

If Men Were Like Reindeer, Which One Would You Choose?



By [Sarah Batcheller](#)

We know their names from those famous lines in Clement Clarke Moore's poem *A Visit From St. Nick*: "Now Dasher! Now, Dancer! Now, Prancer and Vixen! On, Comet! On, Cupid! On, Donner and Blitzen!" Since the writing of this poem – 1939, to be exact – Rudolph joined Santa's team, and they were complete. Each of these reindeer have very unique personalities, and here at CupidsPulse.com, we couldn't help but wonder what men would be like if they were reindeer. Would you want to date a strong leader like Comet or an affectionate lover like Cupid? Read on to figure out what reindeer you would choose.

Dasher: Dasher is known for his speed and energy – it's in his name, after all! He is the most excited reindeer when the time nears to load up the red sleigh. His quickness makes him a very valuable member of Santa's team. A man like this would be the same in terms of efficiency and speed. He'd be a natural-born athlete and a busy-bee at heart. Everything about him would be fast! You'd have to remind him to slow down and make sure he's not out the door every time you you want to relax and snuggle by the fireplace.

Dancer: Dancer is popular among the other reindeer for having the most flare and elegance. He is extremely extroverted. Dating a man like this would mean putting on your best dress and heels and going out quite often. He would surely be the most fun date, but you'd have to remind him to share the limelight with his lady love.

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Prancer: This reindeer likes to look his best at all times. Pulling the sleigh is important to him, and he never knows who he's going to meet! His impeccable posture contributes to his high performance on Christmas Eve. A man like Prancer would be very put-together and would make an exceptional impression on your friends and family. Be careful, though: This kind of man may become a little too obsessed with what's on the outside.

Vixen: The flirt and comedian of Santa's team is loved greatly for his positive attitude and talent of performing magic tricks. Vixen can really brighten up the night (metaphorically speaking, unlike Rudolph) and keep the other reindeer entertained while they wait on the rooftops. Dating a man like Vixen would mean lots of jokes and laughter, but he may have a difficult time taking some things seriously.

Comet: The leader of the team is the most looked up to by children. Although he can be quite stubborn and strong-willed,

he's got his team's best interest at heart and always makes good decisions. Men like Comet tend to be the most loyal and dedicated to their lovers; just make sure that he lets *you* take the reins every once in a while.

Cupid: Cupid is the most loving and affectionate of all the reindeer. He sees his team as his family and loves to give and receive lots of hugs and kisses. Cupid can really warm a heart during the holiday season! The romance is unforgettable with a guy like Cupid, so long as he doesn't become too needy.

Related Link: [Do THIS When Meeting His Family Over the Holidays](#)

Donner: The most confident and proud of all the reindeer, Donner has always loved what he does. His name comes from the German word for "thunder," which is fitting because of his strong presence. A man like Donner will make you feel safe in any situation. He'll also be very proud of his relationship with you, but be sure his confidence doesn't spiral into cockiness.

Blitzen: This reindeer loves a good challenge. He is the most savvy of all the reindeer and loves to outsmart his friends. You could learn a lot dating a man like Blitzen, as guys like this are usually the most interesting. You've just got to remind him to have a little fun every once in a while!

Rudolph: The most famous of all the reindeer, Rudolph is known for his bright red nose that helps him guide his team through the night. He has really proven himself to the other reindeer since his days of being teased and now earns the most credit for helping Santa get to every single child on Christmas Eve. A partner like Rudolph would always provide you with insight and advice to guide you and loves lending a helping hand to his community. Just remind him that it's okay to focus on himself sometimes too!

If men were like reindeer, which one would you choose? Tell us

in the comments below!

Should You Date More Than One Person at the Same Time?



By [Courtney Omernick](#)

Juggling work, life, family, and friends can be hard enough. Now try adding dating. No, let's make that dating multiple people at once! Sounds like a bit of a challenge, doesn't it? Well, it can be done, and it can be done right if it's something you're looking to do. Below are a few points regarding dating more than one person at the same time.

1. Honesty may be the best policy: We're not suggesting you make this the first thing you tell your date right after you've stated your name, but you may want to tell them that you're interested in openly dating because they may have different expectations. You wouldn't want to figure that out after you're a few weeks in.

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2. Compare and contrast: While dating multiple people may be hard to balance, it does give you the option to compare and contrast each person. This way, you can speed up the process of finding 'the one.'

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3. Gaining skills: Like a job interview, dating multiple people at once helps you practice what to do and say on the first date. After a few tries, you'll be a pro, and the first attempt hopefully won't be so nerve wracking.

Do you think dating more than one person at the same time is a good idea? Comment below!

Date Idea: Winter Beaching





By Shannon Seibert

There is very little that is more enjoyable than a beach trip in the winter. The cool air, the calming sound of the waves, and the rubbing of sand between your toes can create the perfect date idea for you and your man. This weekend, huddle together under a blanket and watch the waves dance while making plans for this coming summer; which is closer than you think!

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Date Idea: Warm Up Your Winter Dates With A Trip to the Beach!

Winter doesn't mean that you have to say "farewell" to the beach. Think outside the box with this weekend date idea: Create your own slice of paradise by packing a romantic picnic for your beach getaway. To follow this relationship advice, snag some Bubba Keg thermoses from your local grocery store to trap in the heat. Take along winter favorites, like

some delicious hot cocoa or a piping hot batch of chicken noodle soup. The insulated container should keep it warm all day. But don't neglect your favorite frozen foods as well! Bring along a container of raspberry sorbet or a couple of peppermint popsicles to get into the holiday spirit.

While loading up the car, be sure to throw in a couple of blankets. The breeze may surprise you along the coast, and you want to be prepared. Tune your radio to some Bob Marley or even the Beach Boys to get you into the tropical-paradise mood. On the car ride there, ask your man about his favorite beach memories from his childhood. The more you find out, the stronger your [relationship and love](#) will be. Also, take some time to plan a future date idea or two for the upcoming summer months.

Brainstorm summer vacations with your love while playing a quick game of volleyball in the sand. You could stay local and dip into the Atlantic on the beaches of Daytona or go for a more exotic adventure to the island of Bermuda. Both destinations have unique tropical sites that attract a bunch of tourists, so beat the crowds and book your romantic getaway in advance.

Related Link: [Date Idea: Live Out Your Fairytale](#)

As you both get excited about your impending trip, boost the creativity of your games. Play against each other in a flirty game of Frisbee. Make it a contest to see who can catch it in the coolest way, like between your legs or over your shoulder.

If you plan on staying until the end of the day, set up a cool bonfire as the sun goes down. The warm flames will comfort you in contrast to the chilly winter breeze. Be careful though, as each state has regulations whether or not you are permitted to start a fire on the beach. If not, bringing along a couple of lanterns can still keep you cozy. Snuggle together around your fire – or make-believe fire – as you watch the sun dip behind

the sea. This is sure to be a weekend date idea you will both remember!

Have any fun winter-beach stories? Share with us in the comments below!

Scarlett Johansson Secretly Married Romain Dauriac in October!



By Amanda Boyer

There are newlyweds in town! Scarlett Johansson and her new

husband Romain Dauriac secretly got married several weeks ago. After the birth of their baby girl, Rose Dorothy, in September, the couple decided to keep their wedding a secret for privacy. The ceremony, according to [UsMagazine.com](https://www.usmagazine.com), was officiated by Richard J. Miller on Oct. 1 in Philipsburg, Montana in a romantic setting.

What are some advantages to keeping your wedding under wraps from family and friends?

Cupid's Advice:

Keeping your wedding under wraps can be a good idea. Read on for some tips and advantages to a secret ceremony:

1. It'll be a surprise: By keeping your wedding details under wraps, your loved ones will be surprised when they see what you did for your big day. You can plan a low-key party to reveal the big news.

Related Link: [Scarlett Johansson and Ryan Reynolds Get Together for Friendly Meal](#)

2. It's yours and yours along: Your mother-in-law's opinion of your dress or bouquet won't matter if she's not involved in the ceremony! Keeping your wedding private will help you stay focused on what you and your partner want for your special day.

Related: [Scarlett Johansson Welcomes Daughter Rose With Fiance Romain Dauriac](#)

3. It's personal: If you decide not to have a big wedding and get married without an audience, it becomes a personal and romantic time for the both of you to cherish forever.

Have another reason why you should keep your wedding under wraps? Share with us below!

Did 'The Bachelor' Winner Nikki Ferrell Reveal She Has A New Man?



By [Emily Meyer](#)

Although Nikki Ferrell's celebrity breakup from *Bachelor* Juan Pablo Galavis was only a month ago, her Instagram account tells us she's wasting no time getting back into the swing of things when it comes to her relationships and love life. According to [Wetpaint.com](#), the *Bachelor* winner posted a photo over the weekend quoting Beyoncé's song "Halo" by writing, "I swore I'd never fall again, but this don't even feel like

falling.” She then captioned the quote with more lyrics from the song, “Think I’m addicted to your light,” followed by a heart emoji. The private beauty didn’t give any more details about this new special someone, but we can’t wait to see what celebrity love gossip she shares next!

‘The Bachelor’ winner Nikki Ferrell found romance after her celebrity breakup. How do you know when you’re ready to start dating again after a breakup?

Cupid’s Advice:

Whether you were in a relationship for months or years, breaking up is never easy. You have been dealing with a tornado of emotions ranging from anger and confusion to sadness. It can be difficult to figure out when you’re ready to start dating again, so Cupid has three ways to help you know when you’re ready to get back into the dating scene:

1. You have a positive outlook about your past love: Although it’s normal to feel somewhat angry about how your last relationship ended, it’s important that you let go of those negative feelings. If not, you may not be able to move forward to a place of peace with a new partner. Figure out what’s still holding you back and like *Bachelor* winner Nikki Ferrell, speak positively of your ex to help you move into a better place.

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

2. You can be happy on your own: You have to be content with yourself before you can find happiness with someone else. Make

sure you have your own hobbies, career, and social circle before you dive into another relationship. When you sincerely love yourself as an individual, you'll be ready to start the dating process again.

Related Link: [Chris Harrison Jokingly Slaps Chris Soules in New 'Bachelor' Promo](#)

3. You want to move on for *yourself*: It's only human to want to make your ex *a little* jealous. However, that should not be your main motivation. Make sure you're fully committed to dating new people for the right reasons.

How did you know you were ready to get back into the dating scene? Tell us in the comments below!

Top Ten Most Romantic Holiday Getaway Spots





By [Melanie Mar](#)

This winter, some lucky couples will be cuddling up next to fireplaces, warming up with hot chocolate and marshmallows, and, depending on their location, riding in horse-drawn carriages and hitting the slopes together...all in the name of love. The holidays often bring out a softer, more romantic side as established pairs get nostalgic and newbies want to create magical memories. What better way to beat the winter blues and heat up your relationship than getting away for a fabulous rendezvous with your mate?

Pictures of celebrities often grace the covers of magazines at the most desirable locales, so it's no surprise we look to them when choosing a vacation spot. Make your fantasies a reality and become the star yourself with the following destinations. Not only are these celebrity-visited locations glamorous, but they're also some of the most romantic places on the planet. You don't have to break the bank to live your dream. Scour the internet for special offers and packages, and enjoy these top ten most romantic holiday getaway spots.

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1. Aspen, Colorado is by far the ultimate romantic dream winter getaway, thanks to its breathtaking ski slopes, steamy hot tubs, high-end shopping, and endless fine dining. The Colorado Chamber of Resorts even called Aspen the “Rocky Mountain Playground for the Rich and Famous.” Aspen mountains are a favorite, as celebs don't stand out as much and can maintain their privacy. Stars that frequent the snowy town include longtime lovers Goldie Hawn and Kurt Russell and hot new parents Ashton Kutcher and Mila Kunis.

2. Following Bridget Bardot's lead, tourists and celebs visit **St. Tropez, France** all-year round. The beaches of this small town are the perfect place to achieve that Victoria's Secret-like bronzed tan while getting close to your lover, so pack your colorful swimsuit and gear up for some snorkeling! It is no surprise that A-list stars frequent this coastal city, including Neil Patrick Harris and David Burtka as well as the lovely Naomi Watts and Liev Schreiber. St. Tropez will leave you never wanting to return home!

3. The Eiffel Tower lit up at night, carousels that spin around in delight, bunches of flowers in the marketplace, and balloons come to mind when I think of **Paris, France**. The City of Lights is one of the most heart-stopping, romantic vacation spots on the planet. How many movies do we see that whisk the couple off to Paris for a secret rendezvous? Take a stroll along the famous bridge and seal your love with a special lock and key, or set up your own lovely picnic along the river Seine and enjoy the magic.

Related Link: [Dating Someone New During the Holidays](#)

4. Lake Como, Italy is now a popular destination, thanks to stars like Brad Pitt and George Clooney. The view alone is a postcard-like vision and enough to make anyone get dreamy-

eyed. With the castles, lush gardens, giant cathedrals, and quaint shops, you're sure to find many places to reignite that romantic spark! Lake Como is a fairy-tale getaway for many celebrities including David and Victoria Beckham as well as Matt Damon and his wife Luciana Barroso.

5. The coastal towns **Carmel** and **Monterey, California** are both fabulous places to visit with someone special. The many cozy inns located here provide the perfect place to keep warm. Beaches, golf courses, upscale shopping, phenomenal spas, and many other beautiful outdoor spots will leave you feeling rested and refreshed. The wooded area near the Coastal Cruise on Highway 101 is the perfect place to stroll with a coffee before hitting the spa. End your day with a glass of wine at Pacific Edge Grill.

6. **Mallorca, Spain** is the largest island in the Balearic Islands along the Mediterranean Sea. This gorgeous location is a lover's favorite, so much so that recently a friend of mine decided to move there after falling head over heels in love with a man from the area! Have a glass of wine and snuggle up in a secluded restaurant, take a bike ride along the beach, or even scuba dive in the clear waters. Most celebrities choose this luxurious spot for a break from their fast-paced lives and for its cultural appeal. Frequent visitors include hot couple Justin Theroux and Jen Aniston as well as power pair Michael Douglas and Catherine Zeta-Jones, who own a home there.

Related Link: [Ashley Hebert and J.P. Rosenbaum Celebrate Holiday Traditions](#)

7. This past summer, Kanye West and Kim Kardashian jetted to **Punta de Mita, Mexico** and shared Instagram pictures of the magical sunsets, delightful spreads of food, and infinity pools in this romantic town. Punta de Mita is a beachfront village that offers high-end places to stay like the Four Seasons Resort or the private retreat built by mogul Joe

Francis. This is a wonderful spot to escape to this year, as it is both private and posh and will certainly bring new passion to your relationship.

8. Maui, Hawaii is not only a great place to visit in the summer, but it's a hotspot during the winter months as well. Just ask sweet couple Brian Austin Green and Megan Fox, who got hitched on the island. Maui offers its visitors breathtaking hikes, eye-popping volcanoes, and a variety of private beaches.

9. While most vacationers think that **Rio De Janeiro, Brazil** is a destination for the summer months only, celebs have long been fans of this tropical paradise. Sunbathe on the beach of Ipanema, take a bike ride through the village, or visit the many gardens and museums. Javier Bardem and his beauty Penelope Cruz and handsome bachelor Gerard Butler have been known to vacation here. It's the perfect place to relax, unwind, get closer to your partner, and enjoy a new culture all at the same time.

Related Link: [Adam Levine Marries Behati Prinsloo in Mexico](#)

10. Celebrities love to head to the beaches of **Los Cabos, Mexico**. One frequent famous guest, Jennifer Lopez, enjoys staying at the luxurious Mexican resort, Las Ventanas. This private getaway is a romantic vision with enormous suites and private bungalows, each with private Jacuzzis on their balconies. You will be enamored with your choice as you overlook the magnificent waters of Mexico.

Winter is the perfect time to escape from the stress, the cold, and the city, and there is nothing quite like finding the perfect place to unwind and just relax. Whether you choose a chillier climate to snuggle up in or a warmer one to throw on your swimsuit and show off your tan lines, these holiday hot spots are sure to make your winter sizzle!

[Melanie Mar](#) is a relationship and life coach as well as co-

owner of the Millionaire's Club International Matchmaking Agency for the U.K. and Europe. She is certified by the WANT Institute in Androgynous Semantic Realignment and a Transaction Analysis practitioner certified by the United States America Transaction Analysis Association.

Best Friends and the Search for Love



By Patricia Bubash, Ed.S., LPC for [Hope After Divorce](#)

“He is my best friend.” These words came from the lips of a wife. It isn’t the first time I have heard a wife say this

about her other half, but it is the first time that I really thought about the impact of a “best friend” relationship in a marriage – and even more impacting, in a remarriage.

Statistics show that most divorced men and women are still desirous of finding a lifelong partner. More than half of first-time divorced spouses choose to walk down the aisle again. We really don’t need to read the statistics; observation is enough. The overwhelming number of dating sites, divorce support groups, and friends trying to “set” single friends up easily convinces us.

Research will show we indeed live in a couples’ society. Most people feel the need to have a partner, a companion, a person to share interests, socialization, and good and bad situations – a soul mate. Finding that someone special is a desire shared among the single. We are inundated via all modes of communication – television, radio, written word, and personal conversations – with the necessity of “being in love.” Unhappily for the love-seeker, many of their hopes for the real thing are relationships founded “in lust” rather than “in love.”

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An author friend, Pam Evans, is an expert on finding love. Her problem wasn’t finding love but *keeping* it! As a self-proclaimed “multiple marrier,” she is familiar with the search for a soul mate, a replacement for a previous spouse. In her book *Ring ExChange*, she shares her misdirected view of what was important in a relationship. It was this perception that led to her four failed marriages. A good thing for the readers of her book, she didn’t give up easily.

A lesson from her book coincides with my premise to find a best friend first. If the new love meets her criteria, then chances are high that a soul mate will follow. She provides

these words of wisdom: "When two individuals approach a relationship first in the spirit of friendship, then true bonding leading to the deepest unconditional love, where affection, respect, compassion, sensuality, and kindness join together, can develop." I reread this lengthy quote several times to really "get" the depth of it. But, once I did, I heartedly agreed with her "friendship first" suggestion.

We know, typically, a physical attraction is usually the "first" connector for two people looking for a serious, long-term relationship with the end result being marriage. Through our own personal experiences or those of friends, we know that physical attraction is short-lived. No matter how gorgeous or how handsome, if our choice is based on exterior qualities rather than best friend qualities, our relationship will soon end, and a new search will begin again.

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

A close friend who has a PhD in counseling with many years of private practice and is also one of the divorced who is "searching" shared some personal and professional insights: "In the past, I found myself trying to be who my date wanted me to be. I found myself trying to please, to make him happy. In doing that, I wasn't making me happy, and I was being dishonest."

I think in our anticipation of making up for the loss of our marriage, our need for finding love again, a replacement for that lost love, we aren't always true to "me." First, I believe it is essential to be a best friend to yourself. Then, find that "best friend" who will be a true love.

Returning to this "best friend first then love" theory, ask yourself this question: "What qualities or virtues do I need in deciding that someone has achieved best friend status with me?" For me, it is the following:

1. Be supportive and honest. I don't want someone to agree

with me just because disagreeing might hurt my feelings.

2. Be willing to listen to me *without* giving advice. My view of advice: "Fools never heed it, and wise men don't need it." So skip the advice, just listen.

3. Let me know about the spinach between my teeth!

4. Encourage me in my goals.

When you find that someone who fills these four (my best friend) criteria, I believe you have found someone worthy of being your partner. Also worth thinking about: Don't rush it! Best friends tend to evolve over time, but once in place, they last forever. One day, you will be repeating the words of the woman whom I interviewed: "He is my best friend."

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



Patricia Bubash received her M.Ed. in Counseling from the University of Missouri, St. Louis. Working with students and families has been her true calling for over thirty years. For more than twenty years she has presented workshops at the community college on a variety of topics relating to parenting issues, self-esteem and issues relative to divorce. Patricia is a Licensed Professional Counselor in the state of Missouri and, a Stephen Minister. She

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'Bachelor in Paradise' Couple Marcus Grodd and Lacy Faddoul Spend Their First Thanksgiving Together!

Cupid's Pulse
★ Celebrities. Love. Opinions. ★



By [Emily Meyer](#)

The holidays are meant to be shared with the people you love, and for Marcus Grodd and Lacy Faddoul, they did just that! According to [Wetpaint.com](#), the *Bachelor in Paradise* couple spent their first Thanksgiving together in Faddoul's home state of California. Both reality stars posted sweet pictures

together on their Instagram accounts. Faddoul captioned one photo, "Happy Thanksgiving! We are so thankful for those that love and support our little family. #family #friends #bachelornation." Grodd then wrote, "Happy Thanksgiving Day from our family to yours! Hold your loved ones close #blessed #love #gobble." From the background of the photos, we are guessing they were snapped in The Golden State, which also happens to be where the couple has been spending most of their time these days. This adorable pair seems to be powering through the holiday season joyfully!

How do you know when you're ready to bring your partner home for the holidays?

Cupid's Advice:

Although many people usually complain about being single during the holidays, it's not so easy for couples either! The big question is for many pairs is whether or not you should bring your lover home for the holidays. Cupid knows it can be stressful, so here are three ways to tell if you're ready for your new partner to spend this special time with your family:

1. They have met your loved ones before: If your significant other has never met your parents, the holidays may be an awkward time to introduce them. It'll be intimidating to expect your beau to get to know your entire family (including your crazy aunt) during this stressful time of cooking, gift giving, and party-hopping.

Related Link: ['Bachelor in Paradise' Couple Marcus Grodd and Lacy Faddoul Still Together](#)

2: They seem pro-holiday: If your sweetheart is asking you about your family's Christmas traditions and your favorite memories, that's a good sign! They're already invested in sharing the holidays together and want to become more

connected as a couple. If they seem to be in good spirits about the holidays, it's worth broaching the subject of bringing them home with you.

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3. You actually *want* them there: It's really important to not feel pressured to bring a new boyfriend or girlfriend home for the holidays. Make sure that you really want them there and that you aren't only trying to please someone else (like your mother). If you don't feel ready, don't extend the invite!

How did you know you were ready to bring your partner home for the holidays? Share with us below!

Dr. Paul Coleman Talks About Love and Loss in 'Finding Peace When Your Heart Is in Pieces'





Interview by [Sarah Batcheller](#). Written by [Shannon Seibert](#).

It's only natural to go through periods of loss or grief in the course of your lifetime, and Dr. Paul Coleman is the perfect person to guide you back to inner peace. The Central Michigan University graduate has authored 12 books and has accumulated over 25 years of experience in his psychology practice. In his new book *Finding Peace When Your Heart Is in Pieces*, Coleman encourages his readers to utilize the Four Paths of Transformation – acceptance, inspiration, release, and compassion – to move past suffering after a heartbreak. His words provide his readers with support and encouragement during their journey of recovery. Continue reading for our exclusive interview with Coleman and his personal thoughts on finding inner peace.

How did you come up with the Four Paths of Transformation that you mention in your book?

In life, we have lower and higher sets of emotions based on fear, desire, anger, worry, anxiety, and yearning for things that affect how we register life events and react to them. The

lower set of emotions are what gets strongly activated when we're going through some kind of emotional turmoil, life upheaval, or major loss. It's natural for that to happen; however, you want to get to a place where, in spite of the loss, you can feel some degree of inner peace.

Can you give us a brief explanation of what each path entails?

The first pathway is the Pathway of Acceptance. Acceptance doesn't mean that you like the situation or that it's desirable; it simply means that we're not going to emotionally resist reality. When you're able to get to a place that says, "I may not like what happened, but I accept the reality," then you have a bridge between lower emotions and higher emotions.

The second pathway is the Path of Inspiration, where you allow yourself to be inspired or guided by insights or intuitions that ordinarily wouldn't be coming your way.

This transitions to the third step, the Pathway of Release. In order to help yourself transform, you have to go from a place of pain and suffering to a place where you are able to start integrating the loss with a new life.

The final pathway is the Pathway of Compassion. Up until now, you have been focusing on yourself, but now, you have to extend yourself for others and discover that the meaning of your life is only going to occur in relation to others.

Related Link: [Learn the 20 Steps to Heal a Broken Heart in Lesley Robins' New Book 'The Breakup Book'](#)

Which path do you think is the easiest to follow? Which is the hardest?

I think the path that is the easiest to follow is the Path of Compassion. You still have the capacity to care for others. It's not that difficult, even when you're in pain, to give a little of yourself to someone else. It doesn't even have to be

a great deal; it just has to be a little bit to get going.

I think the hardest one is the Path of Release. This usually occurs at the phase where you've already accepted what has happened; you're not denying it anymore. In this period of time, people feel very alone, but if you get the answers right away, you won't learn the lessons that you really have to learn.

Is there a particular path that is most important to complete following heartbreak?

The Path of Acceptance – I call it the “foundational pathway” because, if you're not accepting the loss or the transition, then you are emotionally resisting it. You're basically saying, “This should not be happening,” when it *is* happening. You're stuck on questions that you really can't answer, and all of this keeps you from really moving forward. The beginning steps that people have to take are emotionally accepting their loss. It takes a while for your psyche to adjust to the loss.

When going to your family and friends, you need to find out what it is that you really need from them. A lot of times loved ones try to be helpful, but they give advice that isn't what you need to hear. If you just want people to understand your fears or your pain, it's better to let them know upfront.

In your opinion, is there one form of loss that is more traumatic than another?

The unexpected loss of a child seems to be the most devastating. Many parents believe that it is their job to protect their children. Parents feel that sense of “What did I do wrong?” and “Could I have done something else that might have kept them alive?” If it was an accident, the parents often feel guilty.

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

How does intuition play into navigating the Four Paths?

Intuition is very important because you're entering a new world, and the old ways don't quite look the same anymore. In order to have intuition, you have to have a calmer mind. The way I describe it is your mind has to be like a lake where you can detect the ripple of a single leaf falling on that lake. If your mind is full of chatter and questions, that's like rain drops on the lake. You'll never be able to detect the ripple of the leaf.

In your book, you mention the concept of self-love. This can be a difficult mindset to achieve when faced with loss and grief. What do you think is the most significant step in taking to loving yourself?

When we think of loving ourselves, we compare it to how someone else loves us, and we often don't have that same level of passion for ourselves. The first step is accepting yourself because you are not perfect and you never will be. So if you can accept that you have flaws and strong points and if you can accept that you are someone who is trying to do better, then you are on that pathway to self-acceptance. You can't have self-love without self-acceptance; it's an ongoing process that never ends.

Pick up a copy of [Finding Peace When Your Heart Is in Pieces](#) today!

Four Changes You MUST Make to Avoid Falling Prey to the Unavailable Man



By April Kirkwood

Something mystical occurs when a beloved arrives and touches our heart. We become mesmerized as if we're under a spell, and we are deaf to all rational thought. We are cut off from cognitive reasoning and common sense as he slips his hand in ours. We blindly ignore the wedding ring on his hand, the calls from his kids during love making, and holidays alone as he spends time with family and friends.

Eventually, the dream of landing the unavailable man starts to crumble. Weeks fade into years, turning us into hateful, bi-

polar lunatics lost in lies and deception. The eventual breakup ends badly. He calls us crazy, a mistake, or denies “us” altogether.

For months after, we stumble through our days half drunk with deep pain. Confused and broken, our eyes are forced open by the glaring sun of truth. Our mind spins out of control with a million feelings. We go over details and ask questions that will never be answered. We toss and turn night after night, get lost in glasses of wine, and we pour out our hearts to anyone who will listen. In short, we are a total train wreck.

Sound familiar?

The truth is that the ‘unavailable man’ is a part of our culture. Cheating is as permanent as the stars in the sky. The cheating man is not going away. On the contrary, because of social media and technology, these scoundrels can get away with more than they ever have before.

However, the Unavailable Man does not have to be a character in your life’s story. After years of counseling, I have found that many women (from various demographics) carry with them certain thoughts and beliefs that lead them straight to the Heartbreak Hotel. Beliefs that don’t serve and support what we all truly want and deserve; a monogamous relationship with a honest man who is capable, willing, and ready to love us.

Smart UP Ladies

1. Quit being DEAF to what men say: “I’m a mess.” “I just want to have fun.” They often tell the truth to make themselves feel less guilty. However, you are too busy selling yourself to hear it clearly. Be a fly on the wall and watch the lies fall.

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

2. Stop acting DUMB: Never give anyone the benefit of the

doubt. Check him out. It's not being mean; it's just being smart. If your research checks out, he never needs to know.

Related: [Miley Cyrus Celebrates Birthday with Patrick Schwarzenegger](#)

3. Get rid of being BLIND to the obvious: He keeps his life a bit of a mystery because he is hiding the truth.

4. Don't act like a CHILD: Get rid of fantasy ideals like: Dreams do come true, wishes come true, and love conquers all. Seriously! Grow up and get real. You are not Cinderella!

Most importantly, always be kind and classy. Years later, it will be you not him who has something we like to call, integrity. That's the best revenge of all.

April Kirkwood is a graduate of Youngstown State University with two masters in education—in school and community counseling. April worked for more than 25 years in public education and in the mental health field as a social worker, teacher, guidance counselor, and mentor for new teachers. April is also the author of “Big Boys Do Cry: Why May Affair with Frankie Valli Matters” which is set to release in 2015. Learn more about April Kirkwood by visiting aprilkirkwood.com or by Subscribing to her new Youtube Series AprilofCourse.

Single in Stiletto Show: 5 Biggest Dating Mistakes Women Make with Men!



On this week's [Single in Stiletto](#)s show, founder Suzanne Oshima talks to Ms. Solomon from TheDatingTruth.com about the five biggest dating mistakes that women make with men. Ladies, here are things you often do that are keeping you single: You think you can't be beautiful *and* smart; you always have to prove a point; you lead with your credentials and accomplishments; you can't give a good sound bite and tend to dominate the conversation; and you put down other women.

Related Link: [Ms. Solomon on How to Talk to a Guy](#)

If you can avoid making these five dating mistakes, you'll have a more successful love life in no time!

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

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

How do you avoid making these dating mistakes? Share your tips in the comments below!

Does Taking a Break Help or Hurt Your Relationship and Love Life?



By Molly Jacob

Your relationship and love is all roses and chocolate, but then reality hits. You and your partner used to be googly-eyed during the first part of your relationship, but the happier

times are now over. You decide to have the dreaded talk where you conclude that taking a break is the best for both of you.

The question is, will a break help or hurt your relationship and love life? Find out Cupid's take.

When taking a break in a relationship helps:

1. Experiencing "me" time: You've spent the past months or years focusing on making your relationship better, but now's the perfect time to work on improving yourself. By picking up new hobbies and rediscovering how you can enjoy time on your own, you'll come back into the relationship with a better head on your shoulders.

2. Having new experiences: During this time, you may be going out on your own, meeting new people, and going on a few dates. These experiences (that you can only have if you take a break from your relationship) may help you realize that your honey is the only one for you and that you're much happier when you're together.

Related Link: [Psychologist Breaks Down Relationship Fears in New Book, 'Love Me, Don't Leave Me'](#)

3. Giving each other space: Sometimes the arguments that end a relationship can be petty. By taking a break, you can step back and look at the big picture, allowing you to realize that all those disagreements do not seem so important anymore.

When taking a break in a relationship hurts:

1. Becoming jealous: Although many people use a break as a time to see other people, this can lead to problems if you two get back together. One partner may become envious of the people the other partner has dated during the break, which

could lead to a loss of trust in your relationship.

2. Ignoring problems: Just because you two temporarily step away from the relationship, that does not mean it will be fixed when you get back together. The issues between the two of you might still be there and could result in a permanent break.

Related Link: [Jason Derulo Confirms Split from Jordin Sparks](#)

3. Growing apart: Spending time not together may make you realize that maybe you should be apart permanently. By not being together, you might become different people. When you take a break in a relationship, you may realize that you are happier on your own.

**Do you think taking a break hurts or helps a relationship?
Reply in the comments section below!**

Life Coach Lisa Haisha Shares Her Best Relationship Advice: “Choose Love Everyday”





Interview by [Lori Bizzoco](#). Written by [Emily Meyer](#).

Lisa Haisha is a woman who can't be stopped. Not only is she a life coach, motivational speaker, and author, but she also works with nonprofit organizations like Whispers from Children's Hearts Foundation. Now, she is helping people discover the answers to life's most soul-searching questions through Soul Blazing, her unique therapy method. In our exclusive interview, Haisha chats with us about all things celebrity couples and relationship advice!

After working in the entertainment industry for a few years, the life coach decided to take a break and get her Masters in Psychology. "I chose psychology because, having worked with actors so much, I felt like a psychology degree might be a good idea to deal with all of the various personalities," she explains. "Plus, I have always been fascinated with what makes people tick." Haisha now coaches some of the most well-known celebrities, helping them get into character and also aiding them with their personal problems.

Related Link: [Khloe Kardashian Talks About Finding Mr. Right:](#)

[“Things Just Have to Happen”](#)

She helps her clients through Soul Blazing, which, according to her website, is meant to “unlock your potential by unveiling the fears, beliefs, and habits that prevent you from achieving your highest personal and financial success.” She reveals she got the idea of the name while working with an inmate at a women’s security prison. The prisoner told her she had “blazed her soul.”

Relationship Advice from the Life Coach

From all of her experience and time in the field, it’s no surprise that she has learned a lot. When asked about her best [relationship advice](#), she divulges, “You have to be extremely patient, and you have to choose love everyday. If you don’t choose love everyday, psychologically, you will start to think the relationship is too much work.”

The author claims that, to make a relationship work, you can’t react to the little things. She says, “Everyone wants to be loved, and everyone wants to love. Once you like yourself, you can like others.”

Related Link: [Ashley Tisdale On Husband Christopher French: “He Inspires Me in So Many Different Ways”](#)

Haisha also encourages everyone to be more accepting and to consider that you may be wrong. Having conscious communication is key. “Instead of blaming, tell the person how you feel, whether it is true or not. The other person has to actually listen and repeat what you say,” she reveals. “Usually, you don’t hear the other person because you are stuck in your own mind. Whether it’s true or not, say, ‘I am so sorry you feel that way. What can I do to make you feel better?’”

What We Can Learn from Celebrity Couples

With the motivational speaker being surrounded by pop culture and the entertainment industry, she has a lot to say about Hollywood relationships. So why does she think all of these A-List single celebrities have such trouble finding love? She explains, “A lot of it is picking the wrong person because they’re lonely and emotional while working on movie sets. They either have flings, affairs, or random hook ups and think it’s going to work because it was so magical on the set. It typically doesn’t work because usually actors are narcissists.”

While many celebrity couples don’t show us what true love is, there are a few pairs that Haisha claims have happy and healthy relationships. “George Clooney, Matthew McConaughey, and Matt Damon are great examples because both them and their wives are leading strong lives in every area,” she shares. “They have all picked non-celebrities, grounded people who are taking care of the family and children but also have careers.”

She also reveals that a lot of couples are still together because they are passionate about a common cause: “Celebrity couples like George and Amal and Brad and Angelina are working towards a higher good. They both want to help shift the world, and that is what brings them together.”

To find out more about Lisa, SoulBlazing, or her motivational speaking, go to her website lisahaisha.com. You can also keep up with Lisa on Twitter at @LisaHaisha. She’s currently writing her next book, titled Soul Blazing: Melt Away Your Fears, Create Your Legacy, and Live a Life that Matters.

Date Idea: Go Back to College!



By Shannon Seibert

You may have graduated years ago, but college life is still just as fun! As a fun weekend date idea, head back to your alma mater with your sweetheart to check out a football game, watch a performing arts group, and visit your favorite university bar or restaurant.

Related Link: [Date Idea: Relive High School Memories](#)

Take a Trip Down Memory Lane With

This Weekend Date Idea

You invested four years of your life into a place that you never thought would mean so much to you. Whether or not college is where you and your honey met, college towns are still a haven for memories, both old and new. For this nostalgic [date idea](#), take your love to all of your favorite buildings. Most universities allow public access to their libraries, informational buildings, and eateries. This way, you can even give your guy a personal tour of where you used to prep for exams and sneak in a quick study break for good measure.

Show him the sites that made you fall in love with campus, like the enormous oak trees, the daisy garden, or the baseball field. For University of Florida alumni, Ben Hill Griffin Stadium has never been a disappointment! As the two of you explore, you can chat about your favorite college memories and give each other insight on how you became who you are today. Considering this little piece of dating advice will definitely strengthen your relationship and love!

College isn't just about the campus either. It's about being independent for the first time and being on your own in a new town. Encompass that feeling all over again and head out on the town with your man. For a sweet and delicious date idea, visit the ice cream shop where you spent every Sunday afternoon. A double fudge sundae is always the best item on the college diet menu anyways!

Related Link: [Date Idea: Freaky Friday](#)

Talk with your honey about your awkward first college date at that hole-in-the wall restaurant – or even stop in for a burger. Restaurants and nightlife are a huge part of the college experience, so try and see if you still have that college spirit in you. Bar hop from Fat Tuesday's to the dive bar next door. The bartenders are also a great source of

information, so order a couple of peach-mango margaritas and learn about the changes the town has undergone since your last visit. This way, your sweetheart can take part in the town's history with you.

What are some of your favorite college memories? Tell us below!

Q&A: Should I Be Concerned About My Man's Social Network Activity with Other Women?



Question from Jane C.: This guy and I have been dating for a few months now, and everything is going great, but I sometimes get bothered by the way he interacts with other girls on social media. It will pop up on my Facebook Newsfeed that he's liked a bunch of girl's photos or commented on some girl's picture. Should I read into this, or am I just being paranoid?

Related Link: [Is It Okay If My Boyfriend Texts His Ex?](#)

Suzanne K. Oshima, Matchmaker: When you're dating someone exclusively, it just means that you're not going to date other people. It doesn't mean that he can't be friends with other women or like their photos on Facebook.

However, that being said, his behavior could be inappropriate based on the type of photos he's liking or commenting on. If the photos are innocent in nature, then I wouldn't be so worried. But if the photos are sexy or provocative photos of the women and he's making inappropriate comments, then it's definitely a red flag that he may have a wandering eye. Not to mention the fact that it's completely disrespectful to you! If the tables were reversed, I'm sure he wouldn't appreciate you liking and commenting on photos of other men with their shirts off or flexing their muscles.

It's not something that I would say you should break up over. However, it *is* something that you should keep an eye out for.

Paige Wyatt, Reality Star: The way people interact online can give you a good insight to their personality. In your boyfriend's case, he seems to be flirty and outgoing. He doesn't think twice when he comments on girls' pictures or posts on their walls because that's his personality. He probably doesn't see anything wrong with it. His online interactions are completely innocent to him because he doesn't think too deeply into them. Although it may not be a problem to him, it *is* for you. It's important to be open and honest with your feelings and opinions, so let him know what you're

thinking. Otherwise, he may never change his behavior.

Related Link: [Should I Delete or Unfriend My Exes on Social Networks?](#)

Robert Manni, Guy's Guy: It's called social media for a reason. People connect online and socialize. Unfortunately, a lot of guys raised on social media think the way to score dates is sitting in front of their laptops in their tighty whiteys and hitting on random women. And that could be the case here. Without knowing the parameters of Jane's relationship, it's easy to condemn this guy for blatantly flirting while he's dating Jane.

If they're in an exclusive relationship, Jane might ask why he's so friendly with these other women. If he's evasive or she doesn't buy his answer, she has some choices. She can put up with it (not recommended), return the favor and also flirt online, or start dating other people – at least until he realizes what's good for guys can be very good for the ladies.

To find out more about our three dating and technology gurus, click [here](#).

If you have any questions you would like answered by our experts, please submit them on our [Contact Page](#).

How do you handle concern about your partner's social media habits? Share with us in the comments below!

Screwing the Rules Video

Dating Tips: Do THIS When Meeting His Family Over the Holidays



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

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

Related Link: [Laurel House on Meeting Your Partner's Family Over the Holidays](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) talks about what to do when you meet your partner's parents."There are

several things you can do to make that greeting less stressful and actually fun for everyone,” she explains. “You just have to remember to keep the romance and connection alive.” Listen up to find out everything you need to know before your beau joins your family’s Thanksgiving table!

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

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

How do you prepare for meeting your significant other’s family over the holidays? Tell us in the comments below!

10 Ways to Give Thanks To Your Partner





By Molly Jacob and Melissa Tierney

It's that time of year to give thanks for all the good fortune we have in our lives. Whether it be a successful career, good health or a great family, there's no better way to celebrate Thanksgiving (or strengthen your relationship) than by acknowledging your partner, lover or spouse. We tend to overlook the person who matters most to us, and that's why we've come up with 10 ways that will show your sweetheart how grateful you are that they're in your life:

1. Make a handcrafted gift: A great way to show your partner that you truly care about them is to give them a present with a lot of thought. It shows you took the time to create something special for them, so bring out your creative side and make a handmade memento, such as a knit scarf or painted picture frame.

2. Take a trip: Plan a romantic getaway for the two of you, and create new memories. Instead of spending the holidays with your family and following old traditions, create your own that will hopefully stick for years.

Related: [Olivia Wilde and Jason Sudeikis Enjoy Weekend Getaway in Boston](#)

3. Do their chores: Nobody likes to [vacuum](#) or dust, but somebody has to do it, especially if you have guests visiting for the holiday season! Offer to take over whatever household tasks your loved one dreads the most to show that you'll do anything to show them how much they mean to you.

4. Create a scrapbook: People love looking at old photos that remind them of good times, so put together a collection of photos and other objects, such as movie ticket stubs, that will bring back fond memories. Not only will your partner enjoy reflecting on your relationship, they'll hold onto this precious scrapbook for years to come.

5. Help your partner: The holiday season can be stressful for everyone, so take the time to see what your love needs help with, such as cooking for a dinner party or holiday shopping. Your partner will appreciate your support during this busy time.

6. Say how you feel: Nothing is more meaningful than the words, "I love you," so why not give thanks by sharing how you feel? Leave a love note taped to your honey's bathroom mirror or packed in their lunch!

7. List their best qualities: Although your partner knows you love them, sometimes they might want a reminder about why you do. Write a list of all their best qualities, and handwrite it or print it out on nice stationary so they'll be able to treasure it forever.

8. Have a romantic night: One of the best ways to give thanks to your companion is to have a nice, simple, romantic evening for just the two of you. Snuggle up by the fireplace with a cup of hot cocoa and enjoy each other's company.

Related: [Zac Efron Is Dating Sami Miro](#)

9. Start a gratitude journal: Buy a notebook or journal for the two of you to write down what you appreciate most about each other. This can be great to look back on if you ever face difficult times and serves as a nice reminder about why you two care for each other.

10. Say thank you: What better way to give thanks than by saying, 'Thank you for being you'? This may seem simple, but saying these simple words is something we often take for granted.

What other ways can you give thanks to your partner? Share your thoughts below.

Single in Stilettos Show: Why You Can't Make Him Love You





On this week's [Single in Stiletto](#)s show, founder Suzanne Oshima talks to Duana Welch, PhD, author of *Love Actually: 10 Proven Steps from I Wish to I Do!*, about why you can't make a man fall in love with you. Usually, if a woman asks the question, "How can I make a man love me?," it's because the relationship is one-sided. It's impossible to make a man see you as his perfect match if he simply doesn't have feelings for you. Remember that love is reciprocal – you can't *make* him love you if he doesn't!

Related Link: [5 Signs He's Interested in You](#)

Listen up to find out what a man looks for in a woman, what a woman wants in a man, and more great dating advice!

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

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

Do you agree with Duana's thoughts about making a man fall in love with you? Tell us what you think in the comments below!

Macy's Exec Talks Thanksgiving Day Parade in Exclusive Interview: "Enjoy With Somebody Who's Special to You!"

Cupid's Pulse
★ Celebrities. Love. Opinions. ★



By [Sarah Batcheller](#)

If there's ever a time to step away from the hustle and bustle that life throws at you, it's the holiday season, which begins with Thanksgiving. For those of you who love plopping down in

front of the television with family and friends to watch the Macy's Thanksgiving Day Parade, you owe all the bliss and excitement to John Piper, Vice President and Creative Director of the Macy's Parade Studio.

Related Link: [Date Idea: Thanksgiving for Two](#)

Piper is happily anticipating the new Thomas the Tank Engine balloon that will be featured in this year's parade. He says we'll be "going from being a train on the tracks to a train flying high in the sky!" The creative craftsman says that his team works year-round to prepare for the parade, and it took about eight and a half months to build Thomas.

Relationship Advice for Enjoying The Thanksgiving Day Parade with a Loved One

The handyman believes that the parade is an exceptional opportunity for couples to build long-lasting traditions. Sharing his best [relationship advice](#), he expresses, "The parade is a celebration of our culture; it's a celebration of our time. It brings together giant characters floating in the air. There's something for everybody to enjoy, so enjoy it with somebody who's special to you."

It's no secret that love is in the air during the holiday season. In our exclusive interview, Piper reveals, "Of a team of 200 people...3 couples have gotten married who have met each other inflating balloons!" He also happily proclaims, "You never know who Thomas might bring together for the first time and set them on track for a long relationship."

Related Link: [Cupid's Weekly Round-Up: Navigate Thanksgiving Weekend](#)

Togetherness is the biggest blessing that the parade brings to

families. "I look at the sidelines as I'm working, and I see nothing but kids – it doesn't matter how old they are; they're all kids!" he explains. "They're all just in awe about what they're seeing and experiencing together."

Be sure to catch Thomas the Tank Engine and the other amazing balloons during this year's Macy's Thanksgiving Day Parade, airing on Thursday, November 27th at 9 a.m. on NBC!

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

**Date Idea: Escape Black
Friday**





By Shannon Seibert

Sure, Black Friday sales are tempting, but they can also be super crazy. Going shopping in that chaos can flare some tensions between you and your sweetheart. The overwhelmingly massive crowds and lines might test the limits of your relationship and love. So consider this piece of dating advice: Spend this weekend inside with your love, tracking the deals online and planning shopping trips for calmer days. Embrace your inner child and prepare your lists for Santa Claus too.

Related Link: [Date Idea: Deck the Halls](#)

Avoid Black Friday With Your Honey, Thanks to This Dating Advice

Black Friday is the Superbowl of shopping. Everyone is aggressively pursuing the items on their wish list while ambushing sales clerks and demanding their assistance. But in this day and age, Cyber Monday has become our saving grace.

For a comfortable and stress-free date idea, shop with your honey from the comfort of your couch! This way, you can shield yourself from the frosty weather and enjoy online buying by a crackling fire. Grab a plate of Thanksgiving leftovers while you browse the sites for deals.

Start a pot of caramel espresso coffee and prepare yourself for the shopping Olympics. Stores such as Target, Macy's, and Best Buy usually do a sale preview before the event, giving you and your love a chance to adequately prepare your holiday list. Cyber Monday is unique in that some shops have online sales that *aren't* featured in stores. Do a little research before you start so you'll be sure to cover all of the bases, making your friends envious of your superior shopping expertise.

Related Link: [Date Idea: Pick Your Own Presents](#)

Together, make your Black Friday lists, organizing them from most important items to least. For instance, if your sweetheart is looking for a Lifeproof iPhone case, Amazon.com is your best bet for deals. What's even better is that if the price lowers within a month of your purchase, you can shoot an email to Amazon, and they will refund you the difference. Consider this organizational piece dating advice so that you and your partner can spend less time being frustrated and more time finding the perfect gift for each other.

You can't forget about the big man in the North Pole! Mr. Claus has been a part of Christmas traditions since the beginning of time, so why stop now that you're an adult? With your holiday hunk, write your lists for Santa. Make sure to include all of your Christmas wishes! While you do so, munch on adorable gingerbread cookies and sip some cinnamon-infused hot cocoa. With this out of the box weekend date idea, the holiday mood will begin to set in, only adding to you and your love's anticipation for the upcoming festivities.

What's on your list for Black Friday this year? Share with us in the comments below!

Making Special Occasions Comfortable for Children After Divorce



By Michele Sfakianos, RN, BSN for [Hope After Divorce](#)

It's very important to make special occasions comfortable for children after a divorce. You may find it's better to have birthday parties or Christmas morning at both homes, and most

children will love the extra attention. However, there will be some events that can't be divided, and that's where communication between the parents is essential.

Children don't get a say as to what's going to happen due to a divorce, so it's up to the parents to always keep their best interests in mind. When your child has a dance recital, a school play, sporting events, dances, and even graduation, they will want both parents to be in attendance. You don't want everyone to be tense due to who will be attending the event either.

Related Link: [Brandi Glanville Talks About Dating as a Single Parent](#)

There are many children from divorced families with sad stories to share. They will tell you how their parents were fighting during a certain gathering. Some children will stop being involved in various activities just so they can avoid the conflict that will arise when their parents show up at the same event for them.

Other children have stories of one parent refusing to attend a special occasion due to the other parent planning to be there. A child should never be placed into such a difficult situation where they have to choose one parent over the other! It can backfire on the demanding parent too because their children may end up resenting them for acting in such a manner.

It doesn't matter how old the children are either – it will still affect them. I have seen women cry on their wedding day because their mother wouldn't attend the ceremony if their father was walking her down the aisle. Young children are deeply affected by this type of conflict. Don't assume that they don't know what's going on, as children tend to pick up on many issues that parents don't give them credit for.

For many newly divorced couples, this can be very hard to do.

They may still be struggling with their own emotions from the divorce. It can be difficult to see the ex-spouse at events. It's okay to feel this way, but you need to be honest about your feelings. You may express to your child that it's difficult to see their other parent at the event but that you're willing to give it a try for their sake. They will appreciate both your honesty and your effort.

Related Link: [Ryan Phillippe Says He's 'Proud' of How He and Reese Co-Parent](#)

It's the parents who really want their children to be happy who will work to make special occasions comfortable for everyone after a divorce. They may not want to sit together at the event or hang out afterwards, but they can be respectful of each other. They can also set a very good example for other people on how to always put the needs of your children first.

For most couples, this will get easier as time goes by. The wounds from the divorce will start to heal. They may even become somewhat of friends as they are able to focus on the good things about each other again. This is a process that is going to take some work though. It won't just happen, so a conscious effort by both of the parents has to be there. Don't let your own foolish pride prevent your children from being able to shine at their special occasions.

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

Michele Sfakianos, RN, BSN, is a Registered Nurse, Life Skills Expert, Speaker and Award Winning Author. She is the owner of Open Pages Publishing, which includes her series of "The 4-1-1" books on Life Skills, Step Parenting, and Surviving Teenhood. Michele is a contributing expert for HopeAfterDivorce.org, DivorceSupportCenter.com, FamilyShare.com, and CupidsPulse.com.

Evan Ross Says Married Life with Ashlee Simpson Is 'the Best Ever'



By Amanda Boyer

Monday, Nov. 17 during the *The Hunger Games: Mockingjay – Part 1* L.A. premiere, Evan Ross discussed his married life with Ashlee Simpson, according to UsMagazine.com. “It’s the best thing ever,” he said. “I actually want to get back to her, although I’m excited to be on the carpet – it’s incredible.”

How do you decide when to start trying to have children post-

marriage?

Cupid's Advice:

It can be tough to figure out the best time to have kids after your wedding. Cupid has some tips:

1. Think money: Babies are expensive, so it's important to make sure you are financially stable enough to have a child and take care of him/her.

Related: [Ashlee Simpson Ties the Knot with Evan Ross at Diana Ross' Estate](#)

2. Living situation: Having enough space at home to raise a family is just as important as the money. It may be time to look for a new place if space is an issue.

Related: [Ashlee Simpson Is Engaged to Evan Ross](#)

3. Time off: If you are just hitting the ground running in your career, do you have time to give up? Children involve a huge time commitment, so make sure to discuss the logistics with your partner prior to deciding to have a child.

Share your own tips below!

**Author Gina Vucci Defines
Consciousness and What True
Intimacy Is In 'The**

Relationship Handbook'



By [Sarah Batcheller](#)

Gina Vucci is a “soccer mom” to three kids in the Bay Area. While her day-to-day schedule is stirring with the practical tasks of carpools and parent-teacher conferences, she has found extraordinary ways to add richness and fullness to her life. Vucci took a deeper look at her relationship as a way to better understand her true self. Her new book, *The Relationship Handbook: A Path to Consciousness, Healing, and Growth*, co-written with Shakti Gawain, uncovers the mysteries of the subconscious in order to shed light on the parts of our selves we may want to nurture a little more. CupidsPulse.com had the pleasure of discussing life and love with the author.

We love that, in the title of the book, consciousness, healing, and growth are grouped together in that order. Can you tell us why consciousness is so important as the first step in finding healing and growth?

The idea of the book is that our relationships provide us with opportunities to become aware of ourselves – who we are, what motivates us, what we're attracted to, and what we reject. In the context of this book, how we describe consciousness is having awareness over all of who we are: the good, the bad, and the ugly. How do we use our relationships to navigate through our lives? How do we use the painful situations to grow from them? And how do we find balance through that consciousness and awareness? That's how consciousness got its placement.

Related Link: [Finding Your True Destiny After Losing Love](#)

How can people incorporate consciousness into their daily routines?

In the book, there are a basic set of principles that are from a body of work called the psychology of self. We draw on that, and we sort of lay the foundation for what this work looks like. The basic concept is that we grow up; we develop different aspects of our personalities; and we begin to discern what works for us, what doesn't, in which ways are our needs met, and in which ways we experience rejection.

So on a day-to-day basis, this practice would mean asking yourself, "What aspects of my personality are driving me at this moment?" I could be at a public event, and I could see that there's a part of me that's being super social and wanting everyone to like me. That's one part of me, but there might be another part of me that's feeling shy, uncomfortable, and awkward. Recognizing that I have a more gregarious side and also a side with more vulnerability allows me to be more conscious and balanced. I can recognize how much I'm putting

myself out there or how much I'm holding myself back.

Through this model, you can sort out what was driving it or what you were looking for. You can ask yourself, "What part of me was having this conversation?" and "What part of me was my shadow side?" Your shadow side is what you're not aware of. By having this awareness, I can use those opportunities; I don't have to get my feelings hurt, and I can change the shape of the friendship or relationship. I can actually use that to feel more comfortable with myself and with that person.

One of the major themes in the book is the "mirror of relationships." After a breakup, how can someone use that relationship as a lens into their self?

In mirroring, we look at both aspects, so there's admiring and attraction, and there's judgement. A lot of the time it's a lot easier to access judgement! In our workshops, we lead an exercise around judgement, and it's very helpful. It's all about looking at the other person and how you're either admiring or rejecting them. They're mirroring us; they're reflecting back information about who we are and what parts of our personality are dominant versus what we might have shadowed.

Let's say I'm in a relationship, and my partner is really self-centered and judgmental. I could use those reflections as information for me. I need to look at what value that quality in them would have for me. If I'm not very tolerant or accepting of other people's opinion because I think my way is the right way, I may need to be more open-minded about people and their roles in my process.

Can you give an example of a common problem you've seen couples face and how you would advise them to "look in the mirror" in order to better themselves?

Usually, there is one partner who is more outgoing and wants to be more active and social, and there's one who's more of a

homebody and wants to have more quiet time. In the book, we break it down more, but in essence, when we're the outsiders, we can see the value of someone who always has a busy schedule being with a partner who prefers a lot of downtime, contemplative time. The benefit of the more outgoing one is that they can tone it down or cut it back to figure out what's driving them to keep their schedule so full. The less outgoing partner could still honor their rhythm, but they could also look at how they're holding their self back. Is there some fear or insecurity there?

Related Link: [How to Prevent Yourself from Rushing into a Relationship](#)

Going off of that, another theme is balancing closeness and independence. How can someone balance these two ideas when they're in a committed relationship?

I think that we value all of the different energies that are within us and that are expressed in relationships. We value each aspect of our personalities because each one makes us whole. So in a relationship where you're trying to balance independence/autonomy with intimacy, you would look at it more like you were holding a balance. Our conscious self has the capacity to be intimate and experience closeness while staying autonomous.

I think that intimacy and closeness means sharing in a safe way, in a safe relationship, and that makes our relationships, friendships, and family connections more rich. A huge part of that, though, is making sure you're able to be vulnerable on your own. Sometimes, what I might do is take the child that's inside of me and put it on someone's lap and expect them to take care of it. True intimacy is being able to take care of myself but also being able to share those fears and that vulnerability.

You can buy a copy of The Relationship Handbook on Amazon or

at your local bookstore. To keep up with Gina, check out her website, <http://soccermomspirituality.com/>.

Single in Stiletto Show: How to Meet a Guy



So many women struggle with the first step when it comes to dating: how to meet a great guy. You can't just do one or two things and expect the right man to come along; you need to put yourself out there in a variety of ways if you really want to find someone special. On this week's [Single in Stiletto](#) show, founder Suzanne Oshima talks to dating coach Tripp to answer

this elusive question. If you want to meet men, he recommends that you: go out more; try online dating; make eye contact and smile; compliment him; and always look your best.

Related Link: [Tripp on Top 5 Dating Mistakes that Women Make](#)

Listen up for more great dating tips!

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

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

Ladies, what's your best tip for how to meet a guy? Share with us in the comments below!