

How Fighting Can Strengthen Your Relationship



By Gabby Robles

Whenever you fight, you might feel as if this is it – relationship over. But you shouldn't always feel that way. Sure, fighting can come off as negative thing, but you don't always have to see it that way. In fact, you should see fighting as a way to bring strength to your relationship. If approached in the correct manor, it's a way to work things out. See how fighting can actually strengthen your relationship:

1. It's normal: The couple that “never fights” isn't as healthy and happy as you think. It's absolutely normal to

argue with your man sometimes – you’re both human! Conflict paves the way for you both to grow as a team. Take advantage of it. When you keep quiet about things that are bothering you, not only are you avoiding conflict, but you are keeping yourself closeted. You’re not letting your boo see the real you, and that will eventually lead to resentment or worse: a huge explosion of emotions somewhere down the line and believe me, it will not be pretty.

2. It gives you a chance to talk: Talking it out will give you an opportunity to let your partner know how you’re feeling. When you express your feelings, you can give your man insight to how you want to continue going about a particular situation. When you listen to each other, you understand the other’s priorities and needs better. That puts you in the perfect position to make your partner happy, thus making yourself happy.

3. It gives you closure: If you’re able to talk out a problem or conflict together appropriately, you will be able to leave it behind. It won’t bother you, it won’t consume your thoughts for months on end. The argument will end, and that will be it. There’s no need to rehash old issues between you two, and you’ll feel that way even more if you both resolve a problem effectively.

Don’t think every fight is going to be “the end.” Remind yourself that you’re both happy and that conflict is healthy. It will relieve you of over-stressing yourself and will release the pressure that you might have to make your relationship “perfect.” The only perfect relationship is a happy one, so as long as you both continue to wake up and be happy that you’re with your partner, then you are in the perfect relationship.

What are some other ways fighting can actually help your relationship? Share your ideas below.

Single in Stilettos Show: What to Do When He Doesn't Call



On today's [Single in Stilettos](#) show, founder Suzanne Oshima speaks with Diana Antholis, a life stylist and mind body coach. After years spent battling with body issues, she finally found a way to cleanse her mind and soul of negative thoughts and self-sabotaging actions, ultimately discovering a healthier and happier life. In this video interview, Antholis shares her top three tips for what to do when a guy doesn't call you back.

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

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

Cupid wants to know: What do you do when a guy doesn't call you back?

Adam Levine's Ex Nina Agdal Opens Up About Their Split and His Engagement



By April Littleton

According to UsMagazine.com, Nina Agdal holds no grudges against *Maroon 5* singer Adam Levine and his fiancée Behati Prinsloo. The *Ocean Drive* cover girl said that she found out about Levine's engagement through a text message but she's "happy for them." Agdal is currently dating *The Wanted*'s Max George. "We're very much in the honeymoon period. She's awesome," the British rocker, 25, told *OK!* last month. "She's like a best mate as much as a girlfriend."

What are some ways to cope with an abrupt breakup?

Cupid's Advice:

Sometimes breakups happen quickly, and there's nothing you can do about it. Cupid has some advice on how to deal:

1. Spend time with friends: After you go through a breakup, it's a good idea to spend some time catching up with your loved ones. They'll be there to lend you a shoulder to cry on and they won't pass any judgment on you.

2. Keep busy: One of the best things you can do after a sudden breakup is keep yourself distracted. Continue to carry on with your daily routine as you normally would do. Hang out with your family and friends. Take up a few new hobbies. Over time, you won't need as many distractions, but for now, it'll help with the pain you might be feeling.

3. Pamper yourself: Take yourself out on a "me" day. Get a makeover or spend the day relaxing at a spa. Don't just spend your time pondering on what could have been. You're single now, so that mean you need to be the best "you" you can be for the next cute girl/guy who catches your eye.

What are some other ways to cope with an abrupt breakup?
Comment below.

Sizzle to Fizzle: Brody Jenner and Bryana Holly



By April Littleton

A source confirmed to UsMagazine.com that the *Keeping Up with the Kardashians* star has broken up with his model girlfriend of four months, Bryana Holly. “It just **fizzled** out,” the insider said about the break up. The former flames went public with their relationship July 6 in Malibu, California. Prior to **sizzling** up with Holly, Brody Jenner was linked to Avril Lavigne, Lauren Conrad and Kristin Cavallari, who just announced her second pregnancy with husband Jay Cutler.

How do you know when to call it quits on a new relationship?

Cupid's Advice:

Breaking up with someone you once cared for is never an easy thing to do. How do you know if you're making the right decision? Are the problems you and your companion have something that can be fixed? Cupid is here to help:

1. Lack of communication: There's no use in trying to save a dying relationship when you and your partner stop talking to each other completely. Communication is key to any **sizzling** relationship. If you can't fully express the way you feel and the problems you and your significant other seem to be having are just getting worse, it may be time to call it quits.

2. Wondering eyes: The **heat** in your relationship may not be as intense as it used to be if you find yourself interested in another person. The same goes for your honey. You and your boyfriend/girlfriend should only have eyes for each other. Talk to your partner about the status of your relationship if someone else is making you smile and weak in the knees.

3. The love is gone: Don't be with someone you no longer have feelings for. If you've fallen out of love and it's obvious that your girlfriend/boyfriend doesn't feel the same way about you anymore, let each other go. Continuing on with a relationship the both of you don't want to be in anymore will only make matters **fizzle** out more. You never know, the two of you might just be better off as friends.

How did you know when to call it quits? Comment below.

Are You Too Young For Marriage?



By April Littleton

When the idea of marriage begins to pop up in a relationship, most couples ask themselves 'Am I really ready for this?' and 'Will the relationship work out?' Some even worry, 'Can I afford the wedding?' What many people forget to ask themselves is whether or not they're old enough for the type of commitment they have in mind. Age is a very important factor to consider when you're talking about spending the rest of your life with another person. Cupid is here to help:

You still rely on mommy and daddy

If you still seek your parents' advice on every single

situation you stumble upon, then you're probably not ready to get married. Do you know how to take care of yourself? Who does the cooking? Do you still expect your mother to do your laundry for you? You still have some growing up to do. Take the time to become independent – both mentally and physically. Don't expect your future spouse to act like a parent. How would you feel if you had to take care of someone who didn't know the first thing about looking after themselves? You want a partner, not a babysitter.

Related: [4 Questions to Ask Yourself Before Getting Married](#)

You're still living in a fantasy

Depending on how young you and your partner are, the both of you could still be thinking with a "high school" mentality. A marriage between a young couple rarely works out because they don't take into consideration that their goals and personalities change with age. What you like now may not be things you're interested in a few years down the road.

Marriage isn't necessarily a positive

You may be excited about spending the rest of your life with the person you love, but you still see marriage as an end to the "good life." Once you're married, you won't be able to hang out with your friends and party until the crack of dawn. If this is all you're concerned about, then you're not ready for a serious commitment. One of the keys to a successful marriage is maturity. Without this trait, you won't be able to get through any rough patches with your significant other, and you surely won't be able to work on your relationship effectively.

Related: [Does It Matter If You Have A Lot in Common?](#)

You're only thinking about the wedding

You've been so wrapped up in the wedding plans that you

haven't even thought about what comes after the fancy ceremony and reception. A marriage isn't just about the wedding. The dress, expensive gifts and delicious food doesn't matter in the long-term. Most young couples only think about what they'll receive in return for exchanging vows, but it's not the wedding you should be celebrating – it's the relationship.

What are some other factors to consider if you're not sure you're too young for marriage? Comment below.

Chad Michael Murray Opens Up About Dating Nicky Whelan



By [Whitney Johnson](#)

Well, that was certainly fast! Only a month after ending his seven-year engagement, Chad Michael Murray has found a girlfriend in Australian actress Nicky Whelan. The actor, who met his former fiancée Kenzie Dalton on the set of *One Tree Hill*, is starring in the upcoming film *Left Behind* with his new leading lady. Confirming their relationship, Murray tweeted a picture of the twosome kissing and captioned it, "I am a lucky lucky man. Blessed to feel the way I do with @NickyWhelan! I hope each of u feels the same in ur world!" According to [People.com](#), the couple was also spotted at the Chateau Marmont hotel in Los Angeles.

How do you know when to go public with your relationship?

Cupid's Advice:

It's easy to get caught up in the excitement of a new love, but if you rush into something serious before you're ready, you may never reach your full potential as a couple. Keep the three points below in mind before taking your relationship public:

1. It's more than a fling: You don't need to decide if your partner is soul mate material or not, but it's important that you feel confident that it's a long-term relationship. You don't want to introduce your friends and family to someone who's not going to be around by Thanksgiving.

2. You want to share your love: Consider *why* you want to go public with your relationship. If it's because you want your loved ones to know how happy and fulfilled you are because of your significant other, it's time to introduce them. If it's because you feel pressure to be dating someone or you want to get revenge on an ex, you should rethink your motives – and your relationship.

3. You've talked to your partner: Before you shout your feelings from the rooftops, be sure that you and your beau are on the same page. He may not be ready to be exclusive or meet your parents, and it's important that you respect him. Taking a big step in your relationship is much more fun if you do it as a team.

How do you know when to go public with your relationship? Tell us in the comments below!

Michael Morris Steps Out with Wife Post-Katharine McPhee Scandal





By [Whitney Johnson](#)

It looks like yet another cheating scandal has rocked Hollywood. Last week, married actress Katharine McPhee was spotted kissing her *Smash* director Michael Morris, also hitched. This past weekend, [Us Weekly](#) revealed that Morris was spotted with his wife, *In Plain Sight* actress Mary McCormack, who allegedly kicked him out of the house they share with their three children. Sources say that the *American Idol* runner-up has been separated from her husband, Nick Cokas, for several months, but she's still incredibly embarrassed by the situation.

What do you do if you find out your partner has been cheating?

Cupid's Advice:

It's easy to say what you would do *if* your partner ever cheated, but the reality of the situation is completely different than that "what if" scenario. Before you make any rash decisions or say and do something you may later regret, consider the tips below:

1. Take a breather: It's natural to need a bit of space after finding out such life-altering news. Step back from your relationship and use this alone time to think about how you feel about your relationship, your partner, and, most importantly, your future.

2. Seek outside help: Whether it's a close friend or a therapist, talking to an outsider about your partner's cheating will help you gain some much-needed perspective. It'll allow you to look at the big picture and really consider the questions needed to determine if you want to work through this rough patch with your significant other or if you're ready to call it quits.

3. Follow your heart: Finally, no matter what anyone says, listen to yourself. Deep down, you know whether or not you can truly forgive your beau and move forward in spite of the transgression. Just remember that if you can't see past this mistake, you'll never be happy together.

How would you deal with a cheating partner? Share your comments below!

Why Do You Want to Be Friends With Your Ex?





By Lori Zaslow and Jennifer Zucher, founders of [Project Soulmate](#)

While it *is* possible to be friends with your ex, it's very hard and circumstantial. Everyone's relationship is different, but we believe that the general rule of thumb is to cut all ties unless there are third parties involved.

If you have kids together, it's mandatory to maintain a friendly relationship. Putting aside the differences that exist between you and your ex-partner is vital for the wellbeing of your family. A divorce means that children must make so many adjustments, but they still need both of their parents in their lives in consistent ways.

Related Link: [Bruce and Kris Jenner Announce Their Separation](#)

Turning to Hollywood for inspiration, Kris and Bruce Jenner are making a good business decision as well as a smart choice for their kids by choosing to still film their show despite their separation. There is nothing worse than divorce for a family, so why make it any harder than it has to be? By

choosing to put aside their personal differences for the sake of their empire, they're keeping the Kardashian-Jenner crew connected and together.

Similarly, Miranda Kerr and Orlando Bloom were recently spotted kissing only a day after they announced their split. They appear to be on great terms despite their separation, which will certainly help their young son Flynn cope with the changes in his life.

Now, let's look at relationships without children involved. It'll be especially difficult to maintain a friendship with your ex if one or both of you still have lingering feelings. However, if both of you are happy in other relationships and enough time has passed, then the possibility does exist. Even then, we still think the relationship should be kept "minimally friendly" – no need to try to be best friends.

Related Link: [Five Ways Being Friends with Your Ex Can Ruin You](#)

If you're in one of the above situations, the real questions to ask yourself are: Why do you want to be friends with your ex? What makes his or her friendship so important to you? And does your ex feel the same way? Are you secretly hoping that sparks will fly again? Figuring out the answers to these questions will help you determine what path to take.

Remember: It may be possible to be friends with your ex, but that doesn't necessarily mean it's healthy to do so.

For more information about Project Soulmate, click [here](#).

Tell us: Have you ever maintained a friendship with an ex?

Rumor Alert: Are Kris Jenner and 'The Bachelor' Ben Flajnik Dating?



By April Littleton

Since Kris Jenner's celebrity divorce from Bruce Jenner, there's a celebrity dating rumor that she is now dating a former reality star of *The Bachelor*, Ben Flajnik. However, Flajnik spoke to [People](#) to get the record straight. "Kris is a very, very dear friend of mine," said Flajnik, who lunched with Jenner at Barney's in Beverly Hills on Friday. "We are not dating, we're just working on a couple of projects together, so that's why we've been seen out a lot as of late," he said.

This celebrity dating rumor spread like wildfire. What are some ways to keep rumors from affecting your relationship and love life?

Cupid's Advice:

Rumors can be the demise of a relationship and love if the things being said aren't addressed right away. It's up to you and your partner to have a clear line of communication and to let the truth be known when it's necessary. Cupid has some advice:

1. Talk about it: Don't let untrue information get the best of your relationship and love life. If you're unsure about something you've been hearing regarding your significant other, ask them about it. Sometimes, choosing to ignore a situation will only make matters worse. Make sure you continue to communicate with your partner in order to avoid any surprises when it comes to neighborhood gossip and news.

2. Dispel it: Whenever you hear a rumor going on about you and your honey, take initiative by making sure you set the record straight. If any of your loved ones ask you about something that happens to be misinterpreted or downright false, let them know the truth right away.

3. Don't think about it: No matter what you do, people are always going to talk about situations that have nothing to do with them – it's part of life. Rather than get yourself and your partner all worked up over nothing, simply choose to worry about things that really matter. Addressing rumors only adds fuel to the fire. If you brush off the problem, people will do the same and turn their attention to something else.

How do you keep rumors from affecting your relationship and

love life? Comment below.

What to Do When Politics Interfere with Your Relationship



By Meghan Fitzgerald

Politics in any situation can cause a catastrophe in a matter of moments, especially in a romance relationship. Stating what party you're in, discussing your views on gay marriage and gun laws. Every person has a different opinion on politics, and it

usually ends with an argument if you have polar views. If politics interferes with your relationship, there are a few ways to solve the problems:

1. Common ground: If you and your significant other have different political views, or simply argue about aspects of politics...find a common ground! Although this may seem challenging for those who come from different parties, however it is possible. You need to keep in mind that your partner is more important than who you are voting for.

2. Keep calm: If you and your partner are arguing about politics, it is best to stay calm. It is not going to help the situation if you constantly are down each other throats with harsh words and hate towards one another. It is essential to remember that you and your partner are the only relationship that matters in your love life. Not the relationship between Sarah Palin and the rest of the world.

Related: [How to deal with your partner's professional failure](#)

3. Privacy: Even though this isn't ideal when politics have just interfered with your relationship, this could resolve the problems you are having with your beau. Voting booths are private because situations like this occur! And we know that keeping your thoughts, especially on politics, hidden from your partner is difficult. Give it a test run and see how the new privacy helps with your relationship.

What are some other ways to approach politics in your relationship? Share below.

What Your Halloween Costume Says About You



By [Jared Sais](#)

Halloween: To some, it's a day of fear and horror; to others, it's a day to trick or treat; and to even more, it's a day to dress up and just have fun. Since this special celebration is upon us next week, I wanted to analyze what your costume choice says about you, so below, I looked at eight popular outfits. Proceed with caution; after all, sometimes, the truth is the scariest part.

1. Black cat (or other animals): It's no secret that you're playful and fun to be around. You're also the alpha in your group of friends and can be a bit controlling, though it's

only because you know what you like and what works best for you. You can be reserved and tough on the outside, but you're very vulnerable, caring, and sweet on the inside. You're intuitive by nature and pick up on the vibes of other people – it's like your sixth sense. Finally, you're passionate and tend to see the world as me versus them.

When it comes to love, you need someone who is just as playful as you. You want a boyfriend or girlfriend who has a sense of humor but can be serious when necessary, someone who can take control. For you, the chase is just as fun as being in a relationship.

Your best costume matches include: a police officer, firefighter, hero, or royalty.

Related Link: [Our Favorite Celebrity Couple Halloween Costumes](#)

2. Royalty, including an evil queen: You know your worth when it comes to love and friendship. You're good at keeping yourself organized, and you're very charming. Even though you're always willing to help others, people tend to want to help you just as much. You're gentle and elegant. Plus, you have a wonderful sense of style. You have many admirers – not only in love but also at the workplace. You also strive for greatness, and your effort is usually unmatched.

You need a man that not only treats you like a princess but also keeps you grounded (because, let's face it, sometimes, your ego can get out of control). The only way for you to really be happy is to be spoiled every day, which isn't a bad thing. You also need someone who matches your high intellect level and someone who can take control when you don't want to. You walk the walk and talk the talk, and your partner needs to fit the role just as much as you do.

Your best costume matches include: royalty, a hero, or a black cat.

3. Police officer and firefighter: You have a fire in your eyes. You're strong, caring and sometimes overconfident. You're extremely protective of your friends and family, and you won't let anything happen to them. Sometimes, you even put your loved ones before yourself. You're demanding of others but can phrase your thoughts and words in a strategic manner to make sure you don't hurt anybody's feelings. You're also sensual and have high moral standards.

For you, it's important that your partner is just as passionate as you. Things can get hot and steamy when you find the right person. Sometimes, though, too much of this passion can backfire, and arguments can form.

Your best costume matches include: a police officer, firefighter, someone in the military, a vampire, a hero, or any other costume that represents power and authority.

4. Native American or Eskimo: You're sensitive, caring, and calm. When you truly want something, you go after it, working day in and out to reach your goal. You're very selective of who's in your life, and the people within your circle are more like family than friends. You can sometimes be too controlling of yourself and your emotions, but you're very in touch with your sensitive side.

Your perfect relationship is with someone you can count on and respect, someone you know will remain loyal to you. Your love needs to be in touch with himself and his feelings. Because of your personality, you have the chance to have one of the most meaningful and passionate relationships out there.

Your best costume matches include: a 60's flower child, DIY outfit, or a vampire.

5. Burlesque dancer, Geisha or vampire: Sexy is your middle name! You're very aware of your own body and know what looks good on you. Plus, you're confident, ambitious, and passionate. You encourage others to follow your lead, and men

are constantly noticing you. You're more dominant than most people, and you want a partner who will take care of you for a change. Still, you're a planner: You're the one who usually takes action or makes plans for your friends.

Passionate, sensual, and sincere – these are the three main characteristics you want in a lover. You have a strong understanding of who you are; what matters to you is finding a partner in crime. It's okay if they don't know exactly what they want, just as long as they're willing to figure it out. You like someone who can be dominant one day and give you power the next day. It's also important that your significant other is powerful and sexual.

Your best costume matches include: a vampire or hero costume.

6. 60's flower child: The Woodstock generation paved the way for one of the most iconic times in American history. Though we live in 2013, it seems like the 60's never go out of style. The music still echoes throughout the bars, clubs, and malls, and on this holiday, the costume of choice for many folks is hippy gear. Your parents may have been hippies and taught you an appreciation of the culture. You're laid back, and people like to be with you because of your relaxing vibe. You're a free spirit who loves the thrill of life. You have spunk and don't always play by the rules. You know life is fun, and there is no better day than Halloween to live it up!

Your best match is sensitive, caring, and sweet. You need someone you can bring home to your family but who is still dangerous and thrilling. You want a partner who enjoys life and doesn't always follow the rules. Your significant other is your best friend, and you're okay with spending most of your time with this person. Most importantly, they need to be open to new adventures.

Your best costume matches include: a Native American, Eskimo, 60's flower child, or hippy, as there should be humbleness and

earth colors in the outfit.

Related Link: [Best Celebrity Couple Costumes for Halloween](#)

7. Hero: Whether you're Wonder Woman, Mario or Zelda, if you're portraying a hero, your personality is one of strong character. You're the first to take action; you're an outgoing leader, and you never shy away from expressing your feelings. You believe that love conquers all, that good always prevails over evil, and happy endings do come true.

You need a hopeless romantic or a daydreamer who embraces the magic of life just like you. You want to take over the world, and though you don't need a partner to do it, it's much better with someone by your side. Your significant other should be your rock, someone you can rely on when life gets tough.

Your best costume matches include: anything that relates to fantasy and heroics, like another hero, royalty, black cat, or vampire.

8. DIY: Do-it-yourself costumes can come in all prices – from a quick trip to the dollar store to a full-on makeover. I've seen a girl become a very sexy Sriracha hot sauce by wearing a red shirt with a Rooster taped on it and rolling up a green piece of paper into a cone shape and placing it on her head. If you're a DIY guy or gal, you like to take things into your own hands. You're extremely crafty and don't mind taking the time to put your skills the test. You have a fun personality and want people to respect the work you put into making your creativity come to life.

Your creative ability is priceless, and your perfect match is someone who has his own creative spark but can also be your muse. You need someone who lets your dreams take form; instead of bringing you back to reality, they help you soar higher than the birds. Most important, they inspire you.

Your best costume matches include: a DIY costume like you or

someone dressed as a hero, vampire, hippy, or Native American.

Tell us about your favorite partner costumes in the comments below!

Facing a Divorce? Don't Take the Adversarial Approach



By Lisa LaBelle for [Hope After Divorce](#)

In any divorce situation, the ideal way to settle disputes is by finding solutions together. Keeping a semi-friendly, amicable relationship with your soon-to-be ex-partner is definitely the wiser choice. With that being said, both

spouses must be willing to work together on their divorce settlement; otherwise, the adversarial approach will play out. Unfortunately, much of the advice given in our society today concerning divorce is oppositional. Dissolving a marriage by force and “winning” is far more common than showing mutual respect and making decisions as a team.

Related Link: [Must We Remain Friends With Our Ex-Husband?](#)

What Will You Choose?

If rebuilding your marriage is not an option, will you choose to work out your divorce settlement peacefully, or will you choose to take the adversarial approach? Bruce and Kris Jenner, who recently announced their separation, are a good example of a celebrity couple facing this question. The estimated \$125 million net worth of the Kardashian empire is serious business, and they have **NO PRENUP**! California is a community property state, meaning they'll have to split that net worth 50-50. Hopefully, neither of them will choose to take the adversarial, “fight to win” approach if they indeed divorce. In a perfect world, the best solution for this couple is to rebuild their marriage. However, if they do choose to divorce, working through their financial settlement respectfully will be in their overall best interest.

When Divorce Is Unavoidable

When divorce is unavoidable, issues to be aware of are: temporary support, custody and visitation (if you have children), financial worth and combined income, property division, spousal support, child support, retirement, assets, debts, insurance, and everything acquired as a married couple. Be transparent; otherwise, you'll need to hire a forensic accountant, which will further drain your financial reservoir. Costly attorney fees take a financial toll on divorcing couples if they take the adversarial approach. Staying on friendly terms with a peaceful exit strategy is always the

best choice.

Taking the Adversarial Approach

Choosing to take the adversarial approach puts an emphasis on “winning the fight.” Our society has taught us to take sides. If you and your spouse choose to battle as a way of protecting yourselves, you end up spending negative energy and money fighting for survival instead of finding solutions. No one wins! Actually, the only ones who win are your attorneys and legal and financial teams. Years down the road, you will most likely find that this approach wasn’t worth it financially, emotionally, physically, or mentally.

Related Link: [Maintaining a Positive Image While Going Through Divorce](#)

When you are facing divorce, do your part to be a peacemaker. If your partner is leaning towards being adversarial, encourage him or her to not go there. It’s up to you both to take the high road, which will allow you to move on and rebuild your lives in a much healthier, more positive manner. Someday, you will thank each other and so will your family!



Lisa LaBelle is Co-Founder and Co-Executive Director of Hope After Divorce and DivorceSupportCenter.com. She is co-author and co-editor of the book, Hope After Divorce. Lisa is a family and child advocate, having worked as a consultant with divorced women across the country. She was lead advocate for the reforming of family law child support guidelines, which were successfully signed into law. Lisa is a publicist at Osmond Marketing. She is currently pursuing her master’s degree in counseling, marriage and family therapy, and mediation. Lisa is a special guest host on numerous radio shows and a contributing expert at HopeAfterDivorce.org, DivorceSupportCenter.com, FamilyShare.com, LAFamily.com, and

CupidsPulse.com. You can follow her on Facebook and Twitter. Lisa is the mother of two grown sons who continue to be her greatest joy.

TLC's Chilli Says Usher Was Her First 'Real Love'



By Kerri Sheehan

Rozonda "Chilli" Thomas of the girl group TLC revealed that her two-year relationship with R&B singer Usher was not what inspired his 2004 album *Confessions*. In an interview with UsMagazine.com Thomas said, "We were together when he recorded

that album. All of those songs on Confessions, that was about Jermaine Dupri's situation. Usher was just singing it. But people kind of bought into it, it was just the timing of our breakup when the album came out." She also said that the two broke up because it was just the time, but he was her first real adult love. She affirmed that she would always love Usher despite that the two broke up in 2003.

What are some surefire signs that you're in love?

Cupid's Advice:

Let Cupid help you decide if your love is for real:

- 1. Butterflies:** When you're truly in love you can feel it in your heart. Even if you've been dating for years they should still have the ability to give you internal butterflies.
- 2. You don't question it:** If you're truly in love then you shouldn't even have to ask this question. When you feel the love you know it and you want the world to know.
- 3. You're truly happy:** When you've found the one you everything else in your life should fall into place with time. If being with your mate feels like too much work then one of you is probably in it for the wrong reason.

Are you in love? Share below.

Kanye West Displays His Love for Kim Kardashian



By April Littleton

According to [People](#), Kanye West sported a shirt with an almost nude shot of Kim Kardashian on the front last Saturday during the beginning of his “Yeezus” tour in Seattle. This isn’t the first time the new day showed his affection for his girlfriend. Last week, Kardashian posted a racy post- baby selfie via Twitter, which West complimented,” HEADING HOME NOW.”

How do you show your love for your partner publicly?

Cupid’s Advice:

Whether you’re out in public or not, you always want to show your significant other that you love and care about them. However, you don’t want to be seen doing something that should be left behind closed doors. Cupid has some tips:

1. A simple gesture: You don't want to go too overboard with the PDA, but a warm hug and some hand holding will do the trick. These gestures are not only cute, but you'll be showing the rest of the world who you have your eyes on.

2. Pay attention: When you're out in public with your significant other, pay attention to what they're wearing, what they want to do and what they talk about. There's more to love than just the physical aspect. Instead of grossing everyone out with an inappropriate make out session at the mall, show your partner your affection for them by simply being attentive.

3. Say it: There's no better way to show your love for your partner than by saying it. You can tell your honey 'I love you' as many times as you want and wherever you want. It'll make your boo smile and you'll feel good about it too.

What are some other ways to show your love for your partner publicly? Comment below.

Top 10 Halloween Treats For Your Mate That Won't Ruin Their Waistline





By [Whitney Johnson](#)

Whether you're a kid who anxiously anticipates trick or treating each year or an adult who can't wait to pick out a new Halloween costume, All Hallow's Eve is all about indulging. Of course, that doesn't mean you have to totally let yourself go in order to truly enjoy this spooky night. If you and your sweetie want to celebrate *without* feeling guilty, think outside the typical bag of candy and check out the 10 treats below:

1. Pumpkin spice latte: Once the leaves start to fall, it's hard to resist a pumpkin spice latte from your local coffee shop. Instead of sipping on this high-calorie drink, try making one at home: Heat up canned pumpkin, a bit of milk, some cinnamon and a pinch of pumpkin spice in a sauce pan, and add the mixture to your usual cup of coffee. Then, head outside and enjoy your warm treat with your partner on a blustery fall day.

2. Caramel apple: This old standby is sure to satisfy your sweet tooth while also providing you with a healthy snack

option. After all, an apple a day keeps the doctor away!

Related Link: [Best Celebrity Couple Costumes for Halloween](#)

3. Caramel grapes: For a smaller version of the treat above, why not try caramel grapes? Poke toothpicks into red grapes and dip them in melted caramel followed by crushed nuts. With these mini concoctions, you and your significant other will be happy with a just a taste of something sweet.

4. Frozen “boo”-nana pops: Perfect for kids and adults alike, these homemade frozen treats are sure to please. Cut one medium banana into four quarters lengthwise. Insert a Popsicle stick into each piece and freeze on a wax paper-lined cookie sheet. Melt some white chocolate in a coffee mug, and dip the frozen bananas in, one at a time. Quickly add chocolate chip eyes before the white chocolate hardens. BOO!

5. Fancy popcorn: This date night staple, whether you’re at home or at the movie theater, is a healthy option (as long as you don’t slather it in butter), and there are simple ways to make it even more delicious. Add some cinnamon and Splenda for a hint of sweetness or some Parmesan cheese and garlic pepper for something savory.

6. Pumpkin Caipirinha: Our list wouldn’t be complete without a few Halloween cocktails! For a low-cal drink, mix half of a lime, 1 ½ ounces of pumpkin puree, a pinch of nutmeg, a few ice cubes, ½ ounce of agave nectar, and 1 ½ ounces of Cachaca.

7. Sangria: For another healthy Halloween sipper, make blood red fruit sangria, using strawberries, cherries, raspberries, lemons, limes, oranges, and red delicious apples with red wine, brandy, and grape juice to give it the perfect orange color. Enjoy!

Related Link: [Trick or Treat: How to Celebrate Halloween with Your Man](#)

8. S'mores: Light up the fire and put it to good use! Not only will it put you and your beau in a romantic mood, but it'll give you a tasty treat to boot. Make this classic dessert sandwich out of two low-fat graham crackers, a marshmallow, and a piece of dark chocolate (which is good for your heart).

9. Toasted pumpkin seeds: If you're anything like the staff at CupidsPulse.com, we can't get enough pumpkin. A simple way to enjoy this fall fixture is to toast the seeds – we love these three recipes.

10. Spooky trail mix: Add some candy corns to your usual trail mix, and you'll get a dose of nutrients, thanks to the nuts and dried fruit, as well as a hint of Halloween with the holiday candy staple.

Tell us: What's your favorite healthy Halloween treat?

'Sweet Retreats' Host René Syler Encourages Couples to "Remember Why You Fell in Love"





By Kristin Mattern

One time co-host of *The Early Show*, René Syler continues her television career with her own show on the Live Well Network, *Sweet Retreats*. The seasoned journalist and mother of two loves the fun and excitement of visiting vacation locales with her guests and their families; a savvy traveler herself, Syler enjoys helping show parents how to pack and plan for family trips. On her parenting website, GoodEnoughMother.com, she educates moms on more than just how to prepare for their next adventure, instead teaching parents how to be perfectly imperfect.

For a long time, Syler ran the same rat race that many women do, splitting her time between her high-powered job and her relationship with her husband and children. On top of her already demanding life, she was also trying to be the *perfect* mother. Sometime after the birth of her second child, she came to a revelation: “I had this epiphany, and I realized, ‘Wait a minute, I don’t have to be perfect, and I actually *do* know what I am doing. It’s not the way everyone does it, but it’s the way I do it, and I’ve found it effective.’” That moment

led to writing her book, called *Good Enough Mother*, and creating its spin-off website.

Good Enough Mother deals with more than motherhood. “I talk about career and keeping your marriage healthy. We also mention breast cancer and breast cancer causes. Just because I am a mother doesn’t mean I don’t have other interests, and I believe that’s something other women can relate to,” Syler explains. “I still have dreams, goals, and aspirations.” She also recommends that parents stop likening themselves to everyone else: “You want the recipe to be really unhappy? Keep comparing yourself to everybody else.”

Related Link: [Julie Benz on Her Marriage: “We Put Our Relationship First Even If That Means Turning Down Work”](#)

On *Sweet Retreats*, the celeb helps families find great places to vacation that are fun and affordable. “I love shooting this show! I’m always looking to go on vacation and save a little money here and there,” she shares. “I’m also all about showing people how to get outside the traditional touristy areas. You can actually go somewhere and become a part of a community. The show is a wonderful way to showcase how families can travel.”

Perhaps the most important part of planning a vacation is choosing a location to visit with your family. This well-traveled host suggests getting the input of your children or choosing a spot that coincides with what they’re learning about in school. “What better way to really make what they’re learning about come to life than by actually going to the location, seeing it and experiencing it?” If you have teenagers (like Syler), she recommends giving everyone their own room, so you aren’t right on top of each other, and choosing a place the whole family can enjoy.

Married for almost twenty years, Syler advises couples take time and go away together alone too. “It’s important to

reconnect and remember why you fell in love. Sometimes, we all need to be reminded.” Her favorite vacation spot with husband Buff is Las Vegas. “We always have a great time, and I feel like we can just have fun together and act like big kids.”

Related Link: [Prince William's Former Nanny Is Taking Care of Prince George](#)

When they're not getting away to a fantastic location like Vegas, the duo cherish the time they spend together, even if it's just sitting around the kitchen table. “I know that doesn't sound like a date, but it is because we're moving in the same direction, and I think that is one kind of pillar in our relationship.” The couple also enjoys the movies or a quiet dinner at a pub for date night. “It's not the location. It's the communication and being able to connect,” Syler sagely says.

The couple keeps their marriage strong by appreciating each other and knowing that they wouldn't be where they are today without one another. “You have to remember what it is that brought you to the party. You know, my husband is always a big fan and supporter of me, and in this day and age, you really have to have one person in your corner at all times.”

Outside of work and play, Syler is a huge advocate for breast cancer awareness and education and does a lot of work with the Susan G. Komen for the Cure campaign. Both of her parents had breast cancer, and six years ago, she opted to have a double mastectomy after testing positive for the stage before breast cancer. “I believe that knowledge is power, and the more you know, the better decisions you can make for your health,” she explains, “Part of my philosophy at Good Enough Mother is that taking care of yourself means that you are taking care of everybody else.”

That's one thing that we know this mom does well.

For more information on Syler, visit GoodEnoughMother.com or

connect with her on Facebook and Twitter @goodenufmother.

Bachelor/Bachelorette Alums AshLee Frazier and Michael Garofola Are Dating



By April Littleton

According to UsMagazine.com, *Bachelor* alum AshLee Frazier and *Bachelorette* alum Michael Garofola are now a couple! The lovebirds have been seeing each other for a few weeks. Garofola posted a picture of the two at a Blue Label Vodka

event Friday, Oct. 4. “Amazing night with an amazing girl in an above average city,” he captioned the photo.

How do you know when to go public with your relationship?

Cupid's Advice:

You've been dating someone for awhile and you think it's time to let everyone you care about know about your new relationship. Before you do, there's a few things you need to think about first. Cupid has some tips:

1. Timing: Take into consideration how long the two of you have been dating. If the relationship is still fairly new, then maybe you should wait a little while longer – at least until you and your new boo are sure things are headed in the right direction.

2. Feels right: If you're comfortable in the situation you're in and your partner is OK with the decision to go public, then go for it. Don't feel like you have to tell your friends and family what's going on in your love life if you're unsure if the person you're dating is the one for you. Be sure what you have with that special individual isn't just some fling before you start spreading the news.

3. You talked about it: You're not the only one who gets to decide when to go public with your relationship. Your partner needs to be in on the decision as well. If you're thinking it's time to let your loved ones know who that special someone is in your life, you should have a conversation with your honey about your plans to announce the exciting news first.

**How did you know when to go public with your relationship?
Comment below.**

5 Tips to Dating Someone with a Potty Mouth



By Kerri Sheehan

Does your lover spurt off curse words like it's his or her job? Dating someone who has a hard time forming a sentence that doesn't contain an expletive can be very trying. Whether they're embarrassing you in public, making it hard to you two to have intelligent conversations or losing their temper it's not an easy feat to handle all of that bad language. Here are some tips about dating someone with a potty mouth:

1. Keep them calm: A lot of people only swear when they get

super frustrated. Rather than express their feelings in another manner they choose to use cuss words to release their frustration. One way to keep your partner's potty mouth clean is to help them be calm when things get out of hand. If a situation gets too high tension take your partner aside so they can cool off before they start running their mouth.

Related: [Emma Roberts Arrested After Fight with Boyfriend Evan Peters](#)

2. How much does it really affect you?: Think about your relationship as a whole. How much does their cursing really affect you? If they confine their swearing to when they're at home then it's really not that big of a deal. However, if they're constantly cursing in public and making a scene then it's definitely something that needs to be worked on. Picking your battles is important in a relationship because nit picking at everything your partner does will only create a rift between you two.

3. Don't have a double standard: Should you decide that swearing is an issue that needs to be addressed, then don't be hypocritical about it. Telling your partner not to swear means that you have to cut out any or most swearing that you do yourself. This will be easier for some than others. Practice what you preach so you're not only setting a good example, but also maintaining your position about cussing.

4. Have a talk with them: If your date swears a lot it's likely that they have a slight anger issue. This is pretty common but you want to make sure your significant other can keep their temper in check. No matter how long you've been with your partner, them having a hot temper can still hurt your relationship and even frighten you if they get too wound up. Nobody wants to be walking on pins and needles during an entire relationship. Let them know how you feel about the situation and see if they can tone down their temper.

Related: [5 Simple Ways to Turn Your Relationship Around](#)

5. Broaden their vocabulary: Swear words are used by a lot of people as sentence enhancers because sometimes they just make an expression sound better or more intense. To avoid this, introduce your partner to new words that they can use to replace any foul language. Once they have those new words integrated into their vocabulary his or her use of swear words can completely phase out within a few weeks.

Have you ever dated a potty mouth? Share your story with us below.

Khloe Kardashian Says Lamar Is 'Very Depressed'





By April Littleton

According to [People](#), Khloe Kardashian is having a hard time keeping her marriage to Lamar Odom intact. “I do want to help or cater to Lamar. But there’s also so much someone can take,” she said on last Sunday’s episode of *Keeping of the Kardashians*. Accusations of drug issue and infidelity surrounded Odom over the summer. Since then, the couple have been living apart.

What do you do if you’re not able to help your depressed partner?

Cupid’s Advice:

It’s hard to keep a relationship between two people going strong when one of them is at a low point in their life. Trying to help someone who doesn’t seem to improve with time can be frustrating, especially if it’s someone you care about. Cupid is here to help:

1. Support group: If you can’t seem to get through to your significant other, then maybe a group of people who are going

through the same thing as him/her might. Your partner might feel like he/she can't fully open to you because you don't fully understand what's going on. Sometimes, the best thing for a person is to vent to complete strangers without having to worry about any judgements.

2. Do some research: Maybe you're going about the situation all wrong. In that case, do your research. Talk to some professional counselors about the symptoms of depression and see what you can do to help. It's OK to feel frustrated and helpless, but maybe if you become more informed on the topic, you'll be able to find a way to get through to your honey.

3. Be there for them: You've tried everything and your partner still seems to be down. The only option you have now is just being there for them when they need you. Be that shoulder to cry on and lend them an ear when they need to vent. Be as patient as you can be and show them you still love and care for them. However, if the situation doesn't change, you might have to move on. You can't help someone who doesn't want to be helped.

Have you ever had to deal with a depressed partner? Comment below.

**K-Paul's Louisiana Kitchen
Proves That Love is the
Secret Ingredient Behind**

Culinary Success



By Barbara Merrill

The thought of working with one's spouse may seem like a surefire way to negatively impact a marriage. Being unable to take some "me time" after a heated argument can not only take its toll on the relationship, but it can negatively affect the couples' work environment. However, for some couples, finding that balance is not only simple, but it can also be their secret to a successful business. One of those duos is K-Paul's Executive Chef Paul Miller and Accounting Manager Brenda Prudhomme-Miller.

Meeting this couple was just as exciting as dining at the legendary K-Paul's Louisiana Kitchen in New Orleans. Upon our arrival, we were escorted to a lovely table on the second

floor of a very bustling room. Soon after we sat down, we were greeted by Paul and Brenda, who joined us for the next two hours on our culinary journey, all the while sharing with us their day-to-day lives and their not-so-complex secrets to a successful restaurant and 18-year marriage.

Related Link: [Mario Batali Shares His Tips for Cooking at Home on Date Night](#)

Turtle soup, gumbo, and frog legs – oh my! These dishes may not be a staple in this native Brooklyn girl's diet, but in the spirit of experiencing authentic Cajun/Creole fair, I knew K-Paul's, established and thriving since 1979, was the place to sample such items. Both from Opelousas, there's no doubt that Paul and Brenda take great pride in serving food they grew up eating. After all, one of the best ways of connecting with people is through food, and connected I was.

The turtle soup was definitely an unexpected surprise. Prepared with turtle meat and beef tenderloin and then simmered in beef broth, this savory soup conjured up childhood memories of stews my grandmother would prepare. My friend, who vowed to order gumbo in every establishment in New Orleans, proclaimed K-Paul's gumbo the best. It wasn't too thick; it wasn't too thin; it was just right – and no, her name isn't Goldilocks. As for the frog legs, they were gigantic and very tender, and unlike many other descriptions I've heard in the past, they didn't taste like chicken. They have a mild "fishy" quality that made them surprisingly light.



Brenda Prudhomme, Chef Paul Miller, Lori Bizzoco, and Barbara Merrill.

Between smacking my lips and reaching into the plates of my companions, we talked about how Brenda and Paul met. Paul first met iconic Chef Paul Prudhomme in 1975, where he worked under his direction at Brennan's. From there, the two formed a connection compelling Paul to follow Prudhomme to Commander's Palace in 1977 and finally to K-Paul's in 1981. Enter Brenda, Chef Prudhomme's niece. She was visiting her uncle at the restaurant one evening, and as they say, the rest is history. The couple has three children between them, all of whom live in New York.

With the exposed brick walls, white table linens, and terrific wine list, it's no surprise that K-Paul's has been the setting for hundreds of marriage proposals and even a few weddings. While tasting the evening's special – the Surf & Turf, a light and flaky, perfectly seasoned, blackened Louisiana Drum and a very tender filet in debris sauce (yes, debris sauce, but don't let the name fool you) – we discussed how Brenda and Paul reconnect with one another in the evenings and on their one day off. Brenda likes to “wash the day away” as soon as she gets home and just focus on her time with Paul. They enjoy watching something that helps them unwind and laugh together; *Modern Family* seems to do the trick. As for cooking, well, they both do it. Brenda explained that she prefers a low-sodium diet, so on their day off, there's one bottle of wine

but two skilletts on the stove.

Related Link: [Food Network's Anne Burrell Gives Valentine's Day Cooking Tips](#)

Speaking with Brenda and Paul for just those two hours, it was clear they really enjoy working together. Maybe the secret to their success isn't really that mysterious after all. They respect each other's role at the restaurant, and Paul even joked with me and my dining mates, "She's in the front office, and I'm in the back, and she's usually right!"

One of the most impressive facts I learned about K-Paul's is that they don't have a freezer. Everything served was purchased for that day. Paul explained that, while we were dining, the shrimper he uses was out catching shrimp for tomorrow's menu. Sharing the pressure of serving the freshest ingredients is a real testament to how in sync Paul and Brenda really are. Their [love](#) for the restaurant is undeniable, but their ability to put it behind them and enjoy their alone time is really the key to their marital success.

For more information about K-Paul's, check out their website, <http://www.kpauls.com/>. You can also follow them on www.facebook.com/kpaulslouisianakitchen and Twitter [@kpaulslakitchen](https://twitter.com/kpaulslakitchen).

Paris Hilton Shares Her Deal Breakers on 'The Lowdown with

Diana Madison'



Paris Hilton sat down with Hollywood insider Diana Madison on “The Lowdown with Diana Madison,” and the socialite talked about deal breakers in love, friendship, business, music, and fashion.

Hilton opened up about her view on relationships and says, “It’s all about trust; if I can’t trust someone, I can’t be with them. That’s the number one thing for me.” Trust serves as a very valuable quality for this heiress in many aspects of her life.

To find out more about the blonde starlet’s deal breakers, check out her interview in the video below!

What are some of your deal breakers in a relationship? Share

with us below!

Source Says Michael Douglas and Catherine Zeta-Jones Are 'Not Back Together'



By [Whitney Johnson](#)

Michael Douglas recently revealed that he's "working things out" with wife Catherine Zeta-Jones, but a source close to the couple confirmed to [People](#) that they are "not back together" quite yet. While the pair are still talking – and even have been spotted with their wedding rings on – they aren't

spending time together. Most recently, they even spent their shared birthday of September 25th apart.

What are some factors to consider before getting back together with an ex?

Cupid's Advice:

It's tempting to get back together with your ex. After all, they know you well and already fit into your life. Still, you must remember why you two split in the first place and truly consider the decision at hand before jumping in again. Cupid encourages you to consider the following questions:

1. Why did you breakup? It's easy to remember only the happy times as you embark on your second chance romance, but you have to consider what drove you apart and led to your breakup. Was it just a silly fight or a rough day? Or were you unhappy for a long time before you finally went your separate ways?

2. Do you share the same core values? If you don't share similar goals or visions for the future, your relationship will never work – it's as simple as that. Take the time to sit down with your ex and talk about the nitty-gritty details that may have been pushed to the wayside during your first shot at happily ever after. Don't be afraid to dig deep and really open yourself up. You have to take a risk to reap the reward of a happy love life!

3. Are you *both* willing to do the work? Relationships are never easy, but rekindling a failed flame requires even more effort than usual. You must be willing to work through your past issues and focus on the future of your relationship. You also must be confident that your ex will stand by your side and be a true partner as you sort things out.

Have you ever reconnected with an ex? Share your story in the comments below!

Prince Harry and Cressida Bonas Have Back-to-Back Date Nights



By [Whitney Johnson](#)

According to [People.com](#), Prince Harry is still a happily taken man. He was seen with girlfriend, socialite Cressida Bonas, on back-to-back date nights earlier this week. On Monday, the lovebirds attended a James Blunt show at the Tabernacle in London's Notting Hill. The following evening, the casually-dressed couple were spotted at a performance of the *Book of Mormon*. This duo was first seen together during the summer of

2012 and rekindled their relationship in February when Bonas vacationed with the royal family in Switzerland.

How do you know how much time to spend with your partner in the beginning of a relationship?

Cupid's Advice:

You're dating the girl or guy of your dreams, and it's hard *not* to want to spend every minute of every day with them. It's important, though, to find balance in your life. You can embrace your new love while still maintaining your sense of self. The tricky part is figuring out just how much time to spend with your partner in the beginning of a relationship. Cupid has some tips:

1. Pace yourself: Too much, too soon can cause even a great relationship to suddenly end. If you've been seeing each other once or twice a week, gradually add another day or night to your typical schedule. After all, you want to leave them wanting more of you, not less!

2. Don't forget about your friends: Make sure that you still spend time with the other people in your life too. They'll resent you if you start ignoring them because of your partner, so be sure to spend two or three nights each week *without* your significant other by your side.

3. Enjoy your alone time: You don't want to forgo your personal passions because of romance, no matter how exciting your love life may be. Stick with your usual routine, whether it includes photography class on Tuesday evening or movie night every Friday. Once you feel confident that your sweetheart is sticking around, feel free to invite them to share your hobbies with you – but never give them up.

How much time did you spend with your significant other at the start of your relationship? Tell us in the comments below!

5 Simple Ways to Turn Your Relationship Around



By Elliot Connie

No one likes to talk about problems with their love partner. That's not surprising, because problem-focused talk starts with a negative statement and assumption: *We have a problem.*

For many years, I've been working with couples and training couples' therapists using a different approach. It's called solution-focused communication. When we turn problem-focused talk on its head and look to find a solution instead, the results are dramatic, positive and surprisingly quick.

The next time your partner says, “Honey, we need to talk,” see if you can steer the conversation in an upbeat, solution-focused direction. Here are five ways to do it:

1. Discuss it as a goal, not a challenge: When your partner says, “I’m not happy when you do XYZ,” gently suggest to him or her that you could talk about ways to make things better. Discuss the issue in terms of a goal—what you both like, what makes you happy. When you begin the conversation with goals, it gets both partners thinking about solutions, possibilities and opportunities for change.

Related: [Five Secrets Truly Happy Couples Know](#)

2. Notice “did wells” and “did rights”: Sometimes when we get into a negative pattern with our partners, it’s too easy to notice all the things we don’t like—pet peeves, annoying habits, even his or her tone of voice. See if you can think back over the last few days and name some things your partner did well and got right. Maybe he reminded you about your doctor’s appointment, or she took the time to fix you breakfast. Share these observations with each other. Doing so helps each partner feel noticed, valued and appreciated.

3. Establish a true partnership: In business, people are assigned to the specific jobs for which they are best qualified. Couples who divide their roles in terms of who is equipped to do the job better have fewer problems in their relationships. Talk to your partner about what you’re each good at (your strengths) and what you’re not so good at (your weaknesses). Then match the household jobs with your respective strengths. This will create an effective and high-functioning relationship dynamic that brings out the best in both people—and minimizes conflict.

4. Recall your honeymoon phase: Couples spend a lot more time talking about conflicts and problems than they do about all the qualities that made them fall in love with each other in

the first place. Sit down with each other and retell the story of how you first met. Try to remember details from those first few months—everything that surprised and delighted you. Having this conversation will stimulate many good ideas and feelings.

Related: [7 Ways to Know If It's Really Love](#)

5. Continue to date: Remember what it was like to date your partner? Maybe he brought you your favorite take-out. Or she wore that dress you loved. When you were dating, both of you said and did things to make each other happy. It's simple to get out of a relationship rut by reintroducing some of those early behaviors, from kissing each other when you leave for work in the morning, to sending the occasional love text, to surprising your partner with a night out. The key is to do these romantic things daily and regularly.

*Elliott Connie is a best-selling author, well-known relationship therapist, and an internationally known speaker and teacher who trains clinicians in Solution-Focused Brief Therapy around the world. His newest book is **The Solution-Focused Marriage** (2013). Learn more at www.elliottspeaks.com.*