

Relationship Advice: Working Through Your Heartbreak



By

Dr. Jane Greer

Getting over a heartbreak is never easy, and there is no simple answer to how to recover from it. What does it mean when relationships don't work out? Is it you choosing a bad partner, or is it something out of your control? Dealing with the loss of love is often a challenge. Some people throw themselves back into the mix immediately, jumping in to a new relationship, while others take themselves out of the dating game for a while. The question is, how do you hold on to hope, and is there a way to try to ensure success on take two so that you don't continue to repeat the same wrong moves in the love game? It's rumored that The Weeknd's new EP is about his exes [Selena Gomez](#) and Bella Hadid. Perhaps his approach to

dealing with his breakups is through his music.

Here is some expert [relationship advice](#) on navigating heartbreak post break-up and when entering a new, rushed relationship:

Many who dive right back into the fire may find that their new love connection isn't going as well as they had hoped and wonder why. There are several reasons this can occur, and it is helpful to understand them. For some, the pain of the split is too immense to handle because of how personally rejected they feel. As a result, their self-esteem may take a big hit, and they may go along in a relationship that they know isn't a good fit simply because having a new person in their life helps buffer the intense pain they are feeling. In that case, their thought might be that at least somebody wants to be with them. Another reason is that sometimes the loss of a significant other in their life and everything that goes along with that – doing things together, planning for two, looking toward the future, and having some security as to how they spend their weekends and evenings – is so hard to take that being with anyone might seem better than being alone. Therefore, they will quickly seek out a new partner regardless of how bad a fit that person might be. When that happens, simply having that person in their life trumps how compatible they are. If either of these reasons are in play, it can be the equivalent of taking an aspirin for a headache. It is a quick antidote to buffer the pain, but it may not deal with the contributing issues that brought about the heartbreak in the first place. Consequently, if you are looking to “lose” yourself in a new relationship, be it a rebound or an escape from the past, while it might ease the heartache in the moment it can sometimes lead to more loss in the future.

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In this whole mix one of the questions is, have you gotten over your ex at all? If not, you might find yourself comparing your new person to your old significant other, and if you are still in love with the former, your current companion may pale in comparison. While the relationship itself might make you feel better about yourself temporarily, your new partner may not ever replace your old one. In addition, there may be unresolved problems still lingering from your old relationship that you now find squarely present in your new romance. You may even realize, surprisingly, that you have taken on the role of your old partner with your new one, and are now doing what your ex did to you, anything from calling too often to acting jealous. If you find this happening it can be a red flag that all is not well.

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If you have gone through a heartbreak and are looking to start a new relationship that is successful, it is important to take an honest look at what didn't work in your romantic past. Shine a light on what went wrong. Were you unhappy or did you do something to make your partner unhappy? Were they turned off by some of your behaviors and quirks, or you by theirs? Was it you or them who was not willing to step up to the plate in terms of making necessary compromises? This will help you develop self-awareness and give you some understanding of what might be at play with your new partner. This will also enable you to view the past as a stepping stone to the future, not wasted or lost time, but important information that you can learn from and take with you. It can also give you more realistic expectations going into the next relationship so you can hopefully make a better choice that will lead to a more positive connection. Along the same lines, if you find yourself going from one relationship to the next so you are

not alone, but you keep choosing people who are not right for you or you lose interest in them quickly, then now is a good time to learn how to be on your own so you can develop inner security and grow stronger before doing a cannon ball back in to that pool of love. Once you have given yourself a chance to do that, you might be better able to choose a new partner based not only on how they make you feel about yourself, but also on how you feel about them and what you are able to share together.

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It seems that The Weeknd is working through his heartache with music. [Taylor Swift](#) has been known to do the same. You don't have to write music to be able to do this. Instead, write a letter of the things you wish to say or wish you said, that you don't have to send. You can also listen to sad songs, but remember to balance that with a few love songs so that you are able to have faith that there will be a new beginning around the corner for you.

Please tune in to the Doctor on Call radio hour on [HealthyLife.net](#) every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on Facebook, at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](#) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit www.drjanegreer.com.

Celebrity News: How Michelle Williams Found Love After Heath Ledger's Death



By

[Rachel Sparks](#)

Is it possible to find love after loss? The late heartthrob Heath Ledger's wife, Michelle Williams, opened up to [ENews](#) on the ten-year anniversary of her late husband's death. According to Williams, the [celebrity news](#) of her Ledger's overdose became her hell. Williams's [relationship advice](#): keep moving forward. When she had given up on the fairytale of a happily ever after, dating [celebrity ex](#) Jason Segel, Williams finally found the one. In a very quiet relationship avoiding being part of [celebrity gossip](#), Williams and Harvard graduate Andrew Youmans, a New York financial consultant enjoy vacations with Williams's daughter Matilda.

In celebrity news, Michelle Williams finally found a fairytale love 11 years after Heath Ledger's death. What are some ways to move on after a loved one?

Cupid's Advice:

The celebrity news about Heath Ledger's death had us all heartbroken, as if the teenage version of ourselves had been his wife. Dealing with our own losses are even more difficult, a battle that is both exhausting and daunting. When you've lost everything, how do you move forward? Cupid's Pulse has taken some love advice from Michelle Williams:

1. Focus on what matters: Matilda, Williams and Ledger's daughter, grounded the single mother in what mattered: Williams had to move forward in order to raise her. You and your lost loved one may not have had kids, but there was some sort of legacy left behind. Honoring someone's memory through what mattered to the both of you can ground you in the present, help you accept the loss, and start healing. Whether it's children, hiking in Peru, or building birdhouses, there is some way to stay busy and move forward while honoring your loved one.

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2. Let go of expectations: Like Williams, we all have expectations of love. When our partner dies, our perception of love and the world shifts drastically. Sometimes, we lose hope. Sometimes, we hold onto something false. Don't expect to find anyone like the person you had; they were one of a kind, after all, but realize that there is still something and

someone special out there for when you're ready.

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3. Fight for your support network: No matter whether you're ready for love or not, having a support network is critical. Williams kept Ledger's family around for a long time. In more recent years, a decade after her husband's death, she has friends her fight for her solitude and privacy amongst the glaringly nosey celebrity world. Find people who will fight for you when you don't have the strength to do it for yourself.

What love advice do you have for coping with a death? Share below and offer someone else the strength they need.

Celebrity Divorce: Matt Lauer Moves Out of Family Home Amid Divorce





By

[Rachel Sparks](#)

Former *Today* anchor Matt Lauer was forced out of his family home in the Hamptons by current wife Annette Roque amid their ongoing divorce. An insider told [UsMagazine.com](#) that Roque threatened legal action due to Lauer's hesitation, stating that Lauer was more concerned with how the press would view his new living arrangements after being fired for sexual harassment. Roque and insider said Lauer should care more for what is best for his family. This [celebrity divorce](#), a result of the #MeToo movement, is worrisome for the affect it has on their three children.

Amid this celebrity divorce, Matt Lauer finally moved out of the family home after initially refusing. What are some ways to make your divorce more amicable?

Cupid's Advice:

A celebrity divorce is just as volatile as what we deal with when we endure divorces ourselves. There will always be collateral damage; children will have emotional backlashes, sometimes after everything has calmed down. Living situations change, oftentimes with financial hardship amongst the legalities of the split. While your divorce may not be the [latest celebrity news](#), Cupid's [relationship advice](#) will help you navigate those choppy divorce waters in order for a more amicable split:

1. Evaluate your goals: Within any action, there is a primary end result that we would like to see. In a divorce, it may be that you want to keep the house or the kids, that you want shared custody or holiday visitation rights. Recognizing what it is that you want most out of a divorce will help alleviate the minute details. There will be enough stress already, so choose what's worth fighting for.

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2. Evaluate your priorities: Similar to knowing what you want, you need to evaluate what really matters. Like Matt Lauer, is public appeal worth costing your family more stress? In emotionally-intense situations, it's easy to lose sight of your priorities. Remind yourself what matters, and fight for whatever that may be.

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3. Respect your family: Lauer and Roque were married for 19 years, and now their familiar family structure is crumbling. No matter the length of time you and your spouse spent together, at some point, it was built on mutual love and respect. It's much harder to see this amidst a divorce, but realizing that you once loved your ex and still love the children you raised together means that you should be willing

to make sacrifices for the greater good of everyone involved.

What advice do you have for splitting on good terms with your spouse? Share your own relationship advice below!

Relationship Advice: Say 'Yes' to Terms of Endearment



By

Dr. Jane Greer

So much goes into making a relationship work, and the secret ingredients that lead to success certainly vary from couple to couple. With that in mind, there are certain gestures many have in common that help them accent and cement their romance,

and sharing pet or special names as well as baby talk are often among them. In fact, Kelly Ripa and Mark Consuelos recently revealed they share some naughty pet names for each other.

By choosing a nickname you use only for each other, it can allow you to express the unique affection you share. It can give you the confidence that you are truly seen and known by your partner, and it can make you feel special. Check out more relationship advice around terms of endearment:

Seductive names like this can add a lot of excitement and enhance intimacy as well as rev up your sex life. In some cases, hearing the special name can take you right back to those amorous sessions and make you feel sexy and desirable. In other words, the word itself can cause a reflex that gets your sexual energy going. Some take it a step beyond and give nicknames to their genitalia, which allows them to playfully refer to one another. There are many different types of names that can have a positive effect, and they don't have to be risqué, but can also be simple and innocent. These, too, can be emotional glue that help to keep you together, and that can also add to a shared moment of love. All of this is great, and can bring you closer to your partner, but sometimes there can be too much of a good thing. Can it ever become a problem?

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The resounding answer is yes, it can. There are those occasions when something that starts as a cute and adoring act can begin to feel like a criticism, especially if the name of choice is rooted in a trait or behavior that may potentially annoy your partner. On occasion a name is picked for that very reason, to mitigate personality quirks that can get on each other's nerves. For example, if your partner chose to call you Slowpoke because you are always on the other side of late, or you call him Bull because he is always rushed and breaks a lot of things, these can eventually come to highlight the less lovable sides of each of you. At first they might seem charming, but over time they can take on the negative twist of reality and you may feel like you are being scolded. Also, they can become overused and grating, and can become a source of tension. The same can happen with baby talk. You might like it, and it can serve to enhance the camaraderie you share while letting your inner child out, but it can become too much and seep into too many different places in your life. If this happens it can have the opposite of the desired result and instead of turning you on it can turn you off. So what do you do when the terms of endearment become terms of negativity?

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The best thing to do is to have a direct conversation with your partner about it. Explain what you are feeling, and suggest either coming up with another pet name or taking a break from it altogether and simply calling you by your real name. If you go the route of searching for a new nickname, you might even recommend that you hunt for one together. When it comes to baby talk, it is important to express your wishes there, too. Sometimes putting boundaries in place can help – for example, maybe you want to keep it out of the bedroom, or maybe the bedroom is the only place it works for you. Perhaps you are comfortable when you are the only ones present, but once you leave the house and are in the company of others, you might want to suggest turning it off and saving it for later.

With that, too, if you want to stop it completely then ask to take a break. By doing this and being honest with each other, you are keeping your verbal interaction fresh and true, and continuing the spoken intimacy you share.

It seems that Kelly and Mark are able to enjoy and balance their naughty names, and hopefully so can you whatever your pet names and baby talk might be.

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Expert Dating Advice: Why You and Your Partner are Constantly Arguing





By

[Joshua Pompey](#)

I'd love to sit here and pretend that I was always Mr. Perfect when it came to relationships – I am a relationship expert after all! But I had to learn the [relationship advice](#) that I offer. When I look back at my younger days, I had one specific relationship that was not only far from perfect but downright unhealthy. The arguments would come in like clockwork. No matter how many times I would say, "This is the last fight," a new argument inevitably came around sooner rather than later.

Fast forward to the present with my beautiful wife, and I can happily say that our fights are almost non-existent. We'll have one small argument every few months – if that. So, what brought the turn-around? Here are a few reasons that my former self was always arguing in a previous relationship as well as some possible signs that you may need to end your own relationship. With this [expert dating advice](#), you too can build a healthy relationship that's free of arguing.

Relationship Expert Shares Expert

Dating Advice About Arguing

1. I was with the wrong person: This may sound oversimplified, but sometimes, things are more clear when you take a step back and think about how you are living your life. My ex and I weren't right for each other, so we argued constantly. If I said a table was black, she'd argue it was brown. No matter what the topic was, we were always butting heads. We may have both been nice people at heart, but that doesn't mean we were nice people who should've been in a relationship together.

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2. My partner was resistant to change: Even during times in my life when I wasn't perfect, I was always the type of guy who wanted to grow and become a better person. During my younger years, I had some relationship habits that were ingrained in me from the experiences I had throughout my childhood. We are the product of our environment and upbringing in many ways, right?

But the key difference was that, while I was always attempting to improve, my partner never self-reflects or sought to change her own bad habits. My ability to self-improve allowed me to grow in relationships, and it even took me as far as becoming a relationship expert. When one person in a relationship is trying to change and the other person is resistant, it leads to resentment and, ultimately, to much more arguing. Life is about growth, and nobody is perfect. Both partners must acknowledge this truth and, more importantly, work on it.

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3. My former partners didn't know how to handle me: One of the most amazing things about my wife is that she knows how to

deal with my moods. Like all people in life, I have a bad day or react poorly. It's rare, but it happens. My wife knows how to handle me because she understands that I'm human. Sometimes, she must be firm and intolerant when she realizes the motivation for my reaction is out of line. Other times, her reaction is to just let me have my peace and not turn it into anything serious because she knows I'm just having a bad moment. Because these instances are extremely rare, these approaches work.

On the other hand, in my previous serious relationships, if I ever did something wrong or made a mistake, my partner would go on the offensive, antagonizing me and pushing my buttons. This is far from conducive to a loving relationship. It's important that our partners accept that we are human and that we will make mistakes. Remember that every mistake shouldn't lead to a massive argument.

For more expert dating advice from relationship expert [Joshua Pompey](#), click [here](#).

Relationship Advice: Date Ideas For Your Significant Other's Birthday





By

Lori Zaslow and Jenn Zucher for [Project Soulmate](#) //
Contributing Writer: Lauren Serrato

Planning the perfect birthday can be tough, especially when in a relationship. The date you plan can make or break your significant other's big day, so choose wisely! When planning, you should consider what would be fun and memorable for both of you. Whether you are thinking sentimental, sexy, or spontaneous, the birthday [date idea](#) should always have a touch of *you* in it. Add in something special that makes it clear that you put a lot of thought into the date, like your significant other's favorite food or something only you two would understand. Follow the [relationship advice](#) below, and you will definitely make your partner's birthday one to never forget!

Five Birthday Date Ideas for Your Significant Other

1. Plan a picnic: This is the perfect date idea if you're looking for something sentimental. The food prep, the wine,

and the location are all aspects that you can arrange based on your partner's preferences. Maybe he'd be into a picnic in the park with a perfectly-packed basket of wine and homemade comfort food as well as a cozy blanket for the two of you to share. If the weather isn't nice enough for a picnic outside, no worries! Move it indoors. A picnic in the living room is just as romantic. Set the mood with dimmed lights and some flowers and candles, and you are destined for the perfect birthday date.

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2. A night out on the town: If you're not into the sentimental stuff, plan a night out. Get dressed up and hit the big city! A night at his favorite bar is a great way to spend any birthday. If you're looking to make it extra special, after happy hour drinks, go to a fancy restaurant that neither of you have been to before. Trying something new together will make it even more memorable.

3. Host a brunch: Looking to include your friends and family in the birthday celebration? Hosting brunch is a perfect way to get all your favorite people together. French toast, fresh fruit, and mimosas make up a delicious (and easy!) menu. This date idea is a great way to make your significant other feel loved, and it allows the two of you to have the night to yourselves after the party is over.

4. Recreate your first date: This date idea is the perfect way to show off your sensitive side. Recreate the first date you had as a couple. If it was a movie date, rent the movie (or find it on Netflix) and set up a theater at your place. Complete the date with popcorn and candy. You can add to the night by cooking your partner's favorite meal.

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5. Plan a getaway: If you two have a favorite vacation spot nearby, book a nice hotel for the night or weekend and make

reservations at your favorite restaurant. Or you can plan a road trip to a secluded destination. It's the perfect chance for you to reconnect. Looking to make it more extravagant? Plan a few days of vacation in a different city or even a different state. If you're tired of the cold, find somewhere warmer to travel for the weekend, like Arizona or California. You can find a nice place to stay through Airbnb. Whether it is an outdoorsy vacation or a few days filled with good food and shows, you're sure to have created the perfect birthday weekend for your partner.

Don't be afraid to alter these birthday date ideas to fit your relationship. Make it personal and memorable. Your significant other will appreciate the thought and planning you put into this date, whether it's sentimental or spontaneous!

For more [expert relationship advice](#) from Project Soulmate, check out their [website](#).

Celebrity News: Kelly Ripa Addresses Ryan Seacrest Sexual Misconduct Allegations





By

[Jessica Gomez](#)

According to [UsMagazine.com](#), TV show host Kelly Ripa is standing by Ryan Seacrest. "I just want you to know you are a privilege to work with, and I adore you, and I am speaking on behalf of all of us here. I know what an easy, professional, great person you are and I feel very, very lucky to work with you each and every day," Ripa said to Ryan Seacrest on Thursday while on air during their show *Live With Kelly and Ryan*. This heartwarming statement came after the sexual misconduct allegations against Seacrest from one of his former stylists. Seacrest has denied the accusations multiple times.

In [celebrity news](#), Ryan Seacrest is up against some serious sexual misconduct accusations. What are some ways to support your partner when he/she is being accused of

something they did not do?

Cupid's Advice:

Trust is a big thing, and it's what keeps us standing by our partners when accusations arise. Cupid has some relationship advice on ways to support your other half if a tough time like this comes up:

1. Be their shoulder to lean on: Be there for them. Be there to listen to them. If your partner is being accused of something they didn't do, they will most likely be under some real stress, so they need a support system. You must be mindful of their emotions. Just make sure they know you have their back.

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2. Be positive: Talk to them, offer words of encouragement. Don't criticize. Depending on the accusation, this can be a dark time. Try to be the light in the darkness for them. Obviously, don't try to downplay what's going on, but try to have them see that things will get better. Hope is sometimes one of the things we need the most.

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3. Help problem solve: Try to come up with some ideas on how to get past the situation or solve it. Be there to give advice when they need it. Two minds are often better than one. Time can be of the essence in cases like these, so put your heads together – You will get through it.

Have you had experience with this, if so, how did you handle it? Share below!

Relationship Advice: Tips to Inject More Romance to Your Relationship



Most relationships start off in a flurry of excitement and anticipation, as they are new to both parties. However, over time it is easy for the magic spark to disappear from your love life. Even though you may still love one another, the tribulations of day to day life such as work and family can take their toll. This can result in a relationship that becomes stale and even tedious.

It is important for any loving couple to find ways to inject the magic back into their relationship. There are different

ways in which you can do this and this includes looking at advice from experts online [about relationships](#), which can prove really helpful.

What can you do to restore the magic? Check out this expert relationship advice:

For many couples, restoring the magic that they first experienced when they met can be extremely difficult. However, you have to bear in mind that this is something that you both have to work on and invest time into. When you do make the effort, it is well worth it because it can change the whole course of your relationship and the way you feel about your partner as well as your life in general.

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Many people worry about their partners having affairs with other people but this generally happens because the relationship at home has lost its magic and the partner is eager to try and recapture that feeling. If you both make an effort in terms of doing this, you not only have a shot at a better relationship but you can reduce the chances of one of you going astray due to dissatisfaction with the way things are.

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You don't have to spend a fortune or go to huge lengths in order to put some magic back into your love life. In fact, it is often the simplest things that are most effective and meaningful such as leaving little romantic messages for your loved one to find over the course of the day or simply sending

messages to tell them how much you love them. People often underestimate the power of this type of message but it can often mean far more than more costly shows of affection because it is far more personal.

If you do want to treat your loved one to a romantic experience, you can also make it more personal by doing some home cooking. An intimate meal at home with candles and soft music can be far more effective than being in a crowded restaurant where you can barely hear one another. In addition, it is a far cheaper way of entertaining your loved one and treating them to a special evening as well as being the more personal option.

Like anything that is worth having in life, a relationship is something that you have to constantly work on in order to keep it alive. However, by putting your efforts into it you can enjoy being in a more fulfilling and exciting relationship.

Celebrity Couple Scott Disick & Sofia Richie Enjoy Date Night As She Introduces Puppy No. 2





By

[Jessica Gomez](#)

In [celebrity news](#), [celebrity couple](#) Scott Disick and Sofia Richie enjoyed a [date night](#) after Richie posted videos of the couple's puppies on social media, according to [EOnline.com](#). Hours after Richie posted the adorable videos on Instagram, the couple was photographed leaving Shibuya, an Asian restaurant, in Calabasas. The couple was dressed comfortably and casually on their night out. Disick and Richie seem to be really happy together. How cute!

This celebrity couple is still going strong and enjoying dates. What are some ways to keep the spark alive in your relationship?

Cupid's Advice:

There are plenty of ways to keep the spark alive in your relationship. Sometimes it happens naturally because of who you are and sometimes it requires work. Either way, Cupid has

some [love advice](#) for you:

1. Don't stop flirting: In the beginning, flirting gave us that fluttery feeling in our stomachs (yeah, butterflies – remember those?). This keeps that “new” feeling going. Sometimes couples stop with the compliments, stop with the flirtatious and promiscuous comments, and that can take some of the fun out of your relationship. Every couple is different, but if you both enjoyed flirting before, you should definitely still be doing it. Send text messages, and do it in person!

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2. Continue going on dates: Go to different places and even continue going to places where you're both regulars. Bottom line: don't stop going on dates. Spending quality time together is essential, whether it's a date outside or an indoor at-home one. Continue to do things together – share experiences and make more memories. Schedule at least one date a week.

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3. Role play: Whether you role play while flirting or in the bedroom, you can spice things up this way. Acting things out can be enough for some and others want to take it the whole way and dress up as well. Being comfortable with one another is important. Have some fun and enjoy being someone other than yourself. Many couples try filling in the roles of cops, prisoners, teachers, nurses, and/or dress up elegantly and take it from there.

What are some ways you have kept the spark alive in your relationship? Share below!

Expert Dating Advice: 3 Dating Myths Busted



By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and relationship expert Suzanne Oshima talks to relationship author Wendy Newman to prove three dating myths wrong and offer their best [expert dating advice](#). "I think a lot of people believe things that just aren't true," Oshima shares.

Relationship Author Wendy Newman Shares Expert Dating Advice

1. Women only date to find a partner, and men just date for fun: “The root of this myth comes from the idea that women and men approach dating differently – and I’ve got to tell you, I think men have it right,” Newman explains. Women lead with the end game in mind, while men just want to figure out if they want to spend time with their date. It’s that simple for them! “Men will talk about who they are as an interesting person, usually highlighting something fun – and they wish that we would do the same thing,” the relationship author adds. Before they jump ahead to the future, men just want to know if the two of you will get along – not because they’re not serious but because that’s really the most important thing early on.

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2. Men are non-committal: “They commit all of the time!” Newman says with a laugh. It does take men longer to commit than women, but there’s a good reason for that: Men are naturally accountable, so they’re not going to say “yes” unless they’re willing to be on the hook for all of it. “Women will commit to a partner, but there are going to be things about him that they want to change,” she explains. Men, however, will sit back and assess the situation first; when they commit, they’re committing to the whole package.

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3. You slept with him at the wrong time and blew it: It’s tempting to think you waited too long and he lost interest or you did it too soon and he thought you were easy, but know that men don’t think like that. “They think sex is a fun thing to do with someone they really like, care about, or love. They don’t think it’s the hinge that makes the relationship happen

or not happen,” Newman reveals.

For more dating advice videos and additional information about the Single in Stilettos shows, click [here](#).

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Expert Relationship Advice: Is It Lust or Love?



By

[Joshua Pompey](#)

The first few weeks of dating can be so exciting: the laughter, the new experiences, and, of course, the physical

connection. But how exactly do you know if the chemistry you're feeling should be attributed to blooming love versus something that is merely an intense physical attraction? If you are attempting to determine whether it's lust or love, try asking yourself the following questions:

Dating Expert Shares Expert Relationship Advice

1. How excited are you to see each other when you are outside the bedroom? Sure, it's easy to get excited when you're about to get physical. But how motivated are you to hang out when it isn't late at night or only because all of your other plans fell through? Love is when you are dying to just be *near* that person, regardless of the circumstances or whether or not there is a physical interaction on the horizon.

Related Link: [Expert Relationship Advice: 4 Reasons to Avoid Matchmakers](#)

2. Are you having romantic thoughts? If you're in love, you will most likely go out of your way to make the other person happy on an emotional level. Your thoughts and [date ideas](#) will have a little extra romance infused into them. With love, you don't just want to make the person happy in order to get them into bed. You want to make them happy because it genuinely makes you feel good to see them smile.

3. Would you be willing to go months without sex? Ask yourself: If your partner suddenly decided they wanted to wait a few months before having sex again, would you stick around? If the answer is yes, you are definitely leaning in the direction of love.

Related Link: [Dating Advice: How to Make the First Move \(Women's Edition\)](#)

4. Do your conversations constantly default back to sex? When

I was involved in mini relationships that were mainly focused on lust, the conversation would more often than not turn sexual or revolve around physical flirtations. On the flip side, when I genuinely connected with someone, sure, there was sexual flirtation, but there were also conversations that probed towards getting to know the other person on a deeper level. If you are moving towards love, topics that hold more weight should be a part of your daily interactions.

For more expert relationship advice from [dating expert](#) Joshua Pompey, including how many online dating photos you should have in your profile, click [here](#).

Relationship Advice: Don't Let Distance & Lifestyle End Your Relationship





By

Dr. Jane Greer

People in distance relationships, whether by choice or necessity, are able to have success with a great deal of effort and flexibility. In order to make the relationship work, there must be a strong desire to be together, and a willingness between both partners to make room for each other's respective needs. However, love does not conquer all, regardless if you are a celebrity or not.

Is it possible to find a resolution? Read on for more [relationship advice](#):

Recently, [celebrity couple Jennifer Aniston](#) and Justin Theroux announced their [celebrity divorce](#) after two years of marriage, stating it was a mutual decision to part ways. While Aniston and Theroux love and respect each other, they said they simply couldn't agree on a lifestyle that worked for each other. This is a common issue couples may face: you can love someone, and still desire to live differently than them, or

even desire to live in an entirely different place than them.

Splits like the one between Aniston and Theroux are often caused by the inability to find the middle ground when trying to successfully make a home in the same place. Compromise is hard enough for two people who live under the same roof, but when partners are separated by differing work schedules or physical office placement, compromise can be extremely challenging. The key to keeping the peace is to commit to a place together, making sure that both partners are happy and do not feel as though they have sacrificed their happiness and well-being.

Related Link: [Relationship Advice: What If Your Family Doesn't Approve Of Your Partner?](#)

So, if you're in a long distance relationship right now, what should you consider before packing up your life and moving to a new place with your significant other, to best guarantee a successful outcome? How can you be sure you or your partner are sacrificing enough, without negatively impacting your relationship?

Above all, you and your partner must be in love. This is the most important box to check, as it gives each of you the ability to be open to change because you'll be with your loved one. While this is a starting point, it might not be enough, as we saw with Jennifer and Justin. When deciding to take the plunge, be sure to ask yourself: do you actually like the place you're moving to? Will it take away your happiness?

Related Link: [Relationship Advice: Is a Bad Boy Good for You?](#)

Here's some food for thought. If one of you lives in a sunny place, but the other one simply hates the sun, or if one of you lives in a rural community and the other thrives on city life, where to move might not be an easy choice to make. If all your friends live in your current town, would you resent moving away from them to be with your love? Think about how

all of this might affect your day-to-day life, mood, and eventually, your relationship. If, on the other hand, your partner lives in New York City, a place you've always wanted live, great! Leaving your loved ones behind won't matter as much. Talk to your partner and hash out the details. A temporary move might not be a deal breaker. A permanent one may be, though.

It is most important to think about your relationship, what it means to you, and where you can find happiness and friends in your new home. Is this decision mutual? Do each of you want it as much as the other? Does moving mean you're ready to take the next step towards engagement?

Related Link: [Relationship Advice: When Is the Old New Again?](#)

It is also important to consider the strength of your connection, especially during the triumphs and tribulations. Up until now, most of the time you've spent together was special and seemingly perfect. (It's called the honeymoon phase for a reason!) You have probably tried to be on your best behavior at all times to maintain the picturesque image. Once you move, it will be more difficult to keep up the guise.

Ultimately, if you are moving for the right reasons; for love and for openness to adventure, it is less likely that you will feel as though you have lost yourself. What really helps is when you are connected with a partner who has similar aspirations, wants, likes, and needs. In the end it, it should not feel like either of you are sacrificing your "me" to be a "we." This wasn't possible for Jennifer and Justin, but hopefully they can both move forward and find happiness apart.

Tune in to the Doctor on Call radio hour on [HealthyLife.net](#) every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with

relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on [Facebook](#), at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](#) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Love & Libations: Heat Up Your Relationship with a Date Night in the Kitchen



by

[Yolanda Shoshana](#)

Preparing a nice home-cooked meal on a [date night](#) with your partner is one of the sexiest things that you can do together. It's also important to pair your food with the right spirit or wine. There are some [celebrity chefs](#) who have the perfect libations to add a sensual touch to your dinner table.

Ideas for Date Nights at Home

If you are a foodie, you have probably already gone to an Alain Ducasse restaurant. The celebrity chef has around 19 Michelin stars under his belt. Ducasse partnered with Grey Goose to create the first gastronomy vodka called Grey Goose Interpreted by Ducasse. Basically, the vodka was made to pair with food. Since it has notes of coffee, chocolate, and vanilla, it would be great to pair with something from the slow cooker on a night that you and your partner plan to stay in. It would be particularly wonderful with a mole sauce.

Related Link: [Romantic Cocktails for Winter Date Nights](#)

If anyone should be in the libation business, it's Martha Stewart: She shows us how to cook and entertain better than anyone. She finally got into the wine game by creating a wine club with some of her favorite picks. Joining the club could be a great way for you and your boo to plan your meal based on wines from around the world. Stewart has plenty of aphrodisiac recipes available to whip up that can go with your wine choice. Don't forget to try new dishes! It adds to the excitement.

If you are into Italian wines, then chef Lidia Bastianich has the right wine for you. Besides hosting a television show, Bastianich is a restaurateur mainly on the East Coast, but she has a spot in Kansas City too. She founded the Bastianich Winery in 1997 in the Friuli-Venezia Giulia area of Italy. Since she has various cookbooks, you and your partner could select one of her recipes and pair it with one of her wines.

If white wine is your choice, the Bastianich Vespa Bianco would be great with fish. On the flipside, the Bastianich Vespa Rosso is the perfect selection for a red sauce dish – and just because red wine is sexy.

Related Link: [Date Night Ideas Inspired by Celebrity Red Wines](#)

Wolfgang Puck is known for his extravagant dinners and his work with celebrities. Did you know that Puck also has his own wine? Luckily, they're very affordable: There are both red and white selections in the 12 to 15 dollar range. The wine was created to celebrate family, friendships, and hope. If you wonder what to pair his wines with, go with pizza. Everyone knows that Puck loves pizza, and he has a pizza dough recipe that makes people salivate. Plus, pizza and wine are the perfect pairing for a night of romance.

For more Love & Libations date night ideas and [celebrity couple](#) predictions from Yolanda Shoshana, click [here](#).

Celebrity News: Kristen Bell Shares The Secrets to Her Healthy Relationship With Dax Shepard





By

[Jessica Gomez](#)

In [celebrity news](#), [Kristen Bell](#) shared her marital wisdom with Instagram on Valentine's Day, according to [EOnline.com](#). Bell shared a post of a letter with [relationship advice](#) she had been asked to write for her newlywed friends. Grab a tissue, here is what she wrote: "Vulnerability always begets connection and intimacy. Stay vulnerable with each other. In 10 yrs when the dopamine has waned, remember: Life is a crazy ride. It is a privilege to go through it with a partner. Take necessary separateness. It will make your marriage better. Loving someone despite their faults, failings, or character defects is the most powerful loving thing you can do. Rejoice in what makes the other person happy, and allow them their individual interests. Know that everyone is doing the best they can with what they've got. So get a bigger emotional tool box to fix your problems." Aw, Kristen Bell is bae – Dax Shepard sure is lucky!

In celebrity news, Kristen Bell is

giving us her secrets to a successful relationship. What are three things that add to a healthy relationship?

Cupid's Advice:

There are many things you can do to help your relationship become healthier. Some things work better than others, while others work for some couples better than others. Nevertheless, here are three things to do for a healthier relationship:

1. Be honest: Being honest is a two way street. Being honest with one another is crucial. Trust is key to making a relationship work. Lies hurt and even ruin relationships. Being honest builds trust and makes the bond between you and your significant other even stronger. It can sometimes be hard to be honest at all times, but the benefits are worth it.

Related Link: [Dating Advice: Survey Results Are In! What Does it Mean to be Single in America?](#)

2. Encourage and compliment each other: Sweet things and encouraging words go a long way. Supporting each other is another crucial element to making relationships work. As for complimenting, you should always make each other feel special. Never stop making your loved one feel special – flirt and push one another ahead!

Related Link: [Celebrity Couple Tom Brady & Gisele Bundchen Kiss in Costa Rica After Super Bowl Loss](#)

3. Spend quality time together: Snuggle, do things you both love doing together, and try new things. Cuddling is great because physical contact and connection is important. In fact, being held for an extended period of time releases serotonin,

elevating your mood. Spending quality time is important for every relationship. As time passes, sometimes couples spend time together but not quality time. Spice things up and do different things or do those things you really enjoy – try to do that at least once a week.

What are ways you keep your relationship healthy? Share below!

Movie Review: Midnight Sun



By

[Carly Horowitz](#)

Midnight Sun is no doubt another American romantic drama movie to add to your must see list! In this movie, 17-year-old Katie Price is played by Bella Thorne. Katie has a condition where

she is extremely sensitive to sunlight. This leaves her indoors sleeping or playing music during the day, and outdoors exploring at night. That outdoor nighttime exploration becomes a little more intense when she meets the guy of her dreams, Charlie, played by Patrick Schwarzenegger. Things become difficult when Katie has to tell Charlie about her condition and then they have to figure out where they are going to go from there. How will they make this fiery true love work?

This movie can definitely cause a few tears to be shed. Check out our movie review below!

Should you see it:

If you enjoy a classic romantic film, go for it. Director Scott Speer showcases a rich summer romance while demonstrating the difficulties of making a love work when incurable medical conditions are present. This movie is to be released on March 23, 2018.

Who to take:

This movie is perfect to go see with your partner or your friends! It can be a [date night](#) or a girls' night. You can even see it with your mom as it is rated PG-13, so hopefully no embarrassing sex scenes arise.

Cupid's Advice:

This movie exhibits the real life struggle of obstacles getting in the way of love. Although, strong love trumps all. Cupid has some [relationship advice](#) on how to deal with relationships when there is an unchangeable circumstance that exists:

1. Communicate: If you have a situation similar to Katie in *Midnight Sun*, make sure you fully explain whatever your situation is to your partner when you feel comfortable. It is definitely a lot of pressure to disclose your circumstances on the first date, but you should open up to them as soon as you are ready so that they know what is going on.

Related Link: [Relationship Advice: Can You Move Too Fast Moving In?](#)

2. Do not take rejection personally: We all wish that if we were to tell a partner about a medical condition that they would be so loving and willing to make things work no matter what- although, that is not always the case. Sometimes, people have their own issues or things that they have to take care of and they may become overwhelmed once they are informed of your situation. This does not mean that you are any less of an amazing individual. This just means that you have come even closer to finding your soulmate now that this partner is out of the way.

Related Link: [Relationship Advice: How to Navigate a Separation](#)

3. Accept support: If you open up to your partner about your medical condition and they are willing to help and be there for you, accept it! It may feel a little uncomfortable if you are not used to your partner being supportive, but it is an amazing thing. If they want to help in any way, let them know that you really appreciate their comfort.

Are you interested in seeing *Midnight Sun*? Let us know below!

Movie Review: Love, Simon



By

[Karley Kemble](#)

Love, Simon is a charmingly modern coming-of-age movie that tells a story about a teen struggling with his sexuality. Simon Spier (played by Nick Robinson) claims to live a “normal” life, and has a strong relationship with his family, great friends, and thriving academic life. But, the big secret he has yet to tell anyone is that he’s gay. Simon so desperately desires to experience romantic love, but finds that his inability to come out of the closet is holding him back. Once he begins to correspond with an anonymous peer who is presumably gay through email, Simon begins to find full, true happiness: maybe even love! Will Simon embrace his identity? Is he actually finding comfort in a catfish, or is this person the real deal?

This movie is a very heartwarming, and puts a modern twist on classic coming-of-age films. It also teaches us about relationships. Check out our [movie review](#):

Should you see it:

Absolutely! You don't want to wait 'til this movie hits your local Redbox kiosk. This movie will open your eyes and will cause you think differently about how you interact with the world that surrounds you.

Who to take:

With a PG-13 rating, this is the perfect movie for teens, couples in need of a [date night](#), and single adults. See it with anyone, or by yourself. All that matters is that you see it!!

Cupid's Advice:

Love, Simon is a comedy, romance, and drama that has themes related to love, acceptance, and self-discovery. It also touches on modern romances and finding love through the digital realm. If you've been wanting to dive back into the dating world and have been considering using an online dating service or mobile application, here is some [relationship advice](#) from Cupid:

1. Know what you're looking for: The online dating realm may sometimes seem like an endless cycle of tacky pick-up lines, boring conversations, and constant ghosting. It can be very tiring and cause you to feel hopeless. Don't give up: know what you want and engage in conversation! Take the chance and send the first message if you're usually the type to wait

around.

Related Link: [Relationship Advice: Can You Fall In Love Just By Chatting Online?](#)

2. Be authentic: Yes, it's cheesy. *Be yourself.* We've heard that saying a million times, but it is an important one to stand by when you're seriously entering the online dating world. While it may seem tempting to tell little white lies from the onset, it's better to remain authentic and gradually reveal more details when you become more comfortable. By doing so, you'll attract authentic people, too.

Related Link: [Dating Advice: The Do's and Don'ts of Online Dating First Dates](#)

3. Pictures, please!: Perhaps the most important component to your online profiles are the photos. Since you are eliminating the in-person element, pictures are key! Refrain from posting too many group photos, and be sure to choose the ones that show your personality. Selfies are okay, just make sure you show other dimensions of who you are! (Stay away from Snapchat filters!)

Will you be seeing Love, Simon? We want to know! Have any advice for online daters? Let's talk about it in the comments!

Movie Review: Every Day





By

[Jessica Gomez](#)

Every Day is a drama/romance that tells the story of a teenager named "A" who wakes up in a different body everyday. "A" then has to live the day for the person whose body she currently inhabits. The plot thickens when a teenager named Rhiannon falls in love with "A". Because of their growing love, they try to find each other each day, facing this major obstacle that begins to take a toll on them both. How long can they keep it up, and will it last?

***Every Day* focuses on a complicated relationship, where a tough decision must be made. Continue reading for our [movie review](#) and advice on ways you and your partner can face tough choices together:**

Should you see it:

Yes! This movie has a magnificent story plot. It's the type of movie that leaves you wanting more. Its original story line and relatable moments make it a must watch! The movie's plot is an intriguing one that definitely makes you wonder. Mark the release date on your calendar: February 23, 2018!

Who to take:

Since this is a romance drama, you can either go with your partner or friends. Not all guys will dig this type of movie because they'd be in for an emotional ride, but it's worth a try!

Cupid's Advice:

One of the answers you will always get for a question on facing tough times with your partners is to communicate. Cupid has some advice on how to communicate effectively, along with other tips, in order to take on what's coming together:

1. Listen to understand, not to respond: Many times we hear and don't listen because we are thinking about what we want to say next or what we want to say in response to what the person is saying. Communication is important, and listening properly is part of it. We must be open minded, empathetic, and listen intently to try to understand our partner's feelings, concerns, and opinions. Knowing where their mind is at helps put you both on the same page. And, once you're on the same page, you are a step closer to conquering obstacles and facing a big decision together.

Related Link: [Movie Review: Forever My Girl](#)

2. Create a pros and cons list: Create one together, or create two lists separately and then discuss them after. Writing stuff down can really help you see things for what they really are. A pros and cons list can help you organize your thoughts to see what outweighs what. Does the good outweigh the bad or vice versa? Pros and cons are things most of us consider when

making a difficult decision, so it would not be any different with a choice that needs to be made between you and your lover. Creating a list may sound easy, but it's not that simple. Why, you ask? Because not every pro and con will weigh the same or hold the same value. That's when it's time to put some real thought into it and begin your calculations.

Related Link: [Movie Review: 'Phantom Thread'](#)

3. Maintain harmony: Making a difficult choice can take a toll on people. It can be a very stressful thing. This is why you and your partner need to make sure that you both keep the peace. Be aware of your tones and attitudes. It's easier said than done, but very possible. The goal is for you both to come to a decision together, fighting and pinning yourselves against one another won't help that. So, remember: Take a breath and stay calm.

What are some ways you and your partner came to an agreement on a tough decision? Comment below!

Celebrity Couple News: Lady Gaga & Fiance Christian Carino Share Kiss Backstage at Grammys 2018





By

[Jessica Gomez](#)

In [celebrity news](#), [Lady Gaga](#) and her fiancé Christian Carino were photographed sharing an endearing kiss backstage at the 2018 Grammys on Sunday, according to [UsMagazine.com](#). Gaga was nominated for Best Pop Vocal Album for “Joanne” and Best Pop Solo Performance for “Million Reasons.” The pop star did not win either award, but she did preform a fusion of both nominated songs. And, her future hubby was there to support his lady. Let’s keep our ears open for their [celebrity wedding](#) date!

This newly engaged [celebrity couple](#) are very much in love. What are some ways to support your partner in his or her professional endeavors?

Cupid’s Advice:

Supporting one another in a relationship is a given! Cupid has some relationship advice on ways to support your partner's journey toward their career path:

1. Be their cheerleader: Sometimes when following your dreams, things can get rocky, and what we really need is a support system. Be respectful of their feelings and listen to them. Show your partner you understand, support them by acknowledging their negative feelings and encouraging their positive ones. Don't forget to cheer them on as well. Lift them up when they're at their lows and their highs. Words of encouragement go a long way.

Related Link: [How Jessica Biel & Justin Timberlake Keep Their Marriage Strong](#)

2. Offer help: Sometimes your partner may need an extra mind, a different perspective. Sometimes a shoulder to lean on. Discuss the obstacles and the solutions to those obstacles together. Helping them in any way you can in any aspect of their life can help their career one. Be on the lookout and see what your partner may need. You both are a team, and you have to be in it together to win it.

Related Link: [Shailene Woodley Makes Relationship with Rugby Player Ben Volavola Instagram Official](#)

3. Stay involved: While being a cheerleader and offering help to your partner, you of course have to stay involved. Keep yourself updated with their journey and what's going on with them mentally and emotionally, and vice versa. Neither you or your partner should become isolated from the other. Pursing a career can take up a lot of time and effort, but staying involved with one another is also important when in a committed relationship. Keep lines of communication open at all times, and keep up with as much optimism as possible!

What ways have you encouraged and supported your partner during their journeys? Comment below!

Relationship Advice: What If Your Family Doesn't Approve Of Your Partner?



By

Dr. Jane Greer

Choosing a partner for life is a big deal under any circumstances. There's enough pressure on yourself to ensure that you're making the right decision and meeting all your needs. So what happens when you come up against a thumbs down from a parent, sibling, or friend who has been weighing in on your choices all your life? Why is it that the people you love take a contrary position and see your partner completely unsuitable for you? Why can't they just welcome the people

your care about with open arms? If this sounds like a familiar situation, you are not alone. This is a very common experience for many people, and it happens for a lot of reasons. It speaks to declaring your independence, freedom of choice, autonomy, and, most importantly, trusting your own judgement to know what is best for you, rather than what others think is best.

Here are some key pieces of [relationship advice](#) as you work to stay true to yourself and your commitment, without allowing conflict to tear apart your family:

It has been reported that [Selena Gomez](#)'s mother is not happy about her rekindled [celebrity relationship](#) with pop star [Justin Bieber](#). Considering how distraught Selena was in the aftermath of their much-publicized breakup, it makes sense that her loved ones would worry about her this time around. Whatever the reasons may be, Selena's mom has assured the public that she just wants her daughter to be safe, healthy, and happy. While the approval of your parents is always a plus in any relationship, is it crucial to the success of your union? What can you do, then, if you find yourself in a similar situation?

It is important to begin with an open conversation with the person criticizing your partner. Ask them to spell out their concerns and explain why they feel the person is not right for you. This isn't always easy to do. You might start from a defensive position, (especially if this is a continuous pattern) but it is worth hearing what's on their mind because their thinking is valid and you might be missing something. Keep an open mind while you are talking and consider what they

have to say. If, for example, your romantic partner exhibited bad behavior in the past and your parents call that out, think about what has changed and what is different now. You have likely allowed yourself to fully trust that person and move forward with them. Explain the changes and describe why the previous behaviors are no longer something to worry about.

Related Link: [Relationship Advice: Is a Bad Boy Good for You?](#)

If, on the other hand, your family members or friends raise issues about a difference in race or religion, this may be a fork in the road where you choose to go your own way. It becomes a step toward independence, and a move away from the ideals of the family you grew up in. It is a time when you can take responsibility and voice your own values, even though they may differ from your parents, siblings, or friends. It can serve as an emotional emancipation and where you start to embrace what is important to you. When this happens, you acknowledge that they have criticisms, while asserting that they are not your personal beliefs.

Related Link: [Relationship Advice: When Is the Old New Again?](#)

Whatever the case, if you continue to meet disapproval tell your loved ones that you would like them to “agree to disagree” and accept that you have clear differences of opinion in order to stay together as a family. This is also a time to put boundaries in place. Note that you are aware they don’t like your choice, but you do not want to hear anything more from them unless you specifically ask for an opinion. You can even warn that if they broach the subject, you will simply end the conversation. This will help you keep some control and prevent being blindsided.

The ultimate goal is to avoid getting into a power struggle that could make you feel controlled and judged by a parent or other loved one. It’ll also avoid lots of arguments, too! Try not to become defensive or feel you have to justify your

choice. The only thing that matters is that you are happy, excited, and comfortable as you move forward with your partner with your eyes on the future. Hopefully Selena and Justin will be able to do this and find peace even with the family discord. And, in time, Selena's mother will also come around and embrace her daughter's rekindled romance.

Please tune in to the Doctor on Call radio hour on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on [Facebook](https://www.facebook.com/DrJaneGreer), at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Movie Review: Samson





By

[Jessica Gomez](#)

Samson is a Hebrew chosen by God to deliver Israel. Because of his supernatural strength and impulsive nature, King Baleck of the Philistine empire desires him dead. Samson, as godlike and powerful as he is, is captured and blinded by his enemies due to the betrayal of an evil prince and the gorgeous temptress he confided in. He then, in his time of need, calls out to his God for the power he once possessed to deliver the wrath of God, resulting in his victory.

***Samson* is a story portraying the sting of deception and betrayal after confiding in someone, exposing his weaknesses. Some of us know that sting a little too well – read on for our movie review and**

some tips on dealing with being double-crossed.

Should you see it:

Yes! This thrilling action movie will keep you in suspense. With a great storyline taking place in a richly historical period portraying power, battle, and betrayal, Samson will leave you at the edge of your seat.

Who to Take:

You can definitely take a guy. This action filled movie will keep them interested, for sure! It's the type of movie you can watch together for some intensity.

Cupid's Advice:

Sometimes we're lucky and find someone who is trustworthy, and other times we trusted the wrong person. It's a very intense experience. Cupid has some advice on how to deal with betrayal and deception:

1. Face your feelings: Analyze the situation and dig deep to know what you're feeling. It's okay to feel emotions like anger and sadness. The faster you face your emotions, the faster you will begin the healing process. Try writing down what you feel or even doing a video diary (talking to yourself and recording it), it may sound cheesy, but it can help because you're spilling your feelings out. Writing and talking are both quiet therapeutic. Some of us bottle up our feelings and then later explode like a recently shook can of soda. Don't be that can of soda. Dealing with an experience like one of being hurt and deceived can be hard, but giving it time helps after reflecting and letting go of negative emotions.

Related Link: [Movie Review: 'Phantom Thread'](#)

2. Don't blame yourself and others: Sometimes we want to blame our gut. We feel like our instincts have let us down. We also sometimes lose trust in ourselves when we no longer trust another. However, if you were loyal and honest, there is no reason to allow negativity to consume you. See the situation for what it is and don't dwell in self pity. Don't lose confidence in yourself, your relationships, or your choices. And of course, we sometimes become mistrustful of others around us. Just like you shouldn't blame yourself for another's disloyalty, you shouldn't blame someone else either. That being said, feel free to make others earn your trust.

Related Link: [Movie Review: Forever My Girl](#)

3. Take care of yourself: Mentally and physically. Eat well, exercise, and seek peace of mind by doing things like reading and meditating. If you feel like you can't handle it alone, seek professional help. Don't be afraid or ashamed. Speaking to a therapist or psychologist can really help. Speaking to someone whose an outsider (someone not involved in your personal life), who won't judge you, and whose expertise are mental health and counseling, will help create a safe space for you to explore your feelings, unravel them, and dig deeper.

What ways have you coped with deception and betrayal? Let's share our stories below!

Celebrity News: 'Bachelor' Arie Luyendyk Jr. Justifies

First Impression Rose Pick



By

Rachel Sparks

This [celebrity news](#) is stirring up some fire! Bachelor Arie Luyendyk Jr. chose who to give his first rose to, and according to [EOnline.com](#), his choice made a lot of people mad. Single mom from Maine Chelsea threw insults around, upsetting the other women and the viewers, but to Arie, she was taking the initiative he wanted to see. Arie is confident that viewers will change their mind about Chelsea; he hasn't yet!

This celebrity news has us in Arie's corner. What are some ways to know if someone appreciates you

with no ulterior motive?

Cupid's Advice:

We all dream of being on the 'Bachelor' and being handed that rose, but like Arie, there are many times we can doubt the true intentions of someone. A lot of people will try and use someone in Arie's situation for their own personal gain, so how can you remain secure in others' advances? Read Cupid's [dating advice](#):

1. They seek you out often: Arie was driven by Chelsea's relentless pursuit of him. It's confidence-boosting when someone keeps coming after you. How do you know they're doing it for the right reasons? Pay attention to when and how they seek you out. If they're gaining a lot of attention for it, the situation is less about you and more about them.

Related Link: [Celebrity News: Peter Kraus Speaks Out About Arie Luyendyk Jr. Becoming 'The Bachelor'](#)

2. They ask the right questions: Dating is prying in the beginning, but what kind of information someone is digging for makes a big difference. Asking someone about their interests and aspirations is a genuine connection-forming question, rather than asking about money or how luxurious their home is.

Related Link: [Celebrity News: Arie Luynedyk Jr. Hands Out First Impression Rose on Season Premier of 'The Bachelor'](#)

3. They listen: Listening is one of the most crucial parts to building a strong foundation of communication, and as any [relationship advice](#) will say, communication is key. If they listen to you and genuinely respond, you know you've found someone who's main interest is you.

How do you know when someone is being genuine with you? Share your dating tips below!

Date Idea: Batter Up



By [Ra](#)

[chel Sparks](#)

This weekend, celebrate America's favorite pastime with your love! Go to a baseball game, watch one on television, or even play together at a nearby park. No matter what, you'll both appreciate taking an interest in something new for this [weekend date idea](#)!

Spend this weekend enjoying a classic sport with your love!

Want to surprise your partner? Buy two tickets to the next

local baseball game and head to the ballpark to cheer for your hometown team. For lunch, enjoy a stadium hot dog or some cheesy nachos and a cold beer. Your significant other will think it's romantic that you're spending the day doing something new and team-driven.

Go to the game a little early and watch the team warm up by the dugout. If you're lucky, you may even get to meet some of the players or score some autographs. Buy a jersey, hat, and foam finger to really get in the spirit. Be sure to bring your camera too – your new gear makes for a perfect photo opportunity to commemorate this [date night](#). The baseball park may even offer professional shots.

Related Link: [Date Idea: Take the Stage Together](#)

Want to do something romantic for your partner? Pucker up for the kiss cam. Being on the screen will make you feel like a [celebrity couple](#)! Make the game more interesting by placing bets on which team you think is going to win. Rooting against each other will make the game even more fun. Loser has to buy the next round of beers or cook dinner that night.

After the game ends, toss around a baseball together before calling it a night. Teach each other your personal techniques – maybe your love has a special curveball that helped their high school team win the state championship, or maybe you're the sporty one and can create some friendly competition.

Related Link: [Date Idea: Beach and Beyond](#)

If the weather (or your wallet) is not on your side, catch the big game on television. Head to a nearby sports bar and watch the game with other excited fans. For a more low-key night, get out the fuzzy blanket and cozy up with your love. Mute the TV during commercial breaks and let your love tell you more about the teams, players and sport in general. Cupid's [relationship advice](#): make your partner feel important and show you care by listening to them rave about their favorite

pastime!

How do you like to watch baseball with your love? Share in the comments below.

Relationship Advice: Keys to Growing a Business When the Marriage is Over



By

[Amy Osmond Cook, Ph.D](#)

Hollywood certainly has its share of dramatic endings – relationship endings, that is. Stars like Laurence Fishburne, Fergie, Chris Pratt, Jennifer Hudson, and Danica Patrick, to

name a few, were invested in a long-term [celebrity relationship](#) and either personally or professionally called it quits. But what happens when a couple's livelihood relies on maintaining a relationship after the marriage is over?

Christina and Tarek El Moussa can relate. After becoming household names as co-hosts of HGTV's hit reality TV show *Flip or Flop*, they publicly announced their [celebrity divorce](#) just over a year ago. Despite moving on in their personal lives, both are committed to working together to make their successful business grow.

Related Link: [Celebrity Divorce: Christina & Tarek El Moussa Announce Break-Up](#)

It's not uncommon for former partners to maintain a business relationship. There are an estimated [3.3 million businesses](#) in the U.S. that are jointly owned by spouses. In some cases, a partner buys out the remaining portion of the business. But in a growing number of cases, the former married couple opt to remain invested in the business long after the divorce is final.

"I worked with one business where, actually, [the ex-spouses] were better business partners and got along better after the divorce and stayed together within the business for a while," says [Dann Van Der Vliet](#), executive director of the Smith Family Business Initiative at the Samuel Curtis Johnson Graduate School of Management at Cornell University. Van Der Vliet believes that, when the divorce relieves the anxiety in a relationship, the partners can focus on the strengths they contribute to the business.

Reality TV Stars Open Up About Celebrity Divorce & Share

Relationship Advice

I talked with Christina and Tarek about their transition from a blended life to one that is now exclusively professional. They shared five rules they follow to maintain a positive and supportive professional relationship, even though they now lead separate personal lives:

1. Be professional: Part of their success derives from their ability to separate professional obligations from personal responsibilities. “We believe in this company, and that means keeping our personal lives separate,” Tarek explains. “When we’re on set, it’s like a different life than what we live outside of the set. When we’re doing our job, we’re doing our job.”

Related Link: [Relationship Advice: Is Your Job Killing Your Relationship?](#)

2. Focus on the ultimate goal: Whether it’s personal or business, staying focused on your goals can help minimize distractions. “Every day that we film, I remember why I’m there,” says Tarek. He says his priority is to support his kids and family. “Second, I remember how I worked my entire life to build this thing. I don’t want to throw it away because of a divorce. We are good at what we do,” he adds. “We love flipping houses, and we enjoy delivering a great TV show that helps change people’s lives.”

3. Put kids first: Tarek and Christina understand that it is in everyone’s best interest to get along. “Children come first, and that means doing things that are best for them,” says Christina. “In our children’s case, it was in their best interest to do things together.” Often that decision requires some sacrifice and adjustments on the parent’s part.

4. Don’t sweat the small stuff: When tensions are high, it seems everything is a big deal. Immediately after a divorce,

no matter how amicable, there is going to be a transition period. “Take time apart in all areas to better understand what you want,” says [Kate Taylor](#). “As you redefine your relationship, you should draw clear lines around your roles and responsibilities at work.”

Christina quickly discovered that not everything is worth fighting about. “When you’re not with that person, you’re not entitled to have those disagreements anymore,” she shares. “When Tarek and I first separated, if there was a disagreement, it was important that we walk away from it.” When disagreements happen, her rule is: Don’t react, because that is the moment when you need to think more clearly.

Related Link: [Relationship Advice: Six Ways to Keep Work and Life Demands in Balance](#)

5. Keep it fun: Tarek and Christina make sure to contribute to a positive work environment. Their professionalism means everyone feels happy and comfortable when they are at work. “We have a great crew,” says Christina. “We’ve been friends with all of them for a long time. Because of that, it makes everything much easier because it’s such a great workplace.”

There are those who are skeptical that this type of relationship can work, but Christina is unfazed by the criticism. “Business is what we’ve always done best together. Tarek and I both agree that we work great together regardless of whether or not we are married,” she explains. “We make a great co-parenting team as well. There is nothing I would have done differently.”

For more information about and articles by our relationship expert Dr. Amy Osmond Cook, click [here](#).

Relationship Advice: How to Emotionally Connect with a Man



By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and [relationship expert](#) Suzanne Oshima talks to love and dating coach Jaki Sabourin about how to emotionally connect with a man and get engaged at any age. Watch the video above for their best relationship advice!

Relationship Advice to Help You Emotionally Connect with a Man

Here are three ways that women can connect emotionally with a

man:

1. Be *interested* instead of interesting: The fastest way to connect emotionally is to be curious about your date. “When we’re trying to be interesting, we’re nervous and feeling self-conscious. We really fail to notice the man in front of us – who he is, the red flags, what he’s doing,” Sabourin explains. Being interested in him will encourage him to lower his guard and really tell you about himself. “Get curious!” Oshima adds.

Related Link: [Dating Advice Video: Stop Attracting Emotionally Unavailable Men](#)

2. Be vulnerable: Be open and honest. Real vulnerability comes from a place of being able to accept yourself. “You’re going to be able to be vulnerable with a man directly proportionate to your ability to accept who you are,” the dating coach says. Vulnerability is very attractive because it’s real, and being as real as possible will create a connection right away.

Related Link: [Relationship Advice: How to Get Men to Fall Into Your Lap](#)

3. Be less agreeable: It’s a big turn-off when a woman just wants to please a man. “They want to know what your likes are, what turns you on, what gets you excited about life,” Sabourin shares. “Be a little more sassy and stand in your truth.”

For more dating advice videos and additional information about the Single in Stilettos shows, click [here](#).

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