

Weekend Date Idea: Go Shopping



By Shannon Seibert

Winter is coming, and with the exit of warm weather, it's time for an update to your wardrobe. So this weekend, head into town with your sweetheart for some snuggly sweaters and adorable boots, and plan your next date idea to showcase your new fashions.

Related Link: [Date Idea: Game On](#)

Shopping Date Idea for the Cold

Weather

The fall chill is the perfect excuse to pick out some new clothes, so grab your man's attention with a sexy winter wardrobe. But remember: Shopping isn't only for ladies, gents! In fact, a shopping date idea is the perfect way to strengthen your relationship and love by indulging a bit in your lady's fashion interests.

For her, pick out items that match the season. Scarves, cute hats, sweaters, and cardigans are great staples for the upcoming temperature drop. For a fall feel, play up the season with purples and golds. Before hitting the shops and participating in this weekend date idea, do some research. Search for "Fall Women's Clothing" on Pinterest for a little shopping assistance.

For him, you can never go wrong with simplicity. To really incorporate the changing seasons, go for an arrangement of ties. Deep oranges, dark reds, and hunter greens are great colors. Find an array of examples at Brooks Brothers.

Related Link: [Date Idea: Picnic With Pals](#)

But you don't have to limit your shopping to high-end boutiques. Thrift stores are the perfect treasure chests for warm, woolen sweaters for the fall season. Goodwill is a popular place to start, but the best places are the hole-in-the-wall ones that may require some searching. Don't fret! You and your man will pass the time easily with good conversation and the happiness your company brings.

Pick your pumpkin out a batch of sweaters and jackets and make your way to the dressing room. Consider this dating advice and incorporate some fun during your shopping trip. Have your man rate his favorite choices and do the same for him. Even make a game out of the day and see who can pick out the most unique item. Put on a winter fashion show for each other and strut

your stuff for your sweetheart. The only thing better than the cozy feel of the sweater is the affordable price tag dangling off of the sleeve!

Bask in the glory of your shopping success and celebrate your findings with a tall glass of Chardonnay as you snuggle next to the fireplace. After all, you both deserve it, right?

What is your favorite fall accessory or clothing item? Share with us below!

‘Bachelorette’ Famous Couple Ashley Hebert and J.P. Rosenbaum Talk About Life with Newborn Son Fordham





By Emily Meyer

Famous couple [Ashley Hebert](#) and [J.P. Rosenbaum's](#) celebrity love story cannot get any more perfect. Since the birth of their first celebrity baby Fordham Rhys, the pair has stayed busy balancing their new responsibilities of parenthood together. In an exclusive celebrity interview with [People.com](#), the former [Bachelorette](#) exclaims, "The first two weeks have been great!" The reality TV star also shares how parenthood has actually brought her and her husband closer together: "Throughout our relationship, our bond always seems to grow stronger with each milestone we reach. It's still very early in our parenting careers, but it's easy to see that it'll take a lot of teamwork, support for one another, and patience when raising this child. You really need to be on the same page all the time." It sure looks like this famous couple are on the path for a lifelong marriage and happy celebrity family.



Ashley and J.P. Rosenbaum welcome son Fordham Rhys into the world. Photo courtesy of Ashley Rosenbaum's Instagram.

These *Bachelorette* reality TV stars still have sparks flying after the birth of their celebrity baby. Here is how you can keep the romance alive right after a pregnancy!

Cupid's Advice:

Everyone knows that life becomes even more stressful with a newborn, as you can see from this former *Bachelorette*. Still, those tough moments are no excuse to let the romance die between you and your partner. Cupid wants to make sure you and

your significant other keep the love alive after welcoming a baby:

1. Be patient: Even though you're probably feeling like your romance will never go back to the way it used to be, remember this is just a phase. Eventually, you'll feel energetic again and have time for just you and your partner. For now, focus on your newborn, but make sure you also show your beau some loving.

Related Link: [Mila Kunis and Ashton Kutcher Welcome a Baby Girl](#)

2. Take time to connect each day: It doesn't matter what you and your partner talk about, but a little chat can go a long way. Make sure you take the time to talk to them and keep the lines of communication open. This is mandatory if you want your relationship to succeed beyond this stressful stage in your lives.

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

3. Schedule date nights: Plan ahead of time to go on a date with your partner and stick to it! So often, couples back out of plans because they think something more important comes up. However, it's crucial to make your date nights a priority. This alone time will help make you better spouses *and* parents.

How did you keep your romance alive after your pregnancy? Tell us in the comments below.

How to Defend Against Four Emotional Vampires



By Judith Orloff, MD

Adapted from the new book, "The Ecstasy of Surrender"

Many of us are drawn to emotional vampires. From bullies, to clingy lovers, to complainers, emotional vampires wear many different disguises. Intentionally or not, these romantic partners can make us feel depressed, overwhelmed, defensive, wiped out, and angry.

It's important to figure out why you choose to date people who deplete your energy. Then, you need to learn self-defense strategies to keep them at bay. If you don't, you could become a victim of the emotional vampire and develop unhealthy behaviors and symptoms, such as overeating, isolating, mood

swings, or fatigue.

Below are four common types of emotional vampires you may unwittingly get involved with, adapted from the book *The Ecstasy of Surrender*, along with some “silver bullet” tips for fending them off.

Type #1: The Passive-Aggressive Person. This type of vampire expresses anger with a smile or exaggerated concern but always maintains their cool. They are experts at sugar-coating hostility.

Self-defense Tips: Let go of self-doubt and trust your gut reactions. Tell yourself that you deserve to be treated more lovingly. Address their behavior. In a calm, firm tone you might say, “I would greatly appreciate it if you can be on time when we go out to dinner.” If nothing changes, keep setting limits with this person and scale back on the time you spend with them.

Type #2: The Narcissist. For this vampire, everything is about them. They are ego-centric, self-important, and starved for admiration and attention. They may be charming and intelligent until their guru status is threatened.

Self-defense Tips: Enjoy their good qualities, but have realistic expectations. Their motto is “me-first,” so getting angry or stating your needs won’t have any effect on them. Beware of this type, because narcissists lack empathy and are incapable of unconditional love. You may be able to get their cooperation by appealing to their self-interest and showing them how your request will benefit them.

Type #3: The Anger Addict. This vampire deals with conflict by accusing, attacking, humiliating, or criticizing. Some anger addicts withhold things, or resort to using the silent treatment to punish you.

Self-defense Tips: Don’t let their anger wear down your self-

esteem. Pause when agitated. Take a few slow breaths to relax, and do not respond until you are in a centered place. Try to stay neutral and balanced, and disarm the person by agreeing with them or acknowledging their position. Then state your case. It's also useful to empathize with anger addicts. Ask yourself what pain or inadequacy makes them so angry.

Type #4: The Guilt Tripper. These types are world-class blamers, martyrs, and drama queens. They know how to make you feel bad about something by pressing your insecurity buttons.

Self-defense Tips: Let go of the notion that you have to be perfect. Everyone makes mistakes. If you feel really guilty, find a private place and let yourself cry. You can also reply with a positive statement such as, "I can see your point of view. But when you say ___, my feelings are hurt. I'd be grateful if you didn't keep repeating it."

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Judith Orloff MD is a UCLA psychiatrist and author of "The Ecstasy of Surrender: 12 Surprising Ways Letting Go Can Empower Your Life". A New York Times bestselling author, Dr. Orloff teaches workshops nationwide, has given a TED talk on this book, and has appeared on The Dr. Oz Show, Today, PBS, CNN, NPR, and many others. Learn more at www.drjudithorloff.com.

How to Know When to Make a Move For Him



By [Marni Battista](#)

Serious relationships, a status most singletons strive for, present their own set of complicated issues that naturally arise when two people are on the precipice of sharing the rest of their lives together. And then, life throws a crossroads into your partnership's trajectory: the dreaded move.

Regardless of the plans you've made, a too-great-to-resist job opportunity or unforeseen family emergency will make it suddenly imperative that he relocates, and the difficult question remains: Will you follow? Diehard romantics or impulse decision-makers might immediately say, "Of course!"

Related Link: [Moving In Together: How to Know When the Time is Right](#)

But there are some absolutely essential questions to consider before you decide to make such a monumental decision based on

someone else. I'm here at Dating with Dignity to guide you towards the right choice for you, your relationship, and your future with these five questions:

1. Are you on the same page about where the relationship is going? You don't necessarily need a ring on your finger to make the move, but ensuring you both share a vision about the future of your relationship is paramount to making this life-changing decision. Broaching the topic may feel daunting, especially if you're in the earlier stages of a relationship, but if the possibility of moving to be with him is already on the table, this question should naturally follow.

2. Are you on the same page about living arrangements? If you aren't living together in your current city, feel out his thoughts on where you would reside in the new one and don't shy away from your own expectations. There's no right or wrong answer on whether you should live together or separately, but it's all about making sure you know *exactly* what to expect. Clearing this up will also help you to plan financially as well – rent and utilities are a major expense, no matter where you're moving!

3. What would you do if the relationship didn't work out once you're there? You may not want to think about this possibility, but unfortunately, there are a number of reasons the move may not work out, whether it's because of the relationship itself, the city, or some unpredictable x-factor. Though letting your mind wander to negative outcomes may not feel productive or encouraging, it's important to have a back-up plan so your life isn't leveled by unforeseen circumstances.

Related Link: [The Big Merge: 3 Tips for Moving In Together](#)

4. How do you feel about the new city in question? Thinking about the new city is likely taking a back seat to the countless relationship questions you're churning over, but how

you feel about your prospective new home has everything to do with the future of your relationship. Moving somewhere unsavory that has few opportunities within your chosen career field can cause you to build resentment toward your significant other and ultimately lead to the downfall of your relationship. Plan regular visits and do your research to make sure this is somewhere you could build a healthy social and professional life.

5. Do your current feelings for your partner outweigh those of your life where you live now? Perhaps the most important question to ask is whether or not being with your fella alone fulfills you more than the current life you lead or if it would even be the same without him in it. This is a tough one because, in most cases, you will have built a social circle and comfortable life for yourself where you are, and the thought of moving somewhere completely new is nothing short of terrifying. This is where your rusty “trust gut check” comes in. No matter how bittersweet it may seem, someone you just know will make you happy no matter where you live is worth taking the leap for.

[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.

Solo Parenting: Divorce with Children



By Cynthia MacGregor for Hope After Divorce

Celebrity moms Tori Spelling and Kendra Wilkinson are both contemplating divorce due to their unfaithful husbands Dean McDermott and Hank Baskett. They have a lot to consider and process before making the life-changing decision to divorce. Not only will it change their own lives, but it will change their children's lives. They say divorce changes who children are – and that's a very serious reality we parents must not take lightly. A second chance is certainly worth the effort when kids are concerned, as long as there is no abuse happening (physical, emotional, or mental) in the home.

If Spelling and Wilkinson do end up divorcing their husbands, here is a reality check of what they will be facing as divorced parents with young children. Learning to respectfully co-parent together is essential for the well-being of their kids.

Now that you're divorced – or perhaps you're still going through the legalities of the divorce process, but at any rate, you and your husband no longer share a roof or a bed – the dynamics of your family have changed. Whether you have one child or more, it's just you and your child or children, and you've likely become aware that they're interacting with you in different ways than before.

Related Link: [Keep Talking to Your Kids After Divorce](#)

How? Well, actually there are several possibilities, but they mainly fall into two categories. One is that they seem to be clingy and staying closer to you than ever before. The other is that they are distancing themselves from you. How can two opposite reactions result from the same circumstances? Easy! Different personalities perceive the divorce with different sets of eyes...and, accordingly, react differently.

Clingy: Kids who fall into this group are afraid that you'll leave him too. Being self-centered, a child will perceive the divorce in terms of Daddy having left him rather than this being between Dad and you. The child will cling tightly to you to avoid this fear.

Distancing: Again, the child perceives the divorce in terms of Daddy having left him and is afraid you'll leave him next, but this child, having a different personality, distances himself from you rather than clings to you. His methodology is to get used to losing you before it happens, so that when you leave him, it won't catch him by surprise and hurt as badly as when Daddy left.

Then, there is the child – typically a little older – who comprehends that the divorce was between you and Daddy but blames you for making Daddy leave. This child will distance himself from you out of anger.

The child may also act out as well as being cold and distant because he is testing you. He is trying to see if you will

leave if he does his best to push you away. He doesn't really *want* you to leave; he's just testing you to see if you will.

Related Link: [Source Says Kendra Wilkinson Is Going 'Back and Forth' About Divorce Decision](#)

Togetherness: A few visits to a good therapist who specializes in children or families may be in order, but there are things you can do on your own as well.

- Have another talk with the child. Kids don't always "get" the concept of divorce the first time it's explained to them. Your child needs to understand that Daddy didn't "leave him" and that, even if you were the one who asked for the divorce, it's not as cut-and-dry as "it's your fault." And above all, he needs to understand that you're not going to leave him – ever.
- Get involved in a project with the child. Any kind of project will do: scrapbooking, redecorating his room, a knitting or crocheting project, or a gardening project – anything that will have you two working closely together.
- Be yourself, unchanged and unchanging. Show the child through your actions that you are still Mom. You are still loving; you have not changed; and you are not going anywhere – no matter what happens and no matter how the child behaves.

Time will help heal the situation. You can do your part to make it better too. As with so much else in parenting, patience is called for, but by now, you should be an old hand at that.



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

Cynthia writes for HopeAfterDivorce.org, FamilyShare.com and LAFamily.com. Contact Cynthia at Cynthia@cynthiamacgregor.com.

Author Christine Hassler Teaches Us How to Deal with an 'Expectation Hangover'





By Shannon Seibert

Life is a cycle of ups and downs filled with both happiness and discontent. With this thought in mind, author Christine Hassler used her unmet expectations as a catalyst for profound transformation. In *Expectation Hangover: Overcoming Disappointment in Work, Love, and Life*, she writes about leveraging frustrations at any age. CupidsPulse.com had the pleasure of speaking with Hassler about her own expectation hangovers and her book, which was released on October 14th.

How did you come up with the idea of expectation hangovers?

I was very much a planner my whole life. I had this vision of what I wanted to do, and I just started having expectation hangovers. I came up with the term because I knew what it felt like to wake up and have my life not living up to my expectations. It was similar to or worse than a hangover from alcohol! I'd have a headache; I'd be spinning in confusion; and I'd lack motivation. It was just a miserable feeling.

I thought, "Wow, I suffer so much from my reality when my expectations don't match." When I started coaching people 10

years ago, I noticed that this mismatch is the biggest reason people suffer. This is why I am so passionate about the concept of expectation hangover because it truly is our plans and the way that we want to control things in life that not only create suffering but also create tunnel vision so we sometimes miss opportunities.

Related Link: [Red Flags That Mean It's Time to End Your Relationship](#)

Was there an expectation hangover you experienced that really changed your life?

Getting married in my twenties and getting divorced in my thirties! That's why I'm so passionate about this idea: I have walked this walk many times. I've left a successful career; I've survived health problems; I've had strains in my family; I've had to move unexpectedly – there are so many things! Now, I can look back on those situations, and even though they weren't what I expected, they were for the highest good. I'm still so grateful for what's happened or what hasn't happened.

What's the best way to go into a relationship in an effort to prevent one of these hangovers?

I think what we have to remember is that no one is your soul mate. We project so much on our partners to be our *future* partners, and that's a big burden to put on someone. To find one person to complete us, to make us happier, and to fulfill every need that we have is way too much pressure.

Instead, I encourage people to go into a relationship knowing your non-negotiables. Do you want someone with family values? Someone that isn't a cheater? What kind of religion or spiritual passions matter to you? That's more important and healthier than having a bunch of expectations. Any time we have expectations, we set ourselves up for disappointment. People are clinging so hard to those things, so it's better to go into any type of dating situation with a clear vision of

what you want and what you value. Really allow that person to show up how they are.

Similarly, how can you avoid these hangovers if you're already in a committed partnership?

The most important thing is communication. Women don't really hear what men are saying, but men are really clear. When men say they're not looking for a serious relationship, they mean it.

In terms of communication, we need to be asking for what we need or for what is important to us. We really set ourselves up for an expectation hangover when we assume that people will read our minds and know what we like and how we like to be communicated with. Really explaining our needs, our desires, and our wishes is what we need to do.

On the other end of the spectrum, how can you help a partner who is experiencing an expectation hangover?

You just need to listen. When someone is in an expectation hangover, the first thing they need to do is feel their feelings about it. You shouldn't try to problem solve with them or give them pep talks or advice. Just say, "I'm here for you. Anything you want to say, anything you want to share, I'm here." Vulnerability is a big part of treating the expectation hangover, so really allow them to share their feelings about it rather than trying to fix it right away.

Then ask them, "How can I support you? What would help?" And really let them tell you rather than thinking that you know. Try not to be their coach. A lot of couples get in trouble when one partner starts coaching or being the therapist. Instead, you just want to be there for them.

Related Link: [Sharing May Not Always Be Caring](#)

Lastly, are there any words of advice you'd like to leave our

readers with?

I hope people read my work and use the tools and spread the information. I'm really on a mission! The most important relationship that you have is the one you have with yourself. The degree in which we have self-honor, self-love, self-care is the degree in which we are able to retract any pain in relationships that we suffer. The more we love ourselves, aren't mean to ourselves, and are proud of ourselves, the more we are able to show up with less expectations of a partner and more of an open heart.

I know we all heard the news of Robin Williams, and it really cuts deep because so many people suffer from pain, from feelings of loneliness. When you're in an expectation hangover, you're feeling this pain, this loneliness, and I think we need to help each other not feel alone. The biggest thing to remember is that we're not alone. When you feel alone, reach out for help. It's always important to remember that there are people around us.

Pick up a copy of Expectation Hangover: Overcoming Disappointment in Work, Love, and Life today! You can also visit Christine's website ChristineHassler.com and follow her on Twitter @ChristinHassler.

Hollywood Couple Blake Lively and Ryan Reynolds Show Off Her Celebrity Baby Bump



By Amanda Boyer

On Monday, Oct. 20, Blake Lively showed off her celebrity baby bump on the red carpet at the 2014 Angel Ball while standing next to husband, Ryan Reynolds. This is the first event that the [Hollywood couple](#) has been to since their celebrity pregnancy was announced earlier this month. According to [UsMagazine.com](#), the lovebirds couldn't keep their eyes off of each other as they posed for pictures before going into the event.

This Hollywood couple is able to lean on one another while waiting for their celebrity baby to arrive.

Here are some ways to support your pregnant partner!

Cupid's Advice:

Have a baby on the way? To help your partner through the next nine months, Cupid has some relationship advice for you:

1. Be reliable: Sometimes, especially in the later months, your partner will not be able to do everything for themselves. Being there to help them with whatever they need is important.

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

2. Read up: To learn more about what your partner is going through, do some reading. This will go a long way in helping you understand where your support is most needed.

Related Link: [Blake Lively and Ryan Reynolds Are Expecting](#)

3. Surprise her: Sometimes, pregnancy can be tiring and leave both of you exhausted, but don't forget about the love between you two. This Hollywood couple is busy with numerous projects, but they still find time to spend together. Going to a nice dinner or movie might be just what the doctor ordered!

Have another way that you can support your partner through pregnancy? Comment here!

Single in Stilettos Show:

Conquer Your Fear of Talking to a Handsome Man



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to Ms. Solomon, dating coach at TheDatingTruth.com, about conquering your fear of talking to a handsome man. We've all been there: We're approached by an incredibly good-looking guy, and before we know it, we're tongue-tied or babbling, looking down at our feet, and feeling like a fool. Here are a few tips from Ms. Solomon to help you gracefully handle this situation: Talk to every man, not just the attractive ones; have a prop or a conversation topic in mind; and recognize and acknowledge that you're nervous.

Related Link: [The One Thing Men Want from Women](#)

Next time, armed with this advice, you'll be ready to talk to

the hottest man in the room!

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

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

Any other tips for approaching a handsome guy? Tell us in the comments below!

The Smarter Way to Meet New People and Actually Enjoy It!



By [Melanie Mar](#)

These days, looking for love is more accessible than ever. To fit it into life's busy schedules, there are a vast number of websites and events available to attend, but often, one can start to see dating as a daunting task. To assist you in finding the joy of dating, I've listed some tips below on how to enjoy the process. It's time to date smarter!

1. Be proactive: "Should I sign up for that online dating event in my area this week?" "Perhaps I'll join that online dating site everyone's talking about to meet someone." "Maybe I'll go to that meet-up singles party tomorrow." These are all common thoughts that tend to ruminate in the mind of someone who is single and interested in finding love but feeling a bit overwhelmed.

Just pick one new thing to do at a time. See if you're comfortable and progress slowly on to other, more "scary" dating scenarios. If socializing in a bar with friends is a more appealing way to meet new people than a dating site, put on that little black dress and go for it. If the idea of working your way through numerous interactions and exchanging resumes fills you with dread, then simply pass. Dating smart is all about not wasting your time. Knowing where you excel and where you're most relaxed is key to starting the process.

Related Link: [How to Listen to Your Heart and Take Back Control of Your Love Life](#)

2. Fly, social butterfly: Don't be a hermit! Make sure you're not saving all your love life activities for one day a month. Many singles tend to choose one or two nights to focus on dating. It's easy to get into a routine of coming home from work and getting into your pajamas, but make the effort to get out there. Otherwise, you're simply missing out on all the people you could be meeting. Consider the places that you're socializing and make sure that the type of mate you're looking

for frequents those spots.

3. Talk to three new people each week: Look for ways to meet people who share the same passions you do. Compatibility is crucial, and meeting someone that already has common interests with you is a great way to go. Give yourself a goal and challenge yourself to talk to three new people every week. It's likely that you'll find a way to be in closer proximity to other people by doing so. Don't forget there are singles who cross your path every day. Practice flirting by striking up conversations with them!

Related Link: [Can You Tell by Someone's Social Network If They're the Relationship Type?](#)

Being a smart dater means that you give everyone a fair chance, but you don't continue dating someone if they don't have the same long-term life plans as you. Always go on three dates with someone new. The first date could simply be awkward, and the second one may be "take it or leave it." By the third date, though, you should have a very good idea if this person is someone you'd like to continue dating or not. It's important not to let weeks turn into months just because it's "comfortable" and you "can't be bothered with the dating scene." Eventually, this relationship will fizzle, and you'll be back to the drawing board.

So stay smart in your dating. Keep focused; know what you want and don't want; and make a list of your non-negotiables. Then, get out there and enjoy dating!

[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.

Screwing the Rules Video Dating Tips: What's Wrong With You?



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

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

Related Link: [Your Must-Have Dating Mantra](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) talks to *Expectation Hangover: Overcoming Disappointment in Work, Love, and Life* author Christine Hassler about a simple question: What's wrong with you? When faced with that question, what do you think? There's generally a common theme of "judgment," says Hassler. "We're terrible critics of ourselves." Instead, the answer should be, "Absolutely nothing." As Hassler explains, "We forget our fabulousness and look to our flaws."

Listen up for more tips on how to recognize your gifts and your uniqueness!

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

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

How do you see the good in yourself? Share your tips in the comments below!

‘Bachelor in Paradise’ Couple Marcus Grodd and Lacy Faddoul Still Together





By Emily Meyer

Do we still hear wedding bells for Marcus Grodd and Lacy Faddoul? Although the *Bachelor in Paradise* couple is pretty low-key, from the looks of their social media accounts, the hot duo is still very much in love. Even though neither of them has made the big move across the country yet (to either Los Angeles or Dallas), it's obvious they have been traveling back and forth to be with each other. According to Inquisitr.com, Faddoul was in Texas about a week ago with Grodd when she tweeted that the two of them were at the state fair. The couple has previously said they are planning to wed next year, but it looks like fans will just have to stay tuned for more details.

What are three ways to make a long-distance relationship work?

Cupid's Advice:

It's hard when the person you love is living in what seems a world away. Long-distance relationships can be tough, and Cupid wants to help! Here are three ways to stay connected to your love despite the miles separating you:

1. Say what you're thinking: It is very important to say what's on your mind. Since the two of you aren't together all of the time, your partner won't be able to see that something's wrong. This will cause confusion in the relationship and maybe even unnecessary fighting if you don't share your feelings.

Related Link: [Cody Sattler Surprises Michelle Money For Her Birthday](#)

2. Build trust: A relationship is nothing without trust. If you cannot learn to fully trust your partner, try and find the root of this problem. Trust leads to a smooth and healthy relationship.

Related Link: [Trista Sutter Surprises Husband Ryan With Colorado Camping Trip](#)

3. Do something together: Technology is so advanced these days that you and your partner can be together even when you're apart! Whether it's watching a show or movie together, playing a game, or video chatting, actually seeing each other can really help you bond.

Know any other ways to make a long-distance relationship work? Share below!

Andi Dorfman Begins Wedding Dress Shopping in NYC





By Emily Meyer

One of the most important aspects of any girl's dream wedding is, of course, her gown. Five months into her engagement to Josh Murray, former *Bachelorette* Andi Dorfman is in the early stages of wedding planning. According to Wetpaint.com, the Atlanta natives are currently in New York City for Couture Bridal Fashion Week. Not only will the couple sit front row at the Mark Zunino for Kleinfeld's 2015 collection show, they'll also attend multiple events with the Kleinfeld team. As evident on Dorfman's Instagram account, they've been spending time with *Bachelorette* couple Desiree Hartsock and Chris Siegfried. We can't wait to see what wedding dress the stylish reality star picks!



'Bachelorette' pairs Josh Murray and Andi Dorfman and Desiree Hartsock and Chris Siegfried attend Couture Bridal Fashion Week. Photo courtesy of Andi Dorfman's Instagram.

What are three ways to stay calm during wedding planning?

Cupid's Advice:

No one wants to turn into bridezilla, so it's important to stay calm during your wedding preparations. This can be hard with all of the craziness going on around you, so Cupid has some tips for you:

1. Stay organized: Focus on what is actually important for you and your partner on your big day. Take deep breaths throughout the hectic process because everything *will* be okay! Remember: Bridezillas are made, not born.

Related Link: [Lauren Conrad Celebrates Girly Bridal Shower](#)

2. Don't be afraid to ask for help: Wedding planning is a lot of work, and you can't do it all yourself. Find a wedding planner or get a group of friends and family to help you out.

It will make a world of a difference.

Related Link: [George Clooney and Amal Alamuddin Have Civil Ceremony in Venice](#)

3. Stay connected to your fiancé: Spend as much time as you can with your future husband or wife. Make sure to keep your priorities straight because your partner is what all of the chaos is really about, right?

How did you stay calm during your wedding prep? Tell us in the comments below!

Single in Stilettos Show: He's Great, But...





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to dating coach Sandra Fidelis about common first date mistakes that women make. So often, we immediately dismiss a guy if we don't feel an instant attraction to him...but doesn't he deserve another chance? Here are four things women often think after a date that hold them back from finding love: I want amazing chemistry from the start; I just wasn't attracted to him; he's great, but I don't want to go on a second date; and if I'm not going to date him, I don't need to be his friend.

Related Link: [Do You Push for Commitment Too Soon?](#)

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](#).

Cupid wants to know: How do you keep an open mind after a not-so-great first date?

'Lucky Dog' Host Brandon McMillan Shares Dating Advice: "Plan Your Moments For and With Each Other"



By [Sarah Batcheller](#)

Coming from a family of circus animal entertainers, [Brandon McMillan](#) was introduced to the world of animal training at a young age. Beginning with wild animals like tigers and moving on to household canines, he has a long-running love for adrenaline and has mastered the art of command and diligence.

On his CBS series *Lucky Dog*, the animal lover shows off his training skills: Beginning by adopting lonely dogs from shelters, he brings them back to Lucky Dog Ranch to be trained. He then finds homes (often with owners for whom the dog can provide service) for the lucky dogs. In our exclusive celebrity interview, the television star opened up about season two of his hit show and his best [dating advice](#) to consider before bringing a furry friend home.

Exclusive Celebrity Interview with 'Lucky Dog' Host

The canine transformer reveals that the current season of *Lucky Dog* involves having a lot more fun and says, "I like to outdo everything I've done before." He mentions that he will even be teaching an eight-year-old doberman mix to stand on a paddle board, joking about the adage, "You can't teach an old dog new tricks." Plus, he shares that there will be a lot more service this year as well; for example, he trains a dog to assist an injured war veteran.

Related Link: ['Lucky Dog' Host Brandon McMillan Says, "If I Can't Laugh Constantly with Someone, It Won't Work Out"](#)

The Lucky Dog Ranch owner wants his viewers to remember "never to underestimate the power of a shelter dog." He explains, "There's an old myth that shelter dogs are damaged goods, when in reality they're just as trainable, if not more trainable, than breeder dogs." The circus veteran says that, as a teenager, he wanted to make all the money he could training animals, and now, at 37, he wants to make all the difference he can.

Dating Advice for Couples Who Want to Adopt a Pet

McMillan advises couples who are looking to rescue a pet together to remember to compromise. For example, if one partner likes smaller, fluffier dogs, and the other likes bigger dogs, they'll have to find a way to meet in the middle. He encourages them to "spend week after week at the shelter rather than going off of an immediate reaction or face value. It's important to remember that a dog's personality is more important than how aesthetically pleasing he is." Once the couple does have the dog, he suggests the more patient person train him, while the more energetic one exercises him.

If you already have a pet who's not quite sure about your new boyfriend, you may want to take your dog's reaction seriously. The *Lucky Dog* host humorously recalls that women he knows often utilize a golden rule of, "If my pet doesn't like you, then I don't either." He laughs about this dating advice, saying, "If a woman says her cat hates a man she's seeing, then that man is toast!"

As far as his own love life goes, the animal trainer is single, attributing his relationship status to the fact that 23 hours of his day are dedicated to *Lucky Dog*. "Unless a person can dedicate 51 percent of their time to another person, they're not ready to be in a committed relationship," he shares in our exclusive celebrity interview. Even though training dogs for service is his priority now, he can see himself settling down with someone special in the next couple of years. So be on the lookout, ladies!

Related Link: [Dating with Dogs: Picking Out a Pet Together](#)

The adrenaline junkie's first love was the thrill of training wild animals, and in his opinion, if two people's interests are too different, then the relationship is a no-go. He feels

like his thirst for adventure and desire to do activities like skydiving or swimming with sharks has been incompatible with partners in the past and therefore a deal breaker.

The busy trainer's dating advice for those with careers that cause them to travel often, like his does, is to make sure every minute is quality time. "No sitting on the couch watching trash television! Really plan your moments for and with each other. Saying 'I'm too tired' leads to trouble," he believes.

Fans can keep up with Brandon on Twitter @BrandonMcMillan. Be sure to catch Lucky Dog weekend mornings on CBS!

'DWTS' Pro Tony Dovolani on Betsey Johnson: "She's Never Felt Pretty in Her Life"





By [Sarah Batcheller](#)

Tony Dovolani has been a professional dancer on ABC's hit show *Dancing with the Stars* since season 2, and he finally won the coveted mirror ball trophy when he was paired with Melissa Rycroft during season 15. This year, he was partnered with fashion designer Betsey Johnson, and they were a fan favorite to say the least. Beginning the season with the notorious boa mishap, the pair climbed the rankings and became an exquisitely entertaining team for audiences to watch. Sadly, Dovolani and Johnson were eliminated during week four. Still, the pro is in high spirits as he gushes about his strong relationship with Johnson and his beautiful family in our exclusive celebrity interview.

Exclusive Celebrity Interview with 'DWTS' Pro

The *DWTS* veteran says that what keeps him coming back to the show every season is his love for teaching, his passion for fitness, and his desire to live a happy life. His partnership

with Johnson is proof of these wholesome intentions. He fondly recalls asking her about the most important thing that she learned from him, and her answer was, "The love for people you have." According to Dovolani, she added, "You don't just care about my dancing; you care about my well-being, and you want me to go on to live a good and healthy life." As if it weren't difficult enough for us to deal with their elimination already!

Related Link: ['Dwts' Pro Tony Dovolani on His Marriage: "My Wife is My Queen"](#)

Dovolani took the chivalry up a notch by designing Johnson's dresses and picking out her hair and makeup each week. The fashion legend expressed to him that "she's never felt pretty in her life. I thought, 'That's so sad.' Here is somebody who has made so many people feel so beautiful for so many years," he explains. "I wanted to give it back to her, and I was honored and humbled to be given that opportunity. I wanted to make her the center of attention instead of her always making other people the center of attention!"

The fitness guru says that what was most unique about their relationship, that's never been true with any of his previous teammates, is that Johnson had more to offer than what meets the eye. He was able to "get to her" and show America who she really is. "If I could describe her in one word, it would be joyful," he added.

Dovolani was surprised when the pair was eliminated, especially given that his golden gal showed such an improvement. "I don't know what happened; I think people thought we were safe," he admits. "But we had a glorious, glorious journey each week."

Tony Dovolani Talks Celebrity Marriage

The pro dancer's loving nature extends to his home life as well. He happily boasts that he and his wife Lina dance together often. She even takes dance lessons at his studio in Connecticut. "I don't teach her though – if I did, she wouldn't be my wife anymore!" he says with a laugh. When it comes to being active with his three children, they especially love using the giant trampoline that he built for them in their backyard.

Related Link: ['DWTS' Star Antonio Sabato Jr. on Dancing with His Wife: "It Will Be So Special for Us Both"](#)

To keep the spark alive in his [celebrity marriage](#), Dovolani recognizes the importance of taking time away from bills and other responsibilities. It could be going to the movies or taking a simple walk in the park, but he believes you need that opportunity to connect with one another. "Take time to celebrate each other and see how your partner is doing," he advises in our exclusive celebrity interview.

Given his passionate attitude, it's no surprise that he gushes about how wonderful his relationship is. "I couldn't even imagine not being married," he shares. "When I look at the way my wife takes care of the kids, the house, and me, I think she's a more powerful woman than any man could ever be. Lina gives me strength; she gives me confidence; she gives me everything."

You can keep up with Tony on Twitter @TonyDovolani. Tune in for Dancing with the Stars on Mondays on ABC at 8/7c!

Weekend Date Idea: City Living



By Shannon Seibert

Cities are a haven for magical sites that capture the essence of romance. The crowds of interesting people, the hustle and bustle of traffic, and even the historical landmarks around you add to your experience. This fall weekend, embark on an adventure with your love and take in all that your hometown (or the nearest big city) has to offer with this exciting [date idea](#)!

Related Link: [Date Idea: Play All Day](#)

Fun Weekend Date Idea in the City

Together, you and your man can browse the windows (Christmas isn't *that* far away, right?) and check out the unique boutiques. You never know what treasures you'll find! Whether it's a hand-crafted scarf for her or a festive tie for him, boutiques always have the best and most unique items for reasonable prices. Pick out something that incorporates the fall season. Stick to burnt oranges, exuberant reds, and shades of yellow and gold. Now, you have a new accessory for that fall wardrobe you've been dying to debut – perfect as you plan your next weekend date idea!

Parks are also a great place to find city-inspired entertainment. You may run into a sketch artist while you're wandering around. Have them draw up an animation of you and your honey. You can strike a silly pose, stick your tongue out, or even make the moment romantic with a kissing picture. This way, the two of you will have a fun way to commemorate your relationship and love and document the fun you had on your date.

You and your sweetheart can also enjoy the people of the city. Stop and watch the street performers and even volunteer to participate. New York City is known for their creative street dancers that incorporate their audience into their acts, so don't be shy! Doing things out of your comfort zone is a great piece of dating advice, and you might surprise yourself and your partner by unexpectedly jumping in the middle of the dance circle.

Related Link: [Date Idea: Batter Up](#)

Indulge in the flavors of the season with a Pumpkin Spice Latte and split a warmed cinnamon-chocolate croissant with your love as you tour the city. Order each other a cup of coffee or specialty drink from a street cafe and give each other funny names that include some of your inside jokes. When

the barista calls out “Mr. Snores A Lot,” you’re bound to get a crowd reaction. As you’re holding hands and walking along the sidewalks, take in the feeling that the fall season is all about.

New York City also boasts an impressive number of famous couples who call the city home. While walking around and enjoying each other’s company, you and your honey might run into some celebrities, including Taylor Swift, Sarah Jessica Parker, or even Jay-Z and Beyonce. If you don’t want to approach them, snap some celebrity photos as proof to show your friends after this weekend date idea.

What places in your hometown do you think are most beautiful in the fall? Share with us below!

Bobbie Thomas on Date Night Fashion: “If You’re Looking to Have a Good Time, Don’t Be Uncomfortable!”





By [Sarah Batcheller](#)

Style and beauty expert Bobbie Thomas knows a thing or two about fall fashion. First, that there's no need to feel like you have to redo your entire wardrobe for the season. "There's something for everyone," Thomas explains in our celebrity interview. "I really like that seasonless style is around, where you can take a spring or summer item – like a bright color or floral pattern – and winterize it." Of course, the best tip is always confidence. "You need to walk into a situation with...a mission to actually like what you see in the mirror instead of already assuming you're not going to like that," she shares.

Related Link: [Brad Goreski Predicts Oscars Fashion](#)

Bobbie Thomas Shares Fashion Advice in Celebrity Interview

This time of year, the one must-have for every girl's closet is boots. "Riding boots happen to be my personal

favorite because they just look so polished. You could be in leggings and a sweater, and they give you just enough heel, but they're still so comfortable," she says.

Thomas shares [love advice](#) too and encourages practicality for your date night looks. "If you're looking to have a good time with someone, don't be uncomfortable!" she reveals. "Make sure you can move around and wiggle in your clothes. You really want to wear something that you'll be so comfortable in that you'll be able to be yourself on that date."

Related Link: [Blake Lively's High-Fashion Style](#)

Just like you want to find a loyal man, the *TODAY Show* style editor also encourages you to look for a loyal retailer. She's teamed up with Kohl's for their Yes2You rewards program. "In order to really expand your wardrobe, you want to shop smart," she says. "That's why I think it's a really great idea to have a retail relationship as well as a real life one!"

You can keep up with Bobbie on Twitter @BobbieThomas. Check Kohl's for the best fall fashion finds!

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

**Cody Sattler Surprises
Michelle Money For Her
Birthday**



By Emily Meyer

Well, it seems like this *Bachelor in Paradise* couple is already on the path to a lifetime of happiness! For Michelle Money's 34th birthday, boyfriend Cody Sattler gave her the perfect birthday surprise: According to Wetpaint.com, the personal trainer treated his girl to a day at the spa. When Money took to Instagram to thank her friends and family for a great birthday, she wrote, "So many thank you's for the amazing bday weekend!! Such a special night with great friends and family! All I wanted for my bday was for @cody_sattler to be living in #SLC and sure enough—he does!! Can't help but feel so overwhelmed with love for the true friends of mine who have stuck with me thru thick and thin!" Money sure seems to have a lot to celebrate these days – and we couldn't be happier for her!

What are three ways to surprise your partner on their

birthday?

Cupid's Advice:

It's your partner's birthday, and you have run out of ideas for what to do to make their day extra special. Cupid knows it can be hard to surprise your partner year after year, so here are some ways to celebrate their big day:

1. Plan a surprise dinner: Everyone loves to be surrounded by the people that mean the most to them. Call all of your partner's friends and family and tell them to meet at an intimate and sexy restaurant of your choice that you know your partner will love. This thoughtful surprise never fails!

Related Link: ['Bachelor in Paradise' Stars Michelle Money and Cody Sattler Talk Wedding Bells](#)

2. Write love letters: You can't go wrong by gushing to your partner about how much you love and appreciate them. Get friends and family to join in too, writing letters to your partner about their favorite memory or favorite quality.

Related Link: [Sean Lowe Writes: "My Wife Is Hot and I'm In Love"](#)

3. Coordinate a scavenger hunt: Put the first clue in the cereal box or their sock drawer – somewhere they're sure to look first thing in the morning. After that, hide a string of notes having to do with your relationship and end with a hidden gift. Not only will it be fun, but it'll be a trip down memory lane for you and your partner!

Have any other great ways to surprise your partner? Share them below!

Q&A: Should I Tell My Friend Her Crush Has Been Facebook Messaging Me?



Question from Amelia S.: This guy who my friend has been hanging out with a lot will randomly message me on Facebook whenever I'm online. It's always harmless stuff like, "What are you up to?" but it still catches me off guard. Should I tell her, and if so, what's the best way to bring up the subject?

[Suzanne K. Oshima, Matchmaker](#): You know that saying "you're stuck between a rock and a hard place?" Well, guess what?

You're in a no-win situation! From what you said, it sounds like your friend just likes him and isn't dating him yet, so "technically," she can't get upset that he's contacting you. Now, I say "technically" because we both know that, if you tell her, she will be upset and hurt.

Now, while you may think that his messages to you are completely harmless, men don't do things without some sort of intention. Without knowing the entire situation, I'm going to guess that he's not just looking for a friend and that those harmless messages are going to lead to something more.

So here's my advice to you: If you truly value your friendship with your friend and have no interest whatsoever in this guy, then I suggest you ignore his "harmless messages"...because it's just going to lead to a no-win situation for everyone involved.

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

Paige Wyatt, Reality Star: Absolutely tell your friend that this guy has been messaging you. If it truly is harmless, he won't be embarrassed or upset if she brings it up. If he does have an ulterior motive, then you warned your friend, and it's now her move. It's much better to be honest with your friends about situations like this one. If you didn't tell her and she found out, she may get upset with you. If it really is nothing, then what's the harm in letting her know?

Related Link: [Can You Tell By Someone's Social Network If They're The Relationship Type?](#)

Robert Manni, Guy's Guy: Some say where there's smoke, there's fire. In this case, it's hard not to miss the smoke – but let's not rush to judgement. When a guy is really interested in a woman, his focus is on her, and he curtails his flirting. Maybe this guy just wants to establish good relationships with his leading lady's BFFs. Still, I'm not sure if this is the

best way to do it. He must know that girlfriends talk. And when friends talk about the curious actions of a guy, his behavior and character go under the microscope. At this point, I'm not sure that's in his best interests.

As for you, for now, I suggest you either ignore his Facebook messages or keep the exchanges polite. Over time, his true intentions will surface. When they do, you can determine if it's necessary to let your friend know about his correspondence.

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 would you handle the situation described above? Tell us in the comments below!

AshLee Frazier Opens Up About Being “Most Hated” on ‘Bachelor in Paradise’





By Emily Meyer

We know reality television isn't scripted, but that doesn't mean it's 100 percent real, right? That's what *Bachelor in Paradise* star AshLee Frazier says. In her recent blog post, the reality star talked about going from being "America's girl" to being portrayed as a villain. The Texas native admits to have stirred the pot but believes the backlash she has received as only made her stronger. She wrote, "If I can be ok after the most hateful words were carelessly thrown my way by people who know nothing about my life, then you can get through the tough times and know that there is an end."

How do you bounce back after a bad breakup?

Cupid's Advice:

Breaking up with your partner can be hard, no matter how long you've been together or if you're the dumper or the dumped. However, there are ways you can get back on your feet after that devastating heartache. Cupid has some tips for how to bounce back after a breakup:

1. Surround yourself with friends: There is no better way to get over a bad split than by being surrounded by your best friends. Relax and just enjoy being with the people who make you laugh and love you for who you are.

Related Link: [Source Says Sarah Hyland Will Bounce Back From Alleged Abuse](#)

2. Pamper yourself: Take a break from dating and focus on yourself. Maybe even splurge a little bit and take a vacation! A change of scenery is sure to help when you're in a rut.

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

3. Get involved: Find something you are passionate about. Getting active in your community, whether it's volunteering or joining a team, will help take your mind off your breakup. Start doing things that make you feel good about yourself.

What's your best tip for bouncing back after a breakup?
Comment below!

Child Expenses After Divorce





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

The expenses for caring for children continue to rise, and that doesn't make it any easier for divorced parents. Each parent attempts to keep their own household going, and at the same time, they often try to share expenses for their children. This may be court ordered or due to a mutual agreement between the parents.

Whether the divorcing couple is a celebrity couple in the public eye or a private couple, the children's needs and welfare should be the number one priority. You must accept and embrace the reality that your children's expenses to live will not change. They are our greatest responsibility and deserve the best care and protection we can give them, whether married or divorced. Some divorced celebrity couples, like Demi Moore and Bruce Willis and Reese Witherspoon and Ryan Phillippe, seem to put their children's best interest ahead of their own as they co-parent together.

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

Routine check-ups at both the doctor's office and the dentist are essential for your children. One of the parents should have both medical and dental coverage on the children, as the cost of this type of preventative care out of pocket is very high. If one of your children have an emergency for either place, it can be a bill you have to pay for a very long time.

Childcare is another expense that can add up when a divorce takes place. Perhaps one of the parents was the caregiver, and now both are in the workforce. The parents should decide on a childcare provider together. It may be a licensed facility, a nanny, or even a family member. The cost of childcare should be second to the quality of care that your children are receiving.

Inevitably, there will be additional expenses for your children. Who is going to pay for school clothing and supplies? Many parents who pay child support assume that they pay enough for such items with that monthly check. Yet it may be just enough to help the family with food and shelter. You don't want your children to go without due to lack of money.

Many children love to be involved in extracurricular activities as well. It can be sports, dance, or clubs. There will be expenses involved, including special clothing and shoes needed and even enrollment fees. Parents need to be willing to share these expenses so that their children can take part in such events.

Related Link: [Helping Your Child Through Divorce](#)

Summer is also a time when there are more expenses for children. They may want to go to swimming lessons, camping, or even to a summer camp. All of these things cost money, and someone has to pay it! Some feel the parent who makes more money should cover the cost. This is up to the parents though, as many want to do everything 50/50. Problems could arise when one parent can't afford their share.

As you can see, there are plenty of additional expenses to consider for your children when you are divorced. Make sure you are willing to discuss these expenses with the other parent. You always want to do what's in the best interest of your children. Bottom line: Get as much in writing as you can when it comes to who will cover expenses. This way, everyone involved knows what to plan for.

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.

‘Messy Beautiful Love’ Author Darlene Schacht: “True Love Doesn’t Happen By Accident”





By Shannon Seibert

It's important to be prepared for the best and worst of what marriage has to offer. In her new memoir *Messy Beautiful Love: Hope and Redemption for Real-Life Marriages*, Darlene Schacht gets in depth about the trials that couples face in their marriage, including issues like financial struggles, sickness, aging parents, and a chronically unhappy husband. This book explores the idea that, no matter how strong the bond, the mess has to be dealt with at one point or another to keep the marriage alive. *Messy Beautiful Love* is an invitation to readers to open their hearts to the possibility of a strong and healthy marriage with proper communication and team work.

When people get married, there are certain expectations that each partner has of one another. Over time, these expectations change due to circumstance, and sometimes, people have issues adjusting. Why do you think it's important for people to go into marriage with an open mind?

I went into marriage with a long list of expectations of who my husband Michael should be and what our future should look

like. Things took a different road when Michael started running his own company. I was home with four kids, and he worked long hours. Rather than exercising patience and kindness, I let bitterness creep in, and it grew over time to the point where it took over my thoughts.

The thing is that we all change. We grow up; we face hardships; we enjoy good times; and we mature from experience. Love is beautiful, but it can be messy when you're facing something you never expected.

Related: ['Love Sick: A Memoir of Searching for Mr. Good Enough' Recalls the Humorous and Insightful Journey of Looking For Love](#)

Why do you think your message is important for women especially?

I think that the message is important for men and women alike. My story stems from a place of grace, which is something we all need in our lives. Since I'm a woman, however, I can identify with other women in a way that I can't with men. I can't tell you the number of times that women have confided in me about the struggles they're facing online. It can mess with your mind when a seemingly perfect man (and I do mean seemingly) is paying attention to you or wanting to chat.

You write about humility being essential to a successful marriage. Why do you think several women struggle with giving that trust to their partners? And why is it that women have issues giving away their hearts fully?

I believe that we all want strong partners—people who are willing to stand up for themselves and do the right thing. Humility is often confused with weakness when in fact it's a sign of strength and confidence. It takes strength to admit that you're wrong. It also takes strength when we choose to *do* right instead of having to *be* right. When we are confident in ourselves, we aren't as concerned about fighting for a

position of authority as we are about fighting together for love.

What do you believe is the largest contributor to today's increasing divorce rates?

People often say that they're unhappy because they've grown apart. I believe that couples will grow apart if they do not love each other daily and deliberately. True love doesn't happen by accident. It's deliberate; it's intentional; it's purposeful; and in the end, it's always worth it. Some days love is messy, and all we want to do is give up, but those who work through love together reap the benefits of beautiful long-lasting love.

Related: [He Texted' Authors Lisa Winning and Carrie Henderson McDermott, Discuss Dating in the Digital Age](#)

This book contains a lot of your deep and personal thoughts. When you're in love, do you believe it's harder to share these thoughts with the person you love, or do you think people shy away in fear of what their partner will think of them?

One of the most wonderful things about Michael is that I feel safe in his arms. I always have. He's a shelter that I know I can run to in the midst of a storm. I'm sure that, in the beginning, I was probably hesitant at times to share my deepest thoughts with him, but after 25 years, I'm comfortable enough to share anything. We've learned to communicate. But more importantly, we've practiced the art of communication by harnessing our emotions and listening well for the good of our marriage.

Messy Beautiful Love: Hope and Redemption for Real-Life Marriage was released on September 16th. Readers can also find out more about Darlene Schacht by visiting her blog, [*http://timewarpwife.com/*](http://timewarpwife.com/).

Ben Affleck Kisses Jennifer Garner in Rare PDA Moment



By Amanda Boyer

Ben Affleck and Jennifer Garner were spotted at a farmers' market on Sunday, Oct. 5, in L.A.'s Pacific Palisades neighborhood and were showing some rare affection in public. According to USMagazine.com, the duo spent a day away from their kids and picked up fresh food for their family. When they got to their car, Affleck leaned forward to plant a kiss on his wife's cheek.

How do you show you care in public?

Cupid's Advice:

Want to show your partner you care? Cupid has some tips:

1. Hold her hand: Instead of just walking next to your partner and talking, grab their hand and look into their eyes. This will make them feel like you could care less who else is around.

Related: [Ben Affleck Gets Playful with Jennifer Garner During Ice Bucket Challenge](#)

2. Surprise them: If you are super busy and never get a chance to see your partner, send a gift or drop by just to say hi.

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

3. When you say goodbye: Before you leave your partner, give them a hug and a kiss to keep them remembering you throughout their day.

Have another way to show you care in public? Share below!

Single in Stilettos Show: 5 Signs He's Interested in You





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to dating coach Mr. Locario about how to know if a guy is interested in you. Here are the top five signs to look out for: He can't stop staring at you; he calls or contacts you in some way; he wants to show you off to his family and friends; he tries to make you laugh; and he acts nervous around you. Don't miss the rest of Mr. Locario's advice in the video above!

Related Link: [Mr. Locario on Why He Didn't Call You Back](#)

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

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

How do you know if a guy is interested in you? Share with us in the comments below!