your partner? More importantly, can you live without it?

Related Link: [QuickieChick's Video Dating Tips: Is He "The One" or Just Another Someone?](#)

2. Look to the future: After you've made your mental list of things you can't live without, ask yourself how that list will change in the next five, ten, or twenty years. Moving might not suit your needs *this* year, but maybe that's where you see yourself long-term. In this case, the question changes from "if" to "when." Tell your significant other that you're willing to move but need a little more time before you're ready. If your relationship and love is as important to them as it is to you, then they will understand.

Related Link: ['The Bachelor' Season 19 Contestants Treat a Relationship and Love with Chris Soules Like a Game](#)

3. Be on the same page: Make sure you understand why your beau wants you to move; that will ensure that you two have similar expectations. Are their reasons valid? Does it make more sense for you to move to them or vice versa? It's equally important for them to understand your reasons as well. Having a discussion about how this move will change your relationship is the best place to start.

Have you ever moved for your relationship and love? Tell us about it below!

Taya Kyle Showcases Famous Relationship with Late Husband Chris at Oscars for 'American Sniper'





By [Rebecca White](#)

Taya Kyle showcases her famous relationship with late husband Chris Kyle at the Oscars for *American Sniper*. According to [UsMagazine.com](#), she attended the star-studded event not only for her husband, but for veteran families as well. Kyle referred to Warner Brothers like a fairy Godmother, getting her on a plane, which had a dress and jewelry, even the shoes and Spanx waiting for her.

Whether you're in a famous relationship or not, it's important to express your feelings to the one you love. What are three ways you can show your partner you care?

Cupid's Advice:

Hollywood couples may have a different way of showing their celebrity love's they care during award season, but during

everyday life, even these famous couples can use this dating and relationship advice:

1. Romantic gestures: If your relationship and love life needs a little help, then plan some romantic gestures to sweep your partner off their feet. Plan a romantic dinner, organize a day trip, or have a picnic.

Related Link: [10 Ways to Give Thanks To Your Partner](#)

2. Find your loved one's preferred love language: People receive love differently, so find out your partner's love language. Whether they want gifts, affirmative words, or actions, give your love based on how they receive it.

Related Link: [Celebrity Interview with 'True Blood' Star Jamie Gray Hyder: "It's Nice to Be With Somebody Who Can Take Care of You"](#)

3. Be respectful: Be respectful of your significant other even if you two are fighting. Bring up any concerns directly, don't talk badly about them behind their back, respect their intelligence, and never resort to name calling.

How do you show your partner you care? Comment below!

Single in Stilettos Show: Relationship Experts Discuss

Why He Didn't Call



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to relationship expert David Crowther about why your date didn't call when he said he would.

Relationship Experts Share Dating Advice

The dating consultant for SurviveWomen.com explains that the only person who truly knows the answer to this question is the man himself. However, the [relationship experts](#) offer a few potential reasons for you to consider: Something may have come up in his personal or professional life; he didn't find you attractive or may have been bothered by something you said; or he may be taken already. Of course, he may just be someone who

lacks integrity. If that's the case, he's not someone you want as your partner in a long-term relationship and love.

Related Link: [When One Partner's Needs Are More Important](#)

There's one other question that women often ask themselves: If he doesn't call, should I reach out? Feel free to contact him, but remember that you shouldn't be doing all of the pursuing. It's a two-way street, and you deserve someone who's willing to go the extra mile for you!

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

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

Exclusive Celebrity

**Interview: Karina Smirnoff
and Lindsay Rielly Share
Dating Advice In ‘We’re Just
Not That Into You’**





Interview by [Sarah Batcheller](#). Written by Jenna Bagcal

We've all been on dates that have flopped miserably. Maybe they've even made us think, "What did I do wrong?" or "Why wasn't he into me?" In this exclusive celebrity interview, *Dancing with the Stars* (DWTS) professional dancer [Karina Smirnoff](#) and her best friend and manager Lindsay Rielly remind readers that these dating disasters happen to the best of us. In their new book *We're Just Not That Into You: Dating Disasters From the Trenches*, which came out on Feb. 10, these ladies, along with some of their famous friends, share their perspective about relationships and love and prove that what seems like a bad date now may turn into a hilarious story that you'll learn from later on.

Karina Smirnoff and Lindsay Rielly Share Dating Advice and Disasters

Sure, Smirnoff is well-known for her moves on the dance floor, but even winning the mirror ball trophy doesn't make you immune to heartbreak – which is why she decided to share the

good, the bad, and the ugly in her new book. According to Rielly, the title of the book is a tongue-in-cheek reminder to women that “it’s not that *he’s* not into us. It’s a mutual thing!” Their main goal was to remind people that “dating is ultimately fun, not something that you have to dread because of your previous experiences.”

Related Link: [Exclusive Celebrity Interview: Antonio Sabato Jr. Shares His Best Relationship and Love Advice for Valentine’s Day](#)

Embodying this mindset, these two women have not let dating flops get in the way of their positive outlook on relationships and love. Smirnoff’s best piece of dating advice is simple: “Open your mind and your heart. Instead of thinking, ‘Oh my god, I gotta go on another date,’ go with good energy. Great things might come out of it! And the least you’re gonna do is enjoy yourself.”

The best friends ultimately describe the writing process as “fun” with intense and challenging moments at times. “To be honest, I loved every second of it! It was a lot of work though,” Smirnoff says in our exclusive celebrity interview. “Once we started remembering the dates and the details, we looked like Bruce Almighty. Remember when he was God and he was answering emails to everyone? At the end, I just wanted to say yes to all! But writing a book is very liberating and empowering too – I didn’t expect to feel that way.”

In addition to dating stories from Smirnoff and Rielly, *We’re Just Not That Into You* includes contributions from their girlfriends and other celebrities, including *DWTS* contestants Leah Thompson, Maria Menounos, and Ralph Macchio as well as fellow professional dancer Cheryl Burke.

Why Men Will Enjoy This Book About Relationships and Love

While the book is geared towards women, Smirnoff and Rielly share that men may also enjoy reading it. "Our publishers read the book, not expecting to love it, and said that neither of them could put it down. It's the type of book that, if their wives had it, they would steal and read in private," they explain.

Related Link: [How to Keep the Spark in Your Relationship After Valentine's Day](#)

No need to worry, guys: You're not to blame for every dating disaster. "There are stories where we laugh at our own behavior," Smirnoff says. "There were definite situations where we were the catalyst of our own downfall. But that's the whole point: It's not like all guys are bad and all girls are good. We're all good, and we're all bad...sometimes at the same time."

Of course, the authors have their fingers crossed that some of their exes check out their new book about love. "I'm personally hoping that at least one specific person reads it. I think that he might learn something about his love life by reading his story," says Rielly.

"I just hope someone picks it up and asks, 'Why were you talking about me?'" Smirnoff adds with a laugh.

Professional Dancer Shares What's Next for Her in Exclusive Celebrity Interview

With her new book being released and other secret projects in the works, Smirnoff will not be returning for the next season of *DWTS*. After being on the show for "an incredible decade of her life," the dancer says that she felt it was time to move on and explore new opportunities. "There are a lot of exciting

things coming up!” she shares.

Related Link: [Dating Advice: How to Date and Get the Best Results](#)

Some of her favorite memories from the show are the relationships that she formed with other professional dancers and her celebrity partners. “I developed real friendships – friendships where you call each other, where you see each other whenever you’re in town,” she reveals. “I still have that relationship with a lot of my partners, including Ralph Macchio, Jacoby Jones, and J.R. Martinez.”

Speaking of Martinez, one of her favorite seasons was season 13 when she was partnered with the former U.S. Army soldier and actor. She explains, “I love the military. Being partnered with J.R. was very powerful for me because I got to experience some of his world firsthand. I got to experience his story – what he went through and how he came out of it. That was a very important season for me personally.”

You can keep up with Karina on Twitter @Karina_Smirnoff. Check out We’re Just Not That Into You on Amazon!

Nick Gordon ‘Desperately’ Trying to Be at Celebrity Love Bobbi Kristina Brown’s Bedside



By Maggie Manfredi

Nick Gordon is still hopeful! According to UsMagazine.com, he's desperate to spend time with Bobbi Kristina Brown while she is still in her medically induced coma. His lawyer made a statement about the celebrity couple, saying, "Nick has been trying, privately, to do everything he can to see Bobbi Kristina cooperatively. He has respected the family's wishes and for that reason alone has not returned to the hospital and risked a public confrontation. But he desperately wants to be with the one he loves and continues to hope that his request will be granted." Gordon is currently under investigation for injuries found on Brown prior to her hospitalization. In the light of the tragedy and road blocks, Gordon remains hopeful and persistent about his relationship and love.

Nick Gordon is doing his best to support celebrity love Bobbi Kristina through tragedy. What are some ways to support your partner through a health scare?

Cupid's Advice:

Nick Gordon is going through a tough time with his celebrity love Bobbi Kristin Brown. It's never fun to see your partner's health suffer. Cupid has some support tips:

1. Be there: Do what you can to be there and support in any way you can. Though Nick Gordon can't be by Bobbi Kristina's bedside he is working to. There is no best way to support, you just have to do what you can.

Related Link: [Nick Gordon Pays Tribute To Celebrity Love Bobbi Kristina With a Tattoo](#)

2.Cooperate with loved ones: Although they are your love you have to keep in mind there are other people in their lives. Be kind to family and friends of your sick partner and be there for them as you are for your partner as best you can.

Related Link: [Celebrity Couple Bobbi Kristina Brown and Nick Gordon Are Not Married](#)

3. Stay calm: The best way you can help is by remaining calm, cool and collected. Be there and be helpful but don't panic when things get rocky. Stay strong for your loved one and hope for the best.

Have you had to deal with a loved one going through a health scare? Share your advice below.

Expert Dating Advice: 5 Signs He's Mr. Now and Not Mr. Right



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

Everyone dreams of the fairytale ending, but nobody said that finding Prince Charming would be easy. Even when we fall in – what *feels* like – love, we're still not always sure that he's The One. After all, relationships and love are supposed to be work, right? While this may be true to an extent, a romance should not be more work than it's worth. One of the hardest decisions to make in a partnership is realizing when

it's time to walk away.

Founders of Project Soulmate Share Expert Dating Advice

While love may be enough to withstand the test of time in stories, reality is much more complicated than that. Two people could be in love and still not be right for each other. Knowing when you are a good fit for each other can be hard. With that thought in mind, here are five red flags that mean you aren't dating Mr. Right:

Related Link: [Don't Just Drop Hints When You Want Commitment](#)

1. You don't trust him: If there is no trust, there is no relationship. A relationship is primarily built off trust, so one *without* trust is like having a phone without service: It's frustrating, and no matter how hard you try, it will never work. Let's not beat around the bush: If you don't trust your guy, there is a reason. Whether you saw a text from another girl pop up on his phone, found out he was cheating, or even just caught him in one too many lies, if you don't trust your man, it's over.

You cannot spend all of your time and energy stalking his whereabouts because, let's face it, it's exhausting. Instead of spending your time worrying about your guy's every move, you should be enjoying your life and the people you love!

2. There's no passion: Love and passion seem to go hand-in-hand. But the truth is that you can love someone without feeling any passion for them. If your relationship is lacking that burning passion that you've dreamed about, then you're probably better off as friends. Passion is the longing for someone that makes you feel complete when you are together. And while the sexual passion is said to fade, the romantic passion should last forever. You should always feel like your

partner is your other half and that you complete one another. While it's true that passion isn't everything, it is a necessary component to any successful relationship and love.

Related Link: [Balance Work and Love Like a Celebrity](#)

3. You don't feel accepted: Being in love means that you can completely be yourself around the other person. If you feel like you're constantly walking on egg shells in your relationship or like you're being judged by your man, then he isn't right for you. A person that you love should accept you for exactly who you are and whatever baggage you carry. And while relationships require minor sacrifices, they should be mutual and not one-sided.

As relationship experts, we believe that you shouldn't have to completely change yourself or give up the things that you love for another person. Your partner should accept you for who you are and embrace you with open arms. The truth is, if he really loves you, he should make the effort to learn about your hobbies, your work, and your loved ones. You should never have to give up your life to satisfy your man.

How to Know If You've Found a Relationship and Love with Mr. Right

4. He won't talk about the future: Every couple has to eventually have "the talk" about the future. And while they may dread the moment that they have to face reality and realize they want different things, it's a conversation that has to happen in order to move to the next phase in any partnership. It is true that every person has their own unique set of beliefs, but your partner's goals have to jive with yours in order for a relationship to work. In the beginning stages, many couples don't feel the need to talk about their

these things, but as your relationship progresses, this discussion will become unavoidable. If you're considering spending the rest of your life with someone, having a conversation about religion, children, and your future in general is crucial.

The sooner you have the conversation, the better. You definitely don't want to marry someone, only to find out later that you both want different things in life. Even if you're in love, having different values and wanting different things means that you aren't right for each other. At the end of the day, you need to face the music and realize that it's time to move on.

Related Link: [Dealing With a Valentine's Day Break-Up](#)

5. He doesn't respect you: A relationship and love is all about balance. Your partner should bring out the best in you, and you should bring out the best in him. But the truth is that many times people stay in romances that bring out the worst in them. While arguing is normal in any relationship, there needs to be a healthy line of communication where you can discuss your feelings openly before a full-fledged fight erupts. If your partner doesn't have enough respect for you to sit down and tell you how they are feeling through a mature discussion, then your relationship will quickly spiral out of control.

Let's face it: Nobody likes to fight. If you and your partner don't have open conversations and have a lack communication, then your relationship will quickly take a turn for the worse and you will see each other's ugliest side.

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. For more information about Project Soulmate, click [here](#).

Dating Expert Laurel House on How to Break Up Via Text Message



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](#) is here to tell ladies how to break up with a guy over text.

Dating Advice from E!'s *Famously*

Single Dating Coach

No, it's not cold, she reassures us. House says that if you're an active dater, there is no need for a dramatic conclusion every time you don't think a guy is a good fit. And it's totally okay to politely let him know that you don't think you two are romantically right for each other. House's expert love advice is always getting you out of sticky situations!

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

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

What did you say to a guy when ending your relationship and love via text message? Tell us in the comments below!

Single in Stilettos Show: Love Advice to Go From Dating to a Committed Relationship





On this week's [Single in Stilettos](#) show, founder and dating expert Suzanne Oshima talks to relationship author Dr. Diana Kirschner about how to go from casually dating to a committed relationship and love.

Relationship Author Reveals Love Advice for a Committed Partnership

Dr. Kirschner shares the following [love advice](#): Have fun in and out of the bedroom; be radiantly happy; don't be a drama queen; make him feel good about you; and be patient with where you're at in the relationship process. While there's no set timeline, your partnership should always be moving forward. No matter what, though, never give a man an ultimatum; you don't want to force him to be with you exclusively before he's ready.

Related Link: [Dr. Diana Kirschner Talks 'Love in 90 Days'](#)

If you follow this love advice from Dr. Kirschner, which is based on the simple laws of attraction, you'll be one step closer to finding the relationship and love you want.

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

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

Relationship Advice: How to Keep the Spark in Your Relationship After Valentine's Day



By Molly Jacob and Jennifer Ross

Now that the beautiful romance of Valentine's Day has passed, you may think it's time to return to ordinary life. Even though it's technically no longer the season of relationships and love, that doesn't mean your love ends! For the rest of the year, spread your love continuously, especially in your relationship. Not sure how to do that?

Cupid has some relationship advice for how to keep the spark in your relationship all year long!

1. Express your feelings: One of the best parts about this day of love is when you take the time to tell your partner how you really feel. Who says you can't do so all year long? While your significant other of course knows that you love him or her, sometimes we all need a little validation. Just by saying, "I love you," in the most unexpected moments, such as when they're eating dinner or brushing their teeth, has a lot of meaning.

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

2. Send love notes: Valentine's Day cards are wonderful ways of expressing your feelings about relationships and love on paper, so why not keep those going throughout the year? Just slip a note somewhere sure to be noticed later by your sweetheart. Many card stores have all sorts of blank cards or customizable stationary for you to send your message. If you can't write like the greeting card writers can, don't fret! You can steal great quotes from your favorite songwriter or poet, as long as you give credit where credit is due.

3. Go on romantic dates: Think about how much fun you had sharing a lovely meal with your significant other out on the town on the 14th and plan something like that again. You might have spent a pretty penny this Valentine's Day, but don't

think you have to do so on every date. Think a quiet afternoon at a cafe or lunch at your partner's favorite pizza joint. The key here is to appreciating each other in public and sharing a delicious meal, too.

Related Link: [5 Celebrity Couples Who Celebrate Valentine's Day in Style](#)

4. Make an appointment: We often get so caught up in our busy lives that we take alone time with our loved one for granted. Just how Valentine's Day is a day of the year that you devote to your partner, create a specific time each day that you plan to spend with him or her. This can be a time that you talk about your day, discuss your relationship and love, or just do something together, such as make dinner. This sacred, alone time can strengthen the intimacy in your relationship.

5. Seek advice: If your Valentine's Day date was a complete flop, don't let that stop you and your partner from fighting to keep the love alive. Sometimes life's hardships can distract you from focusing on the love and goodness in your relationship. Seek advice from other couples that have stayed together and passed the test of time. They are full of valuable relationship advice about keeping the spark in your relationship, even after years of being together.

How do you keep the spark in your relationship after Valentine's Day? Share with us below.

'The Bachelorette' Andi

Dorfman Says Split From Josh Murray Is 'the Biggest Failure of My Life'



By [Rebecca White](#)

Some celebrity love stories don't end with holy matrimony. Celebrity exes Andi Dorfman and Josh Murray split a few months ago during the holidays. According to [UsMagazine.com](https://www.usmagazine.com), Dorfman said this is the biggest failure of her life so far. The reality TV star also said that the celebrity breakup was mutual, stemming from compatibility issues.

Even celebrity exes like 'The Bachelorette' star Andi Dorfman and Josh Murray deal with feelings of failure in the wake of a break-up. What are some ways to keep those feelings at bay?

Cupid's Advice:

Even though these celebrity exes have parted ways, that doesn't mean that either of them should feel like a failure. Here's some dating and relationship advice to help you deal with these feelings after an awful breakup:

1. Be open and honest with yourself: When you are ready to be open and honest with yourself about your relationship and love life, instead of bottling up emotions of regret and failure, your family and friends will be as supportive as they can be.

Related Link: ['Bachelorette' Season 10 Couple Andi Dorfman and Josh Murray Call it Quits](#)

2. Remember you're not a failure: Even though your fairytale ending didn't come true with this one, that doesn't mean it won't happen for you. The simple truth is that you fell in love, but now you both have decided to part ways. It's not a crime or a failure, it just didn't work out.

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

3. Stay positive: Try writing down positive and negative things about what worked in the relationship and what didn't. Acknowledge what you want and what you don't want. This will help you figure out how to choose the next lucky partner to

steal your heart.

How do you avoid feeling like a failure after a breakup?
Comment below!

Divorce Attorney Jacqueline Newman Offers Relationship Advice: “You Want to Be Divorcing a Happier Spouse”



Interview by [Lori Bizzoco](#). Written by Emma L. Wells.

Jacqueline Newman has an impressive career as a family law attorney in New York City, so it's no surprise that she knows a thing or two about how to best handle a divorce. For starters, she encourages couples to stay away from social media. Saying negative things about your ex could affect more than just your relationship; it may also impact their career, as future employers may Google them and not realize that it was a former spouse who called them a cheat or a liar.

Jacqueline Newman Shares Relationship Advice for Couples During Divorce

It's also important to remember that your words will be around long after your divorce proceedings end. "Nowadays, children learn to tweet before they learn to walk," the divorce attorney explains when sharing some relationship advice. "You're making a footprint that's going to be there forever. You're saying bad things about your spouse because you're caught in the moment, but your kids may see this one day."

Related Link: [Making Special Occasions Comfortable for Children After Divorce](#)

If you're thinking of splitting from your husband, there are several steps you should take. "One of the first things I ask my clients when they sit down in my office is, 'Are you sure you want to get divorced?'" Newman shares. She points out that this process is far from fun and shouldn't be undertaken unless you're 100 percent sure you want out of your marriage.

If your answer is yes, now, you have to decide *how* you want to get divorced. There are three basic options: litigation, collaborative law, or mediation. You need to figure out what process is best for you and what kind of divorce attorney you

want to hire. “You want to be with an attorney who you feel you can say anything to. If you’re not comfortable talking to them, then you’re not giving them the tools and position to really protect you,” she reveals.

While a good personality fit is the number one quality to look for in an attorney, the second thing you need is a person who can think strategically. “You need someone who’s going to look at the big picture and figure out the best way to get you to your goals,” she adds.

Related Link: [Facing a Divorce? Don’t Take the Adversarial Approach](#)

Newman also encourages her female clients to become familiar with their spending habits. “Women are not always aware of their finances before getting divorced,” she explains. “Pay attention to your lifestyle.” It will empower you to know what’s going on and help you control the outcome of your divorce.

Her best relationship advice for those going through a divorce is simple: “You want to be divorcing a happier spouse.” She says it’s important to maintain a civil attitude – especially if children are involved – and make sure everyone has what they want in the end. If you want to look at [celebrity divorces](#) for inspiration, it may be tough. “If they’re really smooth and amicable, you never hear about them,” she divulges. “The best divorces are the ones you find out about after the fact.”

Prenuptial Agreements Aren’t Only for Celebrity Couples

Believe it or not, you don’t have to be a celebrity couple or have a lot of money to have a prenuptial agreement. Prenups are the biggest part of Newman’s practice, and there are many

situations that require one. For instance, if it's your second marriage and you have children from your first marriage or if you own your own business, then a prenup is necessary. As the divorce attorney explains, you should get a prenup "if you have assets that you want to be very clear are going to stay yours after a divorce." She adds that laws are constantly changing and that it's good to guarantee what's going to happen in the event of divorce.

Related Link: [Divorce Expert Advice: Kindness No Matter What](#)

Apart from providing security, prenups can be good for your relationship and love. "Not only do they help assure the wealthier spouse that they aren't being taken advantage of, but they teach couples to have difficult conversations about money," she shares. "You shouldn't look at prenups as asking for a divorce."

As far as her own ten-year marriage goes, Newman believes that her job actually *helps* her relationship and love. "I think, on some level, it strengthens my marriage because seeing people at their worst, seeing what they will do, gives me perspective on how little it matters if he doesn't unload the dishwasher," she says. "I fight all day long at work, so I really don't fight that much at home. I get it out of my system. You can't have a lot of drama in both parts of your life!"



Jacqueline Newman joined Berkman Bottger Newman & Rodd, LLP in 1998 and is now the managing partner of the firm. Ms. Newman's

practice consists of litigation, collaborative law and mediation. She specializes in complex high net worth matrimonial cases and negotiating prenuptial agreements. Newman has appeared as a commentator on various television shows and has been quoted as an expert in numerous publications, including Glamour Magazine, Crain's New York Business, U.S. News and World Report, Woman's Day and The Huffington Post. For additional information, check out her website, <http://www.nycdivorcelawyer.com/>

Dating Advice on How to Meet Someone for Valentine's Day



By April Davis

With Valentine's around the corner, you may feel a lot of pressure to find the person who's right for you. Relationships and love are something that few people put much effort and energy into finding.

Many think that if you just sit back, then it will just happen when it happens. The problem is that it won't happen while you're sitting on the couch. Here's some dating advice you can use to meet your Valentine.

1. First thing's first – Get rid of the idea that Valentine's day is the deadline.

It can be a checkpoint, but not a deadline. It's a process to find the person you can spend the rest of your life with and there are steps involved. It's not like buying a car where you can go to the dealer and give your preferences on features, color, etc. Remember it will take some time and effort to meet the one for you and there are a billion possible matches for you, but it can be a lot of fun in the meantime if you're open-minded.

2. Wear red.

When you're out and about at social gatherings or just any given day at work or the grocery store, take advantage of the Winter seasonal colors and wear red. This will attract attention to yourself and it's sexy. Also, research has shown that people are more attracted to both women AND men who wear

red.

3. Get out and be seen.

Your future King or Queen isn't going to find you in front of your TV at home. Get online and find all the singles events, happy hours, business networking events, nonprofit fundraisers, etc. and get them on your calendar. This dating advice can save you a lot of worry, so be proactive. These places are full of professionals and many of them are going to be single. The places you go to meet people don't all have to be singles events. When you are at these events don't forget to smile and try out your refined conversation skills. One trick to open the door for conversation at an event, go up to someone you'd like to meet, have a drink in your hand, and say, "Cheers". Most anyone will respond positively.

4. Learn how to make a connection with someone while in conversation.

This really is a skill set and not everyone knows how to do it. One thing you can do to start improving in this area is to initiate conversations with anyone you meet. Don't wait to only talk with people you're attracted to or want to date. It's smarter to be friendly and practice connecting with anyone you meet.

If you're in the elevator, smile, say hello, and make a comment to the other person sharing it with you. Maybe you can notice something about their bag, hair, or what they're wearing. Throw out a compliment to the person working behind the counter. Ask your server at a restaurant a question such as, "Where are you from?" These are all ways to start a conversation and will help you to build your confidence when it's time for you to chat it up with someone you are interested in.

5. Make a list of things you've always wanted to do, and do it.

If your New Year's resolution is to get in shape, then get in the gym. Or maybe you've always wanted to try rock climbing. There are several groups out there that will provide lessons and get you started. How great would it be to meet someone there who you already know you have something in common with? Love advice: Don't forget to wear red ☑

While Valentine's Day can feel annoying when you're single, it's a reminder to us that relationships play an important role in our lives. By following these couple of tips, you're being proactive in your future and finding the person who is right for you. Then next year you may even be spending Valentine's with your new partner.

April Davis, founder of Cupid's Cronies is sharing some of her tips for meeting someone this Valentine's Day. With offices throughout the U.S., Cupid's Cronies is bringing a lot of love to people through her various services from having a wing woman or wingman alongside them, an online dating assistance or simply just good ol' fashioned dating coach.

Jamie Dornan Says Celebrity Love Amelia Warner Does Not Want to See 'Fifty Shades of Grey'





By [Whitney Johnson](#)

Of all the women who will be heading to theaters this weekend to see *Fifty Shades of Grey*, we know one who will be steering clear of the erotic film: star Jamie Dornan's celebrity love, Amelia Warner. According to [UsMagazine.com](#), the actor says it only makes sense that his wife wouldn't want to watch his sexual scenes. "I am not going to put any pressure on her either way. It's her decision," he explained in a recent interview with *USA Today*. "She's well aware that it's pretend, but it's probably not that comfortable to watch."

Famous couple Jamie Dornan and his celebrity love Amelia Warner are working out a way to support each other, even when it's uncomfortable. What are some ways

to support your partner from afar?

Cupid's Advice:

Showing support for your partner and their career is important to any relationship, but sometimes, it can be complicated, as famous couple Dornan and Warner is learning. Cupid has some dating advice to help you show that you care from a distance:

1. Write each other private notes: A little gesture like a handwritten letter – or even just a Post-It note! – goes a long way. While Dornan's celebrity love may not want to attend a screening of the movie with him, she can hide a sweet love note in his pocket or suitcase for him to read while they're apart.

Related Link: [Matthew McConaughey Thanks Wife Camila Alves for Motivation](#)

2. Send flowers or gifts: If your partner travels for his or her job and has a big presentation or show coming up, send your support via a bouquet of flowers or small thoughtful gift. It will show your partner that you're thinking about them.

Related Link: [Hollywood Couple: Diane Kruger Adorably Freaks Out Over Longtime Boyfriend Joshua Jackson's Golden Globes Win](#)

3. Skype, and utilize social media: Technology is key these days. Show your support from afar by logging into Skype and having a face-to-face interaction with your significant other. You can also utilize social media platforms like Facebook or Twitter to announce your support for your partner to the world.

What are some other ways to show you care from afar? Share your thoughts below.