

Kendra Wilkinson Gives Husband Hank Baskett Second Chance After Infidelity



By [Katie Gray](#)

Reality television star, Kendra Wilkinson, has opened up about the status of her marriage after discovering her husband, Hank Baskett had been unfaithful. The *Kendra On Top* star explained that she is not ready to call it quits, though she hasn't fully forgiven him yet, according to [UsMagazine.com](#). In an interview on Access Hollywood Live, she said, "Life is too short. And this man who I loved for six years, I believe deserves – and everyone around us – everyone knows that this man deserves a second chance if he did make a mistake. And

right now I'm working that out."

How do you know whether to give your partner a second chance?

Cupid's Advice:

Once trust is broken, it can be difficult to rebuild a relationship. Sometimes it's not even worth the effort, while other times it may be. Cupid has some tips about whether to give your partner a second chance:

1. Check track record: Take a look at how your partner has behaved in the past. Was this a one time occurrence, or has it happened on numerous occasions? Is this familiar behavior or very out of their character? We're all human and make mistakes. If this was a one time slip up and you have a lot of history together, you may want to give your partner another chance if that's what you want. "Fool me once, shame on you. Fool me twice, shame on me."

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

2. Learned lesson: If your partner is truly sorry for what they did and is owning up to it, you might want to give them a second chance. Sometimes urges get the best of us and things happen in life, even though they shouldn't. Although your partner should have known better, if they are taking responsibility for their actions and being genuine, it may be acceptable to offer a second chance.

Related: [How Do You Know If You Can Forgive Partner For Cheating?](#)

3. Good heart: When your partner overall has a good heart and positive qualities, that very well may warrant a second chance. You should dig deep inside yourself and your partner, to identify if that is still the case. See what feelings are still lingering, choose where you want to go from there and decide if the pros outweigh the cons. If you would be able to

be ultimately happy with your partner still, then it could be worth it. All that matters is your happiness!

What are some signs that you should forgive your partner? Share your thoughts below.

Screwing the Rules Video

Dating Tips: Decide to Fall in Love



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 Relationship Mantra](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) talks about what it means to decide to fall in love. If you keep going out with great people but you're just not feeling it, it might be because you're *choosing* not to be open and available. "You have to decide to open your heart. You have to decide to be vulnerable. You have to have conversations that express vulnerability," she explains. Otherwise, your relationships will continue to be one-sided. Listen up for more great dating advice!

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

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

What's your best tip for opening yourself up to love? Tell us in the comments below!

Single in Stilettos Show: How to Communicate with a Man





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to dating coach Tripp about how to communicate effectively with a man. As every woman knows (and has been told time and time again), communication is key in any relationship. Here are Tripp's best three tips for talking to your guy: be direct; be clear and don't beat around the bush; and never assume. Watch the video above for more great advice!

Related Link: [Top 5 Dating Mistakes Woman Make](#)

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

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

What's your best advice for communicating with your partner? Tell us in the comments below.

Brad Pitt Talks About George Clooney, Celebrity Weddings, and His Celebrity Love



By Maggie Manfredi

Love is in the air for Hollywood's favorite hunks! According to UsMagazine.com, [Brad Pitt](#) believes that marriage is more than just a license, which isn't a surprising opinion considering he recently tied the knot with long-time celebrity love and mother of their children, [Angelina Jolie](#). Pitt commented on actor friend, George Clooney, in light of his Hollywood relationship and rather public [celebrity wedding](#) celebration, saying, "Well, you know, George is extremely accessible. He's one of our best representatives. He's funny

as sh-t. He's a joy to be around. I guess maybe I'm more of a miserable b-tard. I'm a bit of a loner, you know? I'm more quiet by nature. And coming from hillbilly country, I'm probably more reserved." Lately, Pitt has been backing off from his acting career to spend more time with his celebrity love and family.

Now that George Clooney is a married man, a lot will change between him and his celebrity love. What are three ways a relationship changes after marriage?

Cupid's Advice:

We've come a long way since the standard was grow up, get married, and have babies. Every relationship is unique, and every couple has their own way of living life, but there are some changes that come with marriage if and when that happens. Cupid has some thoughts on them:

1. Becoming Mr. and Mrs.: There are now more options when it comes to the woman changing her name. You can: take your spouse's name but keep your pre-marriage name for professional reasons; get creative and start a new legacy with a new last name together; or change your maiden name to your middle name.

Related: [Find Out Details Behind George Clooney and Amal Alamuddin's Wedding Prep](#)

2. What's mine is yours: Whether or not you signed a prenup, marriage comes with the principle that you will be sharing a life together. With that idea comes the elements of money, property and children, so be a contributor, listener, and lover.

Related: [Lauren Conrad Tied the Knot with William Tell](#)

3. Work at it: You have made it through the honeymoon stage and the cohabitation successfully – congrats! But now, maybe the kids have three different after school activities to get to, or you've been traveling more for work. No matter what, don't forget to make time for each other! Date nights can help you stay connected. The little things will keep you coupled and happy together.

What are some fun date night activities for married couples? Share below!

Is Your Life Working?





By Janeen Diamond for [Hope After Divorce](#)

...it's impossible to have genuine, solid, meaningful relationships with other people if we don't think much of ourselves.

During an interview this week, I found myself talking about how important the relationships we have in our lives are. And as we talked, we brought up the fact that the relationship we have with ourselves is, by far, one of the most important ones we can have. Why? Because it's impossible to have genuine, solid, meaningful relationships with other people if we don't think much of ourselves.

Sisters Jessica and Ashlee Simpson are two good examples of celebrities who have both experienced divorce. What is inspiring about these two well-known siblings is that they each took time out for themselves afterwards. They took time for self-care to heal from the inside out, becoming the best they could be. Jessica and AshLee offer us hope that we can love ourselves even after a great loss. Then, we can find true love all over again.



Jessica Simpson and daughter Maxwell at sister Ashlee's wedding. Photo courtesy of Ashlee Simpson's Instagram.

If we can't trust ourselves, how are others going to trust us? If we don't like who we are, how are other people going to care for us? If we don't enjoy being alone with ourselves, how will others find it enjoyable to spend time with us? If we feel we have nothing to offer, why would we think anyone else believes we have value?

Related Link: [Don't Let the Good Guys Finish Last](#)

Consider the life you lead right now. Is it what you want? Are you doing the things that fulfill you and bring you joy? Do you wake up in the morning and look forward to the work you have to do? Do you plan to talk with friends today? Do you

have something fun planned for yourself? Will you offer service to someone today?

There are a lot of things we have control over in our lives. If something isn't working or if there are ways you could improve, decide right now to make a change and begin working toward it. I always like to start with small goals. Perhaps you want to feel more energetic and you just don't know what you're doing wrong, or maybe you have a habit of watching too much television and you want to start reading more.

So decide on one thing you would like to change in yourself, like "I want to have more energy!" And set three goals toward accomplishing it: I will have a set bedtime and get a full eight hours of sleep; I will begin a diet overhaul, but this week, I will simply eat two more servings of veggies every day; and I will begin exercising, but maybe this week, I will just start slow by walking twenty minutes each day.

Related Link: [Clear the Clutter](#)

Or if you want to stop watching so much TV, turn it off for just one hour a day and spend that time reading a book you've been interested in.

These are simple examples, but you get the idea. Simple fixes are usually the most far reaching and impactful in the long run because you have a greater chance of actually sticking with the changes. You might have physical, emotional, spiritual, or mental things you want to change. Think about what those desired changes are, and set up a plan to start improving a few things in your life. You may find your relationship with others will begin to improve drastically. You will begin to like yourself more – and that will lead to positive vibes towards family, friends, and co-workers.

Just remember that loving yourself will have a positive impact on everyone you know – especially you!

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



Janeen Diamond, author of Save Your Marriage in 30, was a newscaster for KUTV News until 2001. Since that time, she has been actively producing commercials and special programming through her company, Your TV Spot. She has hosted several television and internet productions and has been a spokesperson for several products and companies. She is a leader over the youth in her church and takes a special interest in helping kids stay on track with their lives. Janeen is currently co-creating "Teen Impact TV," a website for high school students to give them a creative and emotional outlet. She is a contributing expert for HopeAfterDivorce.org, DivorceSupportCenter.com, FamilyShare.com, and CupidsPulse.com. Follow her on Twitter @janeendiamond and www.facebook.com/janeen.diamond.

Delve Into a Modern Day Marriage With 'The New I Do'





By Lisa Nardone

In the United States, over fifty percent of marriages end in divorce. It's no surprise then that what it means to be married has been redefined through the catalyst that is modern society. These days, it seems as if everlasting love is no longer a reliable factor in the equation for a long-lasting marriage. Luckily, CupidsPulse.com had the opportunity to interview two marriage experts in order to shed light on how to have a successful relationship in today's world.

The New I Do: Reshaping Marriage for Skeptics, Realists and Rebels is a book that looks underneath the surface of modern day marriage in order to save couples from the increasing divorce rate. Therapist Susan Pease Gadoua and journalist Vicki Larson join together to not only bring insight to what it means to get married more consciously but also to offer specific models of non-traditional marriages, such as marrying for financial stability. With personal experience in the field of broken relationships, the authors are the perfect pair to help guide others to a successful marriage.

Is there a specific message that you would like readers to take away from *The New I Do*?

Vicki and Susan: Yes – that they have the power and the freedom to have the marriage they want. In reality, marriage doesn't look one certain way; there is no right or wrong relationship. A marriage license doesn't tell couples how they should structure their daily lives; it doesn't require them to live together, be monogamous, be madly in love, or have kids. Couples get to decide the rules for themselves. We believe more people will have happier, successful marriages if they understand that they have that freedom. We hope they open their minds to the possibilities.

What do you believe to be the biggest factor of a healthy relationship?

V and S: Having two emotionally healthy, self-aware people who have realistic expectations of each other and of the relationship. Many people come to relationships thinking their partner will be their other half or that, if they're with the "right" person, they will stay in a high state of romantic love and things will be easy.

Coming into a romantic relationship expecting your partner to complete you or be perfect puts an undue burden on (and gives unrealistic power to) the other person. Ideally, couples support and encourage growth and freedom in each other and themselves and are able to openly, lovingly, and honestly communicate.

Related Link: [Creating A Healthy Lifestyle With Your Partner](#)

What advice do you have for women who are facing the challenges of being a single mother post-divorce?

V: I would hope that rather than being "single divorced mothers," they would be co-parenting divorced mothers. I strongly believe children need both parents in their lives,

and I encourage couples to share physical custody when possible.

Divorce per se isn't bad for kids, but conflict is. As hard as being divorced may be emotionally, avoid fighting with your former spouse. Be a good co-parent and encourage and support your former spouse in their co-parenting too. Your kids will thrive if you are able to do that for them – that's doing our job as a parent.

What advice can you give to women who feel that their relationship is beginning to emotionally disconnect? What can they do to save their marriage?

S: The best thing a woman can do if she sees a gap developing between her and her partner is to name it early on and then invite her partner to get reconnected. Don't wait until things are really strained and stay away from blaming the other person for the troubles. Most people wait six years after problems arise to seek professional help. By then, there are layers of hurt feelings and resentments to the point that the relationship may not be salvageable.

Related Link: [Couples Therapy: A Way to Rebuild a Struggling Relationship](#)

What would like to see accomplished due to your book? Any changes you hope to see in future marriages?

V and S: We'd like to see people stop clinging to an outdated image of marriage. Our biggest hope is that couples wed more consciously; getting married is among one of the biggest decisions a person can make, so exploring why you want to marry, what you can bring to the marital table, and the kind of marriage you want are important questions to ask yourself.

And we would like the shame, blame, and failure surrounding marriages that don't last forever or that are outside the norm to disappear. We hope people become more open to and accepting

of non-traditional marriages. We believe that, if couples understand that they have the freedom to create marriages by their definition of success, we will see happier, healthier unions and more stability for those who wish to have children.

Check out the authors' website, <http://thenewidobook.com/> and pick up your own copy of The New I Do today!

Kris Jenner Officially Files for Divorce from Bruce Jenner



By Amanda Boyer

According to UsMagazine.com and the L.A. Superior Courthouse, Kris Jenner is ready not only for a new season of *Keeping Up With the Kardashians*, but a new chapter in her life. After 22 years of marriage to Bruce Jenner, she officially filed for divorce from him on Monday, Sept. 22. Kris stated, "We are happier this way."

How do you know when it's time to end your marriage?

Cupid's Advice:

Do you think it is time to cut ties with your partner? Cupid has some tips on how to know it's time to end things for good:

1. Do some thinking: Think long and hard, assessing the situation. Are you falling out of love? Are the things you used to love now annoying? If the answer is "yes," it is time to make a decision.

Related: [LeAnn Rimes Breaks Down Over the Ending of Her First Marriage](#)

2. Talk to your family: In times of trouble, lean on the rest of your family for advice. Some may be willing to help move you out or let you stay at their place for a few weeks.

Related: [Jennifer Lopez and Marc Anthony Are Ending Their Marriage](#)

3. Start the process: If you find yourself beginning to look at what it would take to get a divorce, it's probably a solid sign that it's best to move on.

Have anything to add when it comes to ending your marriage? Comment below.

Single in Stilettos Weekly Show: Flirting Tips



On this week's [Single in Stilettos](#) video, founder Suzanne Oshima talks to passionate living coach and author Abiola Abrams about how to flirt with men. She shares more than just external flirting tips and describes bombshell flirting as exuding positive, feminine energy. Here are her tips for working on your inner flirt game: be tuned into your inner receptivity; flirt with everyone; imagine yourself as a magnet; and expect a male miracle. When you change your energy, true love will come your way!

Related Link: [Abiola Abrams on Insecurity and Dating](#)

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What are your best flirting tips? Tell us in the comments below.

Jessica Simpson Says She's Done Having Kids with Eric Johnson



By Maggie Manfredi

Mrs. Johnson is perfectly smitten! According to UsMagazine.com, singer and actress Jessica Simpson (now formally Jessica Johnson) is happy with NFL hubby Eric Johnson. The mother of two commented on their relationship, saying, "We have felt like ever since we got married, we've been kind of living on this honeymoon...Life is better, but we don't toast every morning with champagne." They are perfectly content and are done having kids, according to Simpson.

What are some ways to know it's best not to have more kids?

Cupid's Advice:

No parent is the same, so how are you to know when you are done having kids? Cupid has some tips for parents:

1. Talk it through: Talk about the present and the future. Just picturing what will be or what could be will probably give you a good insight into what you want.

Related: [Lauren Conrad Ties the Knot with William Tell](#)

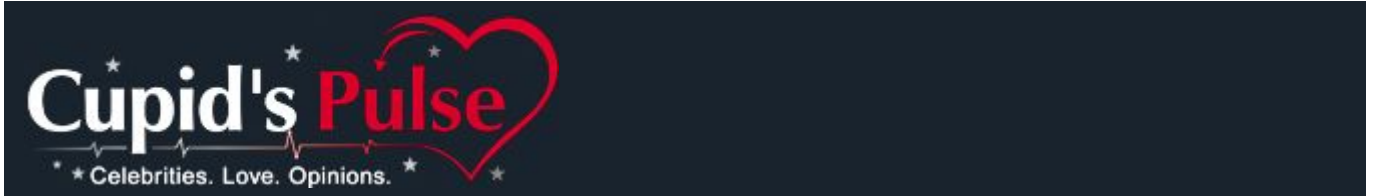
2. Plan: It is also important to think about the details that go into another baby. Expenses, space and your sanity should all be taken into account before you try for another.

Related: [Jessica Simpson Shares Five Wedding Vows For A Happy Marriage](#)

3. Enjoy: Try your best to live in the now and be present with the situation you are currently in, because life is short so go to the park, laugh and play!

Do you think Mr. and Mrs. Johnson will keep their family at four? Share your comments below!

Date Idea: Be a Sweetheart



By Shannon Seibert

The saying goes that the best way to a person's heart is through their stomach: Take this weekend to satisfy your sweet tooth with new recipes and make sweet treats with your honey. Together you can indulge in sweet treats and indulge in each other.

Related Link: [Date Idea: Take a Shot](#)

Be sweet on each other. Get creative in the kitchen and bake each other some sweet treats. Surprise each other with samples

of your favorite desserts. Remember all of those Pinterest recipes you've "Pinned for later" well, now is the time to bust out your best Betty Crocker moves to impress your man.

If you need a little baking inspiration, you can never go wrong with chocolate, in any form. Brownies, cookies, cakes or any other treat, chocolate is always the answer. You can bring a little extra something to your batch of brownies by putting crumbled Oreo pieces in the batter. Also, if you aren't a fan of chocolate there are always other routes to try. This Key lime Pie Recipe from allrecipes.com is affordable and delectable. It will have your taste buds, as well as your man's, begging for another piece of the pie.

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

Play with your food. You've always been told not to, but it's time to bend some rules. Make an assortment of yummy treats and blindfold your honey. Feed him one treat at a time and have him guess what it is, or what is in it. If he gets it right, then it's your turn to be blindfolded.

If you're feeling a little adventurous, start a classic food fight. Flick a little flour his way, and before you know it, the both of you will resemble the inside of a mixing bowl. If you don't mind the mess, it's a fun way to pass the time while waiting for your treats to bake.

You can even decorate your tasty treats, icing is just a step up from Crayons. Write your man a sweet message on a decorative cake to show him you care. Something as simple as "Glad You're Mine" or the traditional "I love you" can make him smile. Afterwards, pair a glass of Sherry with your favorite treat, and enjoy sweet conversation with each other.

Have any sweet secret recipes? Share with us in the comments below!

Screwing the Rules Video Dating Tips: Your Must-Have Mantra



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

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

Related Link: [Find the Love of Your Life](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) discusses your must-have relationship mantra. "'Here I am.' That's it!" she shares. "Not 'Here I am – am I good enough?' or 'Here I am – do you like me?' It's confident. It's comfortable." If you don't recognize your own value and worth, then you can never expect a man to do so. Remember that you can only be who you are – and someday, you'll find a partner who loves you for you.

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

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What is your must-have mantra? Tell us in the comments below!

Psychologist Breaks Down Relationship Fears in New Book, 'Love Me, Don't Leave Me'





Interview by [Whitney Johnson](#). Written by [Sarah Batcheller](#).

It's safe to say that psychologist and author Michelle Skeen is an expert when it comes to addressing fears. In her new book, *Love Me, Don't Leave Me: Overcoming Fear of Abandonment and Building Lasting, Loving Relationships*, she provides readers with powerful, enticing tools to handle a multitude of relationship fears, specifically that of abandonment, and details the ways in which these fears stem from early experiences. Thought-provoking and inspiring, Skeen encourages readers to realize what's holding them back in order to reach their full potential as a partner.

Why did you focus on the fear of abandonment?

I chose to focus on the fear of abandonment because it's a primary fear that affects a lot of relationships. I think it exists in multiple scenarios: women stay in relationships that aren't healthy for them because they're afraid of being alone, they avoid getting into relationships because they fear being abandoned, or they behave in ways that cause them to be abandoned.

Related Link: [Are You Dating Someone with Narcissistic Personality Disorder?](#)

Do you think that every individual carries a little bit of this fear with them in some way?

Absolutely – we're born with it! If we're abandoned when we're babies, we die. I think it's hardwired in us, and I think that it can get reinforced with early childhood or adolescent experiences or trauma, like the death of a parent, a traumatic divorce, or the death of a sibling or a friend. I think that the groundwork is laid in the beginning of our lives for our fear to either be increased or maintained at a lower level. One of the primary purposes of the book is to develop the awareness of what's going on. With awareness you can make change, so it's about identifying the problem.

You know, we all have a story, and most of the time, when people are having difficulties in relationships, it's related to them being stuck in their story, their story being their past experiences. If they're not in the moment and evaluating their present experience based on what's going on in the now, they are making predictions based on their story. So part of it is identifying your story and then distancing yourself from it.

How should someone react if their partner begins to push them away out of fear?

Well, I think that a lot of times what's happening when we push people away is that we've already predicted what's going to happen, so we're taking control of it. We're having a difficult time dealing with the uncertainty and ambiguity of whatever is going on in the relationship at the time, so rather than sitting with that and feeling really uncomfortable, we would rather take control and reject it before we can be rejected.

As a partner, if you have the ability to identify the

reasoning behind your significant other's behavior – for example, “You're doing this because you're afraid that I'm going to do it to you” – then I would suggest you make the effort to move *toward* the person. Try to bring them into the present moment, what is truly happening between the two people and not the memory of something that's happened before that's getting in the way.

Something we all need to work on is mindfulness. Mindfulness is such a game changer. It allows us to recognize, “I'm having these painful thoughts and emotions, and I need to get rid of them because this feels horrible.”

How can our readers work on mindfulness?

Well, there are so many great mindfulness resources. What I found is a lot of people are intimidated by the idea of mindfulness. They think they need to sit with their legs crossed and keep their mind completely clear. That's not what you need to do at all.

Mindfulness is about recognizing that every experience, thought, and emotion you're having is a temporary state. It's going to pass through you. You just need to *be* and think, “Oh, I'm having this thought that I'm going to be left, and I'm letting that go.” You've got to accept all of your thoughts, whether they're helpful or unhelpful. There are a lot of great mindfulness exercises which I introduce in my book, like a mindful walk or adding this mindfulness piece to your morning cup of coffee or tea.

Related Link: [Top 3 Mistakes Women Make in Relationships](#)

What are some long-lasting skills and insights that people are left with once they discover and address their fear?

Well, I think it's important to identify the behavior that isn't working. Behavior is one thing we do have control over. In a world where we're constantly looking for control, we

can't really control our thoughts or minds; they just happen. We can control our behavior. We can't control anyone else's behavior, but if you're engaged in helpful behavior, it will result in the other person adjusting their behavior.

So I think identifying unhelpful behavior, recognizing what situations trigger these thoughts of abandonment and fear, and looking at your typical reaction to that fear is where you have to start. Then, you have to stop reacting that way and look at ways that *will* be helpful in getting you closer to what you want.

Pick up a copy of *Love Me, Don't Leave Me: Overcoming Fear of Abandonment and Building Lasting, Loving Relationships* today!

Single in Stilettos Show: Dating Advice for Women in Their 30s





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima chats with New York City Gal blogger Melissa Braverman about tips for women dating in their 30s. The ladies discuss: the biggest challenges you face as a single woman in your 30s; how to navigate those challenges; the pressure to "settle down" by a certain age; what to do if you get discouraged with dating; and how to stay motivated in your search for love.

Related Link: [Abiola Abrams on Insecurity and Dating](#)

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What your best tip for someone dating in her 30s? Tell us in the comments below!

‘RHONJ’ Star Kathy Wakile Talks Desserts in Celebrity Video Interview: “Indulge. It’s Not Going to Kill You!”



Interview by [Lori Bizzoco](#). Video by [Damian Kolodiy](#).

Kathy Wakile first captured our hearts as a cast member of *Real Housewives of New Jersey (RHONJ)*, and now, she’s enchanting our taste buds with her dessert line Dolci Della Dea and her cookbook *Indulge: Delicious Little Desserts That Keep Life Real Sweet*, which was released on September 2nd. Earlier this week, the reality TV star did a book signing at the Boulevard Books & Cafe in Brooklyn. In our celebrity video interview, we got the latest scoop on her decadent

desserts, the upcoming season of *RHONJ*, and life at home with her family.



Lori Bizzoco with Kathy Wakile and her husband Richard.

Reality TV Star Dishes on New Cookbook

As fans may know, the title of her cookbook came from something she said on *RHONJ*: “We were talking about my desserts, and I mentioned how I see really, really skinny girls who deprive themselves of everything and who

aren't happy. So I said, "Honey, have a cupcake. Indulge. It's not going to kill you!" With that thought in mind, Wakile focused on mini desserts, so people can enjoy something sweet without feeling guilty afterwards. She adds, "We want them to look good and taste good, but we don't have to have such large portions."

Related Link: [‘RHONJ’ Star Jacqueline Laurita: “I Try My Best to Get Along with Everyone”](#)

When it comes to impressing your partner, her best love advice is simple: She recommends baking her Chocolate Volcanoes. As she mentioned after our interview, "It should be served hot – and it'll make your man feel hot too!" It's no surprise that it's her husband Richard's favorite dessert. Another great date night dessert is the Almond Joyous Cheesecake Cuties (recipe below) – perfect for sharing with *your* cutie!



Almond Joyous
Cheesecake Cuties.
Photo: Andrei
Jackamets

Almond Joyous Cheesecake Cuties – makes 2 dozen

CRUST

2 large egg whites

$\frac{1}{4}$ cup granulated sugar

2 cups sweetened flaked coconut

TOPPING

$\frac{1}{2}$ cup sour cream

3 tablespoons sugar

1 teaspoon almond extract

FILLING

Two 8-ounce packages cream cheese, at room temperature

$\frac{1}{2}$ cup granulated sugar

3 large eggs

3 tablespoons sour cream

3 tablespoons heavy cream

1 teaspoon almond extract

2 teaspoons coconut extract

$\frac{1}{4}$ cup almonds, toasted and finely chopped

Ganache (page 181)

Sliced almonds, for garnish

EQUIPMENT

Two 12-cavity mini cheesecake pans

Food processor

Electric mixer

Small pastry tamper, optional

2 large rimmed baking sheets

- Preheat the oven to 350°F with one rack positioned in the center of the oven and another rack positioned at the bottom of the oven. Fill a broiler pan or roasting pan with about 2 inches of water and set it on the bottom rack.
- To make the crust, combine the egg whites with the sugar in a medium bowl and use an electric mixer to beat to very stiff peaks. Use a rubber spatula to fold in the coconut until well combined.
- Scoop about 1 tablespoon of the mixture into each cavity in the mini cheesecake pan and use the back of the measuring spoon to firmly compress the mixture into an even layer about $\frac{1}{4}$ inch thick.
- Set aside.
- To make the almond topping, in a small bowl stir together the sour cream, sugar, and almond extract. Set aside. To make the filling, in a separate bowl beat together the cream cheese and sugar with an electric mixer at medium speed until smooth and creamy. Beat in each egg separately and scrape down the bowl after each addition. Continue to mix at medium speed and add the sour cream, heavy cream, almond extract, and coconut extract.
- Set the cheesecake pans on rimmed baking sheets (this will make it easier to get them in and out of the oven). Press the crust down again to ensure that it is well packed.
- Transfer the filling to a large measuring cup with a spout and pour enough filling into each cavity of the pans to fill a bit more than three-quarters of the way up to the rim.
- Bake for 7 minutes at 350°F then lower the temperature

to 250°F and bake 10 to 12 more minutes, or just until the surfaces of the cuties are set at the outer edges but still wobbly in the center. (Keep a close eye on them!

- Take the pans out of the oven and divide the almond topping among the cakes, spooning an even layer onto each and smoothing the tops with the back of the spoon. Top with the chopped almonds, then return the pans to the oven and bake for an additional 7 minutes. (They'll still look wet, but they will set as they cool.)
- Let the cakes cool in the pans for 3 to 5 minutes, then run the tip of a very sharp knife around the top edge of each cake (this will unstick any topping that has adhered to the side of the pan and help the cake come out of the pan easily and flawlessly once they are cool.) *Don't try to add the chocolate ganache or unmold the cakes while they are still warm!*
- Let the cuties cool in the pans all the way to room temperature, at least 30 minutes. Then chill in pans for 2 hours before unmolding and topping with ganache.
- Carefully unmold the cuties by pressing the little round disk underneath each cake upward to raise the cake so that its bottom is level with the pan rim, then slide a small spatula underneath the cake.
- To cover the cuties with ganache, arrange the unmolded cheesecakes on a wire rack that's sitting on a parchment-lined baking sheet. Use an offset spatula or butter knife to carefully apply a thin layer of ganache to the tops and sides of each cutie. Let dry, then go over the cheesecakes again to smooth out any spots you may have missed, working from the top first and then down around the sides (dipping the spatula or knife in hot water and wiping dry periodically will also help keep the ganache smooth).
- Garnish with sliced almonds and refrigerate 6 hours or overnight before serving. (You could chill the cuties overnight before adding ganache, then chill more briefly

just to set the ganache. The cuties can be kept in the refrigerator for 3 days and are also freezable.)

Ganache – makes about $\frac{3}{4}$ cup

8 ounces bittersweet or semisweet chocolate, chopped

$\frac{1}{4}$ cup heavy cream

2 tablespoons unsalted butter

- Combine the chocolate, cream, and butter in a small heatproof bowl. Set the bowl over a saucepan of barely simmering water. Cook, stirring occasionally, until the chocolate is melted and the mixture is very smooth.
- Let the ganache cool to room temperature before using.

From Indulge by Kathy Wakile with Miriam Harris. Copyright 2014 by the authors and reprinted by permission of St. Martin's Griffin, an imprint of St. Martin's Press, LLC.

Celebrity Video Interview: Kathy Wakile Opens Up About Her Family

Although the mom of two focused on her cookbook over the past few months, she will be gracing the small screen towards the end of season six of *RHONJ*. “You’ll see what’s happening with my family and see how my children have grown. You’ll see what’s happening with our everyday lives,” she explains.



Kathy Wakile at her book signing at Boulevard Books & Cafe.

Speaking of her family, the reality TV star reveals that her daughter Victoria is doing well after battling her second benign brain tumor. “She’s a strong, brave girl, and she’s just more motivated than ever,” she says with a smile. Of how she got through such a difficult time, she credits the power of prayer. “I don’t feel like it was me doing everything. I feel like God was carrying me through.”

Related Link: [RHONJ’s Teresa Giudice Debunks Divorce Rumors](#)

Of course, the New Jersey native isn’t done expanding her empire just yet. Next up is a cookbook of Mediterranean-based appetizers and small plates. As she explains, “I get a chance to show my love through my cooking!”

Keep up with Kathy on Twitter @KathyWakile. You can purchase her cookbook Indulge: Delicious Little Desserts That Keep Life Real Sweet at your local bookstore or on Amazon.

Khloe Kardashian Says French Montana is Too Needy



By [Sarah Batcheller](#)

Eight months into what has been somewhat of a controversial relationship, Khloe Kardashian and rapper boyfriend French Montana are taking a break, according to UsMagazine.com.

Montana was previously scrutinized by Khloe's family and fans when he admitted he was capitalizing on all the attention he began to receive when he started dating the youngest of the Kardashian princesses. Now, he is apparently behaving in too much of a needy and dependent fashion, as Khloe has decided to take a breather from their intense relationship.

How do you know when you need to step back from a relationship?

Cupid's Advice:

1. You've been having the same arguments repeatedly: If you and your boo are continuously arguing over the same topics, it may be time to clear your head, and find out if these arguments are even worth having. If you're always entangled in the same issue, you probably don't even know where your feelings and/or opinions stand anymore, so you definitely benefit from some "me time". That way, you can step back into the relationship with a reinvigorated sense of self, and determine whether or not your love is worth fighting for.

Related: [Dating Deal Breakers](#)

2. You never have time for the rest of your loved ones: If your partner is constantly nagging and guilt-tripping you into seeing them, and you're sick of not spending time with anyone but them, you may need to give them a reality check by asking to not spend time together for a while. It's unhealthy to not spend quality time with family and friends, especially when the cause is that you're being choked to death by your significant other. If you're losing the rest of your life over a relationship, re-examine your priorities.

Related: [How to Move On After Heartbreak](#)

3. Your lover never has time for YOU: We are all all-too-familiar with the agonizing pain of staring at a phone screen with an unanswered text, or going two weeks without going on a date with your partner. If you feel you're not getting the time with them that you deserve, you may want to take a break to see what it's like to not expect anything from them. This way, you may either realize that you both just have busy schedules you need to manage, or that you don't matter to them much after all. Either way, only some time to yourself will provide you with the clarity you need.

What are some other tell-tale signs it's time to step back from your relationship? Share your comments below.

How Do You Make a Woman Feel Most Beautiful?



By [David Wygant](#)

Well, I could tell you to just come right out and tell her she's beautiful. But to me, that lacks the emotional depth a woman wants. Most women have a day each month, if not several days, where they find themselves more insecure than usual about their looks. They constantly compare themselves to others and make themselves feel bad. Men don't necessarily do that. We'll go to the gym, look at another guy, and say, "Boy, I wish I was built like him." Then, we'll shut it off in our brain and carry on with what we're doing. Women, though,

stand next to each other in Zumba and start to get angry or sad because they feel inadequate.

So here are the five best ways to make a woman feel her most beautiful – any time and any place.

1. Make an effort in the morning: Whether she wakes up wearing her gym clothes, sweat pants, or a dirty t-shirt, tell her she looks beautiful. If you say those sweet words to her when she's wearing no make-up and hasn't brushed her hair, it's going to mean the world to her. Tell her that, even in her grungiest, she's still perfect to you.

Related Link: [4 Best Practices for Talking to Your Date](#)

2. Say it and mean it: When she's rocking something she looks good in and she's checking herself out in the mirror (like women do), it may be because she doesn't like the way it fits her body that day. What you need to do is walk up behind her and whisper in her ear, "You look absolutely gorgeous. I can't wait to take you out. I'm not going to be able to concentrate the whole night." When you do this, you're showing her you recognize that she's picking at her parts. You know she's not feeling 100 percent, but you still think she's amazing.

3. Don't just say she's beautiful: You can make a woman feel beautiful *without* actually telling her she's beautiful. If she's leaving for a business meeting, look at her and say, "Wow, you're rocking that outfit, and you're going to kick butt today. Have an amazing day." You're building up her confidence and self-esteem despite not using those two little words.

4. Make her feel awesome around her friends: When you meet your woman and a group of her friends, there's a chance she may start to feel a little insecure. She might think her friends are more attractive than she is, and it could impact her confidence. Say something like, "The second you walked in

here, I couldn't keep my eyes off you. You look amazing. I love the way you did your hair." It's all about making her feel special...because that's what beauty is to a woman. It's a feeling rather than an actual look.

Related Link: [Planning the Perfect Proposal](#)

5. Tell her the moment you see her: Don't wait. When you pick a woman up for a date or come home from work, tell her she looks gorgeous. She's spent so much time, especially if you're on one of your first few dates, picking out an outfit and making herself look good. She's probably changed clothes three or four times! So acknowledge the fact that she looks great. Similarly, be aware of your woman at all times. If she gets her hair done, take the time to notice and tell her how nice it looks.

Make a woman feel beautiful, and she'll make you feel amazing.

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

‘Bachelor In Paradise’ Star Michelle Money Says, “I am the Luckiest Girl in the Whole World!”





By Ann Luther

The *Bachelor in Paradise* finale did not disappoint. Host Chris Harrison promised us drama, and as always, he delivered. In the end, it came down to three couples: adorable Sarah Herron and Robert Graham, solid Lacy Faddoul and Marcus Grodd, and wild cards Michelle Money and Cody Sattler. Then, Harrison rolled in with overnight date cards for the love birds, giving them time to work it out (and *work it out*) before the final day in paradise.

Related Link: ['Bachelor in Paradise' Star Michelle Money on Relationships, Love and Cody Sattler](#)

After the dates, Herron and Graham broke up and headed home. Of course, Faddoul and Grodd emerged from their room as engrossed as ever. And by a *huge* surprise, Money, who entered the date as unsure as one can be, and Sattler, both glowing, sauntered into the hut “satisfied” and “sore.” Money even gushed, “I have a boyfriend!”



Cody Sattler and Michelle Money share a moment on set after the final rose ceremony. Photo courtesy of Michelle Money's Instagram

After Money and Sattler exchanged roses, a very nervous Grodd took his girl down to the beach and proposed! Faddoul said yes, and they formally accepted each other's last roses. With intrigue and endings that happy, it's no wonder *BIP* has already been green-lighted for a sophomore season.

Intertwined in all the twists and turns of the episode was the internal struggle within Money to accept the love that Sattler was offering not only her but her young daughter too. The personal trainer was so sweet and patient with her as she hesitated throughout most of their time together. The Utah hairstylist said in interviews that he wasn't the type of guy she usually pursued. She also expressed feelings of being overwhelmed by how quickly his feelings progressed and how strongly he came on. It really wasn't until her last moments on camera that she decided to go all in.

Now that the season is over, everyone can see that she is elated with her man. Money's Twitter and Instagram accounts are flooded with pictures of the two of them along with her

daughter. She captioned one sweet photo with, “Sooooooo in love with @cody_sattler and so happy I can finally talk about it!! This man has changed my life!! I am a better woman because of him!!! I am the luckiest girl in the whole world!!” As she told UsMagazine.com, “I’ve never met anyone as amazing as Cody. I never thought someone like him existed. It’s been such a beautiful surprise.”



Michelle Money and Cody Sattler pose with Money’s daughter, Brielle. Photo courtesy of Michelle Money’s Instagram.

This got us thinking. In real life, we often end up with a partner who we never saw in our lives. We all have our types – the fellows we’re drawn to and keep falling in and out of relationships with until one day, we meet someone different. It’s always the “this one is so different” that ends up turning into “he’s The One.” So how do you know when to ditch your type and just go for it with the divergent dude? Here are three things to consider:

Related Link: [‘Bachelor in Paradise’ Contestant Chris Bukowski Talks Friendship with Michelle Money and Split from Elise Mosca](#)

1. You're so over it: When the guy that is so up your alley lets you down just like all the others that came before him, it's time to mix it up. There is no need to keep torturing yourself with men just because they match your typical criteria. There are so many guys out there waiting for you!

2. You're in a slump: If you haven't been seeing anyone special for a while, it might be because you've boxed yourself in. When you look outside those boundaries, things will start to change, for better or worse. The point is: They're changing. You're getting out there and learning things about yourself that you may have forgotten because you unknowingly cut yourself off from all of those other fish in the sea.

3. He's right there: Just like Money realized, someone could be right in front of your face, begging you to see them. Maybe you friend-zoned him ages ago; maybe he even gets under your skin a little bit; or maybe you met him yesterday and automatically wrote him off. Whatever the excuse, tell that voice in your head to pipe down and leap into his arms. Most likely, he will catch you and never put you down.

Follow Michelle Money on Twitter @MoneyMichelle. The second season of Bachelor In Paradise will premiere during summer 2015 on ABC.

Don't Let the Good Guys Finish Last





By Janeen Diamond for [Hope After Divorce](#)

...we see a few redeeming qualities and think we've found The One. Well, let me tell you – some of us have found The One more than once!

What is it about us humans that we believe in order to be truly happy we need a significant other in our lives at all times? I think more of us need to work on being okay with being alone – at least until we know we're ready for the kind of relationship that will truly add to our own individual happiness. Now, you know me: I always try to keep a dose of positive attitude in everything I write. So today's message may come across as a bit of a downer, but I believe it is too important, so I'm going to go for it.

The divorce rate continues to climb, and I'm convinced it's because people – and particularly we women – get in such a rush to marry or re-marry, that we see a few redeeming qualities and think we've found The One. Well, let me tell you – some of us have found The One more than once!

We wind up telling ourselves things like, “He’s completely different than my last husband” or “He’s just so wonderful with my kids.” Maybe it’s more like, “Who cares if he drinks a little too much? He’s just so amazing” or “So what if his ex-wife hates him – he’s just misunderstood.” There’s also, “He’s irresponsible, but he’s so generous with his money,” “I don’t know that much about his past, but that’s just because he’s a very private person,” and “Yeah, I know he’s got a temper, but he has so much stress in his life. I can make everything all better.”

Related Link: [How To Behave Like a Gentleman](#)

Let me just say... Yes, of course, there are good men out there. I know many. But there are a lot of bad ones too, and the world of divorce seems to make them surface in droves.

I don’t make it a habit of recommending books, but I came across one that I actually want my youngest daughter to read before she even starts dating. That means I think every woman, married or dating, should read it too before she overlooks the warning signs or so she can finally realize why she’s been beating her head against the wall trying to make the relationship work. It’s called *How to Spot a Dangerous Man Before You Get Involved*. And boy, is it an eye-opener!

Now, to all you ladies reading who are looking for a new relationship, let’s give this a positive spin because I won’t be able to live with myself otherwise... Let’s be the woman who is so happy with herself and her life that she doesn’t need a man to fulfill her. Let’s be the woman who spots a good man when he does come along and attracts him into her life because she is stable and independent and happy. Let’s be the woman who is able to step back and examine the facts before jumping feet first into a relationship that may leave you heartbroken at best. Let’s be the woman who takes a pass on all the drama and looks for a grown-up to be a lifelong partner, who brings joy and stability and lasting love into the relationship.

The task of finding a genuine man who will appreciate you, love you, take care of you, and allow you to be who you are and who is also loving, kind, secure, and stable (funny would be an added bonus!) doesn't need to be as hard as we make it. Be the kind of woman who will attract this kind of man, and don't settle for anything less than what you want and what you deserve.

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

If you're currently on the market for a new relationship, just remember to be careful, be watchful, and be open to dating and marrying good, solid men. They may not be as exciting in the beginning, but they will make your dreams come true in the end.

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



[Janeen Diamond, author of Save Your Marriage in 30, was a newscaster for KUTV News until 2001. Since that time, she has been actively producing commercials and special programming through her company, Your TV Spot. She has hosted several television and internet productions and has been a spokesperson for several products and companies. She is a leader over the youth in her church and takes a special interest in helping kids stay on track with their lives. Janeen is currently co-creating "Teen Impact TV," a website for high school students to give them a creative and emotional outlet. She is a contributing expert for HopeAfterDivorce.org, DivorceSupportCenter.com, FamilyShare.com, and CupidsPulse.com. Follow her on Twitter @janeendiamond and www.facebook.com/janeen.diamond.](#)

Learn the Stages of Lasting Love in Linda Carroll's New Book 'Love Cycles'



By [Sarah Batcheller](#) and Shannon Seibert

Linda Carroll has accumulated an abundance of knowledge when it comes to the meaning of true love and how to find it. The Oregon native has utilized her Masters of Counseling in therapy and group settings throughout New Zealand. She now travels with her veterinarian husband around the world to counsel couples and offer her advice through retreats and seminars. She teaches people how to effectively communicate

with one another so a complaint doesn't mature into a criticism or a misunderstanding doesn't deter the relationship. In her third book, *Love Cycles: The Five Essential Stages of Lasting Love*, she depicts love as a process with many everlasting cycles. CupidsPulse.com was able to catch up with the author about her recent release!

We love your idea that love is a cycle and not a straight and narrow path with one destination. Can you describe to us one of the most important stages?

The first stage is when we fall in love; I call it Merge. In our culture, this is what we think of as romance. We are struck by a love drug that is so powerful that we ignore everything that could be a warning sign or red flag. We get this high that knocks out the 911 center of our brain. Your heart is totally open. You don't necessarily make good decisions because you're under a spell and you only see the best.

What's the second stage Doubt and Denial like? How is this considered a normal part of love?

You start to feel like something is wrong. You are more conditional. Women fear disconnection, and men fear being incompetent and criticism – and for good reason. Typically, men become more disconnected and women become more critical. The things we fell in love with start to annoy us, because you finally see the other side of things.

Now, let's get more specific. What are some silver linings of Doubt and Denial?

You get to learn about your own senses. To get to real love, I need to find myself, see my own defense, learn my own triggers, and discover empathy. It's easy to be generous in the Merge but hard in Doubt and Denial. It requires you to work with yourself and to become more wholehearted as a human

being. You have to balance yourself.

Related Link: [Couples Therapy: A Way to Rebuild a Struggling Relationship](#)

Continuing on, tell us about the third stage. How is this different from the first two stages of love?

Stage three is Disillusionment and is much like stage one but a different trance. Everything had been perfect in the first stage, and now, everything is imperfect and wrong. You're quick to jump to conclusions and are critical. At this point, there is a gridlock, and this is usually where people have affairs and get depressed. There are a lot of exits, not where you necessarily leave the relationship but where you create distractions to escape all of the time.

How do you leave this stage and move forward?

This point brings one of four decisions. The first decision is no decision; you just sweep everything under the rug. The second option is to split. Or three, you become different; you stay together but run on parallel lines and give up intimacy. Or the fourth decision is you commit to doing the work, which is to identify what is going on.

Tell us about the ultimate goal, the final stage of Wholehearted Love.

This happens when you've gone through a whole lot together, and you're resilient as a couple. You know yourself; you know how to manage the trouble; you have more empathy; and you are less into being right. Humor comes back into the relationship, and you know that it isn't going to stay perfect. You're able to discover the seasons in a relationship and weather them out. You can find a way back to each other after tough times.

Related Link: [10 Signs That You're in Love](#)

What are some ways couples can intensify the positive parts of

the love cycle?

How couples manage conflicts is the number one indicator of good relationships. Acts of generosity are another part of strong partnerships.

My husband is not my other half; he is his own person. Together, we make a third person where we overlap. We can have a good time away from each other, but we stay connected. We are two whole people together, which is better than half and half. Even on the days we don't like each other, he brews me a latte, which is an act of generosity.

In what ways does our society contribute, positively or negatively, to the way people interpret their own relationships?

It's our focus on romance. We emphasize romance as a really great love, but it's not perfect. To have a relationship that is good enough is different than having a relationship that is perfect. After all, humans are not perfect!

Order your copy of Love Cycles today! Check out her websites www.lovecycles.org/ and www.lindaacarroll.com/.

Single in Stilettos Show: How to Make a Man Fall in Love With You





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to writer, speaker, and romance artist Zan Perrion about what makes a woman irresistible to a man. Here are five qualities that Perrion says will make a man fall in love: a woman with a certain grace and elegance that implies beauty on the inside and out; someone with a feminine spirit; a woman who inspires him to be the best version of himself; someone who is supportive; and a woman who is completely devoted to him. Watch the video above to find out more about the importance of these traits!

Related Link: [Zan Perrion on What Scares a Man Away](#)

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

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

What do you think is the #1 quality in a woman that makes a man fall in love? Tell us in the comments below!

Sharing May Not Always Be Caring



By [Sarah Batcheller](#)

Living with your significant other is a blissful thing. When you're in love, it's great to come home to each other after a stressful day of working and wake up next to each other each morning. Sharing the bed makes for cozier nights; not to mention, sharing responsibilities makes things a lot easier on both of you.

Reality eventually sets in though. At the end of these long days, you still want some things to belong to just you. After

a couple months of being able to snag his comfy t-shirt whenever you want, it's not so fun when you realize he's been using your favorite bath towel to dry the floor or your expensive shampoo as his body wash. Cupid is here to dish on what's good to share and what's good to keep separate:

1. Keep your personal products separate: This is mainly for hygiene purposes. Toothbrushes should never be shared – and no, it doesn't matter if it's being used by the same mouth you kiss! That goes for razors and loofahs as well. Anything that has the purpose of cleaning and primping a person should be reserved solely for that person. Plus, people tend to be borderline OCD when it comes to their bathroom products, so it's best to avoid arguments over this issue by respecting one another's boundaries.

Related Link: [What You Need to Know Before You Move In Together](#)

2. Share your groceries: Food in the house should be neutral territory. You're not bunking with your college roomie anymore, so you don't have to worry about rationing your groceries fairly. Food is the sustenance of life, and sharing meals is a great way to bond and express mutual love. That means the food buying expenses and responsibilities are also shared. Remember that surprising your babe with their favorite snack food is a great way to add a little romance to your living situation.

3. Share pet care responsibilities: Even if a cat or dog belonged to one partner before merging households, it's still considerate to pitch in with the caring for said pet. When you agreed to move in with your significant other, you knew that the animal was part of the deal too. You might as well get into the habit of filling up their food bowl and scratching their tummy!

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

4. Share only certain clothing items: It's easy (and even kind of cute) to grab your honey's t-shirt when you're in a hurry or even when you just want to lounge around. Sweatpants are in the same category. But ladies, your man may or may not like it so much if you throw on his boxers to sleep in, so make sure you get the okay before stealing his favorite penguin-covered pair. Similarly, gentlemen, steer clear of anything that can be stretched out, like socks or slippers (no matter how comfy and fuzzy they are) because that is the ultimate pet peeve among females.

5. Keep finances separate: Unless you're married, it's wise to maintain your money and bills as your own responsibility. Of course, rent and other utilities will be split, because, well, you live together, but everything else you're financially responsible for should be yours alone. This way, you're not crossing any lines that could lead to tense arguments. Sharing finances can be a messy avenue to travel unless you're totally, 100 percent committed.

What things do you share with your live-in partner? Tell us in the comments below!

Sharing Secrets





By [Melanie Mar](#)

You all have experiences in life that are so private that you choose to only reveal them to a small group of close confidants. But when you start a new relationship, one of the dilemmas you'll face is: When is the right time to share your personal secrets with a new love? Sharing your private life can be somewhat anxiety-inducing, whether it regards a previous relationship, a health issue, or a family problem. It takes a lot of guts to share your secrets with your partner with the hope that they are trustworthy enough to embrace what you're telling them with an open heart and no judgement. Below are four things to consider before disclosing yourself:

1. Take your time: Get to know the person and observe how they react to others. Are they compassionate towards friends, co-workers, and family? When faced with a challenge, how do they handle it? You want to know that what you share is in a safe zone; does your new partner tell you secrets of others that should not have been repeated? When you feel comfortable, start by sharing smaller, less impactful parts of your private

life and tread lightly. How did they handle this information? Were they emotionally mature and supportive? Do not reveal more until all of these questions are answered in a positive way.

Related Link: [Five Tips for Falling in Love in 2014](#)

2. Maintain boundaries: However close you're feeling to your new parter, you do not "owe it to them" to share things until you are completely comfortable. Sharing your private life prematurely can lead to regret if the relationship fails a few months later. Do not feel the need to disclose every specific thing that occurred with previous relationships and only give information that is truly for the benefit of your new relationship. Maintain boundaries for yourself and understand your reasoning for implementing this trickle effect; this step will assist you in refraining from dragging your skeletons out of the closet before the relationship has a deep, solid foundation.

3. Build a trustworthy record: Trustworthiness and honesty are the backbones of any successful relationship, but while you're establishing yourselves as a couple, withholding certain information is not particularly a bad thing. If asked something directly that you do not wish to answer, gently steer the direction of conversation to another subject. If that fails, simply state that you would prefer to discuss it later as your relationship progresses. Initially, keep it light when it comes to your discussions with your new significant other. Keeping a few secrets may be in everyone's best interest. You're not pretending to be someone you're not; you're just revealing things about yourself in small doses and at appropriate times.

Related Link: [How to Have a Stress-Free First Date](#)

4. Know that some secrets are healthy: Not all secrets are bad! There's something to be said for the curiosity that can

come from being with someone you don't know absolutely everything about. Withholding tidbits of information about yourself can add a sense of mystery that will keep the relationship fresh and exciting when your partner learns something new about you.

Remember personal information is sacred. It should not be disclosed without great contemplation. You have to decide if the things you're withholding will significantly alter the a new and vulnerable relationship. Still, know that in a long-term, committed relationship, secrets should be kept to an absolute minimum.

[Melanie Mar](#) is a celebrity relationship specialist, matchmaker and life coach.

Screwing the Rules Video Dating Tips: The Best Dating Question to Ask on a First Date





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

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

Related Link: [Do THIS for Better Dates](#)

If you're insecure about what to chat about on a first date or tired of having boring conversations, then this week's [dating advice](#) video, from relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) is for you. She encourages you to ask one "magic" question: Why? "That's it! Why adds so much – it's the one thing that you can tack onto any mundane subject and suddenly transform it into something that matters," she explains. Listen up for more great dating tips!

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

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

Cupid wants to know: What's your go-to first date conversation topic?

Single in Stilettos Show: 5 Signs He's Not The One!



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to Robert Manni, dating coach and author of *The Guy's Guys Guide to Love*, about how to know if the man you're dating is The One. Here are five signs that he's *not* your soul mate: He's too jealous; he overindulges when it comes to drugs or alcohol; he has different views than you about money;

he doesn't want to be around your family; and he's abusive in some way.

Related Link: [Robert Manni on How to Be Successful at Online Dating](#)

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

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How did you know when you found The One? Tell us in the comments below.