

# 'N Sync Alum Lance Bass Marries Michael Turchin



By Maggie Manfredi

Wedded bliss! According to [UsMagazine.com](http://UsMagazine.com), Lance Bass married fiancée Michael Turchin in L.A. on Saturday, Dec. 20. The pair tied the knot at the Park Plaza Hotel and had a quick ceremony. For personal details, you can search the hashtag “#LanceLovesMichael,” which Bass used to show his excitement leading up to the big day.

**How do you decide how long to make your wedding ceremony?**

**Cupid's Advice:**

Your wedding ceremony is just that: yours! That being said,

timing is a major decision you have to make when confirming the details of your big day. Cupid has some factors to consider:

**1. Who will be:** Keep in mind the amount of guests when deciding on the ceremony length. If there are a ton of people or a very small group, that may change the way you plan your ceremony. Think about who you want involved with the ceremony too; if you have one speaker versus three, that'll impact the amount of time it takes to say your vows.

**Related Link:** [Elton John and Partner David Furnish Marry in England](#)

**2. Where it is:** If it's a hot August afternoon or a windy beach day, make sure to take that into account. Having guests who are uncomfortable – or a bride or groom who is uncomfortable, for that matter! – will spoil the mood.

**Related Link:** [Neil Patrick Harris Is Married](#)

**3. What traditions you want to include:** If you have plans to do something religious or traditional with your bridal party, don't get caught up on time. This is your one opportunity to have the celebration of love that *you* want, so do what makes you happy.

**What are some other factors to consider about your wedding ceremony? Share your thoughts below.**

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**P . A . C . E .      F o r      N e w      H o l i d a y**

# Traditions



By Amie Greenberg, JD, MBA for [Hope After Divorce](#)

Here is a four-step process to help divorced families handle traditions and changes during the holidays.

## **P: Planning and Positive New Traditions**

- Planning the holiday schedule in advance reduces the chances for miscommunication and gives parents time to iron out any conflicts.
- Plan something special for the children over the holidays, so they have something to look forward to with each parent.
- Take some “me” time for you to rest, relax and recuperate.
- Focus on the positive aspects of these changes. Your

children have two parents who love them and want to spend holiday time with them. Involve your children in planning and experiencing new activities and holiday traditions.

**Related Link:** [Readying Your Single Self for the Holidays](#)

### **A : Acknowledge Sadness and Differences**

- Anytime there is a life-changing event, such as a divorce, family traditions and routines are affected. Children see the family unit as broken. Recognize and acknowledge that it's sad that you won't be together over the holidays.
- The disruption of holiday and family traditions is difficult. Children generally want to be with both parents during this special time of year. Help your children deal with these emotions by talking about the changes.

### **C: Cooperation and Communication**

- Try to cooperate with scheduling and have added flexibility which reduces conflict. If you can't work it out, let it go.
- If possible, do something special with the children for the other parent. A simple card or dinner during the holidays sends a positive message to your kids.
- Allow the other parent to easily communicate by phone or Skype with the children over the holidays. A lack of communication during the holidays can lead to conflict. This is an easy way of co-parenting.

**Related Link:** [How to Get Over a Broken Heart During the Holidays](#)

### **E: Encourage and Empower**

- Children often feel divided and torn in a divorce, so give your children permission to enjoy holiday time with

the other parent. This way, children can look forward to spending time with each parent without feeling guilty.

- Encourage your children to talk about their feelings and give them say in what they want over the holidays.

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



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# How to Treat Your Partner to 12 Dates of Christmas



By Molly Jacob

Carols, presents, and mistletoe! Christmas is one of the best times of the year...and it can be the most romantic. What are some ways to spend this festive time with your loved one? While the 12 days leading up the Christmas are fun, it's time to have an even better time getting into the holiday spirit with these 12 "dates" of Christmas:

**12. Decorate your tree:** The best way to get your home ready for the holidays is by putting up a tree. Decorate it with your honey and spend time reflecting on the special meaning of each ornament that you hang on the branches.

**11. Shop for tacky Christmas sweaters:** Hit up the local thrift store with your love, and go hunting for the craziest Christmas sweater you can find. The two of you will laugh at how silly you look, and now, you both have a great ensemble to wear to those ugly Christmas sweater parties.

**10. Go Christmas shopping:** The holiday season is one of the biggest shopping seasons of the year, so the stores go all out. Not only will you be able to enjoy all the beautiful storefront decorations, but you'll also be able to see what catches your partner's eye. You can get some inspiration for their gift and surprise them on Christmas morning.

**9. Wrap presents:** Put on a little holiday music, find your scissors and tape, and get out the ribbon. Get some creative wrapping ideas from your significant other when you wrap your gifts with him or her. Lend a finger where necessary!

**8. Check out holiday lights:** From the house down the street to the National Zoo, everyone's putting up lights for the holidays. Grab your babe and head over to a Christmas lights display so you can enjoy the sights and get into the holiday spirit together. Extra benefit: This date is free!

**7. Go ice skating:** One of the most classic winter activities is ice skating, so go visit your local indoor or outdoor rink. If you or your partner trips on the ice, the other one can catch the more clumsy skater in their arms! Afterwards, enjoy a cup of hot cocoa for two.

**6. Make a gingerbread house:** Buy a pre-made kit at the store or make your own gingerbread house together from scratch. Better yet, each of you can make your own house and have a competition to see whose is more creative. The loser buys dinner!

**5. Go sledding:** If it snows this month, grab your loved one and a sled! Find the nearest hill and go sledding, just like you both did when you were kids. If you don't have a sled, a

garbage can lid or lunch tray will do just fine.

**Related Link:** [Budget-Friendly Tips for Holiday Weddings](#)

**4. See a holiday play:** Take the money you would spend at a nice restaurant and go buy tickets for a local performance, such as *The Nutcracker* put on by a kids' ballet class. You'll be supporting your community, and you'll also have a great time seeing a classic show.

**3. Volunteer at a soup kitchen:** Christmas isn't just about getting gifts; it's also about giving back. Take your honey to a local soup kitchen and give some of your time back to your community.

**2. Make holiday goodies:** Treat your sweetie to some sweets! Find out what types of cookies your partner loves and look up some delicious recipes online. After baking them, wrap them up in cling wrap and holiday ribbon and then give them to your loved ones.

**1. Watch Christmas movies:** Transform your living room into a movie theater. Check out Netflix or Redbox for some of your favorite Christmas movies, including *It's a Wonderful Life*, *Santa Claus*, and *Love Actually*, and snuggle up under the glow of the Christmas tree while sipping hot chocolate. There's no better way to enjoy the holiday spirit.

**What other holiday dates do you plan on going on this season? Share in the comments section below!**

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# Celebrity Mom Jenna Dewan-



# Tatum Wonders How Others with Babies Have Time to Wear Makeup



By [Whitney Johnson](#)

Celebrity mom Jenna Dewan-Tatum always looks her best on the red carpet, but she insists that getting ready at home is a bit more challenging since welcoming baby Everly 18 months ago. Her and her husband may be considered one of the hottest [celebrity couples](#), but this celebrity mom is pretty down-to-earth when it comes to how she feels. According to [People.com](#), the actress recently joked that she doesn't know how other mothers leave the house with their makeup done, much less keep up with all of their products. "I'm like, 'How does that happen?' Everly will actually take it from me and go put it

somewhere else,” she shared. “I’m like, ‘Okay, I need that makeup back.’ It’s a whole big circus in our household.”

## **This celebrity mom has to be creative with her baby to prepare for the day. What are some ways to entertain your child while you get ready?**

### **Cupid’s Advice:**

A child changes your daily routine in more ways than you could ever imagine. Something as simple as taking a shower or fixing your hair must be carefully planned according to your baby’s schedule. Here, Cupid reveals three ways to entertain your kid while you get ready for the day:

**1. Keep them busy:** It’s easy enough to move your baby’s toys from the playroom to the kitchen...to the bathroom. Spread out a blanket and grab their favorites books and blocks. As long as they’re having fun, they won’t care that you’re curling your hair or carefully applying your lipstick.

**Related Link:** [Channing Tatum Says Wife Jenna’s Pregnancy is “One of the Sexiest Things Ever”](#)

**2. Ask for help:** If your partner has a flexible work schedule, don’t be afraid to ask him to stick around for a few extra minutes in the morning. A healthy habit in love and relationships is to partner on certain tasks, such as parenting. It’ll be a good opportunity for him to bond with his child, and it’ll let you have a moment to yourself before your busy day of parenting begins.

**Related Link:** [Channing Tatum and Jenna Dewan-Tatum Introduce](#)

[Baby Everly](#)

**3. Turn to technology:** While not all parents allow their children to watch television or play on an iPad, if you're okay with your kids becoming familiar with technology, go ahead! A 20-minute *Dora the Explorer* could give you the time you need to put on that fresh face of makeup.

**What are some ways that you entertain your child while getting ready? Tell us in the comments below!**

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## 3 Ways to Support Your Anxious Partner



By Sherianna Boyle

Having a partner who tends to worry about the past and future can be both physically and mentally exhausting. Some of the symptoms of anxiety include fear, self doubt, dread, and negative thinking. Over time, this can take its toll on both partners. Relationships that start close and caring may become tense and hurtful.

When this occurs, the relationship itself is a trigger for old fears and wounds. Science shows what you think and believe about stress and anxiety matters. If you want to support your partner, yet you secretly believe their stress is the source of your problems, this is likely to exacerbate rather than diminish the symptoms. Supporting your partner is not as much about what you *will* do but how you **are** being. Below are three basic guidelines to support you through this process:

**Related Link:** [Reducing Dating Anxiety in 5 Ways or Less](#)

**1. Watch your language:** Notice if you hear yourself say (either silently or out loud) statements such as, *He is so anxious or She is so reactive*. When thoughts are repeated they can turn into beliefs. Unconsciously, your partner is likely to pick up more on what you believe rather than what you think. If what you believe is judgmental in nature know that nothing changes from a state of judgment. It is a growth barrier. People grow and learn from being heard, appreciated, and loved. When negative thoughts come your way, visualize wiping the words from your mind. The key is to do this from a place of playfulness, meaning keep it light and non-aggressive.

**2. Practice neutral observations:** Now that you have erased the words from your mind, take a deep inhale and exhale. On inhale, puff out your lower abdomen. On exhale, pull in your navel. Watch how the breath lands on your skin. Notice any sensations and tingly feeling as you continue to breathe three

to four more times (slowly). As you practice observing yourself through a more neutral state, you can then practice this with your partner. Next time your partner complains or worries about something, return to neutral observations. This allows you to break free from feeding anxious behaviors. Often, couples unconsciously get into the habit of being stressed around each other. Neutral observations allow you to break this neurological pattern.

**Related Link:** [4 Tips to Reduce New Year's Eve Dating Anxiety](#)

**3. Exercise gratitude:** Anxiety and gratitude cannot live together. You cannot be grateful and fearful at the same time. One of the best ways to support your partner is to express your appreciation and gratitude. It could be as simple as saying thankful or acknowledging something you appreciate.

*Sherianna Boyle is the author of [The Four Gifts of Anxiety](#). She is also the co-host of the television show, 'Thriving from Anxiety.' Her background includes working as a school psychologist, adjunct psychology professor, parent educator, seasoned yoga/mediation teacher, professional speaker, and mother of three children. Additional resources, such as her video download on Yoga for Anxiety, visit [www.sheriannaboyle.com](http://www.sheriannaboyle.com).*

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## Racing Stars Graham Rahal and Courtney Force are Engaged





By [Sarah Batcheller](#)

Yesterday, [UsMagazine.com](#) confirmed that Verizon IndyCar series driver Graham Rahal and NHRA driver Courtney Force, who have been together since late 2013, got engaged on November 27th of this year. Rahal proposed to the “lady of his dreams,” as he called her on Twitter, while on vacation in Venice, Italy. The couple is commonly known as “racing’s power couple,” and both took to social media following the engagement to express how happy they were to spend the rest of their lives together.

**What are some ways to incorporate a common interest in your engagement proposal?**

**Cupid’s Advice:**

A way to make your special day creative is to incorporate a common interest that you and your loved one shares into your engagement proposal. Cupid has some tips:

**1. Pick a destination:** Choose to propose at a vacation spot you both love or somewhere that is known for something you

both love. For example, if you're both "foodies," go to New Orleans, or if you both love music and films, go to Los Angeles.

**Related Link:** [5 Celebrity Women Who Proposed to Their Partners](#)

**2. Choose an event:** Chances are, if you share common interests, you frequently attend each others' piano recitals, gallery viewings, or lacrosse games. So pick one of those occasions (most likely one of theirs) to pop the big question.

**Related Link:** [Watch the Winners of the Match.com Propose Perfectly Video Contest!](#)

**3. Invite people who also share your interests:** We've all seen the tear-jerking proposal videos that have gone viral, and most of the time there is a large group of friends and family involved in the surprise. Make it an occasion to remember by inviting the people closest to you to be present for the moment.

**How did you incorporate your interests into your proposal? Tell us about it in the comments below!**

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# This Holiday Season, Stop Dating Your iPhone!





If you want to celebrate the holidays with your honey in a wholesome, sentimental way, then you've got to ditch your addiction to your phone! Dating coach [David Wygant](#) hilariously depicts the struggles of a couple with one partner stuck on their touch-screen device throughout every moment of the day. Watch and learn how detrimental it can be to your relationship. If you want to give your significant other the best gift this season, get off your iPhone and live in the moment!

**Related Link:** [Five Ways to Get Your Partner to Put Down the Phone When You're On a Date](#)

*For more articles from David Wygant, click [here](#).*

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

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# Tennis Legend Martina Navratilova and Longtime Partner Julia Lemigova Are Married



By Maggie Manfredi

They tied the knot! According to [UsMagazine.com](http://UsMagazine.com), Martina Navratilova and Julia Lemigova were married on Monday, Dec. 15. The private ceremony was held at Peninsula Hotel in New York. The tennis legend stated, "It's just really odd. I'm 58 years old and I got married for the first time. It's about time, right? Growing up as a gay woman, you just don't think about that, but then about 10 years ago I thought, 'In about 10 years, gay marriage will be legal,' and here we are." The

model and grand slam title holder have been dating since 2006.

**How do you know when you're ready to marry your longtime love?**

**Cupid's Advice:**

If you have been together with your significant other for a long time but still haven't tied the knot, how do you know when you're ready? Cupid has some thoughts:

**1. Share similar goals:** Do you have the same dreams for your future together? Knowing what each of you expects for the coming years will be a good indication of whether or not you should get married.

**Related:** [Justin Bieber Confirms He's 'Super Single'](#)

**2. Talk about it:** Since you've been together for so long, it'll be important to discuss your next step. Is it a shared commitment you both want to make? What kind of ceremony would you want to have? Is there anything that needs to happen before you pop the question?

**Related:** [Kourtney Kardashian and Scott Disick Welcome Third Child – A Baby Boy!](#)

**3. Make it official:** If you have been happy and in love for a long time, why not make it official? Have a celebration of your love and dedication to each other and put a ring on that finger!

**Do you have similar story of waiting to wed? Share your thoughts or stories with us below!**

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# Screwing the Rules Video Dating Tips: 'Tis the Season to...Breakup?



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

## Dating Expert from E!'s *Famously Single* Talks About Breaking Up During the Holidays

Related Link: [Heartbroken? Heal and Move On...Like I Did](#)

In this week's [dating advice](#) video, relationship expert and

E!'s *Famously Single* dating coach, Laurel House discusses breaking up during the holiday season. Sure, the holidays are all about kissing under the mistletoe, snuggling by the fire, and walking hand-in-hand as the snow falls. But that's not all: "From now until Christmas, breakups are steadily on the incline," dating coach and *Screwing the Rules: The No-Games Guide to Love* author Laurel House reveals. "In fact, it's the most popular time of year to breakup. Thankfully, on Christmas, that number actually plummets and picks up again in March." So why does heartbreak happen so often over the holidays? We want to be surrounded by the people we love; if you don't truly have those feelings for your partner, it'll become even more apparent during this busy and stressful time. Listen up for the other reasons that House shares and find out why it's important to say goodbye now instead of waiting until the new year.

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

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

Have you ever dealt with a breakup during the holidays? Share your best advice below!

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## **Mel B Walks Out on Husband Amid Domestic Abuse Rumors**





By [Courtney Omernick](#)

This week, it has been reported by [UsMagazine.com](#) that former Spice Girl Melanie Brown, better known as Mel B., has walked out on her husband of seven years, Stephen Belafonte. Worried fans began speculating that Belafonte abused Brown after she appeared on *The X Factor* without her wedding ring and seemed to have bruises on her face and arms.

**What do you do to cope with emotional or physical abuse?**

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

The dark side of a relationship is never easy to talk about, but there are many people out there who are unfortunately involved in abusive relationships, whether they are emotional or physical. However, there are ways to cope with the abuse and seek help. Below are three pieces of advice:

**1. Put your safety first:** Abusers rarely change. Think about your needs and how you can meet them while staying safe.

**Related:** [Kourtney Kardashian and Scott Disick Welcome Third](#)

## [Child – A Baby Boy!](#)

**2. Reach out to family and friends:** It can be hard at first to confess to your loved ones that you're not being treated with respect in your relationship. However, family and friends can provide you with the support you need to get through this difficult time. Who knows, maybe a friend or a family member has gone through a similar situation and can guide you through everything.

**Related:** [Angelina Jolie Gushes About 2014 Saying 'I Married My Love'](#)

**3. Speak with a professional:** It is possible for both partners to be able to solve the issue if they speak to a therapist. Sessions with a professional can help your partner determine the causes of abusive and put them on a road to change their behaviors.

**What have you done to cope with physical or emotional abuse? Share your stories in the comments.**

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# Single in Stilettos Show: How to Move On After a Breakup





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima chats with dating coach and author Abiola Abrams about post traumatic love disorder, which refers to being stuck in the past and unable to heal after a tough breakup. First, you have to identify the signs of this disorder: bed hopping from man to man; spending late hours at the office to avoid dating; jumping into another bad relationship; and being afraid to be alone. If you recognize any of these symptoms in your behavior, it's time to find a cure, which includes five simple steps. Start by doing a self-assessment; then, list out past relationships and the lessons you've learned from them; next, learn how to love yourself unconditionally; additionally, learn more about yourself through the dating process; and finally, take baby steps towards meeting the right man.

**Related Link:** [Abiola Abrams on How to Attract Love in Your Life](#)

Remember that dating is never easy. Despite your heartbreak, don't get discouraged and just stay focused on finding a healthy relationship with someone special!

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

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

Cupid wants to know: How do you pick yourself up and move on after a breakup?

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## Angelina Jolie Gushes About 2014 and Says, 'I Married My Love'



By Maggie Manfredi

According to [UsMagazine.com](http://UsMagazine.com), *Maleficent* star Angelina Jolie



only has the best things to say about 2014. She stated, "It's been an amazing year. I married my love, my son [Maddox] became a teenager, and I got to bring [*Unbroken*] to the world." Jolie is ready to be done with acting and focus on being behind the camera. We cannot wait to see what 2015 has in store for this super star and her family!

**What are some creative ways to wrap up the year with your love?**

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

Ready for a fresh new year full of possibilities? We are too! First, though, make sure to celebrate 2014 for all the joys it brought you:

**1. Make a slideshow:** Compile all of this year's greatest pictures and sit down together to go through them. A glass of wine and lots of memories to review will make for the perfect recap of an amazing year.

**Related:** [Ashton Kutcher and Mila Kunis Explain Why They Don't Have a Nanny](#)

**2. Get together with friends:** Host a dinner party or plan a get together at your favorite restaurant. Invite your friends who mean the most to you and have supported you and your partner through all of the ups and downs of this year.

**Related:** [Ben Affleck and Jennifer Garner Take PDA-Filled Outing in L.A.](#)

**3. Recreate your favorite date:** Did you find a new coffee spot to frequent on Saturday mornings or go ski diving together for your anniversary? Recreate that moment together again!

**What are your New Year's resolutions? Share with us below!**

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# Dating as a Single Dad in 'Goodbye To All That'



By [Courtney Omernick](#)

When his wife unexpectedly tells him that she wants a divorce, Otto Wall must do his best to try and re-enter the dating scene...as a single dad in *Goodbye to All That*.

**Should you see it:**

If you enjoy new beginnings, watching relationships evolve, and having a good laugh, then this film is for you! The movie

also features a great cast including Paul Schneider, Anna Camp, Heather Graham, and more!

### **Who to take:**

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

### **What are the best practices for dating as a single parent?**

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

After taking a hiatus from the game, you might need a refresher course...especially if you're a single parent. Never fear! Cupid's Pulse has compiled a few tips on some of the best practices for dating as a single parent. Check them out below!

**1. Ease into it:** Especially if you're newly divorced, take this time to really focus on your kids and their feelings. Make sure that when you're ready to date again, you talk to your kids about it and are without a doubt convinced that this is the next step in your life.

**Related:** [Prince William and Kate Middleton Meet Jay-Z and Beyonce](#)

**2. Be honest:** If your date doesn't know that you're a single parent before your first meeting, you should let them know your situation right away! Your kids come first, and it's obviously important that you're dating someone who knows that you have children and isn't thrown off by it.

**Related:** [Chris Brown Says Karrueche Tran Dated Drake and Didn't Visit Him in Jail](#)

**3. Avoid multiple introductions:** Children can easily get attached to a new 'friend' of mom or dad's. So, be careful with how many different partners you're bringing home and how often. If people keep disappearing on them, kids may become

pessimistic about romantic relationships.

What are some other best practices for dating as a single parent? Share your thoughts in the comments!

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## Ben Affleck and Jennifer Garner Take PDA-Filled Outing in L.A.



By [Katie Gray](#)

America's sweethearts, Ben Affleck and Jennifer Garner, stepped out and got cozy on a stroll together with their three

children in Los Angeles on December 11th. The perfect pair have been happily married for almost ten years. According to [UsMagazine.com](http://UsMagazine.com), Garner said of their date nights, "We're boring parents, so we just play with the girls. "I'll usually cook a meal for everyone, help them with homework; that's usually our date night. Otherwise, he's an amazing husband." To which Affleck said, "My wife is an amazing and strong woman."

## **What are three ways to keep the spark alive in your marriage?**

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

It's important to continuously work on your marriage, and part of that means keeping the spark alive. Cupid has some tips:

**1. Save the date:** To keep the spark alive in your marriage, it's important to have date night! You need that time to enjoy the company of one another. During this special outing, you can talk without being preoccupied with everything else going on in life and just focus on each other.

**Related Link:** [Ben Affleck Kisses Jennifer Garner in Rare PDA Moment](#)

**2. Spontaneous surprises:** Who doesn't love a good surprise. Spontaneity is an extremely attractive quality. Give your spouse a gift from time to time, write them a poem or love letter, bring them flowers, make them the type of food they like, and so forth. It doesn't have to be something that costs a lot of money; it's the thought that counts. They will know that you still care by these little but meaningful gestures.

**Related Link:** [Find Out Why Jennifer Garner and Ben Affleck Weren't at George Clooney's Wedding](#)

**3. Sex sells:** In the world of advertising and media, the saying goes, "Sex sells." Well, relationship experts say this is too when it comes to passion in a marriage. Many claim that

having routine intimacy is what keeps you connected to your spouse.

What are some ways that you keep the spark alive in your marriage? Share your thoughts below.

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## Date Idea: Shut Down



By Shannon Seibert

Technology is useful but also very hindering. Sure, you like to know what the Twitterworld is up to on a daily basis, and you might miss out on what Karen had for lunch on Thursday, but sometimes, you really do need to step away from all things

social media. Here's a little piece of dating advice for this weekend: Turn off your distractions and spend time with your love away from all things digital.

**Related Link:** [Date Idea: Write a Book](#)

## Technology-Free Date Idea

Remember when the iPhone wasn't around? Yeah, we try not to either, but back in the day, people had plenty of ways to keep themselves entertained: It was called company. Bundle up in your Sorel boots and North Face jacket, grab your partner by the hand, and head outdoors to get some exercise in the winter chill. This [date idea](#) will help you and your sweetheart to focus on your relationship and love by getting fit and healthy together.

Days were simpler when you could just go outside and "play" as a kid, but there shouldn't be anything stopping you this weekend. Challenge your love to a game of one-on-one basketball at the local park for a refreshing outdoor date idea. Your man's competitive side will shine through, and you'll be left with no choice but to show him up. Play dirty with your flirty smile and long lashes. When you come up with the win, treat your irresistible loser to a cup of Hershey's hot chocolate by the fireplace.

If the weather is poor or you just aren't feeling the outdoors, inside can be just as fun. Set up a game of Checkers. Yes, we said Checkers! It may sound cheesy or like something you'd do with your grandmother, but you'd be surprised at how fun board games can be with the love of your life. For an out of the box twist on this weekend date idea, use cookies as game pieces. Every time you "jump" your partner's piece, you get to eat the cookie. This not only speeds up the game, but it makes it more tasty.

**Related Link:** [Date Idea: Be Spontaneous](#)

If board games aren't doing it for you either, head to the kitchen. With the holiday season quickly approaching, you have the perfect excuse to whip up all of your favorite treats. Have a gingerbread house building competition with your honey, and see who was meant to be the architect of the couple. This house building date idea should inspire you to bust out your inner Betty Crocker. The best part is, at the end of the festivities, you and your love get to eat your creations.

**What would you do during the day without technology? Share with us in the comments below!**

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## **'Slumdog Millionaire' Stars Freida Pinto and Dev Patel Breakup After Six Years Together**







By [Whitney Johnson](#)

All good things must come to an end! According to [UsMagazine.com](#), *Slumdog Millionaire* costars Freida Pinto and Dev Patel have called it quits after nearly six years of dating. In happier times, the adorable couple considered themselves “soul mates,” but a source confirms that they’ve been over for a while now. “Freida is single and happy,” another source adds. “Friends are setting her up.” Pinto even celebrated her 30th birthday in October with billionaire Siddhartha Mallya by her side.

**How do you establish yourself as an individual after being part of a couple for a long time?**

**Cupid’s Advice:**

It’s easy to get caught up in your partner’s interests during a longterm relationship. If they cheer for the Dallas Cowboys, you may find yourself ordering a Romo jersey and blowing your paycheck on tickets on the 50-yard line. After a breakup though, it’s time to rediscover what makes *you* tick. Here are

three ways to establish yourself as an individual after being part of a couple for a long time:

**1. Invest in a new hobby:** Have you always wanted to learn how to knit? Or do you want to take photography classes at your local arts center? Sign up now! Embrace your newfound independence. Instead of wallowing in your loneliness, take full advantage of your free time and put it to good use.

**Related Link:** [Selena Gomez Cries Singing Song About Justin Bieber at AMA's](#)

**2. Reconnect with loved ones:** Perhaps you missed out on birthdays and baby showers because you were so wrapped up in your love life. Rather than dwell on the past and feel guilty about your behavior, use the upcoming holidays as an opportunity to revitalize these relationships and make an extra effort to spend time with your friends and family.

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

**3. Do you:** Take your favorite book to a local coffee shop and spend a few hours reading and people watching. Binge-watch *Scandal* on Netflix without your partner interrupting the most intense moments. Or spend your Sunday flipping through fashion magazines instead of devoting the final day of the weekend to football. Remember what *you* love to do...and do it!

**How did you establish yourself as an individual after a breakup? Tell us in the comments below!**

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# Leonardo DiCaprio and Longtime Love Toni Garrn Call it Quits



By [Sarah Batcheller](#)

After over a year of dating, Leonardo DiCaprio and model Toni Garrn have ended their relationship. According to [UsMagazine.com](#), news of the split came shortly after the 40-year-old actor was seen leaving a Miami nightclub flanked by 20 women. DiCaprio has a history of dating models, and sadly, it looks like Garrn won't be his happily-ever-after.

**What are some ways to recover from a breakup after a long-term relationship?**

## **Cupid's Advice:**

Being heartbroken can make you blind to moving on, so you need to recover a bit and get your life back. Cupid has some tips:

**1. Don't act scornfully:** Lashing out at your ex via phone call, text, e-mail, etc., will only worsen the hurt you're experiencing. Instead, whenever thoughts of the break-up cross your mind, choose a peaceful thought or action- like meditation, yoga, or talking to your friends- to ease the sting.

**Related Link:** [How To Break Up Without Breaking Them Down](#)

**2. Stay busy and productive:** It has been proven time and time again (by no one but ourselves) that slumping on the couch with a sad movie and ice cream doesn't help. Don't put your life on hold because of a split! Channel the emotions positively and excel at work, school, or your favorite hobbies.

**Related Link:** [Cupid's Weekly Round-Up: Surviving a Breakup](#)

**3. Don't move on too soon.** If you still find yourself missing your ex, and you're not ready to go out meeting new people, then don't! There's no rush. It takes time to heal and process the end of a relationship- that's the only way to learn from it. Take your time getting over them.

**What do you do to get over a bad break-up? Tell us in the comments!**

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# 10 Relationship Myths



By Dr. John Demartini

We have all read about happily ever after and other misleading fantasies in story books. Even in adulthood, most people buy into these childhood ideas. However, believing in these common myths will keep you from fully experiencing the riches that every relationship has to offer.

**Here are the top ten relationship myths:**

## **MYTH 1: A New Relationship Will Make Me Happy**

During the initial infatuation phase of a relationship, you see mostly the positive side of the person. There is a strong attraction, positive traits, and potential for lasting happiness. However, that is just a delusion. Regardless of how well a relationship begins, you will eventually experience

both sides of the person. A relationship will not change this natural experience of human emotions.

### **MYTH 2: When I Find My Soul Mate, I Will Feel Complete**

Living as if your soul mate will complete you will only lead to heartbreak. The illusions that you project onto your soul mate will inevitably fall apart when they sometimes behave in a manner that is not supporting you. A soul mate can be one person or several people in your life that fully complement you and help you find your own wholeness.

### **MYTH 3: The Right Relationship Will Last Forever**

For every relationship beginning, there is another one ending. So, the idea of forever is an unrealistic expectation. A relationship lasts as long as both people communicate in each other's highest values or priorities.

### **MYTH 4: Once We Get Past These Rough Waters, It Will Be Smooth Sailing**

Relationships are not static and no one remedy will eliminate all your supposed troubles. As I mentioned above, life involves a balance of difficulty and ease; of liberty and constraint.

### **MYTH 5: A Good Relationship Requires Sacrifice**

Sacrifice tends to breed resentment. Anytime you do something you do not want to do, or see no benefit to yourself in doing it, then you will become resentful. This may happen immediately, or unconsciously. It is wiser to master the art of communicating in each other's values.

### **MYTH 6: Great Sex Happens Only at the Beginning of a Relationship**

Both lust and intimate lovemaking can continue to grow and evolve throughout a relationship, as long as you understand and disable any unrealistic expectations that might shut it down. This includes the myths listed here.

### **MYTH 7: In the Right Relationship, I Will Not Have to Work at**

**It**

Many people hang on to the idea that being with someone should happen naturally. However, a fulfilling relationship requires concentration, organization, effort and skill.

**MYTH 8: If I am Not Involved with Someone, I Will Be Lonely**

People can feel lonely in a crowded room. Loneliness is a function of how you perceive yourself relative to your environment. You can sleep right next to someone and yet feel a thousand miles distant or be a thousand miles distant but feel as if they are close.

**MYTH 9: Children Complete a Marriage**

Children are unlikely to complete a union just as romantic partners are unlikely to complete each other.

**MYTH 10: Opposites Attract**

There is no true opposite only an apparent opposite. Every human has the same potential for love, anger, greatness, hope, despair etc. What you see in a romantic partner is also present in you. It is just expressed in a different way.

*[Dr. John Demartini](#) is a world-renowned human behavioral specialist, author, and educator.*

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# The Holiday Gift Guide for New Couples





By [Marni Battista](#)

The holidays are always an awkward time to start a relationship. There are few people who proclaim to be great gift givers and can wander through stores to pick out the perfect presents for everyone on their list. It's difficult enough to give thoughtful gifts to close family and friends and not be swayed by the latest and greatest gadgets that everyone wants but aren't necessarily thoughtful.

So how do you go about buying something for the "special" person whom you may not know so well? People are often so intimidated by gift giving that it may be a better idea to decide *not* to exchange gifts. Expressing how you feel about presents early in the relationship can help gauge what's an appropriate gift, if any gift at all!

**Related Link:** [10 Rules for Couples Gifts](#)

If your partner is practical and hints at something that isn't too extravagant, it's probably best to listen. However, there are "big" gifts, such as jewelry, watches, and pricey



electronics, that should be left for future years of dating or marriage. If you're unsure about what your significant other would like, here are five ideas that are thoughtful but not too overthought:

**A relevant book** is for the brave dater. Listening to your partner about books they liked in the past or things that they may be interested in learning more about can help you decide what kind of book is appropriate.

**Art** never goes out of style and never depreciates. Therefore, it works for anyone. It's finding the *kind* of art – a sculpture, oil painting, graffiti canvas, mosaic, etc. – that may be the most troubling. Listen to what kind of art your partner compliments or thinks is “cool.”

**Something comfy and comforting** is always nice. If you're going to go this route, a really soft and plush robe, sweater, or slippers are great ideas for someone who finds comfort in the finer things in life.

**A DIY gift** from the heart, such as a photo book or personalized frame, is a crafty and cute way of showing your appreciation for that person.

**Related Link:** [Our 2014 Holiday Gift Guide](#)

**Experiential gifts** are a great idea because let's face it: It's fun for both of you! Planning a camping trip, a day at the museum, or a concert date shows that spending time with your significant other is the most important gift of all!

Although it may seem like gift giving for that new special someone is intimidating, knowing their likes and dislikes can help you decide what is appropriate without going overboard. Plus, starting a relationship with more thoughtful gestures can lead to an easier gift giving experience in the future!

Happy holidays...and happy dating!

[Marni Battista](#), founder of Dating with Dignity, is an expert dating and life coach with a 10-step system to manifesting love for your self and others. You can contact Marni at [marni@datingwithdignity.com](mailto:marni@datingwithdignity.com).

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# Screwing the Rules Video Dating Tips: Busting the Soul Mate Myth



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

# Dating Advice from E!'s *Famously Single* Dating Coach Laurel House

**Related Link:** [Author Christine Hassler Teaches Us How to Deal with an 'Expectation Hangover'](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House chats with *Expectation Hangover* author Christine Hassler about soul mates and why she believes you don't have only one. "Soul mates are anyone that we learn a lesson from," Hassler explains. "We think our soul mate is this person who's going to come and make our soul feel whole and complete, but that's not the case." She adds, "Your true soul mate is *you*. Anything you want from someone else is something you're really yearning to give yourself."

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

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

What do you think about the soul mate myth? Tell us in the comments below!

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## Hollywood Couple Robert Pattinson and FKA Twigs Pack on PDA on Miami Beach



By Maggie Manfredi

Hot, hot, hot! According to the latest celebrity news in [UsMagazine.com](http://UsMagazine.com), Hollywood couple Robert Pattinson and FKA Twigs are really enjoying their beach time together. The two, in board shorts and a bikini, shared a single beach chair while lounging and having drinks. FKA responded to being bombarded by the fans in *The Guardian*, saying, "I look uncomfortable because I am uncomfortable. But then it's like, is this person in my life worth that? And he is, without question...In comparison to how happy I am. And how I feel with him. It's 100 percent worth it."

**How can you show PDA in a classy way like the hottest celebrity**

# couples do?

## Cupid's Advice:

PDA can be excessive at times and inappropriate in certain settings, but there are many ways to show you care for your partner, even when you're out and about. Here are Cupid's thoughts on public displays of affection:

**1. Hold hands:** Follow the lead of many of our favorite [Hollywood couples](#) and hold hands as you stroll through the neighborhood. Cupid likes to be reminded now and again that there are happy pairs walking the streets!

**Related:** [Prince William and Kate Middleton Meet Jay-Z and Beyonce](#)

**2. Display gifts:** So your guy got you that scarf for your birthday? Wear it proudly when he isn't with you and shoot him a selfie. It is like PDA without the public actually knowing it.

**Related:** [Chris Brown Says Karrueche Tran Dated Drake and Didn't Visit Him in Jail](#)

**3. Keep it natural:** The hottest celebrity couples never force PDA. Intimacy is an obvious perk of a monogamous relationship, and you should enjoy it, but be yourself, no matter what. Stay true to who you are and make sure your partner is comfortable too.

**Are you mourning the loss of Pattinson's relationship with Kristen Stewart, or are you happy he's moved on? Share your vote below!**

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# Prince William and Kate Middleton Meet Jay-Z and Beyonce



By [Whitney Johnson](#)

It looks like the Duke and Duchess of Cambridge are enjoying their time stateside so far! On Monday evening, the royal couple attended the Brooklyn Nets vs. Cleveland Cavaliers basketball game. According to [UsMagazine.com](#), Prince William and Kate Middleton “got a standing ovation” when they took their seats during the third quarter, showing just how excited fans are to welcome the pair to New York City. Before the fourth quarter started, the pair met Hollywood royalty when Jay-Z and Beyonce walked across the court to say hello. After the game, they were introduced to players LeBron James and

Kevin Garnett, who gave them a tiny jersey for Prince George.

## **What are three advantages to going on a double date?**

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

As much as you need alone time with your partner, it's fun to break out of your usual routine and spend some time with your couple friends. Here are three reasons why you should plan a double date for this weekend:

**1. Try something new:** It's easy to get stuck in a rut of going to the same Italian restaurant before seeing the latest romantic comedy at your local theater. Your friends, though, may motivate you to head to that new Greek cafe and then go bowling instead.

**Related Link:** [Prince William and Kate Middleton Arrive in NYC](#)

**2. Get some relationship advice:** It's always helpful to chat with your peers about the ups-and-downs of your love life. Maybe you've been struggling with how to bring up an issue (like where to spend the holidays) with your beau. Talking to a friend who knows your partner and is in a relationship herself can help you work through things and figure out the best approach to take.

**Related Link:** [Prince William and Kate Middleton Announce Their Second Baby is On the Way](#)

**3. Develop different interests:** Keep an open mind, and you may end the night with a new hobby to explore. For instance, if you've been interested in learning how to snow ski and know your friends head to the mountain each weekend, now is the time to ask them whatever questions you may have. Perhaps you can even join them next time. Who knows, the royal couple may be huge fans of "Crazy in Love" after meeting Queen B!

**Cupid wants to know: What's your favorite part of going on a**

double date?

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# Single in Stiletto's Show: How to Talk About Being Exclusive with Your Partner



On this week's [Single in Stiletto's](#) show, founder Suzanne Oshima and dating coach Robert Manni discuss how to talk about being exclusive with your beau. The author of *The Guys' Guy's Guide to Love* shares five important things to remember when you bring up this subject: make sure it's a good time to have a serious conversation; do it in person; let him know it means



a lot to you; never give him an ultimatum; and remember that it's about what you *both* want.

**Related Link:** [Robert Manni on How to Get a Second Date](#)

Ultimately, it's a conversation between the two of you. Although you may be focused on sharing your feelings with your partner, be sure to listen to him in return. Pay attention to how he responds. If he says he's just not ready, respect his wishes and be patient. However, if he says he doesn't want to be exclusive with you, it may be time to move on.

*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 talking about being exclusive with your partner? Share your comments below!

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## Chris Brown Says Karrueche Tran Dated Drake and Didn't Visit Him in Jail





By Maggie Manfredi

Chris Brown handled his recent breakup with Karrueche Tran poorly...and nobody is shocked. According to [UsMagazine.com](http://UsMagazine.com), the former couple are taking to social media to release some of their emotions around the break up. She claimed she was mistreated, while he claims she cheated on him with Drake! Brown has nothing nice to say, so we kindly ask that he doesn't say anything at all.

**What do you do if your partner gets involved negatively with the law?**

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

When things go wrong with an individual in a relationship, it's tough on the partner as well. Here is some advice if your significant other gets involved with the law:

**1. Be honest:** In order to survive, you both have to communicate effectively. Be open and share your thoughts candidly.

**Related:** [Khloe Kardashian and French Montana Split for Second Time](#)

**2. Think long-term:** Are they going away for awhile? Before the trouble, where were you at in this relationship? Do you see a longtime commitment for this relationship? These are the questions to ask at this crossroad.

**Related:** [If Men Were Like Santa's Reindeer, Which One Would You Choose?](#)

**3. Be there:** If you are in it for the long haul, it's important to show your support and help your partner through this tough time. Don't excuse bad behavior but remember that everyone makes mistakes.

**Do you have any thoughts on Chris Brown's actions? Share with us below!**