

Report: Scott Disick Was Hospitalized for Alcohol Poisoning



By Sanetra Richards

Blame it on the alcohol. Scott Disick can owe it all to exactly that for his recent hospital stay. According to UsMagazine.com, the reality star was reportedly hospitalized for alcohol poisoning during his belated birthday bash on June 22nd. Kourtney Kardashian's longtime love and father of two, partied and had several drinks at the Hamptons nightclub 10ak before being treated at Southampton Hospital. A source stated Disick "went through a dark place" after losing both parents within the past year, but, "is doing great now."

What do you do if you think your partner drinks too much?

Cupid's Advice:

You have been noticing something strange going on with your partner lately . . . they have been looking to a bottle for an answer and comfort. You want to tell them, however, there is no easy way to go about it. One wrong thing could trigger an uproar. Cupid has some tips to get you there properly:

1. Be honest: Inform your partner of your realization, but be very careful with your approach. Avoid being offensive. Maybe comment on their lack of activity lately by saying you have not seen them doing their favorite hobby since they have started heavily drinking. Maybe even let them know you are concerned about their health. The main goal is to be empathetic at all times.

Related: [Kourtney Kardashian is Pregnant With Third Baby](#)

2. Console them: Behind it all, there is a reason why they constantly seek to drink. It comforts them for the time being. Ask questions in regards to what they may be battling internally that drives them to the bottle. They could very well be heavily drinking without noticing. Help your significant other understand what is causing it and why.

Related: [Scott Disick Addresses Prospect of Marriage with Kourtney Kardashian](#)

3. Seek help: One of the final and most important steps to act on if you think your partner drinks too much, is getting them the help they may need. Of course, they will have to agree to it. You can try to be as supportive as possible, but they will only change their behavior if they truly believe it is problem worth solving.

How do you deal with an excessive drinker in a relationship? Share your suggestions below.

Cupid's Weekly Round-Up: Dating a Co-worker



By Shannon Seibert

In-office dating is risky. On the outside, it looks like a wild thrill ride that involves a lot of stolen glances, secret flirting, and sneaking around. Truth be told, your co-worker is still a person with dating potential. We've snagged these five articles from our partners to show you the most important points about dating in the workplace:

1. Despite the warnings, it *can* work out: Relationships are tough as it is, and when you factor in the stress of the workplace, things can get pretty intense. An in-office

romance can challenge people to test boundaries that they haven't before, but by pushing these limits, couples can also live their fairytale. Ginnifer Goodwin found her love story on the set of *Once Upon a Time*, where she literally fell for Prince Charming, played by Josh Dallas. (CelebrityBabyScoop.com)

2. Secrecy can lead to hotter sex: Keeping secrets can be fun! Subtle touches and hidden jokes within conversation create sexual tension unlike any other. The forbidden fruit always seems to be the ripest, so go ahead and pick it. Plus, it's an added bonus when you catch him checking you out in the break room; it gives you something to look forward to when you clock out at the day's end. (YourTango.com)

3. There are a new set of rules: The dating game becomes a little more complicated when it comes to courting a colleague. For the sake of being professional around your boss and for the courtesy of others, keep public displays of affection to a minimum. They can hinder your work as well as jeopardize your position at the office. You'll have direct contact on a daily basis, so just remember to toe the line from nine to five. (GalTime.com)

4. It may become big news: In the office, all personal relationships are hot gossip. When you really start to fall for a co-worker, people will know just by looking at you. Some industries are more accepting of colleagues seeing each other romantically. Actors date other actors all of the time! In fact, Katie Holmes is allegedly dating her co-star in *The Giver*, Alexander Skarsgard. (CelebrityBabyScoop.com)

5. It can lead to a serious connection: Colleagues tend to develop strong bonds due to the common ground of their work. You understand the day-to-day grind, and you run in the same circles. This allows two people to know each other in more ways than ones. The way he deals with being stressed, flustered, or successful demonstrates a lot about his

character. Seeing these sides of each other can lead to greater intimacy and understanding of one another. (GalTime.com)

We'd love to hear your in-office dating stories! Share with us in the comments below.

Clear the Clutter



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

"Sometimes, life is about just being here and feeling gratitude and enjoying all we are blessed with."

I have been spending a great deal of time lately with a good friend who is deep into self healing, meditation, de-

stressing, clearing buried emotions, and other ideas that go along with living a healthier, happier life.

I love feeling good, and I'm very open-minded about new ways to improve my health in every sense. When we go through a great deal of stress in our lives – and who doesn't? – it affects us in ways we sometimes don't notice until it's too late, and our health suffers. I never want this to happen, so I try to stay ahead of the game.

One of the things my friend has had me do is ten minutes of meditation twice a day. The first time I tried it, I was opening my eyes and looking at the clock before even two minutes had passed. He explained this is because of all the chatter we have going on in our heads. It's difficult to shut off our minds and just "be." Just try to sit still for ten minutes and totally clear your thoughts, and you'll see what I mean!

Related Link: [Changing Your Life in Those Quiet Moments](#)

I had another friend tell me a few years ago, "Janeen, you are too busy! Sometimes, life is about just being here and feeling gratitude and enjoying all we are blessed with." She really made an impression on me and had me working to simplify and clear the clutter out of my life. I have realized recently that family, church, service and work – the things that are most important to me – take up the bulk of my time. The things that are important to you may be slightly different, but I believe each of us has to be really choosy about the other things we let come into our lives.

It's so easy to:

- get busy with things that don't matter;
- let toxic people stay in our lives because it's more difficult to do something about it;

- let Internet shopping and social media fill our down time;
- and ignore our responsibilities because mindless activities are more fun.

It can be really easy to get off track and start spending our time doing unimportant things. I know someone who fills his life with so much noise, and I have to ask myself why. He can't be in the car or working without the radio blasting. He can't sit still long enough to have a conversation, so he's always fixing things, moving things, turning things on and off. In my observations, I have come to realize that there are things he would rather not have to think about. When we allow ourselves to just be quiet, we are forced to think about our lives and dwell on the things we have done and on the things we need to do going forward.

I want to inspire you to become the kind of person who can work to clear the clutter, so you can get rid of the anxiety, the stress, and the unhappiness. Begin with these suggestions:

Decide what's causing you distress and write those things down. Maybe there are some little annoying things you need to deal with, and maybe there are some big, life-changing things that need to be faced head on. Start making a plan. And remember: Sometimes, the plan can take months or even years to achieve. Patience is going to play a vital role.

Take these things one at a time and begin putting them out of your life. Start with something small so you can have success quickly and gain some confidence. You have to ask yourself: Do I want to live with this for the rest of my life, or am I willing to make changes now so I can look forward to a better life?

Set goals and decide when each item will no longer be a part of your day. Having a date in mind and on the calendar will help you do what it takes to get where you need to be.

Related Link: [The Most Powerful Tool to Help You Find Your Soulmate](#)

Stress is a part of life. We all have to deal with it from time to time. But we don't have to let it take us over or ruin the enjoyment we get from family, friends, and meaningful work. Make sure you do the basics everyday: exercise, eat well, meditate, do things that bring you pleasure, and laugh.

Do what it takes to stay healthy and full of life. Get rid of as much stress and anxiety as you possibly can. And be grateful for something every day.

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 \[www.facebook.com/janeen.diamond\]\(http://www.facebook.com/janeen.diamond\)](#)

Single in Stilettos Show: How

to Get a Man to Open Up



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima speaks with women's dating coach Jonathon Aslay about how and when to approach your honey with tough conversations. Aslay shares the key skills every woman should practice when trying to get her man to open up.

Related Link: [Jonathon Aslay on Why Men Are Commitment Phobic](#)

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

How do you get your man to open up? Tell us in the comments below!

Online Dating: Are Pictures Worth 1000 Words?



By [Marni Battista](#)

As much as we may try to seem above it, there's no denying that photos are a major factor when choosing whom to pursue in the online dating world. While I always encourage women to look beyond a man's physical characteristics and delve deeper to determine overall compatibility, online dating presents a whole different animal.

Other than the mysterious algorithm working behind the scenes, most online dating sites give you a guy's stats, a few

sentences, and a gaggle of photos to base your first impression on. It's only natural – and wise – to read into the pictures these potential men choose to provide. So that you don't step on any online dating landmines, here's a Dating with Dignity guide to potential photo faux-pas:

Related Link: [Dating Red Flags Revealed on Facebook](#)

Obviously Outdated

It's tempting for us all to pick the fit, tanned photo from senior year sorority formal over the slightly paler and softer-around-the-edges candid photo from brunch last weekend. But the most secure and successful daters realize the value in posting something more recent and realistic. Guys who've posted something clearly from decades past are cause for a red flag. There's something on the outside or the inside that they haven't quite come to terms with.

Angles and Filters on Filters on Filters

Women have long been accused of using “the angles” in online photos, but just as many men are guilty of snapping profile pics from unnatural vantage points that put their most flattering face (or body part) forward. Popular apps such as Instagram add a whole other layer to the problem: This and other photo-editing apps can make any average Joe look like an A-list Hollywood stud.

Again, when you encounter someone who feels as though they need to dramatically alter their photo in order to appear attractive to potential women, you're likely dealing with someone who carries a level of insecurity, narcissism, or some combination of both.

Related Link: [How to Be Successful with Online Dating](#)

Another Lady

It blows my mind when I hear of men posting photos with

significant others, whether past or present, to their online dating profiles. However, it's not uncommon to encounter men online who have purposely included photos with girlfriends, wives, fiancées, or even blatantly exposed wedding rings. Some dating apps, such as Tinder or Hinge, pull profile photos directly from Facebook, inadvertently including cuddly couple pics from profile pictures past. But beyond that, there isn't much of an excuse for this kind of online dating behavior. Guys with other girls have got to go!

No Picture at All

A man who foregoes photos doesn't constitute an automatic deal breaker, but proceed with caution. Reasons abound for choosing to remain physically anonymous on an online dating site. Perhaps he's new to the concept or simply hasn't yet taken the time to upload any.

If a photoless gent reaches out to you and the conversation flows freely or something in his profile piques your interest, be sure to ask for a photo or at least a last name for a Google background check before meeting in person. But if his words aren't impressing and he balks when asked to put a face to the name, it's time to move on to someone who isn't afraid to show his true self.

[Marni Battista](mailto:marni@datingwithdignity.com), 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.

'The Bachelorette' Andi Dorfman Eliminates Chris Soules After Admitting Her Feelings Aren't as Strong



By Laura Seaman

In the latest celebrity relationship news, reality TV sensation Andi Dorfman has narrowed it down to two men on [The Bachelorette](#). [Chris Soules](#), a farm boy from Iowa, was eliminated after his date in the Dominican Republic. Soules told Dorfman that he loved her, but according to [UsMagazine.com](#), the reality TV star didn't feel the same way. "I don't think it's fair to make you sit here for days and wait for a rose ceremony," she said. "I just think I'd rather be honest with you and tell you that I'm trying and trying,

but it's not there..."

How can you manage your relationship and love when your feelings are different from your partner's?

Cupid's Advice:

It can be extremely awkward when one person's feelings don't quite equal their partner's. If don't think you're quite ready for the level of intensity that your partner is, don't worry. There are plenty of ways to handle this issue in relationships and love, and they don't involve running in the opposite direction:

1. Be honest, and tell them to be patient: Don't just let them continue thinking you're more into them than you really are. It's letting them believe in a lie, and it's no better than just outright lying! The further apart your feelings get, the further apart you will grow as a couple, and if you don't fix it soon, the distance may become too much.

Related Link: [Eric Hill's Death Casts a Shadow on 'Bachelorette' Hometown Dates.](#)

2. Ask them to double-check their feelings: Some people might want love so desperately that they trick themselves into feeling it when it's not really there. Make sure you're not a recipient of these fake feelings, and ask your significant other to really think about what they're feeling. This could bring them back to your level and give the relationship a more solid foundation.

Related Link: [How Not To Scare a New Man Away](#)

3. Take a step back and start from the beginning. If you've just been going along with their strong feelings, maybe you're taking steps you weren't really ready for. This might mean moving in together, talking about future plans, or just saying things you don't mean. Ask them to take a step back and start again a few steps back.

How have you gotten on the same page as your partner in your relationship and love? Let us know in the comments below!

Mother-Daughter Duo Talks Life and Love in New Book 'Have a Nice Guilt Trip'





By [Sarah Batcheller](#)

Growing up and growing older offer a variety of challenges, including the guilt imminently packaged with being a mother or daughter. *Have a Nice Guilt Trip* is the fourth book in its series from this lovable and popular mother-daughter duo and details their journey in vibrant colors. Filled to the brim with witty, hilarious, and heartwarming anecdotes, the authors have mastered the art of tugging at your heart strings and putting a laughing cramp in your side simultaneously. Lisa Scottoline and her daughter Francesca Serritella share the pages, decorating them with the stories of their lives and loves. CupidsPulse.com had the pleasure of interviewing both authors about their new collection of tales, which was released on July 8th.

We love the title *Have a Nice Guilt Trip*! What inspired the two of you to co-author this book?

Lisa: What inspires me is my daughter. I love being her mom, and we've evolved into being best friends. Plus, we both like to make people laugh. By the way, the credit for the title goes to Francesca – she thinks of them all!

Francesca: Now that I'm an adult, our mother-daughter relationship doesn't always take place in the same room, but you always carry your mother's voice with you, either in your head or calling you three times a day on the cell phone. This book is about the ways we stay close and find our "space" across state lines.

Being that losing and finding love again is a significant theme in your work, what lessons do you think are most important when moving on from a failed relationship?

L: As Francesca will tell you, I think my motto in life is "move on." It's really important to not to get stuck in relationships or in any situation generally, and I think that stasis is really the enemy of growth and creativity. As I've gotten older, I become more able to take risk and embrace change, and I think it's all for the better. I used to think it would be terrible to be divorced twice, and now, I think it's wonderful. Everyday, I wake up, and I am living the life that I truly want to live.

F: I don't think there are any rules about how much time there should be between relationships, and we rarely have as much control over it as we'd like. It's a feeling, a sense of security in yourself, that tells you you are really ready to move on. My mom always taught me to be financially and emotionally independent, to try and build that wholeness in myself first—she's been a great model of that for me. It isn't always easy, but I think it's an essential pre-requisite for any new relationship.

Related Link: [Beauty Expert Kym Douglas on Falling in Love](#)

There seems to be a debate of what it means to define a woman as independent. How would you describe an independent woman?

L: I think it's about maintaining control. We used to talk about the life you lead, and I think about that phrase a lot. More and more, I try to lead my life; that is, I try to steer

it or run it in a positive way according to what I want to accomplish. This is not the same thing as control, but it is really a change for me. I think it's a really good thing for women to try to do. We are so often asked to meet the needs of others that we have defaulted to thinking of ourselves second. I say to myself that we should all be the stars in our own lives. That doesn't mean that we're selfish, but it means that we shouldn't negate our own wishes and desires and subordinate them to someone else's. I was a single mother my whole life, and the only person who deserves to be placed above me was my child.

F: An independent woman isn't looking for someone to complete her. She isn't looking for someone else's goals to give her purpose, and she doesn't need a man to validate her life choices. An independent woman loves herself, even if she struggles with not *liking* everything about herself. She has her own goals and agenda, even if they're flexible or changing, and she's looking for an equal partner.

Lisa, in the "Homely Remedies" section of this book, you find yourself apprehensively conforming to Mother Mary's old tricks of the household, but you still find your own way to do things. What lessons would you like to pass on to Francesca?

L: Believe it or not, I'm not a big advice giver as a mom or as a best friend. So in a paradoxical way, if I pass on any lesson, it's that there are no lessons to pass on and that every woman needs to make her own way in the world, find her voice, and give herself the permission to meet her needs and fulfill her desires. Your time belongs to you and no one else – until you give it to them – and the same thing goes with your money. My only lesson is to trust yourself and find your own way.

Related Link: [Comedian Julia Sweeney Discusses Love and Family in Memoir 'If It's Not One Thing, It's Your Mother'](#)

Is there a specific message you hope readers take away from reading this book?

L: It's an entertaining book and one that makes you laugh out loud, but it also has moments of deep poignancy. I'm not sure that it's a message per se, but I think our love of family comes through loud and clear in this book. I think the message is that family matters, and that's much more than lip service with the flying Scottoline/Serritellas!

F: I hope the message is that a mother-daughter relationship is something that can evolve over time and that finding that adult friendship is worth the occasional scuffle.

Pick up a copy of Have a Nice Guilt Trip today!

Is Your Wardrobe Preventing You From Meeting a Partner?





By Ashley Martini

It probably isn't the first thing that comes to mind when we're seeking love. Usually, we're wondering where we should be hanging out and where all the single people are. We shouldn't care what other people think; right?

Wrong...because it may be preventing us from meeting our potential significant other. Clothing is a way to show off our personalities; however, we don't want to come off misconstrued.

Nowadays, perception is reality, and quite often, books are judged by their covers. Clothing plays a huge role in our lives and is the armor we put on every morning before we head out into the world. We don't want our clothing to potentially mislead someone from coming our way. We can all be intimidating or maybe not so fashion savvy. Keeping what we wear in mind and being open-minded may help us meet the right someone. Of course, always keep setting and dress code in mind.

Ladies and gents, not to worry! I've provided a few basic tips

will keep you in the safe zone. Once you meet him/her...you're on your own! Till then, let these tips guide you to your next relationship!

1. Grooming. Grooming is essential: Clean hair, a good scent, freshly washed clothing, and a manicure will keep you looking fresh! This is such an easy way to complete your look and one of the most important!

Related: [Giveaway: Reese Witherspoon's Sexy Sophisticated Style](#)

2. Over dress rather than under dress: This will seek positive attention and a bit of a mystery in a more casual environment. Looking sharp all the time is the way to go.

Related: [Zoe Saldana's Laid-Back Style](#)

3. Statement pieces: Let your statement piece show off your personality. Let it be something special. Ladies, maybe it's a studded clutch or jeweled necklace. Gentlemen, maybe it's your watch or a great pair of aviators. This is a great way to show who you are without having to have a conversation.

4. Identify your body type and go through your closet to see what's most flattering on you: See what colors work best for you. When you look great, you feel great, and in return, do great things. Don't worry about current trends, worry about what makes you look amazing.

5. Last but not least, smile: This is most likely your best asset. Happiness and positivity will put you in the right direction and will attract other people in great spirits.

A few small tweaks and you're on your way to meeting "the one." Don't forget to invite me to your wedding!

Ashley Martini, styling consultant and founding member of Martini Fashions, LLC, discreetly assists both men and women in unearthing and exhibiting their inner beauty through style,

fashion, and the top trends. Ashley is the author of the new book on style, "Styletini: Shake Up Your Style, Stir Up Your Confidence".

Jenni 'JWoww' Farley Welcomes Daughter Meilani Alexandra Mathews



By Shannon Seibert

This past Sunday Jenni 'JWoww' Farley gave birth to her first born child and daughter Meilani Alexandra Mathews. Farley and fiancé Roger Mathews welcomed their happy and healthy baby

girl into the world after many long months of waiting. Farley had recently posted her final picture of her baby bump, commenting on how excited she was to see her daughter. According to UsMagazine.com, the former *Jersey Shore* reality star initially didn't take well to pregnancy, but was overjoyed to meet her daughter.

How do you support your partner through the final days of pregnancy?

Cupid's Advice:

Just as Roger Mathews supported his fiancé Jenni Farley, a man can help make his partner's pregnancy more comfortable during its' final days. With the end in sight, each day seems to drag on, delaying the delivery of your little miracle into the world. In this crucial time it is imperative that each partner reaches out to each other for support in order to be fully prepared to make this wonderful addition to your family.

1. Have the birthing plan ready: Though sometimes things don't go according to plan, it's always best to be ready for anything. Pack the hospital bag, make the necessary arrangements, and have your list of people to call at hand so you can be out the door at a moment's notice. This will be one more thing you can check off your to-do list, and it never hurts to pack things ahead of time.

Related: [Eva Mendes and Ryan Gosling are Having a Baby; Pregnancy Revealed](#)

2. Get plenty of rest: The best thing you can do for your partner is to be fully rested and functional for when the special day comes. No one wants to be half-asleep or at 50% the day their child is born. This also limits the amount of stress you may be feeling with the approaching due-date. A minimum of eight hours a night may seem impossible, but for the sanity of you and your partner, and for the health of your

baby, sleep is absolutely necessary.

Related: [LeBron James and Wife Savannah Are Having Their Third Child](#)

3. Be there emotionally for each other: The thought of bringing a baby into the world can be terrifying at times. You're about to be legally and morally responsible for another human being. Not only will you love and cherish your child, but you'll constantly be worried about whether or not you're doing what's best for them. In these last few days of pregnancy emotions are at an ultimate high, so be there to calm each other down and support one another as your due-date approaches.

How did your partner help you through your pregnancy? Share your stories with us in the comments below!

**Victoria's Secret Model
Lindsay Ellingson Marries
Fiance Sean Clayton**





By Shannon Seibert

Congratulations to the Claytons! Lindsay Ellingson married her fiancé Sean Clayton this past Saturday in South Carolina. The pair got engaged last Thanksgiving after Clayton's beautiful snow-proposal, adorning his bride-to-be with a custom oval diamond. The couple decided to have an intimate ceremony at The Inn at Palmetto Bluff exchanging "I dos" in front of less than 100 guests. The Victoria's Secret model gushed to UsMagazine.com about her man having "the biggest heart" and how she is ecstatic to be married to her best friend.

What are some ways to determine the location of your wedding?

Cupid's Advice:

Location, location, location! The venue of your wedding has a lot to say about you and your partner as a couple. Whether it's inside, outside, in a garden, or in a church, each wedding is unique to the couple that is being wed. You want to select a place that is special to you as well as your relationship. When selecting the location of your special day to take place, here are three things you should consider.

1. Consider the size of your guest book: You don't want to be cramming over 100 people into a small garden, or sharing an intimate wedding in a large church. When deciding where your wedding will take place you want the size of your venue to match the size of your attending guests. This way you can fit your guests comfortably, and you won't have to worry about overcrowding or spacing out.

Related: [Adam Levine on His Upcoming Wedding: 'It All Feels Very Natural'](#)

2. Consider the weather that time of year: If you are planning a summer wedding things can get a bit hairy if you want the ceremony to be outdoors. Select a flexible venue so if the skies launch into a torrential downpour, you're prepared to relocate inside. Same thing for a fall or winter wedding. You don't want your guests to freeze, so an indoor wedding may be more optimal. This day is all about what you want your wedding to be, so time of year and weather are definitely factors to consider.

Related: [Blind Wedding: 'Bachelor' Alum Jamie Otis Marries Doug Hehner on New Reality Show](#)

3. Pick a place of significance: For some a wedding venue is just a place, but for most their wedding venue holds a significant memory for the couple. It can be a beautiful church they visited in their days of dating, a lovely landscape that lies behind a family home, or a fairytale-esque ballroom that they've found after several months of searching. No matter the place, after the wedding this place will be a haven for memories for the bride and groom, so make it count.

What helped you decide where to host your wedding? Share with us in the comments below!

Lea Michele Posts Touching Picture on Anniversary of Cory Monteith's Death



By Shannon Seibert

This past Sunday marked the year anniversary since the death of Cory Monteith who died of heroin and alcohol overdose at the age of 31. Former girlfriend, Lea Michele had been dating Monteith for almost a year and a half before his untimely death in 2013. Michele honored her love's memory by posting a touching photo on Twitter. The *Glee* actress tweeted: "We hold you in our hearts today, and every day we remember your smile. We will love you and miss you always," according to

How do you honor the memory of a loved one who passed away?

Cupid's Advice:

Memories are some of the best gifts that life can give. Though our loved ones may leave us before we are ready, they give us something to hold on to for when times get tough. Honoring your passed loved ones may require more strength and acceptance than you're ready to give, but giving tribute to people who have touched your heart can give you a peace of mind.

1. Host an event: If your loved one has passed away from an unfortunate circumstance you can raise awareness about the issue by reaching out to your community. Start up an annual 5k for breast cancer awareness, or host a reach-out event for those who have lost family members and friends to suicide. In doing so you can educate your community on what you've learned through your experiences, and learn from those around you.

Related: [Mourning A Loss: 'Glee' Star Becca Tobin's Boyfriend Matt Bendik Found Dead](#)

2. Go talk with them: It may sound odd, but by having a conversation with a passed loved one can make you feel closer to them again. Go to their grave site, or visit a place the two of you shared many memories at, and just talk. Tell them about your day, talk about memories, ask them for advice. By keeping them in your mind you'll never lose them in your heart.

Related: [Eric Hill's Death Casts a Shadow on 'Bachelorette' Hometown Dates](#)

3. Accomplish what you said you were going to do together: When you're with someone it is easy to make plans for the future, but when someone leaves unexpectedly it is

even easier to want to forget those plans. Honor your loved one by taking the trips you said you'd take together. Be the person you told them you wanted to be. See the sights they wanted to see. By following through you'll feel closer to your loved one and you'll be able to do the things they cannot. This gesture to them is meaningful and shows the love you'll always have for them.

How have you honored your memories of a loved one who has passed? Share your story with us in the comments below!

Emilie de Ravin and Joshua Janowicz File for Divorce for Second Time





By Sanetra Richards

One couple is headed to Splitsville, for the second time. Emilie de Ravin and husband Joshua Janowicz have filed for divorce once again, according to UsMagazine.com. “Emilie and her husband have filed for divorce,” de Ravin’s rep, Jeff Raymond, released in a statement. “They have recently been living separately and remain friends.” The couple first filed for divorce in January 2007, seven months after their wedding ceremony. Janowicz was served the papers two years later, however, and it was not finalized. This time around may be for good. The 32-year-old cited irreconcilable differences with the *Once Upon a Time* actress. The two have been separated since November.

How do you know when to call it quits on a long-term relationship?

Cupid’s Advice:

Every couple goes through their fair share of issues, whether minor or major. Sometimes you are left questioning if separation is the best solution. Like the saying goes,

“Warning comes before destruction” – which typically means the signs are always there before things really take a turn for the worse. Unfortunately, it is especially hard to break it off when you have been in a long-term relationship, simply because there is tons of history. Cupid has some ways to help you decide when it is time to call it quits:

1. Tension is so thick: ...you can cut it with a knife. The elephant has become evident in the room. Do not try to avoid the issue. Your relationship is on the rocks – you and your partner are constantly bickering and there is no resolution. It could possibly be time to call it quits.

Related: [Pamela Anderson and Rick Salomon: Filed for Divorce Again](#)

2. Absolutely no improvement: You should be able to recognize growth individually and as a couple. One specific aspect of a relationship is being each other’s support system. If the relationship is stagnant and there is no hope for bettering, consider going your separate ways.

Related: [Considering Divorce? Ask Yourself Three Questions](#)

3. The flame has fizzled: The passion, the romance, the simple yet complex “I love yous” have all seemed to vanish over time. If there is no reason to why all the kind gestures have disappeared and communication is going downhill as well, it just may be time to part.

What can lead you to calling it quits? Share below.

Cupid's Weekly Round-Up: Dating as a Single Parent



By Shannon Seibert

When you're dating as a single parent, each date seems to be the equivalent of a job interview. *Will he get along with my kids? Does he mind me having kids? Does he even like kids?* All of these questions are rational worries that every single mother faces in the dating game. We've pulled these five articles from our partners to help you play your cards right and find a love that's worth it:

1. Realize that it's okay to be dating: Single mothers often fear their children's reactions when they start dating. They don't want their kids to get attached to someone who may only be temporary or, even worse, hate someone who they want to be permanent. Relax and remember that this is about your

happiness too. Soon, you'll find a man who will make you eternally happy like Savannah Brinson and her star-studded hubby LeBron James. (CelebrityBabyScoop.com)

2. Consider online dating: Online dating is very convenient for single parents. It allows you to create a profile that will highlight all of your expectations for a mate. You'll be able to state whether or not you've been previously married, that you have children, and if you're looking for a long-term meaningful relationship. This will also allow you to check out your matches' profiles to see whether or not he'd be a good fit for you and your family. (GalTime.com)

3. Make it fun: Finding love as a single mother is hard enough, so you might as well not add to the pressure. Stay light on your feet and be prepared for anything. Though it may feel like a job interview, it's important to not treat it like one. You'll find out more about your partner by interacting with them in atypical environments, so feel free to be spontaneous with him. (YourTango.com)

4. Combining families is a wonderful thing: Dating someone else who has children can also work to your advantage. You both will understand that introductions may be delayed until you feel comfortable with one another and that your children are your first priorities. Guy Ritchie and fiancée Jacqui Ainsley are welcoming their third child together, making Ritchie a father of five. (CelebrityBabyScoop.com)

5. If you're looking for long-term love, tell him: By being up front about what you want, you put the ball in his court. Establishing this desire early on in the relationship is a confident move that he'll either admire or run from. His reaction will show you what kind of man he is or the kind of man he *could* be. Be patient and understand each other's needs from the get-go. (GalTime.com)

What's your best tip for dating as a single parent? Share in

the comments below!

Date Idea: Try Something New



By Maria Darbenzio

The summer weather won't last forever, so take advantage of it while it's still here! This weekend, learn a new skill with your honey with this fun date idea. Think of something you've always wanted to try and conquer it as a couple.

Related Link: [Date Idea: Light Up the Night](#)

If you live by the ocean or are willing to take the trip, you and your sweetie can get adventurous and go scuba diving. If

submerging yourself among the brightly colored fish isn't your idea of a fun time, try your hand at deep-sea fishing instead. Both options are great ways to make lasting memories and to experience the ocean in its most beautiful moments. After your long day, sit back and relax on the beach as the sun sets over the water.

If you're not near the ocean, you and your partner can learn how to skeet shoot or maybe even go rock climbing. There are a number of classes available for both activities, and they'll be even more fun to take with your partner.

If you have a larger backyard or can visit a nearby park, you and your significant other can play disk golf. Learning together will turn confusion into laughter, and in the end, if you still don't understand all the rules, at least you had fun trying.

Related Link: [Date Idea: Plan a Walk Around Town](#)

To finish off the romantic weekend, turn your attention indoors. Take a cooking class with your partner to broaden your skills in the kitchen. If you don't want to take a class, you and your love can just prepare a meal at home using a new technique, like making your own pasta or cooking with curry. You never know what you might learn, and you may even discover new dishes for future date nights.

What new skill would you like to learn with your partner? Tell us in the comments below!

Eva Mendes and Ryan Gosling Are Having a Baby; Pregnancy Revealed



By Sanetra Richards

Yes, you read the headline right! UsMagazine.com reveals a source has confirmed that pregnant Eva Mendes and longtime boyfriend Ryan Gosling are expecting a bundle of joy. The news was verified shortly after rumors circulated around the web about the 40-year-old actress' seven month pregnancy. This will be the first child for the Mendes and Gosling. In an interview with Ellen Degeneres at the beginning of the year, the *Hitch* star joked about the pregnancy rumor frenzy that was happening: "It's so ridiculous," she said. "It all started because I didn't want to go through the scanners at the

airport. You know those X-ray scanners, which are really creepy? They basically see you naked, right? And not only that, but there's a radiation aspect to it, so I always opt out."

What are some ways to keep your pregnancy under wraps?

Cupid's Advice: Expecting a baby is quite exciting! You are bringing a tiny human into the world, and there's no feeling that could possibly compare. For now though, you and your partner don't want anyone else to know your big news. Cupid has some tips to help you hide your baby-to-be:

1. Don't tell a soul: If you are waiting until you're further along in your pregnancy to break the news, your best bet is to keep your lips sealed. You can tell a couple of close friends and family members; however, everyone else is off limits!

Related Link: [Eva Mendes Gets Giggly Over Ryan Gosling on 'Ellen'](#)

2. Avoid hint-dropping: You may be extremely tempted to post cute baby-related things on your social media accounts...but don't! People will probably figure out what you do not want to reveal. Remember, the ultimate goal is to keep this a secret until you're ready to share.

Related Link: [Are You Expecting Ryan Gosling Perfection?](#)

3. Toss the fitted clothing: Use your wardrobe to your advantage! Maybe you have some flowy, shift dresses to wear when out and about; opt for those instead of your tight tees and button downs. No one will suspect a baby bump is underneath.

How do you keep your pregnancy under wraps? Share your suggestions below.

Justin Theroux Says He Fell in Love in a “Real, Legit Fashion”



By Sanetra Richards

Believe it or not, according to UsMagazine.com, Justin Theroux says he fell in love in a “real, legit fashion” with Jennifer Aniston. They have a normal, romantic relationship. In the August issue of *Details*, the 42-year-old *Leftovers* actor revealed they connected immediately just by reminiscing on a few memories of the “Waldorf grade-schooling they both received.” The two met back in 2007, when mutual friend Robert Downey Jr. introduced them to one another: “He and Jen fell in

a real, legit fashion,” the actor told *Details*, “and he was willing from the jump to make sacrifices.” Since then, Theroux has been sure not to let the attention influence his ego or his relationship. “It doesn’t feel like a hardship; it doesn’t feel difficult,” he explained. “It can be an annoyance, but it’s not the end of the world. You have to center on what its core thing is, which is that you met someone you fell in love with. “

How do you know that you’re truly in love?

Cupid’s Advice: Finding love is one of the greatest feelings of all time. You’ve had your fair share of admirers in the past, but now, you think this special someone is here to stay. And guess what? You may actually be in love! Cupid has some ways to tell if you’re feelings are real:

1. Nothing feels better: Your head is up in the clouds; your heart flutters every time you see them; and you can’t stop daydreaming about the future – all of these feelings are undeniable. A relationship has never felt so great before. So what truly makes this time different? Ask yourself a few questions to see if you have indeed been shot by Cupid: What will I sacrifice for my partner? Do I see a future together? Is commitment an issue? Your responses will let you know if you’re in love or not.

Related Link: [Jennifer Aniston Reveals Her Romantic Traditions with Justin Theroux](#)

2. You have a strong connection: You and your partner have developed a foundation that you’re continuing to strengthen. You share the same morals and beliefs, and your bond is unbreakable. If this describes your relationship, the love bug may have bitten you!

Related Link: [Jennifer Aniston Throws Birthday Bash for Justin Theroux](#)

3. There are no comparisons: If you can't even fathom being with another person and no one else can make you happier, the answer is quite simple. You're in love!

Tell us about a time that you knew you were truly in love! Share below.

How Soon Is Too Soon?



By [Melanie Mar](#)

When is the right time for the first time in a new relationship? Yes, I'm talking about sex. There is no right answer to this question. Ask numerous people, and they will each tell you a different story: "We had sex the first night

we met. It was meant to be a casual encounter, but we're still going strong nine years later," or "We waited five months to have sex and then broke up two months later."

Related Link: [How to Turn Your Spring Fling Into the Real Thing](#)

So there's little wonder that many of you are confused on this topic! Below, I've outlined three points to consider when deciding to have sex for the first time in a new relationship:

1. Never assume: Unless you've had a conversation with your new partner about exclusivity, then you can't presume that having sex will automatically make you a couple in a monogamous relationship. This is not true in most cases, and it can be very hurtful when you discover after the fact that you're not on the same page in regards to what you want and expect in the relationship.

2. Premature sex: Having sex early on isn't usually a good idea if you are seeking a long-term relationship. You are most often best served by investing time and energy getting to know the person *before* becoming sexually intimate. This enables you to discover if your new partner has good intentions and high integrity and is capable of making and keeping their commitments. These things are impossible to know on the first few dates but are crucial if you want a future together.

3. Oxytocin bonding: Oxytocin is biochemical that is released during sex that creates a feeling of attachment. Unfortunately, you may experience it with someone you're not at all compatible with, but this bonding effect can override your logical sense of judgment and keep you in a relationship with a person who is completely wrong for you – another reason to not have premature sex!

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

There are no hard or fast rules, and there will always be

exceptions. By having an understanding of the basic principles above and being smarter in your choices, you can protect yourself from potential heartbreak. High sexual chemistry is difficult to contain, and it's very easy to get carried away with intense sexual desire, so don't put yourself in situations that make it harder to refrain. Keep your dating to public places, and let your hearts and minds be aroused before your body. Talk about intimate things and allow the relationship to turn you on mentally; the better connection you have out of the bedroom, the better connection you'll have in it. Enjoy!

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

Screwing the Rules Video Dating Tips: Dating Red Flags Revealed on Facebook





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

Ever wonder if social media can reveal red flags when it comes to that new guy you're dating? In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) believes it can! If your partner asks you to unfriend your cute male friends or feels uncomfortable with you maintaining contact with your ex, it's time for a conversation. "It can really be the ruin of relationships if you let it be," she explains.

Dating Advice from E!'s *Famously Single* Laurel House on Social Media Red Flags

When it comes to *your* feelings about your partner's social media habits, it's important to trust them until you have a reason not to. If you continually fail to trust them, the dating expert says "pretty soon, that person is going to start acting in a way that's not trustworthy. You're blaming them for something they haven't done."

Related Link: [How to Get a Guy to Commit](#)

Watch the video above 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](#).

How to handle social media issues with your new guy? Tell us in the comments below.

Brody Jenner Says He 'Never' Dated Lauren Conrad



By Sanetra Richards

Brody Jenner is letting the cat out of the bag! According to UsMagazine.com, the former *Hills* star is letting it all be known in his latest podcast, *The Brody Jenner Podcast with Dr. Mike Dow*. In addition to revealing he dated his brother Brandon's wife Leah at one point in time, Brody Jenner and Lauren Conrad never dated, despite what the show may have portrayed. As Dow began to name a few of Jenner's past lovers, such as Avril Lavigne, Kristin Cavallari, Lauren Conrad, and Nicole Richie, Jenner stopped him in his tracks, saying, "That's false. Lauren Conrad and I never dated. Lauren and I have always been just friends," the Bromance stud went on to say. "We worked together on a show called *The Hills* where we had to pretend like we were dating, but we never dated." After clearing up the L.C. rumors, the 30-year-old was also asked about his other "relationship" with cast mate Kristin Cavallari and if that too was staged. "I dated Kristin when we were very young ... when she was on Laguna Beach and I was on a show called *Princes of Malibu* with Spencer Pratt ... we met at a party in Hollywood ... but during [*The Hills*] when we filmed, Kristin and I did not date, we were not hooking up."

What are some ways to squelch rumors about your relationship?

Cupid's Advice:

Have you come across a situation similar to Brody Jenner's and Lauren Conrad's? Ever heard a bizarre rumor about something that happened (or didn't happen) in your personal life and wondered, "Where do people come up with these kinds of things?" But you never knew how to put an end to all the crazy talk. Cupid had some tips for the next time someone spreads inaccurate information about your relationship:

1. Clear the air: The best way to probably put an end to all the madness is to state the facts. Without a doubt, the speculations will continue if something is not said. Let it be

known that whatever has been disclosed is untrue. Feel free to reveal any other information that may provide evidence on why it is false.

Related: [Brody Jenner and Girlfriend Bryana Holly Split After 4-Month Romance](#)

2. Ignore the nonsense: Not constantly feeding into rumors can also be used as method in helping them die down. Try not to pay it too much mind and all of the gossip will gradually disappear once people notice you are not giving in.

Related: [Avril Lavigne and Brody Jenner Speak Out Amidst Breakup Speculations](#)

3. Talk it over with the person it's affected: You are certainly not the only one the craziness of a relationship rumor has affected. Be sure to discuss its impact with your partner (or speculated one). They probably want it to come to an end just as bad as you do – and are willing to do whatever it may take to make this happen.

How do you put an end to rumors about your relationship? Share your thoughts below.

Penn Badgley Dating Domino Kirke





By Sanetra Richards

New couple alert! According to UsMagazine.com, Penn Badgley is now dating Domino Kirke, sister of *Girls* star Jemima Kirke. The lovebirds were spotted in New York City taking a stroll on Wednesday, July 2nd. “They’ve been dating for awhile. They have a number of mutual friends. It is a very mature and free relationship,” says a source. “Domino is a great girl for him, being a musician. Their interests align.” Over the years, the 27-year-old actor/musician has been linked to Zoe Kravitz, daughter of Lenny Kravitz, as well as former *Gossip Girl* costar Blake Lively.

How can your career lead to a stable relationship?

Cupid’s Advice:

Balancing a relationship/dating and a career can be considered another job in itself. However, with the right person and the right career, it can be done with little to no trouble. Cupid has some ways this may happen:

1. On the same page: Being with someone who understands

exactly what you are looking for and what you need is a breath of fresh air, especially when your career has consumed a good amount of your life. Despite all of this, the two of you have talked and are all for putting in the effort to make it work.

Related: [Penn Badgley Says He's 'Genuinely Happy' For Blake Lively](#)

2. Time permits: Whether your work is super busy or whether it is more so laid-back, you can still be able to set aside some time for a little quality time and TLC with your partner. With a steady career, you have the opportunity to devote yourself to someone and it will not seem like another load added on.

Related: [Gossip Girl Stars Blake Lively and Penn Badgley Split](#)

3. Still willing to put in effort: If you and your partner are up for the challenge that may come along with having a relationship and a career (no matter the pace), it can certainly prosper. As stated before, communicate thoroughly and schedule time one for each other, and you are halfway there!

What are some ways a career can lead to a stable relationship? Share your thoughts below.

How to Turn a Friendship into a Relationship





By [Courtney Omernick](#)

You're out and about with your friend, and you start to notice a funny feeling in the pit of your stomach. No, don't worry, it has nothing to do with what you ate; it's probably butterflies. If you've been thinking about your interactions with this person for awhile, it's probably a good idea to assess whether or not you want to turn what you have into something more. And, if you do, Cupid has some food for thought.

1. Increase the physical contact: You might already be affectionate towards one another, but now it's time to dial up the flirtation without being too physical. For example, set a goal to touch the other person at least three times when you're together. Make sure that the touch lasts no longer than two to three seconds and that you're only touching the shoulder, neck, or hand.

Related: [Date Idea: Look For a Sign](#)

2. Leave them wanting more: Spending a lot of time with them lately? Try intervals. For example, spend a lot of time with them, then none for awhile, then more again. While you're gone, your friend has a chance to think about and miss you. Also, remember to include the flirtation and physical contact while you're with them.

Related: [Single in Stilettos Show: How to Be More Than a Fling to Him](#)

3. Avoid the 'friends with benefits' situation: Some individuals think that if they apply this concept, it will be a quick transition from friend to a relationship. However, this situation only proves to the other person that you're a fun, casual fling, and they won't take you seriously.

Have you ever turned a friendship into a relationship? Share your story in the comments!

'Duck Dynasty' Star Uncle Si Explains Why Wife Isn't on TV





By [Jessica DeRubbo](#)

'Duck Dynasty' star Uncle Si explains why wife, Christine Robertson, isn't on TV. "Sometimes we film 12 hours a day, and she's just not healthy enough to go through the rigors of that," said Si Robertson, according to [UsMagazine.com](#).

What are some ways to help your partner through health issues?

Cupid's Advice:

Although it's not a good thing to pretend to be a doctor, there are other things you can do to support your partner through health scares like Uncle Si does to support his wife. Cupid has some advice:

1. Be there: It seems obvious, but being there when your partner goes to doctor's appointments and takes medicine can really show you care.

Related: [Rossie O'Donnell Says Health Scare Brought Her Closer to Wife](#)

2. Research: In situations where your partner is diagnosed

with an illness or disease, learn all you can about it. Knowledge is key in situations like that, and it shows your partner you're invested.

Related: Nick Cannon Helps to Launch Badoo Project in New York

3. Make them comfortable: Give your partner some special treatment as he/she is going through a health scare. Cover them with blankets, rent their favorite movie, or play their favorite music at home.

What are some other ways to support your partner through health scares? Share your thoughts below.

Single in Stilettos Show: Do You Push for Commitment Too Soon?





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to dating coach Sandra Fidelis about signs that you may be pushing for commitment too soon. Don't worry – we've all done it! In fact, the top reason why a guy ends a relationship after only a few months is because he's simply feeling too much pressure. In order to not make this mistake, you need to first understand *why* you're pushing him so hard. You may be feeling pressure from your friends, family, the media, or even yourself, thanks to your biological clock.

Related Link: [Lori Bizzoco: My Biological Clock is Ticking Away!](#)

Next, Fidelis shares four ways to avoid pushing for commitment too soon: Remain present in the moment; make sure you have your own life; don't think so far ahead; and establish clear boundaries.

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 avoid pushing for commitment too soon?

Q&A: Is It Okay If My Boyfriend Texts His Ex?



Question from Alex S.: My boyfriend and I have been dating for almost six months. Every once in a while, I'll see a text on his phone pop up from his ex. He says they're just friends, and he's even introduced me to her before, but my girlfriends tell me that it's weird and that I should ask to read their messages. What do you think?

Answer from Our Love Experts:

[Suzanne K. Oshima, Matchmaker](#): If you ask to read the text messages, it's going to be a red flag to your boyfriend. You're basically saying that you don't trust him and that you're insecure about your relationship. It's going to be a huge turn-off to him, especially if there's nothing going on with his ex. Honestly, I think it's far more important for you to find out about his past relationship history and how it ended. Is she trying to win him back after he broke up with her? If so, then it *is* an issue that he's still communicating with her. Or did they both mutually decide to end the relationship and really are just friends? Believe it or not, it is possible to be friends with an ex. I'm actually friends with a couple of my exes, and believe me, nothing is going on!

Paige Wyatt, Reality Star: A lingering ex-girlfriend is never a comfortable situation, but sometimes, men don't feel negatively about their exes. Men hate drama, and one surefire way to get involved in drama is being rude to their ex. Instead, they figure they'll just be nice and friendly, and it won't be a big deal.

Unfortunately, they have no idea how uncomfortable it makes *you* feel as their current girlfriend. The only way to resolve this issue is to talk to your boyfriend about it. Let him know what you're thinking and try to make him understand from your point of view. Otherwise, he'll never know it bothers you. If he's really over his ex, he'll understand and find you and your feelings more important than talking to her.

[Robert Manni, Guy's Guy](#): Although social media plays a prominent role in relationships, every situation is different, so there's no definitive answer. However, communicating clearly and honestly with your partner is always recommended. In Alex's case, I suggest she forget about asking to read the texts. Her boyfriend responded when asked, and it could be an occasional harmless exchange.

Let's address the real issue. Alex is uncomfortable, and she

doesn't understand why it's important for him to stay connected to his ex. That's a fair question. If her boyfriend knows she feels this way but insists on keeping constant contact with his ex, that's a warning sign. He needs to man up and let Alex know if his priorities are with the past or the present. And Alex needs to determine her course of action based on his response.

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](#).

Do you still text your ex? Why? Let us know in the comments below!