

Single in Stiletto Show: 5 Ways Women Sabotage Themselves with Men



On this week's [Single in Stiletto](#) show, founder Suzanne Oshima talks to dating expert Robert Manni about five ways that women sabotage themselves with men when it comes to dating. Ladies, the biggest mistakes that you tend to make include: always being "plugged in" and never letting go of your smartphone; not fishing where the fish are; traveling in groups; sticking too closely to your checklist of must-haves in a guy; and breaking up with him too soon. If you want to find true love, stop sabotaging yourself and learn how to avoid these pitfalls!

Related Link: [5 Things Men Wish Women Knew About Them](#)

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

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

Ladies, what's the biggest dating mistake you make? Tell us in the comments below!

Screwing the Rules Video Dating Tips: Texts That Destroy Your Dating Mojo





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

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

Related Link: [Summer Love...](#)

Texting: It can be flirty, funny, bitchy, or sexy. So what are the basic rules of sending a message to that special guy? In this week's [dating advice](#) video, dating expert and E!'s *Famously Single* dating coach, Laurel House talks about the do's and don'ts of texting while dating. She reveals when photos are appropriate and just how sexy is *too* sexy. "You don't want your texts to be longer than a thumb," she says. "Follow his lead!" Watch the video above to educate yourself on texting etiquette and learn what your texts might *really* be saying.

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

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

[channel](#).

What are some of your personal texting rules? Tell us in the comments below!

Jonah Hill Makes Out with New Girlfriend in L.A. Park



By Louisa Gonzales

Jonah Hill wasn't shy about showing some public displays of affection with his **new girlfriend Brooke Glazer** in Los Angeles on Mother's Day, Sunday, May 11, according to [UsMagazine.com](#). The new couple, were spotted getting in some sun with the

actor's, 30, pet dog on the grass at La Cienega Park and even indulged in some "making out" an eyewitness says. Reportedly Glazer, who is a nutritionist, and Hill, who recently split from girlfriend of 8 months Isabelle McNally, made their debut as a couple last month at Comme Ca in West Hollywood where they dined together.

What are some ways to show you care for your partner in public?

Cupid's Advice:

Being in a relationship can bring many changes to your life, good and bad. However, for relationship to truly work you need to be able to express your gratitude towards one another on your own private time and out in the world. Cupid has some advice on ways to show you care for your partner in public:

1. Show some PDA: There are many different forms of public displays of affection and every couple or person may have different opinions or feelings on it. No matter what you feel about PDA, it is important to be able to show your affection for your partner sometimes outside of your private time together. Yes, for some people it can be scary or hard for them to be open in public, but if you aren't willing to do that at least sometimes it can be damaging to your relationship because it may give your lover the wrong ideas such as your ashamed or aren't attracted to them.

Related: [Jonah Hill and Longtime Girlfriend Split](#)

2. Go out: Being able to show you care about your significant other in public can be as simple as just going out. Being able to get out of the house sometimes can be good for the relationship because not only can it help keep things fresh and interesting it can also give you a chance to show off your special someone in public. It can be fun to be taken out sometime, to get dressed up, and visit new places, whether you

go somewhere extravagant or low-key, that depends on what you want just get out and do it.

Related: [Jonah Hill Is Spotted Making Out with Ex-Girlfriend in Los Angeles](#)

3. Get to know their friends and family: One great way to show you care in public is to try getting to know their friends and family. Being open to hangout with his friends and family will not only show your sweetheart you are willing to incorporate yourself into their life, but it can get you in on good terms with their friends and family. Plus, once you get the okay from their friends and family it can only help your relationship in the long run because you can be included in other friend and family activities.

How do you show you care for your partner in public? Share in the comments below.

Kelly Rowland Marries Tim Witherspoon in Costa Rica





By [Courtney Omernick](#)

Wedding bells were in the air last week for Destiny's Child singer, **Kelly Rowland**, according to [UsMagazine.com](#). Rowland and her boyfriend/manager, **Tim Witherspoon**, wed on May 9 in beautiful **Costa Rica**. The couple's guest list rounded out to about 30 people, including Beyonce and her sister Solange, according to UsMagazine.com.

Where are three tropical paradises that make a good wedding venue?

Cupid's Advice:

With a lot of celebrities getting married in remote, tropical locations as opposed to churches and courthouses, your interest in an outdoor, luxurious wedding may have been piqued. Don't worry, we've got you covered! Below are three tropical paradises that make great wedding venues:

1. Aruba: One of the main reasons why this island makes for a great wedding venue is because of its predictable weather. Aruba presents a dry climate and it's outside of the hurricane

belt, so you can expect sunshine all year round! Once on the island, specific destinations to consider are the Divi group, which is all-inclusive for families and budget conscious, or the Bucuti and Tara beach resorts for its “adults only” spin.

Related: [Kelly Rowland Accidentally Reveals Sex of Beyoncé’s Baby](#)

2. Cancun/Riviera Maya: Because of the ecological diversity in this Mexican region, there are multiple, beautiful locations for weddings beyond the beaches. The historic Mayan ruins and lush rainforests can also create a picturesque ceremony. But, if you’re looking for specifics, Dreams Puerto Aventuras is perfect for families, while Secrets Capri Riviera Cancun works wonders for an adult-only, all-inclusive event.

Related: [Creating a Celebrity-Style Wedding](#)

3. The Bahamas: If you’re looking for that scenic, tropical spot to exchange nuptials, The Bahamas certainly has enough of those. However, the most popular wedding destination in the Bahamas is on Paradise Island where you can find the famous Atlantis Resort. The Atlantis Resort is known to be the ideal venue for groups and families.

What other tropical paradises do you think would make great wedding destinations? Leave your answers in the comments section!

Paula Patton Says She Will Always Have ‘Deep Love’ for

Robin Thicke



By Sanetra Richards

Can this damaged marriage be repaired? Despite the rumors, not much has changed between Paula Patton and ex-husband Robin Thicke. The couple parted ways in February and said in a statement, "We will always love each other and be best friends." According to UsMagazine.com, the 38-year-old actress told *Vanity Fair* that the two will always share a "deep love" with one another. In the recent issue, the *Baggage Claim* star went on to say, "We've known each other since we were teenagers. All I can tell you is there's a deep love there – always was and always will be." She continued: "He wasn't my first kiss, but he was my first lots of other things."

What are some ways to remain friends with your ex after a

breakup?

Cupid's Advice:

Remaining friends with your ex seems virtually impossible, especially when you are dealing with the post-breakup blues and lingering resentment. Cupid has some questions for you to consider:

1. Were you friends before the relationship? If the answer is yes, a breakup can lead to one of two things: you despise each other and completely ruin your friendship OR you go back to being strictly platonic friends. Most couples who were friends before entering a romantic relationship find it less difficult to transition back to that. If you and your ex-partner were pals before lovers, try reverting.

Related Link: [Did Robin Thicke and Paula Patton's Body Language Indicate A Split Was Coming?](#)

2. Was the split a mutual decision? Being friends after a breakup is most likely to happen if the separation was a mutual agreement. If things ended on not-so-bad terms, you both will be more willing to just be friends instead. However, if you weren't able to agree on anything in the relationship (which may be a reason why it ended), then you possibly won't even agree on having a friendship afterwards.

Related Link: [Robin Thicke Takes Son to Disneyland Before Split with Wife](#)

3. Do your loved ones like your ex? If your family and friends absolutely love and adore your ex, you will probably be more persuaded to befriend them. The constant questions on why you are talking or hanging out with your ex will be slim to none because you already have their approval.

How do you remain friends post-breakup? Share your thoughts below.

Cupid's Weekly Round-Up: Date While You're Married



By Shannon Seibert

You heard right: Date while you're married – your significant other, that is! In this day and age, it's too easy to fall prey to life's whirlwind and neglect your marriage. Keep your love alive by capturing your partner's attention using all of your old tricks with a new flavor. We've gathered these five articles from our partners to help you and your man fall even deeper in love with each other:

1. Flatter with flirting: Recharge the passion between you and

your honey with something as simple as batting your eyelashes. The silent power of seduction never waivers. Stolen glances, a lingering touch on the arm, or flirty banter work just as well as they did when you first started dating. Your man will feel even more confident about your marriage when you remind him of your passion. (YourTango.com)

2. Have secrets: It's not good to have secrets from each other, but secrets you have together will only improve your love. Having parts of your marriage that you don't broadcast to the public will allow you two to bond over something that is yours and yours alone. Take a look at how the limelight impacted the Cassidy family, one of the families featured on Lifetime's *Preachers' Daughters*. (CelebrityBabyScoop.com)

3. Be lovers again: It can be difficult to make "us" time when you have children together. After having kids, a lot of couples struggle with igniting chemistry in the bedroom. It's especially easy for new parents – who have had their world uprooted by a being no bigger than a shoebox – to get distracted by life's miracles and forget about the miracle that is their love. Check out this article for tips on how to keep the fire burning. (YourTango.com)

4. Don't let distance get in the way: With new technologies, long-distance dating is even possible for married couples. If you or your man have a a job requiring a lot of travel, don't panic! Your hubby can still be involved in your marriage when he's away. The distance can even strengthen your marriage by focusing on the feelings you have for one another when you're separated and when you're together. (GalTime.com)

5. Learn something new: Marriage has taken the both of you out of the dating game for a while, but that doesn't mean that you can't engage in a little learning. Reel in your husband's undivided attention with these modern dating tips from a man's perspective and try them out with your love. (GalTime.com)

How do you keep the love alive after marriage? Tell us in the comments below!

'American Idol' Contestant Jessica Meuse Says Show Affected Her Relationship



by Liz Kim

Jessica Meuse, 23, stood out on this season of *American Idol* – and not just because of her trademark pink hair. The singer from Slapout, Alabama, personified cool-rocker-chick, and her

honest and easygoing attitude made her a favorite to both fans and judges. Many competitors get pigeonholed into a single genre, but she admits to being influenced by every genre of music. Her singing style is a mix of gritty rock with metal and country notes.

The singer said her ultimate goal was to stay true to herself and bare her soul to the audience – especially when she sang her original song “Blue-Eyed Lie” this week. “I lived it; that happened to me, word for word. It’s like taking my diary and reading it on national television.”

Related Link: [‘American Idol’ Contestant Sam Woolf Talks Relationships](#)

In 2011, she self-released an album called “What’s So Hard About Bein’ a Man.” All of the songs were influenced by her own life experiences, and most of them focus on dark and serious subjects. Meuse has said this is because she wants her music to give hope to others in similar situations. “Writing my own songs about heartbreak and tough situations teaches me how to let go and just not worry about things you can’t control anymore.”

The contestant’s vocals were praised each week, but the judges repeatedly criticized her on her lack of stage presence and connection with the audience. Keith Urban even said she didn’t have enough “release.” Fans complained that she was picked on more than the other singers, but she chalks it up to part of the experience. “At times, I felt picked on, but it’s part of the game. I know I have bigger things ahead of me, and I’m going to make them happen,” she shares.

She does wish she could have sang more original material though. “I didn’t let not singing originals frustrate me because I do know a lot of cover songs from singing three to four hour gigs at home, but I really would’ve liked to do originals – at least one a week just because that’s who I am

as an artist.”

Meuse also agrees that stage presence was most difficult for her – but she did improve during her time on stage. “I believe that I have shown emotion, and I’m growing as an artist,” she explains. “There’s always stuff to work on, but I think I’ve grown a lot on the show. It’s definitely different from singing in a bar where you’re kind of just in the corner and only the bartender is looking at you.”

It’s no surprise that the scrutiny can be unnerving. “You’re on national television, and everyone is looking at how your eye twitches. So it’s definitely something you have to get used to,” she says. “But I feel like I came into my own, and I figured myself out on the stage, so I’m very proud of that.”

Related Link: [How to Get Over the Relationship Blues](#)

When you’re in an environment like *Idol*, it’s stressful to say the least. And when you’re also in a relationship, being apart for that long can create a rift. Unfortunately, that’s what happened to Meuse and her boyfriend, Steven Atkins. Although he came to support her during a few of the live shows, ultimately, they went their separate ways. “Being on the show did affect my relationship to the point where it didn’t work anymore, and we’ve actually been apart for about a month now,” she shares. “It’s just not the right time, but he’s a good guy. Sometimes, situations just bring out the worst in people.”

But heartache and stress are nothing new for the talented musician, and she’s determined to achieve all of her goals. “The limits that you have are only the ones you put on yourself. If you really want something, you just have to work for it. After all, I went from singing in a smoky bar with pneumonia to singing on national television.”

This isn’t the last you’ll see of Jess! You can catch her on the American Idol summer tour. Until then, keep up with her on

Twitter @JessMeuse.

Charlize Theron Dating Sean Penn – Holds Hands on Met Gala Red Carpet



By Louisa Gonzales

Charlize Theron dating **Sean Penn**, looked sweet walking the red carpet hand-in-hand at the Metropolitan Museum of Art's Costume Institute Gala in New York City on May 5, according to UsMagazine.com. At the star-studded event Theron, 38,

dazzled in a strapless Dior Haute Couture white crepe gown with navy and black satin running along the sides. Penn, 53, went for the traditional tux and white shirt look. The lovely couple stayed close together holding hands as they made their way down the carpet into the ball, which is holding a celebration for the opening of the *Charles James: Beyond Fashion* exhibition this year. The two actors made their first public outing as couple in early January while they vacationed in Hawaii and since then have attended several other events very much together.

How do you show you care about your partner in public?

Cupid's Advice:

Being in a relationship can be a lot of fun. It's nice to have someone to rely on or simply just have someone there for you, which is why it is important to be able to show you care. Cupid has some advice on how to show you care about your partner in public way:

1. Hold hands in public: There is nothing wrong with showing some PDA from time to time. Just like Charlize Theron and Sean Penn, holding hands is one of the simplest ways you can show you care, and it isn't too flashy or over the top. Taking hold of your partner's hand is just a small gesture to show your lovebird you're proud of being with him or her.

Related: [Sean Penn Dating Producer Shannon Costello](#)

2. Gush about them to family and friends: Yes, it can be annoying when people talk about their significant others too much, but that doesn't mean you shouldn't talk about them at all. Don't be afraid to rave about your awesome beau from time to time, because it's a nice way to show both them and the other people in your life how much you care.

Related: [Charlize Theron Discusses Her 'Scary' Blind Date For Charity](#)

3. Perform some displays of affection: There are many different ways for you to show affection toward your sweetheart. It can be as small as opening the door for them in public or as big as dedicating a song to them when you're at a club or restaurant. Together you can define the types of affection you're comfortable displaying in public. Just make sure you are both on the same page and are considerate of each other's feelings.

How would you show you care about your partner in public? Share in the comments below.

Jay-Z Stages Mock Proposal to Beyonce at Met Gala





By Louisa Gonzales

Jay-Z staged a mock proposal to Beyonce on the red carpet at the 2014 Costume Institute Gala in New York City on Monday, May 5, according to UsMagazine.com. The rapper came to the “Pretty Hurts” singer’s rescue after the ring she wore on her right hand accidentally fell off her finger. The “Holy Grail” rapper, 44, didn’t just hand the ring back to his bride. Instead, he performed a mock proposal for his wife and the cameras. The power couple, who dazzled at the annual event, are currently getting ready for their joint upcoming summer ‘On the Run’ tour in the U.S. and in Canada.

What are some ways to keep the spark in your relationship?

Cupid’s Advice:

When you first get together with someone, it’s new and exciting. But when you’ve been with the same person for a long time, you can sometimes fall into what feels like a rut. Relationships can constantly change, and being with your partner for a long time doesn’t mean you can’t

still experience new and fun things. Cupid has some advice on some ways to keep the spark in your relationship:

1. Recreate your first date: It can be fun to go back to the beginning, experience things all over again, but also see how much things have changed. Memories are important things and some we will cherish and remember forever, but that doesn't mean we can't go back and relive them. It could be fun to go "back in time" for a night and recreate the magic all over again.

Related: [Date Idea: Get Off the Beaten Path](#)

2. Try something new together: What makes the beginning of relationship so exciting is the fact everything is new. So, trying new things together will keep things fresh and the fires burning. Do something you both have talked about doing or haven't done yet, try activities like skydiving or try traveling somewhere you've never been, it doesn't matter what you do just make it an adventure and something to remember.

Related: [Jay-Z and Beyonce Open Grammy's with 'Drunk in Love' Performance](#)

3. Dress up for each other from time to time: Sure, you may already have that special someone in your life, but that doesn't mean you should stop taking care of yourself or dressing up for them. Don't just get all dolled up for date nights, try doing it sometime when you're home and make a boring night turn into a romantic evening in. Having a little fun in your relationship, like dressing up for your beau, can help with keeping the passion alive between the two of you.

What do you think are some good ways to keep the spark in your relationship alive? Share your tips below.

'He Texted' Authors, Lisa Winning and Carrie Henderson McDermott, Discuss Dating in the Digital Age



Interview by [Lori Bizzoco](#). Written by Maria Darbenzio.

Lisa Winning and Carrie Henderson McDermott, founders of HeTexted.com, are two women with different relationship statuses, but they both know the difficulties that come along with dating in the age of technology. In their new book, *He Texted: The Ultimate Guide to Decoding Guys*, they help women

through various situations and suggest how to handle guy problems. With how rapidly digital media continues to expand, this guide is a must-have for every girl's bookshelf.

What prompted you to create the site? Did you just want to help women?

L: That's exactly what it was. There was nothing out there, and at the same time, my girlfriends who were asking these questions were really clever. They were journalists; they worked in finance; and they had these really interesting, steady careers. Yet they would have a dating question and absolutely freak out over it. It just seemed like the most obvious thing in the world to create somewhere to go and ask questions like "How do I get a second date?" or "Why haven't I heard back from him yet?"

Related Link: [Dating Apps to Manage Your Love Life](#)

I remember when texting first came out, and there would be these crazy conversations with my girlfriends about what a certain text meant, how to interpret what a guy said, and what to say back to him. I can't believe it's still like that today – I figured this new generation of millennials would have texting all figured out by now.

L: There's still so much ambiguity. When something isn't face-to-face, there are so many layers and so many different ways you can take it. And now things are even trickier with Facebook and whether you should add him as a friend or not, which is something we address in our book. It's just an absolute minefield. I think that's why so many people find dating quite confusing. It's no longer just seeing a guy; it's also social media and whether you should be following him on Twitter, etc.

C: Every chapter takes a different situation where you're not face-to-face with a guy and talks about how to handle it.

Now, let's talk about a few specific instances. First, we've all met that guy who refuses to call and only texts. What's the best way to handle someone like that? Do you think a relationship can be built on texting alone?

L: I think that texting is increasingly how everyone's interacting. We get inquiries all of the time like, "This guy's been texting me for three months now, and I still haven't seen him" or "I met this guy on Tindr, and we're chatting every day, but he hasn't set up a date yet." At the end of the day, you have to remember that *nothing* replaces face-to-face interactions. Obviously, spending time with someone is the basis of any sort of meaningful relationship. So if he's not calling you and you're not seeing him, then it's just a distraction. It's a form of entertainment rather than a real relationship.

Say a guy goes out with his buddies and tends to drunk text his ex a lot. Is this a red flag for a relationship?

C: We get this question a lot, and it's a completely common situation. At the same time, if he gets drunk and the first thing he thinks to do is text his ex-girlfriend, that means absolutely nothing good for you. You don't want to be in a relationship with someone who, when all his guards are down, is thinking of his ex instead of you. You want to run from that situation because you want to be with a guy who only thinks of you and wants to be with you always. You never want his ex-girlfriend in the back of his mind; that never ends well.

We get a lot of ex-girlfriend questions too. Social media makes it easier to leave a trail. So you go to the Facebook page of your new boyfriend; you click his profile pictures; and his old ones are with his ex-girlfriend. And you're like, "Oh, I don't like that." Or you see he's tagged in a picture, and you click on her name on Facebook to see what her profile looks like. It's human nature.

Related Link: [Lori Bizzoco Discusses Hollywood Love Lessons at Single in Stiletto Event](#)

Lastly, could each of you share your top tip for dating in the digital age?

L: More than anything else, you still need to go with your gut instinct. I think we all spend too much time thinking about “Should I text him?” or “He Facebooked me two days ago. How long should I wait before responding?” It’s good to keep those things in mind, but nothing replaces that moment when you first meet someone or when you first do something really meaningful together. You recognize that the relationship has significance. So I think you need to go with that feeling.

C: The biggest thing to me is open communication. There are so many different ways to talk now, and people aren’t always being honest. Direct communication and really sharing your true feelings instead of what you *think* you need to feel is most important.

Check out HeTexted.com for more digital dating insights and to order a copy of the book!

Source Shoots Down Kim and Kanye Marriage Rumors





By Louisa Gonzales

Kim Kardashian and Kanye West are not married, yet. According to [*People*](#), the rumors about the recent *Vogue* cover couple getting hitched in a secret ceremony over the weekend in Los Angeles are false. A close family friend of Kardashian, 33, confirms this news, while the rapper's reps have no comment about the gossip. West, 36, and the *Keeping Up With The Kardashians* star are set to tie the knot on May 24 in France at opulent Chateau Louis XIV.

What are some advantages of keeping your wedding under wraps?

Cupid's Advice:

Planning to get married is an exciting time in any couple's relationship, but it also can be stressful. Marriage is a big decision and commitment, so it can be nice to be able to share news of your engagement to people, however there's nothing wrong with not saying anything about it until you're ready. Cupid has some advice on some advantages of keeping your wedding under wraps:

1. It will make it more special: There's something exciting about having something known just between you and your special someone. Holding onto information until you are ready, is not a bad thing, it can be a good thing in fact because it can help strengthen your relationship. Marriage is between you and your partner, no one else, sure you're both becoming a part of each other's families as well, but that doesn't mean you can't have things on your own.

Related: [Kim Kardashian and Kanye West Set a Wedding Date in Paris](#)

2. You can make it your way: There's a lot of time, energy and effort that goes into wedding planning, but also in other new life changing things like deciding living arrangements. So, it can be nice to get advice from others, such as friends and family sometimes, but not on everything, especially the big decisions. Just think the less people who know, the better chance you have at not getting influenced by other's and actually making your dream wedding, not anyone else's.

Related: [Kim Kardashian and Kanye West Look Casually Glam Post-'Vogue' Cover Reveal](#)

3. Less pressure: One big upside of keeping your wedding under wraps is you won't feel the pressure of others, which will in turn make things less difficult for you. Sometimes wedding planning can get stressful, especially when you're worrying about other people's expectations, when really you should just be focusing on yours and your better half. Don't worry about what other people will think, about the wedding, your partner, your union, whatever, instead remember why you want to get married.

What do you think are some advantages of keeping your wedding under wraps? Share in the comments below.

Celebrity Couple Brad Pitt and Angelina Jolie Are Filming a New Movie Together



By Louisa Gonzales

[Angelina Jolie](#) and fiancé [Brad Pitt](#) are expected to come together again on the big screen, according to [People.com](#). It will be the [Hollywood couple's](#) first time acting with each other since their work in the 2005 blockbuster film, *Mr. & Mrs. Smith*. This new movie will be based on a script written by Jolie, which is all the public knows right now. There is

still no word on the genre, release date, or studio, but it may be a relationship drama. Jolie is currently getting ready for the May release of the Disney film *Maleficent* and also working on post-production for the film *Unbroken*, which she directed.

With celebrity couples like Jolie and Pitt, work life can often overlap with personal responsibilities. What are some ways to combine your job with your relationship and love?

Cupid's Advice:

Being in a relationship and love means being partners in your personal lives. However, work can sometimes get in the way of you being able to spend time together. So how do you find a healthy work-life balance? Take a cue from this celebrity couple and follow Cupid's love advice below:

1. Unwind together: Nothing beats coming home from a long day of work and being able to relax with your love. Cook dinner together and talk about work over a home-cooked meal and glass of wine. Then, snuggle up on the couch for the latest episode of *Modern Family*!

Related Link: [Brad Pitt and Angelina Jolie Enjoy Date Night](#)

2. Confide in each other: Communication is key for every strong relationship. Being able to talk to your significant other about the good and bad parts of your day will help you de-stress and also bring you closer together.

Related Link: [Brad Pitt Flies to Australia to Reunite with](#)

Angelina Jolie and Kids

3. Invite them to hang out with your co-workers: Include your honey in after-work drinks! If they know your office mates, they'll be able to provide you with better feedback when you chat with them about work happenings. Plus, it's a great opportunity for you to get ahead at work *and* spend time with your partner.

Taking a cue from this Hollywood couple, what are some ways to combine work with your relationship and love? Share in the comments below.

Bravo Reality TV Star Tabatha Coffey Says It's Important to "Connect and Continue to Get to Know Your Partner"





By Brittany Stubbs

Celebrity hairstylist Tabatha Coffey is more than just an expert on bouncy curls and shiny locks. Known for her business expertise and tough-love approach while helping restore struggling salons on Bravo's reality TV show *Tabatha Takes Over*, it's no wonder the questions from viewers inspired the star to put her profitable advice on paper. In her new book *Own It! Be the Boss of Your Life – Home and in the Workplace*, she provides readers with the tools to be successful not only in their professional lives but in their personal lives as well.

Exclusive Celebrity Interview with Reality TV Star

"Living a successful and well-balanced life is, to me, what it's all about," she shares in our exclusive celebrity interview. With so many people today struggling with work-life balance, Coffey believes her book will empower readers of all

kinds, whether they're looking to move up in a current career, they're fresh out of college, or they're stay-at-home mothers. More than just a catchy title, she shows readers how to "own it," teaching them how to take control and responsibility for their own lives.

Related Link: [Molly Sims Talks New Hair Color & Favorite Date Night Looks](#)

While her blunt honesty has often been perceived as bitchiness, she says that "it's always in the name of helping someone." Whether giving a new haircut to make a woman feel beautiful or guiding a failing business owner towards a fresh start, the author has always been passionate and motivated by any activity that can empower people.

But empowering people sometimes requires a harsh reality check. "It's just my tough love that comes from a place of wanting people to move forward," she admits. "I truly understand when people get upset by some of the things I say because change is hard. Sometimes, people who ask for my help don't really want to hear the truth, but they need to hear it in order to make changes and become successful."

Speaking of asking for help, we couldn't help but pick the hairstylist's brain for a few summer hair tips. After all, it is her expertise! When it comes to managing hair in the hot and humid months to come, "it's all about using the right product to protect your hair in the sun, especially if you have color in your hair. There are many products out there that will help minimize the fading you're going to get from the sun." While it might seem like your hair is constantly in the water between pool parties and trips to the beach, she encourages you to rehydrate your hair with a great conditioner or treatment too.

Related Link: [Celebrity Stylist Raphael Reboh Says Jennifer Lopez Has the Best Hair in Hollywood](#)

One thing Coffey loves about summer is embracing a more casual look. Whether you're letting your hair air-dry, rocking a messy ponytail, or just slicking back short hair, try using a leave-in conditioner to get a nice treatment in your hair and a smooth result without a bunch of mousse or gel. The reality TV star assures us that this hair trend will be spotted in Hollywood as well. "We'll definitely see waves, especially more casual, beachy waves that allow movement and more of a natural texture to the hair as opposed to being so formal and so done with a curling iron."

Another great, summer go-to style that she predicts celebrities will be wearing is ponytails. Whether high or low, with or without a part, "ponytails are a great summer trend and can look incredibly chic, even if you're wearing an evening gown."

Tabatha Coffey Shares Her Best Dating Advice

Although hair and business have been her main focus, Coffey stresses the importance of still making time for a relationship and love life. Being with the same partner for over a decade, she has learned that it's important to avoid routines. "The longer you've been in a relationship with someone, the easier it is to get in the habit of just doing your duties and going about your daily routine side-by-side," she explains of her best [dating advice](#). "I think it's important to make an effort to go to the movies or go out to dinner and spend time connecting and continuing to get to know your significant other better instead of just the daily updates that we all seem to do."

Related Link: [Tabatha Coffey Shares Life, Relationship, and Hair Tips](#)

While the Australian native believes in scheduling time for

your partner, she encourages you to not forget about yourself too. “It’s often easier to just focus on work or on putting other people first, but you can’t put yourself on the back burner.” Whether it’s five minutes of meditating a day or just enjoying a cup of tea, you need to take time to reenergize and do something nice for yourself.

Still, she knows with today’s constant connection to our phones and tablets that this is often easier said than done. You have to work to find out what works best for you. For Coffey, one of her activities of choice is playing Candy Crush. “I’m obsessed,” she says with a laugh – but sometimes, that’s all she needs.

To purchase Coffey’s book Own It!, check it out on Amazon. You can keep up with the hairstylist on Twitter @tabathacoffey.

Tori Spelling and Dean McDermott Get Couples Massage Amidst Marriage Drama





By Shannon Seibert

Tori Spelling and Dean McDermott were photographed together in Los Angeles enjoying a couples massage. After the recent discovery of McDermott's affair with Emily Goodhand, the couple has been on the rocks. Recently, Spelling was hospitalized for intense headaches and McDermott was there to support her. The pair have four children together, but the trust-factor is up in the air. "It makes you not trust anything that's happened in your relationship," Spelling told UsMagazine.com.

What are some ways to keep your marriage alive?

Cupid's Advice:

Ideas of marriage have transformed over the last century. In this day and age it's difficult to uphold the traditionalist views of marriage, which can lead to cheating, scandal and fall-out. To keep the love alive it is a process that both partners have to be invested in to make ends meet.

1. Take a trip without leaving: Maybe it's just a little "You and Him" time that you need. A stay-cation is a great idea for worker-bees to relax with each other and focus on the love they always had. Throw some beach towels out in the back yard, fill a cooler, and have some fun in the sun with your man.

Related: [Tori Spelling Is Hospitalized Amidst Marriage Drama](#)

2. Give up the gadgets: In a modern world of cell-phone and virtual communication, it can be difficult to establish a personal connection. You and your honey try leaving the phones, computers and devices in another room for a night, and just enjoy each other's company. You'll be surprised by the levels of conversation you can reach without a phone screen between you!

Related: [Date Idea: Take a Virtual Vacation](#)

3. Renew and revise your vows: Ideas of marriage have been constantly evolving, so naturally, the traditional marriage vows should keep up with the change in pace. Go through the vows you and your man took on your special day, and see how you've kept up with your promises. If you see the results aren't what you originally thought, go for some modern revisions. Try "I vow to pick the kids up from practice when I say I will" or "I promise I will listen to you talk about your day." These may seem small, but in the scheme of a marriage, these vows can make every bit of difference in it being successful.

How do you keep your marriage strong? Tell us in the comments below!

'RHOC' Reality TV Newbie Lizzie Rovsek on How the Show Helped Her Celebrity Marriage: "You've Got to Keep the Passion and the Fire Alive"



By Brittany Stubbs

Our favorite Bravo ladies are back in the *Real Housewives of Orange County*. You may have thought you met all the bombshells this season, but joining the reality TV cast on tonight's

episode is the much-anticipated wife, mother, and former pageant star Lizzie Rovsek. As any *Housewives* fan knows, with new women, we can expect new drama. And Rovsek makes it clear her debut will be no exception to the rule.

Related Link: [‘RH0A’ Star Phaedra Parks Talks New Book and Marriage: “Remember What Made You Fall in Love”](#)

Celebrity Interview with *RH00C* Reality TV Star

Not only does she fall down at her first filmed party, but she also has to defend herself from the very beginning. “Vicki and I definitely had a rocky start,” the newly-minted reality TV star admits. “I didn’t feel welcomed by her and felt like I was a burden because she doesn’t like new people. I don’t think she likes what I do for a living or even my name.”

As the only veteran OC housewife still remaining from the first season, Vicki Gunvalson has had issues with newbies in the past. But between Rovsek and Shannon Beador, the other rookie housewife joining the cast this season, Rovsek definitely believes she was in the firing line the most. While she was judged and picked on from the very beginning, Beador seems to have had an easier welcoming from the legendary veteran. “It might be because Shannon and Vicki have a lot more in common than Vicki and I do. They’re the same age, and they’ve been married for a long time.”

Despite her roller coaster of drama with Gunvalson, she still manages to make friends this season. “I was warned a little bit and told to be careful of Tamra, but she was actually very nice when I met her,” she candidly shares in our celebrity interview. “She’s very fun, and we have that in common.”

Related Link: [Relationship Taglines for the Ladies of ‘The Real Housewives of New York’](#)

Besides Tamra Judge (formerly Tamra Barney), the mother of two also forms alliances with fellow brunette Heather Dubrow. “She is so classy, and I truly look up to her. Throughout the season, Heather is someone I find myself going to for advice, and she’s been my friend basically through the whole thing.”

With beauty queen and model on her resume, it’s no surprise people have a lot of misconceptions when it comes to Rovsek’s looks, brains, and personality. “There was an article that I had a nose job, but I’ve never had plastic surgery on my face,” she explains. Valedictorian in high school and graduating college Cum Laude, the housewife assures us that she has much more to offer than just her looks. “I’m actually a big science geek,” she says with a laugh. “I’m definitely not just a bimbo or pretty face.”

Despite some false judgements, she faces a lot of the same challenges as other working mothers. Between taking care of two young boys and a husband who loves home cooked meals and running a swimwear company, she’s just trying to juggle it all. On top of that, she still wants more children. “We’re definitely talking about having another baby and thinking that will happen by the end of this year or beginning of next year,” the celebrity mom says, making it clear that viewers can expect to see some of these discussions on the show.

Related Link: [Gary and Cassie Chapman from ‘Nashville Wives’ Talk Marriage and Adoption](#)

Lizzie Rovsek Talks About Her Celebrity Marriage

While the *Housewives* franchise has shown the destruction of several [celebrity marriages](#) in the past, especially in the OC, this pageant queen feels like doing the show with her husband Christian has actually brought them closer. “This experience has made us stronger and made us take a closer look at our

relationship and love life. Marriage is hard work! You've got to keep the passion and the fire alive, and it's not always easy. We're working at it all the time."

For other parents of young children struggling to fit in romance, Rovsek encourages setting aside time to be alone together. "Go on a trip, even if it's just a two-day drive somewhere. You need to spend time alone – away from your kids, away from your work – and really make time for each other."

Besides strengthening her celebrity marriage and getting closer to her husband, she also hopes her appearance on the show will inspire viewers who look up to her. "I hope they get to see my loving nature, and I hope they learn that it's okay to make mistakes. Sometimes, you learn the most valuable lessons by messing up," she shares. "Life is a gift, and we're all in this together."

To learn more about Rovsek and the Real Housewives of Orange County, tune into Bravo every Monday at 9/8c. You can keep up with Rovsek on Twitter @LizzieRovsek.

Cupid's Weekly Round-Up: Surviving a Breakup





By Shannon Seibert

We all know that breakups are painful. Whether you're the one breaking someone's heart or the one being dumped, the situation is inevitably unpleasant. Instead of vacationing on the island of Splitsville surrounded by an emotion ocean, keep your heartbreak clean and classy. Here are five articles from our partners to help you survive the breakup blues:

1. Don't be "that girl": As tough as it may be to face your partner, indirect breakups are never the answer. If you are the one breaking it off, it's best to be respectable and ladylike. Check out these people who made the mistake of using social media to do their dirty work. (YourTango.com)

2. If he cuts you off, cut him out: There is nothing worse than going on Facebook and seeing your ex with new arm candy after a recent split. To help the moving on process, clean up your social media. Take down your old pictures, unfriend or unfollow him, and stop checking in on him every day. Lucky for you, in this day and age, there's an app for that. (YourTango.com)

3. Keep yourself busy: Wallowing in unreciprocated emotions isn't a positive way of moving forward. Try taking on new tasks or a new hobby. For example, yoga is a great way to cleanse a broken heart while getting into better shape. Take a look at this article, which shows that even Ivanka Trump's young daughter Arabella can do it. (CelebrityBabyScoop.com)

4. Don't text him: Texting is an easy way to get yourself into trouble. If you ever wonder if you should reach out to him after you say your goodbyes, the answer is always no. Use this texting guide to avoid uncomfortable situations. (GalTime.com)

5. Ex is for example: Use this breakup as a learning opportunity for yourself and figure out what you *don't* want in a relationship. Stop dating the wrong guys and find someone who you see in your future. (GalTime.com)

What have you done to survive a tough breakup? Tell us in the comments below!

Cupid's Weekly Round-Up: Surviving a Breakup





By Shannon Seibert

We all know that breakups are painful. Whether you're the one breaking someone's heart or the one being dumped, the situation is inevitably unpleasant. Instead of vacationing on the island of Splitsville surrounded by an emotion ocean, keep your heartbreak clean and classy. Here are five articles from our partners to help you survive the breakup blues:

1. Don't be "that girl": As tough as it may be to face your partner, indirect breakups are never the answer. If you are the one breaking it off, it's best to be respectable and ladylike. Check out these people who made the mistake of using social media to do their dirty work. (YourTango.com)

2. If he cuts you off, cut him out: There is nothing worse than going on Facebook and seeing your ex with new arm candy after a recent split. To help the moving on process, clean up your social media. Take down your old pictures, unfriend or unfollow him, and stop checking in on him every day. Lucky for you, in this day and age, there's an app for that. (YourTango.com)

3. Keep yourself busy: Wallowing in unreciprocated emotions isn't a positive way of moving forward. Try taking on new tasks or a new hobby. For example, yoga is a great way to cleanse a broken heart while getting into better shape. Take a look at this article, which shows that even Ivanka Trump's young daughter Arabella can do it. (CelebrityBabyScoop.com)

4. Don't text him: Texting is an easy way to get yourself into trouble. If you ever wonder if you should reach out to him after you say your goodbyes, the answer is always no. Use this texting guide to avoid uncomfortable situations. (GalTime.com)

5. Ex is for example: Use this breakup as a learning opportunity for yourself and figure out what you *don't* want in a relationship. Stop dating the wrong guys and find someone who you see in your future. (GalTime.com)

What have you done to survive a tough breakup? Tell us in the comments below!

**Date Idea: Climb Every
Mountain**





By Amanda Boyer

You and your partner are tired of the typical dinner-and-a-movie and need a new [date idea](#). You want to do something that will get your feet moving and your heart rate up. To integrate some exercise into your normal routine, follow this relationship advice and plan a rock climbing date! You can check out an indoor gym if it's still chilly where you live or head outside if the weather has warmed up enough.

Related Link: [Celebrity Couples That Are Always On the Go](#)

Go Rock Climbing on This Weekend Date Idea

To find a good spot close to home for this weekend date idea, check out websites like [RockandIce.com](#), and [IndoorClimbing.com](#). Rock and Ice even has articles on *how* to rock climb, so if one of you is nervous about going or has never tried the sport before, read up for some helpful tips. Be sure to find out what gear is required and purchase or rent shoes, clothes, and ropes as needed.

Once the day arrives, don't let your nerves get the best of you! Start by just taking a few steps up the mountain or wall so you get a sense of where the best rocks are and what kind of foot and hand holds you want to use. This warm-up will have you laughing and joking around with each other as you both struggle to learn something new. Make sure you feel comfortable before you challenge each other and step it up to the next level.

Once you both are ready to go, it's time to race! To turn this rock climbing date idea into a contest, you can climb up the mountain three times; whoever gets to the top first two times in a row can get bragging rights for the night. To raise the stakes, make a bet: The loser has to buy dinner afterwards. The pressure's on!

Related Link: [Take a Charity Walk](#)

Whether it's making fun of your significant other for slipping or getting to see your cutie compete against you, you're sure to have a fun time. After a few hours of climbing, betting, and having fun with your honey, you'll be tired and ready for a low-key evening. You and your partner will form a stronger bond over the challenges faced on the rock climbing wall and have new memories to bring to your relationship and love.

Have you ever gone on a rock climbing date? Share your experience below!

Single in Stiletto Show: 5

Things Men Wish Women Knew About Them



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to dating coach Tripp about the five things men wish women knew about them. First, men like when women want to get to know them. Next, they love when women are affectionate. They also communicate on a more logical level – an important thing for women to understand. Men like when you ask them for help. And finally, men like compliments just as much as women.

Related Link: [How to Tell If He Likes You](#)

Listen up for more great tips!

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

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

Guys, what else do you wish women knew about you? Tell us in the comments below!

Screwing the Rules Video Dating Tips: Find the Love of Your Life

A video thumbnail showing two people in a split-screen format. On the left is Suzanne Oshima, a woman with long dark hair, wearing a black sleeveless top. On the right is Robert Manni, a bald man with glasses wearing a dark jacket over a light shirt. The background behind Suzanne includes logos for "dream Bachelor & Bachelorette" and "Single in Stilettoes". The background behind Robert features a large black wing graphic and the text "THE GUYS' GUY'S GUIDE TO LOVE".

Suzanne Oshima
Founder of Single in Stilettoes
Matchmaker & Dating Coach at
dream Bachelor & Bachelorette



Robert Manni
Author of
"The Guys' Guy's Guide to Love"

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

Dating Advice from E!'s *Famously Single* Laurel House on Finding the Love of Your Life

Related Link: [10 Places to Meet Your Soulmate](#)

In this week's [dating advice](#) video, dating expert and E!'s *Famously Single* dating coach, [Laurel House](#) tells you the 8 things to do when looking for love and the 10 best places to go to find that someone special. But first, she encourages you to forget chance. "Put yourself in the right place at the right time if you want to meet Mr. Right." She also shares what you shouldn't do – and it's really quite simple. "Whatever you have been doing! Because clearly it isn't working."

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

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

What are you going to do to meet The One? Share your tips in the comments below.

Should You Give Your Ex Another Chance?





By April Littleton

You and your ex broke things off pretty quickly, and now you're thinking about giving the romance a second try. Maybe the two of you are still in love, or perhaps you're finally on your way to being on friendly terms with your former flame. Either way, you might want to ask yourself some questions before you officially decide to rekindle the spark. Cupid has some advice:

1. The breakup: What caused you and your ex to split up in the first place? Did he/she cheat? Did you cheat? What was the ultimate deal breaker in your relationship, and how do you know for sure things will work out for the better the second time around? Remember, your ex is just that for a reason. Whatever problems the two of you had in the beginning will eventually bubble up to the surface. The issues won't magically disappear. If you expect your romance to flourish this time, be prepared to put in the work to make it happen.

2. Friends and family: What do your friends and family think about your former lover? Do they think you're better off

without him/her, or do they think the two of you might be able to work out your problems? Listen to the advice your loved ones give you. They know you better than you know yourself. They'll be able to clue you in on what exactly you need in your life right now – and it might not be your ex.

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

3. Your feelings: Once you stop and think about it, you might realize you don't really want your ex back. Are you afraid of being on your own? If you were with your partner for awhile before splitting up, being single again could be a scary situation. You don't remember what it's like to date someone new. How do you even know when you're ready to meet another special someone? Take it a day at a time. You don't need to go back to someone who doesn't know how to treat you right. Eventually, you'll find someone who appreciates all that you are, but first, you have to love yourself.

4. What will change: How certain are you that things will change the second time around? Your ex was still the same person he/she was when you broke up. A drastic change in their personality and/or behavior is highly unlikely – especially if they believe they played no part in the breakup. You can't go back to a relationship that can't be fixed, and you shouldn't want to risk being the person who is responsible for picking up all the broken pieces of a lackluster romance.

Related: [Signs Your Crush Is Into You](#)

5. The good versus the bad: You might be able to salvage the relationship if the good outweighs the bad. Think about all the pros and cons to getting back together with your former significant other. Is the outcome worth it?

Did you give your ex another chance? Share your experience below.

'DWTS' Pro Tony Dovolani on His Celebrity Marriage: "My Wife is My Queen"



Interview by [Whitney Johnson](#). Written by Maria Darbenzio and Liz Kim.

Tony Dovolani has come a long way from the three-year-old learning to folk dance in Prishtina, Kosova. Early on, Dovolani's father discovered that his son had a knack for both dance and music. Dovolani eventually became a professional ballroom dancer and has been on ABC's *Dancing With the Stars* for a whopping 17 seasons now.

Before his career ever took off, Dovolani knew that dancing had its perks. “As I got older, I realized that the dancers got all the girls,” he says with a laugh. After coming to the United States as a teenager, he was introduced to the Fred Astaire Dance Academy. “After the first step I took into the studio, I knew right away that was going to be the rest of my life.”

As time progressed, he choreographed *Shall We Dance* with Jennifer Lopez and Richard Gere and then landed a spot on season two of *DWTS*, where he was paired with Stacy Keibler. Since then, he has developed The Ballroom Dancing Channel with fellow pros Maksim Chmerkovskiy and Elena Grinenko, created the Superstars of the Ballroom Dance Camp, and won the coveted mirror ball trophy with Melissa Rycroft during the All-Stars season of *DWTS*.

Fast forwarding to season 18 of the popular ABC reality show, Dovolani is currently paired with NeNe Leakes, one of the sassy stars of *The Real Housewives of Atlanta*. Although he mentions their great chemistry, they did have a minor issue after switching partners for a week. “She’s great. I mean, we had one little tiff that everybody saw. Other than that, it’s really been a lot of fun,” he candidly shares. “She’s hilarious. She has so much character. She shows up ready to work, which is good.”

Related Link: [‘DWTS’ Contestant Candace Cameron Bure Says “Dance Parties” Have Always Been Her Favorite Family Activity!](#)

As viewers saw on last week’s episode, the twosome used that bump in the road to strengthen their partnership and ultimately wow the judges with their salsa. “What you guys didn’t see is that routine came about from us working with each other. If we had an attitude the whole week, it wouldn’t have happened.”

When it comes to the rest of the season, the dancing pro has

no worries about Leakes and her abilities on the dancer floor. “I think she’s on a good track. We’re going to keep pushing her every single week. I feel like she’s the fun one in the show, and we want to keep entertaining our fans all the way to the end.” Of tonight’s tango, he says, “I want it to be passionate, hateful, sultry, sexy, and vulgar. I want it to be everything!”

Dovolani works hard both on and off the dance floor, making sure that his wife Lina and their three young children are always his number one priority. “My wife is my queen. I wouldn’t be anywhere without her,” he shares. “Honestly, the saying ‘Behind a great man is an even greater woman’ is absolutely true in my case. She takes care of the kids. She takes care of the house. She takes care of everything while I’m trying to do the show business thing. I think that men in general have to realize how strong women are.”

Related Link: [‘DWTS’ Pro Anna Trebunskaya Welcomes a Baby Girl and Reveals Boyfriend](#)

When it comes to keeping his marriage strong, he points out that proper communication is key to success. Plus, he knows that great relationships don’t just happen: “You have to constantly work on it. If you do that, there’s always a light at the end of the tunnel.”

Communication is not only important in his relationship with his wife but with his children – Luana, Adrian, and Ariana – as well. Because of his busy schedule on the show, he doesn’t get to see his children as often as he’d like, but he doesn’t let the distance stop him from being there for them. “I literally call five, six, sometimes seven times a day. Every time I’m on a break, I’m on the phone with my family,” he explains. “When they get home from school, they speak to me. Right before they go to bed, they speak to me. When they’re doing their homework, they speak to me.”

Dovolani sweetly adds, "I'm telling you it's all about communication, and my wife deserves the credit. She's the one that works on it with me and the kids. She's really great about making sure we all communicate and stay on top of things."

Related Link: ['Dwts' Contestant Sherri Shepherd Chats About the Three Men in Her Life](#)

Luckily for him, his love of dance has been passed down to his children, and the family of five enjoys having dance parties at home. Besides that, they enjoy being outside. "Honestly, in this technology-filled world, as parents, it's our responsibility to make sure we find reasons to get the kids out of the house and into nature. We go ice-skating. We go skiing. We do any sport that we can do as a family."

Keeping that thought in mind, they already have some fun summer plans. He'll be visiting Albania for his niece's wedding, and once back home he hopes to relax and fish with his kids at a lake near their house. Of course, Dovolani and his wife make sure they have some alone time too. Their date nights are usually at a nice restaurant, enjoying a delicious meal and a few glasses of wine. "My perfect day is playing golf with my kids and ending it with dinner at the clubhouse with Lina."

Tune in to ABC on Mondays at 8/9c to watch Tony Dovolani and Nene Leakes dance their way to the top on Dancing with the Stars! You can also keep up with Tony on Twitter @TonyDovolani.

Tila Tequila Says 'My Baby Has Saved My Life'



By Sanetra Richards

A baby really does change your life, and Tila Tequila can vouch for that. According to UsMagazine.com, the 32-year-old former reality star announced her pregnancy earlier this week on April 18, and expressed the deep emotion she already feels for her baby boy or girl: "It has been quite a painful journey for me, and I never thought I was going to make it out alive. So to be able to do a total 180 and finally be blessed with my first child gets me so emotional that I can barely even handle it," she says. "The only difference is that now these tears I cry are of joy, and no longer of sadness." Tila Tequila took a lot of hits over the years, from the 2010 death of fiancée Casey Johnson, a 2012 rehab stay, and many times she described

as “hurtful, embarrassing, and sometimes erratic.” She told Us, “My side of the story has never been truly told over the past five years, as I have kept so much bottled inside of me.” The A Shot at Love with Tila Tequila star went on to gush about her little bun in the oven, saying, “I truly feel that my baby has saved my life, and I will do whatever it takes to give my little baby the whole entire world!” she vows. “I know I’m going to cry so much when the baby is finally born later this year.”

What are some ways pregnancy can strengthen your relationship?

Cupid’s Advice:

Pregnancy comes along with many things, such as spontaneous mood swings, appetite changes, and swollen body parts. However, distance between you and your partner does not have to be included in the bunch. Cupid has a few relationship strengthening effects of pregnancy:

1. Bonding: During the 9 (or 10) months spent baking the bun, you and your partner have the opportunity to connect even more. From shopping for the baby to attending doctor appointments together, the joint effort will increase the positive vibes and add to the excitement of the birth.

Related: [Tila Tequila Is Pregnant](#)

2. More talks: Often times, pregnancy leads to many long conversations about what the future will hold. You and your significant other may begin to question the next step in your relationship, whether that is marriage or building a larger family. Also, you may find yourself questioning some things along the way. Be sure to inform your partner of any concerns or problems you may have about the pregnancy or child’s birth – this will ease any future arguments (that are not because of hormonal changes).

Related: [Jason Biggs Says 'My Son Changed Me Overnight'](#)

3. A deeper connection: Announcing the baby, finding out the gender, and watching him or her kick are all moments that will bring you and your partner closer than ever. Who knows, there may be tears of joy along the way!

How does pregnancy strengthen a relationship? Share your thoughts below.

Cupid's Weekly Round-Up: Trends in Relationships



Suzanne Oshima
Founder of Single in Stilettoes
Matchmaker & Dating Coach at
dream Bachelor & Bachelorette

Robert Manni
Author of
"The Guys' Guy's Guide to Love"

By Maria Darbenzio

We all know that trends come and go. This idea holds true for the dating world too. What you're used to now may not have been the same during the time of your grandparents, and it'll certainly change again when your grandchildren are dating. Still, some things remain classic. We pulled these five articles from our partners to keep you up-to-date on relationship trends:

1. Open relationships: Although most people believe in monogamy, there seems to be a rise in couples who practice an open relationship. Some even think it's a way to keep their marriage from ending in divorce. Experts have used the recent split of Gwyneth Paltrow and Chris Martin as an example. Take a look at this article to find out more. (YourTango.com)

2. Dating through the ages: It's no secret that the rules of dating change as you get older. Looking for love in your teens is radically different than dating in your 30s. Check out this video that explains how age impacts the way people view relationships. (GalTime.com)

3. Baby before marriage: It seems like more and more couples are having children before marriage. Much like Ashton Kutcher and Mila Kunis, the sequence of love seem to have been altered with the current generation. Although plenty of couples continue to marry first, as long as both parents take the responsibility that comes with a child, this alternative approach doesn't seem as harmful to relationships as some may think. (GalTime.com)

4. Going green: Loving the Earth shouldn't be designated to just one day, and Raphael Sbarge feels the same way. As becoming Earth conscious gains popularity, so do the combined efforts of partners looking to lessen their ecological footprint. Whether it's buying cloth diapers for your child, supporting local farmers, or composting for your garden, this is one topic that deserves to stay in fashion. (CelebrityBabyScoop.com)

5. Timeless classics: Not everything needs to change with the time. A simple 'I love you' can say more than one would think. *Breaking Bad* star Aaron Paul knows how to brighten his wife's life – and how to make us fall more in love with him! Check out how he makes Lauren feel like a queen each day. (YourTango.com)

What are some other trends and/or timeless classics when it comes to relationships? Share in the comments below!