

# Single in Stiletto Show: Find Love By Not Looking for Love...Fact or Fiction?



On this week's [Single in Stiletto](#) show, founder Suzanne Oshima talks to Duana Welch, author of *Love Factually*, about whether or not you can *really* find love by not looking for it. According to the dating advice shared by these relationship experts, that approach won't work. Instead, if you want to find love, you should: join several online dating sites; be open to meeting men anywhere and everywhere; get out and do things; and make eye contact and smile when talking to someone you're interested in.

**Related Link:** [Duana Welch on Why You Can't Make Him Love You](#)

It's important to be proactive if you truly want love in your life. Follow this dating advice if you're ready to meet someone special!

*For more information about Single in Stilettos shows, click [here](#).*

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

What's your best tip for finding love? Tell us in the comments below!

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## Relationship Advice: 5 Basic Workouts to Do With Your Partner





By [Courtney Omernick](#)

You are half way through the first month of your 2015 resolution to get in shape and the gym is starting to feel routine and tiring. Don't give up just yet. Instead, get your partner involved in your plan by taking into consideration some of the dating and relationship advice below that can really help you build a stronger and more physically connected romance,

**Below is some great relationship advice that involves getting physically fit with five basic workouts that you can do with your partner:**

**1. Squats in sync:** Stand facing each other, while looking into each others eyes and see who can go the lowest doing a squat! Deep squats can really work your quads and glutes and staring

at each other doesn't hurt either.

**Related Link:** [Date Idea: Workout Together](#)

**2. Lunges:** Like squats, face each other and alternate forward and backward lunges. Remember to alternate legs in order to work both sides! Lunging in sync with your partner can be a lot of fun and you can challenge one another to see who can do the most.

**Related Link:** ['Top Chef' Alum Richard Blais on Healthy Holiday Cooking with Benefiber](#)

**3. The tricep dip:** Make tricep dips more interesting by having the person doing the dips puts his or her hands on his partners knees or quads. Innocent touching while working out is much better than exercising on a cold bench.

**4. Bodyweight partner press:** This move is a lot of fun. The key for women is to trust your man with knowing your weight (lol) and the key for men is helping your partner benchpress yours. Be there to spot them through and never attempt this if you don't think you can bench the weight of the other person.

**5. Double tree pose:** If you are looking for relationship advice that will help you bond with your partner during a work out then the yoga is the perfect solution. And the double tree pose is the perfect move. With your hips touching each other, try to stretch them out while working on your balance and posture. Hold this move for a few counts and then switch sides.

**What are some other great workouts you can do with your partner? Comment below!**

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# 'Bachelorette' Season 10 Couple Andi Dorfman and Josh Murray Call it Quits



By Emma L. Wells

Another one bites the dust! Earlier this week, reality TV couple Andi Dorfman and Josh Murray announced that they have ended their engagement. In a joint statement published by [People.com](http://People.com), the pair, who met and fell in love during *The Bachelorette* season 10, said, "After several months of being engaged and working on our relationship, we have decided that it's best for both of us to go our separate ways. We are very sad that it has to come to this point, but this is what's best for both of us individually." The news of this celebrity breakup was a shock to many, as the couple appeared happy

during their red carpet interview prior to Monday night's premiere of *The Bachelor*.

## **In light of this surprising celebrity breakup, how can you handle questions about your sudden split?**

### **Cupid's Advice:**

The trickiness and difficulty of a breakup doesn't necessarily end as soon as you and your significant other call it quits. After you admit that it's over, you then have to tell your loved ones. So how do you stay diplomatic when your friends want to hear about the drama? Cupid has some tips:

**1. Just say "no comment":** Breakups are private and potentially very painful for the parties involved, so there's nothing wrong with telling a questioner that it's none of their business. However, it's usually best to put it as nicely as possible. Thank the person for their concern and then simply say that it's a private affair and that you'd rather not talk about it.

**Related Link:** ['Bachelor' Winner Nikki Ferrell Confirms Split from Juan Pablo](#)

**2. Avoid pointing fingers:** In most situations, a split is not the fault of just one person. Take a cue from this celebrity breakup and do your best not to place blame on your ex. After all, listing the faults of your former partner post-breakup isn't going to make you look any better.

**Related Link:** [Can You Really Find Love on 'The Bachelor'?](#)

**3. Be on the same page:** Right after your split, this may seem near impossible, but in the coming months, it will help the

situation if you remain amicable. You can avoid drama by making sure your stories match and your facts are true. Have a quick conversation and answer the question, "What are we going to tell people?" This will eliminate a lot of the confusion friends and family may have about what happened and hopefully help dodge any hurt feelings by sharing something too private.

**How do you handle questions about a sudden breakup? Tell us in the comments below!**

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## **Kim Kardashian Takes Fashion Advice from Husband Kanye West**





By [Sarah Batcheller](#)

In today's celebrity news, [UsMagazine.com](#) reveals that reality star Kim Kardashian is enlisting the help of husband Kanye West to revamp her wardrobe for 2015. The famous couple stayed "up all night" to refine looks ready for the new year. The middle sister cites her Givenchy gown that she wore at Paris Fashion Week as her favorite 2014 get-up. Being that the ensemble was slinky and fierce to boot, fans can't wait to see what fashion advice West gave his wife for the new year!

## How can you share fashion advice with your partner without being pushy?

### Cupid's Advice:

Even if we say we don't, we all have an opinion on what our partner wears. Take a cue from this celebrity relationship, and learn how to influence your partner's style without being overbearing:



**1. Change your style, too:** Make it a team effort – something fun for the both of you to explore and create. That way, it won't come off as you telling them what they can and cannot wear. Maybe you want to channel a glamorous famous couple like Kardashian and West, or perhaps a more laid-back wardrobe is better suited for your lifestyle.

**Related Link:** [The Most Fashionable Celebrity Baby Bumps](#)

**2. Tell them when they look good:** Everyone loves a compliment! Saying something nice about your partner's go-to date night dress will help you come off as supportive instead of bossy. It'll show your partner that you're genuinely interested in their style and love seeing them rock their look. Offer genuine, helpful tips like, "This accentuates your waistline," or "Indigo brings out your eye color."

**Related Link:** ['The Sorrentinos' Stars Frank and Linda Sorrentino Talk Date Night Fashion](#)

**3. Share constructive fashion advice:** Don't just tell them that what they've picked out is tacky. Explain *why* you feel the way you do about that old sweater or those distressed blue jeans. Help them stay up-to-date on trends while maintaining who they are. It's all about creating a look that speaks to their personality!

**How did you help your partner reinvent their wardrobe? Tell us in the comments below!**

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# Jennifer Aniston Says Justin

# Theroux Gave Her “A Rock”



By [Sarah Batcheller](#)

A celebrity engagement is everyone's favorite vicarious event. Taking a look at [UsMagazine.com](#), you can get a close-up of the enormous engagement ring that Jennifer Aniston is sporting. According to the latest celebrity gossip, the actress says of the impeccable rock that her fiancé and *Wanderlust* costar Justin Theroux gave to her, "He rocked it up...It took me a while to get used to it. I'm not a diamond girl. I'm more Indian jewelry and stuff." The celebrity couple has been together since 2012.

**Whether or not you're inspired by a**

# celebrity engagement, how can you find out what type of ring your partner wants?

## Cupid's Advice:

Asking too many questions will give away the big surprise, so here's Cupid's advice on how to stealthily pick out a diamond worthy of a celebrity engagement:

**1. Log in:** You say: "Hey babe, I'm going to use your laptop to check my e-mail really quick!" What you mean is: "Hey babe, I'm going to open up your Pinterest account because I know that you've been pinning images of vintage-style diamond rings that appeal to you!"

**Related Link:** [Sofia Vergara is Engaged to Joe Manganiello After Only Six Months of Dating](#)

**2. Listen to their style opinions:** If you're a guy, it's hard to listen to everything your partner says about fashion, but if you do, you can use these comments as clues as to what kind of rock they would like. Is your significant other's style more classic than trendy? She may want a round diamond. Is she super girly? Perhaps something extra sparkly will catch her eye.

**Related Link:** [Cameron Diaz and Benji Madden Tie the Knot at Her Beverly Hills Home](#)

**3. Ask their friends:** Easy as 1,2,3! Ask your honey's friends what kind of ring they want. If you have known for a while that marriage is in your future, it's inevitable that your partner has discussed every detail with their pals. Just make sure these friends can keep it hush-hush until the proposal!

**How did you find out what kind of ring to get your love? Tell**

us in the comments below!

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# Brad Pitt and Angelina Jolie Are Scheduled to Meet the Pope



By Maggie Manfredi

When in the Vatican City! According to [UsMagazine.com](http://UsMagazine.com), Brad Pitt and Angelina Jolie are set to meet the Pope while on their celebrity getaway in Rome. Pitt grew up Baptist, but he currently associates somewhere in the space between “agnosticism and atheism.” Still, the famous couple admires

Pope Francis and his message. The VIP appearance with the actors is in the process of being planned and is set for some time in January.

## **This famous celebrity couple learned to compromise about religion – what are some ways to do so in a relationship?**

### **Cupid's Advice:**

When you've made it past the first, second, and third dates, and your relationship is thriving, those somewhat taboo topics like politics and religion will inevitably come into play. With the above celebrity news in mind, Cupid has some tips on ways to compromise when it comes to religion in the relationship:

**1. Understand your partner's religion:** The best way to compromise when it comes to religion in the relationship is to expose yourself to your partner's practices. Understanding their religious choices will help you now and in the future.

**Related Link:** [Angelina Jolie Gushes About 2014 And Says, 'I Married My Love'](#)

**2. Have self-awareness:** In order for you to claim a stake in your religion, you have to be aware of how you practice and why. Identifying these factors will help you move forward when it comes to acceptance and love.

**Related Link:** [Brad Pitt Opens Up About Marriage To Angelina Jolie](#)

**3. Engage in open discussion:** You have to be able to talk about religion. When you are in a committed relationship like

Pitt and Jolie, things like marriage, children, and cohabitation are on the table, and religion needs to be a discussion, especially if you do not share the same beliefs.

How do you handle religion in your relationship? Share your insight below!

## Screwing the Rules Video Dating Tips: Make Your New Year's Goals a Reality



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

# Dating Expert from E!'s *Famously Single* About New Year's Resolutions

**Related Link:** [Dating Coach Laurel House on Her New Book: "I'm Nervous for My Ex-Boyfriends to Read It!"](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) is here to make you succeed the list of goals you have for 2015. "According to Forbes, only 8% of people follow through with their New Year's resolutions goals," she reveals. "And that sucks!" With that thought in mind, she shares five realistic resolutions that you can easily accomplish this year. Listen up and don't disappoint yourself with failure.

*For more information about our dating mentor, click [here](#).*

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**How will you achieve your goals this year? Tell us your tips in the comments below!**

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## 'The Bachelor' Chris Soules on First Night Jitters





By Emma L. Wells

First dates can be stressful enough, but can you imagine having 30 first dates simultaneously? That's how Chris Soules felt on Monday night during the premiere of *The Bachelor* Season 19. "It was nerve-racking but exciting to be in the same room with 30 amazing women and knowing that one of them could potentially become my fiancée," Soules said in an interview with [People.com](http://People.com). While some women handled the stress of the evening better than others (a few contestants were noticeably intoxicated by the evening's close...), they all made lasting impressions. From motorcycles and karaoke to secret admirers and a pig nose, the women used a variety of tactics to try and catch the handsome bachelor's eye. Some ended up being more successful than others, as the 33-year-old farm boy from Iowa eliminated eight women during the first rose ceremony on *The Bachelor* Season 19.



# 'The Bachelor' Chris Soules was pretty nervous Monday night. What are three ways to deal with nerves on a first date?

## Cupid's Advice:

Everyone has to deal with nerves from time to time, but you don't want to let some overly energetic butterflies interfere with what could be a really amazing first date. Cupid has some ways to reign in those jitters:

**1. Just breathe:** It may seem like simple advice, but it's often what people forget when they are under pressure. Focusing on your breathing helps in many ways. First, it helps center your mind on something else. Second, it'll slow your heartbeat and your thoughts, and you'll quickly start to feel less flustered and crazy. Being in control of your breathing will help you feel in control of your situation. Try counting to five as you inhale and counting to seven as you exhale; repeat this ten times, and you'll be calm again in no time!

**Related Link:** ['The Bachelor' Season 19 Premiere: Chris Soules Meets 30 Bachelorettes](#)

**2. Remember you're not the only one:** You're not alone! It's good to keep in mind that the person sitting across from you is most likely feeling just as nervous as you are. Believe it or not, shared nervousness can even be something you two can bond over. Try joking about it and see where the conversation takes you.

**Related Link:** ['Bachelor' Chris Soules Opens Up About Finding His Future Wife](#)

**3. Understand your anxiety:** First date nerves can have many

causes. They might just mean you're really excited. Or perhaps you always get restless when you meet new people. The jitters could also be your body's way of telling you that you already know this isn't a good match. Diagnosing the reason behind your butterflies will help you figure out how to handle the situation. Most importantly, remember that nerves are normal; don't let them stand in the way of your happily ever after!

**What are some ways you deal with nerves on a first date? Share your thoughts below.**

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## **Cameron Diaz and Benji Madden Tie the Knot at Her Beverly Hills Home**





By [Whitney Johnson](#)

Turns out she *is* the marrying kind! After years of sharing her distaste for marriage, Cameron Diaz settled down with Good Charlotte rocker Benji Madden. The couple, who began dating this past summer, tied the knot at her Beverly Hills home on Monday, Jan. 5, according to [UsMagazine.com](#). It's no surprise that their big day was a star-studded affair: Guests included bridesmaids Nicole Richie and Drew Barrymore, Joel Madden, Reese Witherspoon, and Gwyneth Paltrow. We wish the newlyweds nothing but the best!

**What are some perks of having your wedding at home?**

### **Cupid's Advice:**

If a big wedding at a fancy venue isn't your style, why not consider getting hitched in your own backyard? Here are some perks of having your wedding at home:

**1. It's easy to plan:** Getting married at your house eliminates the need to search for the perfect spot to say your vows. Sure, you'll still need to find a caterer and other vendors,

but securing the location is always step one! Plus, you don't have to worry about your favorite locale being booked on the date you want.

**Related Link:** [Matchmaker Nicole Richie: "I Set Up Cameron Diaz and Benji Madden"](#)

**2. You can get hitched quickly:** Diaz and Madden's engagement was confirmed on Dec. 19, and less than three weeks later, they're husband and wife! If you want to make things official sooner rather than later, follow the actress's lead and plan a wedding at home.

**Related Link:** [Celebrity Couple Predictions: Helena Bonham Carter, Cameron Diaz, and Chris Brown](#)

**3. There are no restrictions:** A lot of venues will put a cap on the number of guests you can invite or force the party to end by midnight. Getting hitched at your house means the sky is the limit!

**Would you get married at home? Share with us in the comments below!**

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## Single in Stilettos Show: The Most Important Thing You Can Do to Find Love





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima chats with Dr. Diana Kirschner, best-selling author and CEO of [Love in 90 Days](#), about the most important thing you can do to find love. First, you need to get a Love Mentor, someone who can guide you in the right direction to find The One. Once you have a Love Mentor, they can help you understand: what you want in a man and a relationship; if you're sabotaging yourself in relationships; how you're isolating yourself from meeting someone special; how being too picky is keeping you single; and how sleeping with someone too soon can ruin a relationship.

**Related Link:** [Tripp on How to Meet a Guy](#)

Listen up for more great dating tips!

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

Ladies, what's your best tip for finding love? Share with us

in the comments below!

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# Dating Advice: How to Ring in the New Year with Your New Partner



By Molly Jacob

New year, new couple! A new year holds the promise of great times ahead, especially when it comes to relationships and love. Celebrating this time of year with someone new in your life makes the holiday season even better.

# There are many ways you can celebrate the beginning of 2015 with your significant other. Cupid has some dating advice to help you get started:

**1. Host a party:** New Year's Eve is one of the biggest party nights of the year, but you and your partner can host a get-together anytime during the holiday season. Invite your mutual friends for a night of celebration (and don't forget the champagne!). Planning the guest list, putting up the decorations, and welcoming your friends into your home is a smart date idea that will strengthen your relationship and create memories for years to come.

**Related Link:** [5 Celebrity Couples Who Got Engaged Over The Holidays](#)

**2. Plan a getaway:** Feel like greeting 2015 with some romantic alone time? This is dating advice we can get behind. Instead of celebrating with others, pretend you're on a celebrity getaway and plan a trip for two at a ski resort, lake house, or anywhere else secluded and romantic. Every new couple needs alone time, so take the opportunity to get away from the stresses of everyday life.

**3. Start a scrapbook:** Begin collecting photos, letters, and other mementos documenting your relationship if you have not already done so. Keep everything in a special scrapbook so that when 2016 arrives, you two will have a great collection of the past year's memories.

**Related Link:** [Sofia Vergara Is Engaged to Joe Manganiello After Only Six Months of Dating](#)

**4. Create resolutions:** The start of the new year is not just about celebration, but it is also about planning how the coming year will be a success. Now that you are a couple, you can help each other create (and stick to) your resolutions, whether it is saving money or getting a gym membership. The strongest couples are the ones who encourage each other to become the best they can be.

**What other ways will you be ringing in 2015 with your new partner? Share below!**

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## **Kim Kardashian Denies Having Marriage Problems and Claims She's Not Pregnant**







By [Katie Gray](#)

Everybody's favorite reality star addressed some rumors before ringing in the new year. According to [UsMagazine.com](#), Kim Kardashian took to Twitter on New Year's Eve and wrote, "Let's clear up some rumors before the new year.... I'm bored looking online and seriously don't know where they come up with this stuff!" She went on to share, "No I'm not pregnant. Kanye & I are not having marriage problems. We're literally obsessed with each other!" She also mentioned her favorite Kanye West song with her followers: "Only One." The rapper released it on January 1st as a tribute to their daughter, North West. Kardashian explained, "I cry every time I hear this song."

**How do you handle rumors when you're in a relationship?**

**Cupid's Advice:**

Rumors can destroy your relationship if you don't rid yourselves of them soon after they arrive. Cupid has some tips:

**1. Address it:** When there are rumors surrounding your

relationship, it can be very frustrating. The key is to address them straight on. Whether you're in the public eye or not, saying things like "no comment" just adds fuel to the fire. You and your partner can make a statement about what is being said. On the other hand, you don't owe anybody an explanation if you don't want to give one. That being said, it's good to discuss it with your partner so you are both on the same page.

**Related Link:** [How to Defend Against Four Emotional Vampires](#)

**2. Bond with your partner:** When things are being said about your relationship, they can certainly take their toll. Don't allow that to happen. All that matters is what you and your partner believe and feel. This is why it's important to connect with your partner and bond more than ever during tough times. Remind each other how committed you are and realize that it doesn't matter what other people say.

**Related Link:** [10 Relationship Myths](#)

**3. Shake it off:** Just like Taylor Swift sings in her hit song, shake it off! Ignore whatever negative things are being said about your relationship. Rumors are irrelevant, and you shouldn't let them affect your life. If people are talking about you, it's because they have nothing better to do. Only surround yourself with positive and uplifting individuals!

**What are some ways you've dealt with rumors surrounding your relationship? Share your stories below.**

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# Joseph Gordon-Levitt Secretly Marries Girlfriend Tasha McCauley



By [Whitney Johnson](#)

There's no doubt that Joseph Gordon-Levitt's *Don Jon* character would be disappointed: The actor is now a married man! According to [UsMagazine.com](#), he secretly wed girlfriend Tasha McCauley on Dec. 20 at their home. The star, who is known for keeping his private life to himself, opened to Howard Stern about his relationship, saying "I think I'm a pretty good person and a good boyfriend. Yeah, I just wouldn't want to be with someone who was disrespectful to me."

**What are some benefits of keeping your nuptials under wraps?**

## **Cupid's Advice:**

Not every bride and groom dreams of a big wedding with extravagant bouquets, a five-course meal, and a guest list that includes everyone they've ever met. Some, like Gordon-Levitt and his new wife, prefer to keep their special day more low-key. Here are three benefits to keeping your nuptials under wraps:

**1. You can make it personal:** It's easy to get caught up in the festivities and start worrying about making your future mother-in-law or grandmother happy instead of focusing on what makes you and your partner happy. By keeping your big news to yourself, you'll be able to do what you want and just enjoy your time together as newlyweds.

**Related Link:** [Snooki Marries Jionni LaValle](#)

**2. You can save money:** If you're trying to stick to a strict budget, remember that each additional guest costs more money. The smaller your wedding, the more you can save! Plus, with less people in attendance, you'll feel less pressure to fill the space with gorgeous (and expensive) flowers, candles, and other decor.

**Related Link:** ['N Sync Alum Lance Bass Marries Michael Turchin](#)

**3. You can settle into life as husband and wife:** Even if you've been together for a few years or already share a home, your relationship will inevitably change after you tie the knot. If you keep your big news private, you'll have a chance to get used to your new roles as spouses without your loved ones sharing their best pieces of (unsolicited) advice or nagging you about your thank you notes.

**Did you keep your wedding under wraps? Share your story below!**

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# Solo Parenting: New Year, New You!



By Cynthia MacGregor for [Hope After Divorce](#)

If you didn't make any New Year's resolutions, don't feel bad. Many people don't. In fact, I happen to be one of them. But just because you didn't make any resolutions, that doesn't mean you can't make any changes.

Most resolutions get broken anyhow – and pretty quickly at that. But you don't need to make a resolution in order to make a change. Think about your life as it is currently or as it has been for the past 12 months. Are you satisfied with it? If

not, what would you like to change about it?

What's stopping you?

**Related Link:** [Cupid's Weekly Round-Up: Find True Love in the New Year](#)

Of course, if you'd like to be living in a mansion with servants and what's stopping you is that you only make so many dollars (fill in the blank) a week/month/year, then you're dreaming impractically. Instead think of the things you'd like to change that are *feasible*. Plausible. Possible. And then I'll ask you the same question: What's stopping you?

Would you like a better relationship with your kids? Do you think it's impossible as long as they maintain their attitudes and there's nothing *you* can do? Think again.

Yes, they're the ones with the attitudes, the ones with all the eye-rolling, the ones who are being smart-mouthed or bratty or just plain obnoxious. But have you sat them down and had a talk? A non-judgmental, non-accusatory talk? Have you elicited from them the specific reasons they behave and talk the way they do? If they can't come up with a single one, maybe they'll realize that they're wrong. Maybe they'll change. It's not impossible. And if they do come up with some reason and it reflects on you, maybe there's something *you* can do that's different. (Hey, if you can ask them to change, isn't it reasonable to ask yourself to change too?)

What about having a better relationship with your ex in the year ahead? Is that something you'd like? I don't mean for you to get back together or anything of the sort. I just mean for you to normalize the way you relate to each other, so every request to change visiting days doesn't escalate into a skirmish.

Leaving aside your relationship with your kids and your ex, what about the way you feel about *yourself*? What do you like

about yourself? Focus on it. Expand on it. What *don't* you like about yourself? Work on changing it. Do you want to be a less cynical person? A more forgiving person? A more accepting person? Give yourself an attitude makeover.

You're a single mom with kids, and you're not likely to change that in the New Year unless you get married or move in with someone—which is not a change that can come from within so isn't under discussion here. But what you *can* change about yourself is your *attitude* toward that status. If you've been desperately looking for a new husband, you can work to become comfortable in your own skin, a self-sufficient person, a person who's happy with herself and her life. And if you've been in I-hate-men, men-all-stink mode, maybe it's time to let it go and realize that one bad marriage doesn't mean the whole barrel of apples is rotten.

**Related Link:** [Celebrity Relationships in Need of a New Year's Resolution](#)

What else would you like to change about your life? Which of those things *can* you change?

Well, what's stopping you?

It's a new year. How about a new you for the New Year?

Get started!

*For more information on Hope After Divorce, click [here](#).*



*Cynthia MacGregor is a multi-published author. She has over 100 books to her credit. They include "After Your Divorce," "Divorce Helpbook for Kids," "Divorce Helpbook for Teens," "Solo Parenting," "'Step' This Way," and others. Forthcoming books include "The One-Parent Family," "Why Are Mommy and Daddy Getting Divorced," and "Daddy Doesn't Live Here Anymore." She hosted and produced the TV show "Solo Parenting," which was broadcast in South*

*Florida over WHDT. Cynthia writes for [HopeAfterDivorce.org](http://HopeAfterDivorce.org), [FamilyShare.com](http://FamilyShare.com) and [LAFamily.com](http://LAFamily.com).*

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## **Ben Affleck Says Jennifer Garner's Love Helped Him Become a Hollywood Star**







By Maggie Manfredi

Love and fame *can* fit together. In fact, we have proof! According to [UsMagazine.com](http://UsMagazine.com), Ben Affleck and Jennifer Garner are a happy couple. The *Gone Girl* star said, “My wife is an amazing and strong woman, and I’m so happy to be here supporting this work that she does.” Both have continued to have amazing careers while raising their three children Violet, Seraphina, and Samuel. Garner stated, “We’re boring parents. I’ll usually cook a meal for everyone, help them with homework, that’s usually our date night. Otherwise, he’s an amazing husband.”

**What are three ways to inspire your partner to be successful in his/her career?**

**Cupid’s Advice:**

For a couple to be successful, you have to each follow your individual dreams while also setting goals together. Cupid has some tips:

**1. Be honest:** Share your vision for the future and everything

you want to accomplish so that your partner is aware of your hopes and can help you achieve them. Honesty is key in any relationship, especially when it comes to your long-term partner.

**Related Link:** [Sofia Vergara Is Engaged to Joe Manganiello After Only 6 Months of Dating](#)

**2. Celebrate:** When your partner gets a win, you get a win too! Celebrate your accomplishments to show that you're in it together.

**Related Link:** [Mel. B Speaks Out About Husband Stephen Belafonte's Alleged Abuse](#)

**3. Dream big:** You have a support system, so work off of this base and dream big. With the right mentality, you can do great things with your life!

**How do you support your partner's career? Tell us in the comments below!**

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## Single in Stilettos Show: How to Handle a Bad Date





With the new year quickly approaching, there's a good chance that you'll go on an awkward date during the next 365 days. With that thought in mind, on this week's [Single in Stilettos](#) show, founder Suzanne Oshima chats with Jen Kelton, the CEO and founder of [badonlinedates.com](#), about how to handle a bad date. Kelton first explains what she considers to be a bad date and then shares her best dating tips for dealing with someone who's on the phone too much, who behaves inappropriately, or who picks a fight with another guy. Plus, she reveals her funniest bad date story.

**Related Link:** [Ms. Solomon on 5 Biggest Dating Mistakes Women Make with Men](#)

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How do you handle a bad date? Share your tips in the comments below!

# Mel B. Speaks Out about Husband Stephen Belafonte's Alleged Abuse



By Maggie Manfredi

If you wanna be my lover, you gotta get with my fans! According to [UsMagazine.com](http://UsMagazine.com), Melanie Brown, better known as Mel B., finally addressed the public on the rumors that her husband has been abusing her. The Spice Girls alum recently shared on Instagram, "This is for my fans havin problems with my Twitter will be back soon! I'm very good was very polly but much better now and for the record my hubby never would lay a

hand on me sorry took so long but any response fuels rumors #lovemyfamily #lovemyfans.”

**What are some ways to keep rumors about your relationship to a minimum?**

**Cupid’s Advice:**

The rumor mill can be a dark place for relationships, so Cupid has some tips on how to survive it:

**1. Stay off social media:** If you’re having a bad day or a silly fight, don’t post about it. It can be easy to feel the urge to vent to your friends, but often times, it does more damage than good. Things live on in social media history, so take a deep breath and really think before posting your feelings on Facebook, Twitter or Instagram.

**Related Link:** [Bruce Jenner Attends Ex-Wife Kris’ Annual Christmas Eve party](#)

**2. Your problems are your problems:** If you don’t want rumors to spread, don’t give people anything to share. It’s as simple as that. If you do feel the need to address them (like Mel B.), keep it simple and to the point. Don’t write a novel or go into too much detail.

**Related Link:** [Nicki Minaj Blasts Her Ex-Boyfriend on Twitter](#)

**3. Don’t sweat the small stuff:** If there are silly rumors out there that are false, don’t let them tear you and your partner apart. Just laugh it off because giving the rumors attention only heightens them. Remember to keep the truth in the back of your mind, no matter what lies are floating around.

**What’s your best advice for handling rumors? Share your tips below!**

# Jason Aldean and Brittany Kerr Spend Christmas Eve With His Kids



By [Katie Gray](#)

This is country superstar Jason Aldean's kind of party! Aldean recently celebrated Christmas Eve with his fiancée Brittany Kerr and his daughters, Keeley and Kendyl. They enjoyed the holidays at the performer's home outside of Nashville, Tennessee. It was their first holiday season together as a family, and the foursome shared a picture of their happy times on Instagram. According to [UsMagazine.com](#), the "Dirt Road

Anthem” singer said, “This year has been a good year for us. All of this... now [Brittany] can come out to shows and be normal. All the craziness around us has died down, and that’s been the coolest thing about this year.”



Photo courtesy of Jason Aldean’s Instagram.

**How do you introduce your kids to your new partner?**

**Cupid’s Advice:**

Introducing your kids to your new partner can be a touchy situation. Cupid has some tips:

**1. Evaluate everything:** Introducing your new partner to your children is something that shouldn’t be taken lightly. Consider your situation and your new relationship carefully before you take this next step. If you are really serious with your love interest and are committed, it’s a good idea to be honest to your children.

**Related Link:** [Heidi Klum Protects Her Kids from Public Split](#)

**2. Be somewhere neutral:** When you initially introduce your children to your new significant other, it should be somewhere neutral. It should be done in a place where they feel safe and comfortable. Make sure you consider the childrens' ages first. Perhaps a zoo or amusement park is a good option, somewhere they can have fun after having a "grown-up" talk.

**Related Link:** [Celebrity Couples That Waited to Have Kids](#)

**3. Keep it simple:** When your children are first getting to know your new flame, make sure everything stays light. Try to limit the public affection in the very beginning and then slowly ease into it. Make sure you give your partner details about your kids and share their likes and dislikes. This makes the bonding process much easier.

**What are some ways you have introduced your children to your new partner successfully? Share your stories below.**

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## **Is It Okay to Hook Up With Your Ex?**







[By Katie Gray](#)

Often times in life, we are torn between our emotions and the feelings we have towards other individuals. When we breakup with someone, we are then faced with a series of questions. Are we done for good? Will we get back together eventually? Is that what I even want? Separating from someone you were once close with is hard. It's not always cut and dry, and it can be easy to get into a situation where you have to decide whether to hook up with your ex or not.

**Under what circumstances is it a good idea to hook up with your ex?**

Celebrity life coach Lisa Haisha weighs in, saying, "If you have a child together and you think there is hope of rekindling the old flame, then do it. Also, if you ended on bad terms, it might be a good idea to heal those wounds and have another hook-up and talk rationally with each other, it's okay to pursue things again." In other words, if there is hope for a brighter future, then give it a shot if it's what both parties involved want. If there is no hope of getting back

together, don't bother because it will only lead to more hurt.

**Related:** [Life Coach Lisa Haisha Shares Her Best Relationship Advice](#)

Suzanne Casamento, founder of Fantasy Dating, believes that hooking up with your ex is never a good idea. She warns about future hurt if you hook up with an ex and explains, "Even the most mind-blowing sex is not going to bring your ex back. It's only going to make you crazy. You'll feel like you've reconnected when you really haven't, like you have some sort of claim on that person when you don't. All sex with your ex does is prolong the breakup misery." Plus, you have to remember that you can't meet someone new if you don't let go of someone in your past. Casamento adds, "If you're still sexually connected to your ex, how will you make space for your future?"

**If you want to hook up with your ex, should you wait a certain amount of time after your breakup or dive back in?**

According to Haisha, it depends on what you want. "If you still have feelings for that person, but you know they're wrong for you, then wait a bit," she says. "If you don't have deep feelings and can't get hurt and neither can your ex, then dive back in." Either way, make sure you're on the same page before you move forward.

**Related:** [Will You Witness 'The Walk of Shame'](#)

**What are some possible precautions to take?**

While it's tempting to consider only the pros of hooking up with your ex, it's important to look at the cons too. "You or your ex's heart could get broken, or it can prevent you from moving forward in another healthier relationship," Haisha shares. "They say that you need at least six months of not having sex with your ex before you can truly move on and start fresh without bringing in old baggage."

## How do you avoid the pitfalls?

“Be careful and have conscious communication with yourself and with your ex,” says Haisha. “If you both understand what you’re doing from your higher, evolved selves, you should be okay. If you’re needy, inner child wants to act out, it can be an unhealthy choice.”

At the end of the day, it’s like anything else: The choice about whether to hook up with your ex is entirely up to you. As Jason Weberman, a certified dating and relationship expert, says, “You’re not alive unless you’re taking risks!” Do what makes you happy and what you feel is right.

**Do you think hooking up an your ex is a good idea? Share your thoughts below.**

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# Bruce Jenner Attends Ex-Wife Kris' Annual Christmas Eve Party





[By Katie Gray](#)

It's the most wonderful time of the year! On December 24th, former Olympian Bruce Jenner joined his daughters Kylie and Kendall at his ex-wife Kris Jenner's annual Christmas Eve party. The Jenner/Kardashian clan partied the night away, and they even had festive photobooth fun. According to [UsMagazine.com](http://UsMagazine.com), Kris Jenner said of their divorce, "You just have to be grown-ups. And say, 'We're better apart than we are together.' At the same time, we have children together, and we have memories and holidays and traditions. I don't want to give that up. I don't want him to take that away from me, and I don't want to take that away from him."

**What are some ways to remain amicable with your ex around the holidays?**

**Cupid's Advice:**

Remaining civil with an ex is always a challenge, but it becomes even more important when you have kids and are set on making the holidays a happy time. Cupid has some tips:

**1. Negotiate:** It's extremely important to remain amicable with your ex around the holidays if there are children involved. It's a special time for family to come together, and even if you're separated, you are still connected through your family. This means it's a good idea to learn how to enjoy the company of one another during holiday celebrations. You don't have to spend a ton of time with your ex, but you should at least tolerate being around them for the sake of everyone else involved. Plus, it's not good to be bitter and hold onto negativity. You will be much happier when you forgive and are at peace.

**Related Link:** [Kris Jenner Officially Files for Divorce from Bruce Jenner](#)

**2. Set an example:** Traditions are a crucial part of the festivities this time of the year. Whether it's making a gingerbread house, seeing the lights, attending midnight mass, decorating the Christmas tree, or visiting Santa, you should keep these traditions alive! Your kids want to be surrounded by you both, so don't make them choose and don't suffer by being alone. Put your differences aside.

**Related Link:** [Find Out Why Kris Jenner is 'Livid' at Bruce Jenner](#)

**3. Just smile:** Don't worry; be happy. No matter how you may be feeling, push through it and stay strong for your family. Put on a happy face because your kids and family want to see you that way. It will not only make them feel better, but it will help you as well. This is the time of year when we are thankful for our blessings and are grateful for the relationships we have with loved ones. Look around and see how fortunate you are. There is so much to smile about in life!

**What are some ways you have remained amicable with your ex for the holidays? Share your stories below.**

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# Blake Lively Shares Her Christmas Traditions



By [Courtney Omernick](#)

This week, [UsMagazine.com](#) reported on the interesting Christmas traditions that actress and mom-to-be Blake Lively partakes in each year. Lively said that her family spends the whole day in the house with one another. And, at the end of the day, they all pile into the same bed. Talk about a close Christmas!

What are some ways to make new traditions with a new partner?

## **Cupid's Advice:**

It's almost time to ring in the new year, and if you have a new partner, it can be a great time to create special and fun Christmas traditions. Below is a suggested list of ways to come up with these new traditions:

**1. Blend ideas:** Seeing as how you both came from different families, you might have a few different traditions. You and your new partner can take ideas from the old traditions that you both have and "reformat" them into a new tradition that you celebrate together.

**Related Link:** [Hugh Hefner and Crystal Harris Debut Cute 2014 Christmas Card](#)

**2. Consult the Internet:** Thanks to BuzzFeed, articles that incorporate lists have become extremely popular. Even a simple Google search of "Christmas traditions" can help you and your partner come up with unique ideas.

**Related Link:** [Blake Lively Proclaims Pregnancy is What She Always Wanted](#)

**3. Be spontaneous:** The great thing about traditions is that they continue because of something awesome that happened one year. Why not wait and see what activities you two can spontaneously come up with together this year? What makes it a tradition is repeating it the next year, so there's no limit to what you can do.

**What are some other ways you can make new traditions with a new partner? Comment below!**

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# Don't Just Drop Hints When You Want Commitment



By Lori Zaslow and Danielle Posner for [Project Soulmate](#)

If you're ready for something more serious, dropping hints is okay, but you must be smart about how you play your cards. NO man wants an ultimatum or a stage-five clinger – that is nothing but a turnoff for them. Men are hunters, and they want to feel that they're in control, especially when it comes to the next level of commitment.

First and foremost, we feel strongly that it's okay to ask for sexual monogamy. Deciding to be monogamous must be a mutual decision by both you and your partner and not an ultimatum. Saying, "Only if you are my boyfriend," right before sex will not only make your partner snap, but I can



guarantee you will end up in the emergency room with a broken heart. Asking for your wants during moments of intimacy is a sure way to get the temporary pleasure of *hearing* what you want before he gets the temporary pleasure of you.

So don't put him on the spot. Wait until you're discussing your relationship and say something like, "If we're sleeping together, I don't want to be sleeping with anyone else." This is a confident approach that puts the ball in his court. You have stated what you want, and it is now *his* choice to decide if he wants to go forward or not. State your feelings and wait to see his reaction because it will be telling of how he feels.

**Related Link:** [NoGamesLove Video Dating Tips: How to Get a Guy to Commit](#)

If you are both on the same page, he will be happy that you have given him a platform to make the relationship more official. If he looks confused, it's a good thing you didn't sleep with him because you would've ended up hurt when he didn't want a commitment. If he is unsure, give him his space; he may need a few days to think about it.

Think of it as an amazing pair of shoes. Sometimes, you throw the money down right away; sometimes, you put the shoes back when you see the price; and sometimes, you need a day or two to think about if it's really worth it to you. If he's in the latter category, DO NOT CALL HIM! Would you want the salesgirl from the shoe department calling everyday to ask if you're still thinking about the shoes? At that point, you may never want to shop there again! I know that when I want something, I can't get it off my mind, and after a few days, I've made my decision. Let him miss you and make his choice on his own.

On that note, it's key to never text a man at work until you are in a relationship, and even then, it should be limited.

Men like to focus during the day and not respond to your every emotional need. It's not that he doesn't care about you; it's just that he doesn't care that your best friend Instagrammed a picture of her lunch. Lay low, let him lead, and enjoy the ride. And remember: If he isn't hopping in the driver seat and putting the car into drive, there are men out there who would love to have you in their passenger seat.

**Related Link:** [10 Signs He's Not Really Committed](#)

It's always easy to listen to what somebody says, but it is more important to read into someone's actions because sometimes actions speak louder than words. If they are giving you a week night and a weekend night, they are saying they want to be with you. Telling him that you want to only sleep with him will be a no-brainer for him, and this conversation should go rather smoothly. If he is listening to your needs and makes an effort to please you, you can rest assured that you are a priority. Eventually, your relationship will lead toward a commitment.

If he is texting you all the time but not asking you out, lay low and don't be so needy. Always texting and always asking for plans doesn't let a man lead; instead, it leads him to block your number! Play your cards right; let him take the lead; and once you have a symbiotic relationship, it is then okay to make plans (men want and expect that.)

Remember: Once a hunter brings back his catch, he expects the woman to cook it. Don't start boiling the water until he brings dinner home, or you are just going to end up with an overflowing pot and a puddle of water on the floor.

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

**How did you talk to your man about commitment and monogamy? Tell us in the comments below!**

# Single in Stiletto Show: Why Do I Keep Attracting the Wrong Men?



On this week's [Single in Stiletto](#) show, founder Suzanne Oshima talks to relationship coach Des O'Connor about why you keep attracting the wrong men. Believe it or not, you already have all of the answers to this question! You need to take a look at your past relationships and see what patterns emerge. Follow these steps when you're ready to start picking the *right* men: have a plan in place; decide what type of partner you want; determine if that type of guy goes to the same places as you; know what questions to ask him; and most

importantly, stop wasting your time with the wrong men!

**Related Link:** [Why You Can't Make Him Love You](#)

It's time to start being honest with yourself and consider what role you're playing in attracting the wrong men. Then, it'll be that much easier to find The One!

*For more information about Single in Stilettos shows, click [here](#).*

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

**What do you do to attract the *right* type of guy? Tell us in the comments below!**

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## **Dating Coach Laurel House on Her New Book: "I'm Pretty Nervous For My Ex-Boyfriends to Read It!"**





By [Sarah Batcheller](#)

You know her, and you love her. She's Laurel House, and she's the queen of all things "powerfully feminine," as she encourages women to be in her new book *Screwing the Rules: The No-Games Guide to Love*. This California cutie is an international dating coach with clients ranging in age from 16 to 82. She was also featured on MTV's *Made* as an "It Girl" mentor. Listening to House's advice is like talking to your best friend but with more expertise, or maybe a therapist but with a better sense of humor. If you want to learn to embrace your true self and subsequently find your true love, then *Screwing the Rules* is for you. Here at CupidsPulse.com, we had the chance to interview the love expert on all things flirty, fun, and for-real.

**First, what inspired you to write *Screwing the Rules*?**

I have been a prolific dater for a very long time. I was first married at the age of 21, and that lasted for six months. I was married again at the age of 23; he proposed after three months, and we were married for three-and-a-half years. Since

then, I've been engaged a third time and proposed to nine times.

From those experiences, I have made a lot of mistakes. I used to "follow the rules." I had an idea of what you're "supposed to do" in order to play the dating game, which meant keeping my information close to my chest, not being vulnerable at the beginning, being picture perfect, and putting on the facade of what I *thought* the guy would want. I got a lot of guys to fall in love with me, but I wasn't being true to myself, and therefore, I wasn't being true to them. I ended up hurting people because they were in love with "perfect Laurel" and I didn't love them back.

I started to analyze my mistakes and people's responses to them, and I realized there was a pattern, so I came up with a strategy to change it. I started coaching...and people started taking my advice and having different results for the first time. That led me to write *Screwing the Rules*.

**Related Link:** ['The Bachelorette' Way to Date Lots of Guys](#)

**How would you say your personal experiences and past loves influenced your writing?**

The publishers basically wanted me to reveal my vulnerabilities, insecurities, mistakes, and shame in this book, and I realized, "I'm asking my readers to reveal the same things to me, or at least to themselves, so I need to set the expectation." I wrote the whole thing, and then afterward, I injected my personal stories. I'm actually pretty nervous for some of my ex-boyfriends to read it!

While writing it, I felt like Diane Keaton in the movie *Something's Gotta Give*, where at the end she's sitting at her beach house typing and sobbing. It was hard to go back and remember the bad relationships, the hurt, the things I've been called, and all of the things I went through in order to get here.

## **What are some commonalities you've noticed as a dating coach?**

First, women consistently struggle with voicing their needs. In the beginning of a relationship, even the women who are super successful, strong, entrepreneur types don't voice their needs in a way that is pointed, direct, and authentic but simultaneously loving. Often times, we don't have our needs met because we set the precedent early in the relationship: "Where do you want to go to dinner?" "I don't know. Where do you want to go to dinner?"

Even when it comes to making online dating profiles, we don't focus on our needs; we focus on our wants, like "I want him to be hot; I want him to be rich; I want him to be funny; I want him to like hiking." Well, what do you *need*? "I need him to respect me; I need to respect him; I need him to admire me; I need to admire him; I need him to show up when he says he's going to." The problem with not voicing your needs is that it causes resentment.

Second, we're afraid of our vulnerability. We believe it's weakness, but it's not. Look at the people you're closest with and most connected with. Do you love them because they're pretty, rich, or funny? Probably not. You love them because you have a mutual connection and understanding, often due to hardships. You love them because of their quirks that they often see as weakness. So what you're doing by not being vulnerable is withholding that.

Women often say, "He hasn't proven himself yet." Okay, how much more time are you willing to waste? In the book, I talk about the "U Strategy," which refers to this idea of "up, down, up." On a date, you talk about the good things (up), then the depth and vulnerability (down), and then how you came out of it a better person (up).

**Related Link:** [How to Make a Guy Fall in Love with You](#)

**We love that you encourage your readers to be "powerfully**

**feminine.” Why do you feel that this idea is so important for women as they date? How can women channel this sort of femininity?**

There are three types of femininity: the needy feminine, the masculine feminine, and the power feminine. The power feminine is the most powerful because you’re being true to your core values, your needs, and your femininity. You can be a woman and be soft and nurturing but also say exactly how you feel. We tend to couch things because we’re trying not to hurt other’s feelings, but when we do that, it comes off as manipulative. Instead, just be you. Be your beautiful, feminine self. Allow him to take care of you. As much as I am a feminist, I also believe in gender roles.

*You can learn more about Laurel on her website [screwingtherules.com](http://screwingtherules.com) and keep up with her on Twitter: @QuickieChick and @NoGamesLove. Don’t forget to pick up a copy of [Screwing the Rules: The No-Games Guide to Love](#), out today!*