

# Relationship Advice: Can You Have a Friendly Meeting with Your Ex?



by Sheila Blagg for GalTime.com

Keeping things friendly with the ex is a subject that often perplexes even those involved in the tamest of divorces. Many people ask, "Can I really have a *friendly* meeting with my ex?" Although, it may take a while – and some hard work – the answer is, "Yes, you can!"

The animosity that exists between exes mostly depends on the reason for the split. Did the marriage end because of infidelity? Did it end over money issues? Or did you just grow

apart? The degree to which you dread meeting with your ex is often intricately linked to those hard-to-forget issues.

**In many cases, when ex-spouses meet, they are blinded by the hurt that they felt – and often continue to feel – at the end of the relationship.** Emotional discomfort that one feels has been caused by the other individual may make any face-to-face meeting not only difficult, but downright painful. Still, there is a way to ensure that you and your ex work with each other and not against one another.

**I have found that it helps to keep meetings with my ex short and to the point.** If you are meeting to talk about your children, remember to *keep* the meeting about the children. Delving into the who-did-what-to-whom blame game will only lead to anger, fighting and more hurt feelings. More often than not, your ex will not acknowledge wrongdoing any more than you would, so no good can come out of revisiting why you split in the first place.

**Try to keep in mind that your ex is someone that, in some way, shape or form, you will be dealing with for the rest of your life.** You might as well make the best of it.

**Also, it is beyond important that your children are not made to feel anxious when an event is scheduled that both parents are going to attend.** Some anxiety is certainly normal, but your kids should never have to worry that their parents are going to fight, or make them feel uncomfortable or embarrassed. Remember, your split had nothing to do with your kids, and they should not be made to pay for the divorce of their parents.

**Last but not least, if you can do nothing else, try to keep in mind that, once upon a time, you dearly loved the person you now call your ex.** Your ex was not always someone that you didn't like or didn't trust; he or she was once someone that you thought you would spend the rest of your life with, and

whom, on some level, you may always love. Although those old wounds may never heal completely, they will scar over, enabling you to function without your emotions in the forefront.

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## Relationship Advice: The EX Word



By Monique Honaman for Hope After Divorce

I recall speaking to a divorce support group a few years ago. Whenever someone referenced their EX-husband or EX-wife, each person was careful to use the phrase “my former husband” or

“my former wife.” This wasn’t just something that one person used but rather everyone in the group. I thought it was interesting. After all, using the term “EX-husband” seems pretty common. When I asked what this was all about, I was informed that they believed that EX- implied a negative connotation, and they preferred to approach the word a bit more positively. OK! To each his and her own!

But I would like to stand up for EX- words and suggest that there are a number of EX-traordinary EX-words that should be fully embraced post-divorce. One can wallow in EX-cuses and get stuck in the EX-crement of what they just went through, or one can focus EX-clusively on moving forward and on the EX-citement and EX-cesses that this new life will bring!

**Related Link:** [How to Get Financially Stable After Divorce](#)

Whether your divorce was your idea or not, it is now a part of your story and part of the journey that defines your life. Someone made an EX-it, which EX-empted you from EX-tending your commitment to your marriage. I speak with countless people who are stuck in the EX-istence of “what was” as opposed to eagerly anticipating the EX-pectation “what will be.” One of my favorite quotes that got me through my divorce was, “I can’t control what happens to me. I can only control how I react to it.” I love it when I encounter others who hold a similar attitude. No one is EX-empt from divorce. To those who say, “It will never happen to me” (like I did), you may find yourself in shock one day. Divorce EX-tends to all corners of our society and EX-cludes no one.

(I’m having fun writing this piece, so EX-cuse me while I keep going!)

To those people who are stuck EX-aming their unplanned lives collapsing around them, I say this: No EX-cuses! Inhale, then EX-hale. Now, pick up the pieces and become an EX-ample of how to move forward successfully after hitting a bump in the road.



No one can do this EX-cept for you. Let the world EX-plode around you with new opportunities. EX-press your emotions. Don't let your ability to love or to be loved go EX-tinct.

Having a failed marriage and becoming a divorcee at age 40 was not part of my EX-pectation for my life. That being said, it did become my EX-istence and part of my story. I was one of those people who opted for life to go on positively. I met an EX-traordinary man. I am EX-tremely grateful that he came into my life and the lives of my kids. It's nice to be confident in the EX-clusivity of our marriage. We have a common passion and bond around our EX-tra-curricular activities and have EX-plored the world together. We have EX-panded each other's horizons. I feel EX-alted and respected by him, and in EX-change, I try to honor him in the same way. The bottom line is that this relationship and marriage EX-ceeds anything I ever imagined before.

**Related Link:** [How to Make Sure Your Divorce is Amicable, Fair and Fast](#)

Mae West said, *"All discarded lovers should be given a second chance, but with somebody else."* EX-actly!! My point is this: whether you call someone your EX- or your former-, make peace with that part of your past and move forward. Take advantage of your second chance, and make it EX-traordinary. I think I've EX-acerbated my point. There are some fabulous EX- words. Use them. Live them. Celebrate them. Just think: what a great way to celebrate getting rid of one EX by introducing several new and more powerful ones!

By the way, I also met a woman once who didn't use the term "EX-husband" or "former husband." Instead, she had me laughing when she started talking about her "wasband." I thought I misunderstood. Then she clarified and EX-claimed, "The man who **was** my husband is now lovingly referred to as my 'wasband.'" Love it! I thought that was EX-tremely clever.

Monique A. Honaman, JD, MLIR, wrote "The High Road Has Less Traffic: honest advice on the path through love and divorce" in response to a need for a book providing honest, real, and raw advice about how to survive and thrive through one of life's toughest journeys. The book is available at [www.HighRoadLessTraffic.com](http://www.HighRoadLessTraffic.com) and [Amazon.com](http://Amazon.com). Monique writes for [HopeAfterDivorce.org](http://HopeAfterDivorce.org), [FamilyShare.com](http://FamilyShare.com), [LAFamily.com](http://LAFamily.com) and [CupidPulse.com](http://CupidPulse.com). She can be reached at [Monique@HighRoadLessTraffic.com](mailto:Monique@HighRoadLessTraffic.com).

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## Niecy Nash Explains Why 'It's Hard to Fight Naked'



By [Whitney Baker Johnson](#)

We all know and love Niecy Nash as an actress, television host and comedienne. What you may not know, though, is that she's quite the matchmaker as well. In fact, it was at her first matchmaking party that she introduced best friend and *The View* co-host Sherri Shepherd to her now-husband Lamar Sally. From there, she began hosting an online show on Yahoo! called "Let's Talk About Love," which eventually developed into her new book, *It's Hard to Fight Naked*. In it, she invites her readers to think differently about matters of the heart and shares her tips for finding true love. We chatted with the newly-minted author about the book's eye-catching title and many words of wisdom.

**Related Link:** [Video Exclusive: Sherri Shepherd Chats About the Three Men in Her Life](#)

**What inspired you to write a book of relationship advice?**

I fell in love! After I experienced the best part of a relationship, I wanted that for all of my girlfriends. I feel like we struggle most at the thing we were created for, which was love.

**What can readers expect to learn from *It's Hard to Fight Naked*?**

First, you will attract what you are. So inevitably, you should be what you want to receive. If you're dating and all of your potential partners are crazier than the last person, then you need to look in the mirror and say, "Good morning, crazy!" That's part of what you're bringing to the table.

Also, it's one thing if you just want to hang out and have fun. But when you're looking to settle down, then you have to move into a place where you date with your priorities versus your preferences. There are certain things that you require in

a relationship that are more important than superficial things. You have to find someone who meets the priorities of what you want in a man, and then you can consider the outer wrappings of a relationship.

### **Let's talk about the title!**

It has a figurative and a literal application. Figuratively, when you are exposed and vulnerable, you're at your truest self. And you have to walk in the truth. I think people sometimes approach relationships like they're a game – they don't really want to show their hand or their feelings or their fears. When you're honest, though, you're exposed, and that's when you're most “naked.”

The literal meaning takes us back to Adam and Eve when they were really naked and unashamed in the garden. If you have your clothes off, there's a party! I'm a lover, not a fighter, so I'd rather stay in any state that leads to love as opposed to fighting.

**Related Link:** [Harlan Cohen Shares Why 'Getting Naked' Will Help Us Find Love](#)

### **And did this type of vulnerability help you meet your husband, Jay Tucker?**

I was very honest with him. When you're deciding to marry someone, there has to be a like-mindedness. Your partner needs to know the truth about how you think, you feel.

### **Finally, what advice do you have for someone struggling to show her true self?**

You have to work on being honest with yourself. You see women who say they don't care if they ever get married or have a family, yet every Sunday morning, they watch a marathon of *Say Yes to the Dress*. Knock it off! You have to be honest with yourself first. Once you walk in your own truth, you'll be



better able to communicate that to a man. If you're living a lie, of course, it's going to be hard to be open with someone else.

*You can purchase Nash's new book [It's Hard to Fight Naked](#) on [Amazon](#). To keep up with the author, follow her on [Twitter](#) and [Instagram](#). Be sure to check out [www.niecynash.com](#) too!*

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## Relationship Advice: How to Get Financially Stable After Divorce



By Jeff Landers for GalTime.com

As a divorcing woman, you are no doubt looking forward to having the whole divorce process over with, so you can move ahead to your new life. If you're like most women, you probably think the past few months (or years!) have been filled with enough emotional upheaval, not to mention legal and financial hassle, for a lifetime, and you'll be very glad to have it all behind you . . . at last.

Life as a single woman will bring new responsibilities, including all the issues surrounding your personal finances. So how do you make sure you set your best foot forward?

Of course, life as a single woman will bring new responsibilities, including all the issues surrounding your personal finances. Even today, it is surprisingly common for wives to remain uninvolved in family finances. If that was the dynamic in your marriage, then it may now seem quite intimidating to face all the budgeting and bill paying, in addition to managing investments and debt, and saving for education, retirement and other long-term goals.

However, there is a bright side.

Throughout the divorce process, it's likely you've become intimately familiar with your marital financial situation. Now, as your divorce settlement agreement is finalized, you can take that know-how forward as you plan for a secure financial future.

Here are a few important practical steps to help you get on the road to financial stability after your divorce:

### **Do the financial housekeeping.**

If you changed your name after the divorce, you'll need a new Social Security Card, driver's license, passport and credit cards. You'll also need to notify your bank, utilities,

insurance companies, credit card companies, the motor vehicle department, your children's school(s), etc., about any name or address changes. Titles on all houses and vehicles will have to be modified and recorded with lending institutions, and you will also need to update beneficiaries on your life insurance, 401k, pensions and IRA accounts.

To keep all these details straight, follow this checklist of financial tasks that need prompt attention post-divorce:

**1. Obtain a copy of your certified divorce decree,** and make extra copies so that you're able to provide them promptly when needed.

**2. Close joint credit accounts.**

**3. Remove your husband's name,** and/or change your name/address, on all remaining accounts, including:

- Bank, brokerage and investment accounts
- Credit cards
- Driver's license, automobile title, registration and insurance policies
- Employer's records
- IRS records
- Life, health, homeowner's and disability insurance policies
- Post office (Remember to have your mail forwarded, too.)
- Professional licenses
- Social security card
- Title to real property
- Utility bills

**4. Research your health insurance options** and apply for COBRA, if necessary.

**5. If your divorce decree requires a Qualified Domestic Relations Order (QDRO):** Provide the QDRO to appropriate banks, brokerages, pension plan advisor, 401k administrators, etc. (Even better, have this step completed before your divorce is finalized!), a quitclaim or warranty deed: Make certain the appropriate documents are executed and recorded. Also, the transfer of title to property (automobiles, boats, etc.): Sign and deliver the necessary documents to complete the transfer.

**6. Open a new bank account.** Consider establishing direct deposit or income withholding for child support, spousal support and/or alimony payments.

**7. Open a new credit card account and request a copy of your credit report.**

**8. Disinherit your husband.** Write and execute a new will, trusts, medical directives and/or living wills and powers of attorney. Don't forget to change the beneficiaries on your life insurance, 401k, pension and IRA accounts.

**9. Establish a system to keep track of all child support made/received, alimony payments made/received, medical expenses, etc.**

## **Establish good credit in your own name.**

Good credit is the foundation of your financial future. Without it, it can be very difficult to get a bank loan, and even hard to manage regular household expenses. Get a copy of your credit report ([AnnualCreditReport.com](http://AnnualCreditReport.com) offers them free of charge), and address any inaccuracies it contains. Then, if you are employed and/or already have credit cards in your name, building your credit is relatively straightforward: use your cards regularly, pay off the balance in full and on time each month, and watch your score rise!



However, if you're not employed and don't already have a credit history, the process may not be as simple. A few years ago, new federal regulations made it difficult for women with little or no income to establish credit on their own. The Credit Card Accountability, Responsibility and Disclosure (CARD) Act of 2009 was designed to protect consumers from getting into financial trouble by running up credit card debt they can't afford to pay, but unfortunately, this legislation also makes it difficult for "at-home" spouses without paid work to obtain credit on their own.

After a public outcry, the Consumer Financial Protection Bureau recently proposed changes to rectify these unintended consequences. When enacted, the modifications will allow non-working spouses to apply for credit in their own name based upon shared household income.

So, be prepared. Securing credit may require more than simply filling out an application or making a single phone call.

### **Develop a comprehensive financial plan for the future.**

If you had a Lifestyle Analysis prepared during your divorce, you should now have a very clear understanding of what funds came into the marriage (income) and what funds went out (expenses). Use this as a basis for developing a budget going forward. You'll need to address both short-term (day-to-day expenses, monthly utilities, mortgage, car payments, etc.) and long-term (college tuition, retirement, travel) financial needs.

If your divorce settlement includes any lump sum payments (i.e., for alimony, pension rollovers, sale of a vacation home), you'll also need to develop a sound strategy for managing those assets. Establishing –and then sticking to – a financial plan is essential, both for financial stability and peace of mind.

## **Seek help from an experienced financial advisor.**

All the fundamental components of a sound financial plan – creating a budget, investing, retirement planning, outlining your goals and aspirations, saving for college, choosing life insurance, etc. – should be completed under the guidance of a financial advisor.

Be sure to find a financial professional with expertise and experience helping divorced women, specifically. The financial needs of divorced women are very different from those of a married couple, and you should have an advisor who completely understands those differences and knows how to properly manage their money and invest on their behalf.

In addition to an experienced financial planner, I believe most post-divorce women can benefit from the assistance of:

- An estate-planning attorney to work with your financial advisor to help with your estate planning needs and the legal issues concerning your will, medical directives, trusts, charitable giving, etc.
- A therapist or counselor to help you cope with the emotional challenges of starting your life as a single woman.
- A vocational counselor to help you re-enter the job market, or even start your own business.

## **Enjoy your new life!**

With your divorce in the rear-view mirror, and these important steps completed, you'll be well-positioned for a secure financial future. It's likely you will find, as most women do, that it's empowering to make financial decisions on your own, and to be the one who's in control of your financial portfolio. Rest assured: The road ahead belongs to you!

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# Celebrity News: 'Biggest Loser' Stars Sam Poueu and Stephanie Anderson Split Before Baby's Birth



By April Littleton

Sam Poueu and Stephanie Anderson, former contestants on *The Biggest Loser* are in the process of getting a divorce just two months before the birth of their first child, reports [UsMagazine](#). On the separation between the two, Anderson said, "It is with great sadness that my marriage to Sam Poueu is

ending.” The couple met while filming the third season of *The Biggest Loser*. The couple announced Anderson’s pregnancy in January.

**What are some ways to remain civil post-breakup for the sake of your children?**

### **Cupid’s Advice:**

Your relationship is officially down the gutter, but you can’t just pack up and move on. You still have kids to take care of. You might think it’s impossible for you to hide your feelings of resentment toward your ex around them, but the fact is, it’s necessary. Here are some ways to remain cool, calm and collected around the kids:

**1. Don’t bad-mouth your ex:** Kids pick up on a lot, especially if there’s tension between the two people they love the most. Your children don’t need to be put in the middle of a war between their parents. Call a friend if you need to blow off some steam, but don’t let your children overhear you bashing their other parent. You may only be able to see the negative traits in your ex, but your kids still love them and it’s not up to you to change their view of them.

**2. Work together:** Whether you like it or not, you will always be a part of your ex’s life through your children. You may not see eye-to-eye with each other, but it’s important for the two of you to develop a visitation schedule for the kids. The children shouldn’t be punished for the breakup, they deserve to spend just as much time with you as they do their other parent.

**3. Kids first:** Ultimately, the only thing that should matter is your child. It’s not about you and your ex anymore. You don’t even have to be friends with him! But you have to be willing to put your differences and feelings aside for the sake of the kids.



Do you have children with an ex? How do you remain civil?  
Comment below.

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## Dating Advice: 5 Date Ideas Created Just for Moms



By [Whitney Baker Johnson](#)

It's always important to recognize the hard work moms do – not just on Mother's Day, but every day of the year. They often put their partners and children first, forgetting to take time for themselves. This May, we're encouraging moms to step away from their household duties and embrace some kid-free time

with their significant others. Remember, your loved ones want to make you just as happy as you make them. Below are five date ideas that every mom will enjoy.

**1. Chick Flick:** Sure, your beau may want to see the latest action movie, but instead, pick the most romantic movie in theaters and enjoy every cheesy minute of it. Take this opportunity to snuggle up to your hubby and reignite the spark that may be dimming. You'll have at least two hours to relax and decompress before you resume your mom duties.

**Related:** [Create an Action Plan to Make Every Date Feel Like Valentine's Day](#)

**2. Spa Day:** While your man may be hesitant to admit it, he'll enjoy a couple's massage just as much as you do. Be fully in the moment as you both take this time to recharge. Get a manicure, pedicure or a facial to make the most of your day of pampering. Your partner can sip on some champagne and keep you company while you feel like a princess for an afternoon.

**3. Just Dance:** Sometimes, the best way to let loose is to literally *let loose*. Sign up for weekly dance classes and learn a romantic waltz together, or head to a local salsa club and practice your moves in an environment filled with passion. Any mom will love the chance to not only bond with her significant other, but to also do an adult-only activity. End your night with a glass of wine at your favorite restaurant.

**4. Date Night at Home:** Plan for grandma and grandpa to watch your children so that you and your honey can have a fun evening in the comfort of your own home. Cook a romantic meal together and open up your favorite bottle of wine. Enjoy the warm weather by cuddling up outside and counting the stars. Steer conversation away from your babies, and instead, focus on your marriage. When bedtime rolls around, don't set an alarm!

**Related:** [How Celebrity Moms Keep an Active Dating Life](#)

**5. Breakfast in Bed:** Don't let your date night at home end when you crawl in bed. Wrap up your alone time with breakfast in bed. You can make an extravagant meal with all of your favorite foods: from scrambled eggs with cheese and fresh vegetables to crispy bacon and toast topped with butter and homemade jam. Order in from a local diner – somewhere you may have frequented before the kids came along – and enjoy every greasy bite.

**Moms, we want to hear from you: What's your favorite date idea? Share below.**

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**Celebrity Couple: Chris Brown  
and Rihanna Call It  
Quits...Again!**





By April Littleton

According to [UsMagazine](#), Chris Brown and Rihanna have split up once again. Brown confirmed the breakup during an interview with the Australian radio station *The Kyle and Jackie Show*. He stated, "The love's certainly not gone, but personal and professional commitments make the relationship too difficult right now. I'm always gonna love that person. I can't be focused on wife-ing someone that young. I need to be the best Chris Brown I can be." The couple may have ended things for now, but there still may be hope for the lovebirds in the future. A source close to Rihanna said, "Of course tomorrow they could be all over each other again, but for now she's done and just living her life and touring. It's how it always is."

**How do you know when to call it quits in a relationship?**

**Cupid's Advice:**

It can be hard to tell if a couple is just going through a momentary setback in their relationship, or if they're going through the early stages of a breakup. How can you tell if the



chemistry between you and your partner has fizzled out for good? Cupid has some tips:

**1. Commitment:** When one or both persons give up in the relationship, it will be hard to work toward reconciliation. Some people care enough about each other and their commitment to work through trying times, while others give up at the first sign of struggle. If you and/or your partner aren't working hard to hold things together – it's time to call it quits.

**2. The bad outweighs the good:** If you spend the majority of your time fighting with your beau, avoiding him or thinking about all of the negative traits you don't like about him – it may be time to move on. Your relationship should make you happy. If you feel your time together never ends on a positive note, it's time to end it for good.

**3. Someone else has your attention (or his):** There's no point in prolonging the inevitable if either you or your significant other has found someone new. If you find yourself wondering about a new guy or notice your man spending time with another woman, then it's time to let each other off the hook.

**Have you been in a relationship you knew wasn't going to work? How did you know when to call it quits? Share your experience below.**

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## **Dating Advice: How To Decode Your Man's Texting Habits**



By David Wygant

What does it mean when a guy waits a while to text you back? What if he gives you a short answer to a long question? How can you tell if he's bored and only texting you because he wants something to do? These are questions that most women have asked at one time or another.

So here are a couple of pointers to decode man-talk in texting. These answers are a simple guideline to help you understand the way that men think and communicate.

**Related Link:** [How to Understand Man-Talk](#)

If a guy waits forever to reply back, he's playing games. He's basically a guy who's pretending to be busy, pretending to have other things to do, and he's making you wait, thinking that's a way to increase your attraction to him. He's the type

of guy who thinks that you're going to want him more if he creates a false sense of busyness.

Texting is pretty simple. Most of the time a quick response – something like, “Hey, I’m busy right now and can’t really talk” – is far greater than making somebody wait all day.

If a guy gives you a response that’s short and sweet but doesn’t really answer your question, he isn’t paying attention to who you are and what you’re about. He’s too caught up in himself.

Or maybe you’re texting him at the wrong time or he just doesn’t like to communicate via texting. That’s not such a bad thing. It’s okay to confront him and find out his preferred communication style. We’ve become lazy as a society: sure, texting is quick and easy, but it’s not the only way to stay in touch.

**Related Link:** [The Real Reason He Didn't Call You Back](#)

But how can you tell if a guy’s interested? Not only should he text you back in a timely manner, but he should also make plans to see you soon. A guy who texts back and forth but never asks you out is someone who just likes the attention. He’s not interested in you as a lover; he’s only interested in you as a text buddy.

So if you text a guy on and off for more than three days and he doesn’t ask you out on a date, then you need to stop the texting madness and realize he’s just not that into you.

Texting is fun, but it doesn’t substitute real conversation. Keep the texts short and simple, and make an effort to learn someone’s texting style. When you do those two things, you won’t be freaking out, showing the text to your girlfriends, trying to interpret it. Just pick up the phone and call him. Otherwise, there’s going to be a big miscommunication. When it comes to texting, never read between the lines.

*David Wygant is an internationally-renowned dating and relationship coach, author of the new book Naked and speaker. Through his boot camps, personal coaching and his website (davidwygant.com), his advice has transformed the dating lives and relationships of hundreds of thousands of people from every corner of the globe.*

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## QuickieChick's Video Dating Tips: Seven Reasons to Kiss



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

In this week's [dating advice](#) video, dating expert and



E!'s *Famously Single* dating coach, Laurel House shares seven reasons to kiss. It's time to get busy!

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

Did you know that kissing helps to fight those pesky springtime allergies that so many of us face? If you kiss for at least 30 minutes, it helps to slow histamine production, which means you won't be sneezing and dealing with a runny nose. Kissing not only makes you healthier and happier, but it also makes your relationship healthier and happier.

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

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

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## Four Dates and a Wedding





By Lisa Becker

You've heard of the movie *Four Wedding and a Funeral*? Well, the story of how I met my husband online is *Four Dates and a Wedding*. Those online dates yielded some valuable lessons, which I'm happy to share in order to help other online love seekers:

### **Date 1: Justin**

When I dipped my toe into the online dating pool, I was reeling from a bad breakup. Too modest and emotionally-bruised to write glowing things about *myself* in my profile, I instead wrote what *other* people would say about me, such as my family and co-workers. For example, I wrote, "My friends would say I'm fun, easy going and incredibly loyal, and my nephew would say I'm incredibly silly but sing a mean rendition of *I've Been Working on the Railroad*." I received dozens of generic emails reading, "You sound interesting and I think we would have a lot in common." It felt as though these men were carpet bombing the online dating site in the hopes of getting *someone* to respond. Justin emailed me one simple line

that captured my attention and heart: “I would say adorable.” I was hooked! While it didn’t work out in the long run, he was as sweet, charming and sincere as I had imagined he would be.

Lesson: If it doesn’t sound as if he’s read your profile, he might not have.

**Related:** [3 Benefits of Meeting People Online](#)

### **Date 2: Pete**

From his profile and our brief email exchanges, Pete sounded like fun. He had three photos posted, and all of them seemed to be taken in a party setting where he was enjoying a cocktail. On our one and only dinner date, Pete’s true colors rang through. Every story seemed to begin with, “My buddies and I were out drinking one night.” I knew right away that he wasn’t the man for me.

Lesson: Pay attention to the little details, as they can often be quite telling.

**Related:** [How to Find Love Online with Non-Traditional Dating Sites](#)

### **Date 3: Eric**

After receiving an email from someone and deciding I wanted to start an online conversation, I sent a series of questions to see if we would be compatible, such as the last book he read or the favorite part of his job. I’m a huge fan of pop culture so I also asked questions to see if we would have fun bantering about various topics. Eric and I seemed to be twins separated at birth. We had so much in common that I was convinced he was perfect for me. Unfortunately for me, after our lunch date, it became quite apparent that Eric was gay. And to toss out a *Seinfeld* pop culture reference here: “Not that there’s anything wrong with that.” As lovely as he was

and as much fun as we had together, I was convinced that once he came out of the closet, we would both be competing for the same man.

Lesson: If he sounds too good to be true, he probably is.

#### **Date 4: Todd**

Typically, I would avoid anyone who didn't post a photo online because I heard that men who were married or in committed relationships would secretly troll the dating sites looking for hook ups. Todd didn't have a photo posted with his profile, but he was so charming via email that I decided to meet him anyway. We planned to meet at a local restaurant. Since I didn't have a picture to reference, he gave me a description of himself. It could not have been farther from the truth. Fortunately, he knew what *I* looked like, so he was able to spot *me* in the crowded restaurant. I don't know if he was delusional or trying to be deceptive, but either way, it was a turn off.

Lesson: If there's no photo, proceed with caution.

#### **Wedding: Steve**

Not long after my date with Todd, I had my first date with Steve, which turned out to be my last first date ever. We've been happily married for 10 years, which in Los Angeles is apparently no small feat. So, if it happened for me, there's hope for anyone!

*Lisa Becker had endured her share of hilarious and heinous cyber dates, many of which inspired [Click: An Online Love Story](#) and [Double Click](#). She is now happily married to a wonderful man she met online and lives in Manhattan Beach with him and their two daughters.*



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# Relationship Advice: 10 Signs He's Not Really Committed



By Johanna Lyman for GalTime.com

Men may have a reputation for being commitment-phobic, but I'm not sure they *all* deserve the reputation. I think men just show their commitment differently than women do. It's the whole Venus/Mars dilemma: how are you supposed to know if he's committed to your relationship when you seem to be speaking a different language?

While you might not be speaking the same language, there is a universal communication that everyone understands. It is the



language of actions. What you consistently *do* shows the world what you believe, and what's important to you. There are ways you can use this universal language to decipher how committed your partner is to you and to your relationship.

Take these 10 tips from Dr. Hernando Chaves, resident sexologist at AskMen.com, to assess if your own partner isn't really in it with you.

**1. They say they'll change, but they don't. Actions speak louder than words.** This is the first thing to look for when you're reading the language of actions. Unfortunately, when you don't like what you see you might want to ignore it. Don't just look for big actions; inconsistency in small things will tell you just as much as whether he does the big things.

**2. Your partner enjoys spending their time with others more, and the time spent with you seems forced or less enjoyable to them.** In a healthy relationship, you each will spend time apart, but if he starts spending more time apart, or you're fighting more when you're together, he's probably feeling less committed.

**3. They threaten to break up with you often or break up with you often.** People who have problems with commitment need to have an "out" or an exit strategy. When things get too intense, they want to run. They're afraid of their feelings, so they're afraid of commitments.

**4. They prioritize their own desires and needs before the relationship or partners' needs.** While it's healthy and important to make sure that your needs are getting met, it shouldn't be at the expense of the relationship. If you find that your partner's needs are consistently at odds with the relationship, pay attention.

**5. The commitment seems to be based heavily in one or a few aspects of relationships, such as sex, money, stability, or some other personal gain.** Relationships have a lot of moving

parts. It's normal, especially in newer relationships, for some of those parts to work better than others. But if there's really only one or two aspects that are working, it's time to consider the commitment level of both your partner and you.

**6. They don't do the little things.** This goes back to the first point. All actions, not just the big ones, will show you how committed your partner is. Does he remember your favorite restaurant, or your food allergy? Does he do little things to make you feel special? (And conversely, do you do little things that make him feel good?)

**7. They are uncomfortable with relationship titles, feelings, and behaviors with you and in front of others.** If your guy is really committed to you, he'll want to bring you around his friends, and he won't pull back from being affectionate because you're in front of other people. Unless he has the emotional maturity of a thirteen year old, he should be the same person in public as he is behind closed doors.

**8. You notice changes in their behavior that gives you evidence they are pulling away.** Some people jump into relationships with both feet, then realize they've made a mistake. Or they get afraid as the relationship deepens and don't know how to communicate what's happening. When something like this happens, your previously committed partner will start to pull back. He might make excuses about why you can't get together, or he'll cut your time short. He might start arguments or just withdraw.

**9. They have a pattern of having commitment issues in their past relationships. History often repeats itself.** While you might harbor the illusion that "this time it's different," don't fool yourself. Unless he's done work on himself with a coach or therapist to change long standing patterns, they will surface. Don't fall into the illusion that you're the One who can change him and make him finally commit.

**10. Your partner has a negative view or expresses negative comments on relationships, marriage, or commitment.** Men are generally congruent. They say what they mean and mean what they say. Their actions back up their words (unless they're conflicted inside themselves). Don't make the mistake of thinking you can change him, or he doesn't really mean it. If he's saying negative things about relationships, marriage, or commitment, consider it a big red flag. Don't keep going with the relationship, hoping it'll be different with you. It won't.

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## Celebrity News: Chris Brown Parties with Ex Karrueche Tran While Rihanna Tours





By [Jessica Conigliaro](#)

Singer Chris Brown celebrated his 24th birthday with a big bash in Hollywood this past weekend. According to [UsMagazine.com](#), his on-again, off-again girlfriend Rihanna was in New York City for her *Diamonds* tour, unable to attend. During the celebration, he was accompanied by several friends – including, notably, ex-girlfriend Karrueche Tran, whom he dated for a year before getting back together with Rihanna.

**How do you keep jealousy at bay in your relationship?**

### **Cupids Advice:**

Your relationship seems to be pretty strong, but every once in a while you feel your partner gets jealous during nights out. Here are some ways to avoid the jealousy bug and keep things good between you:

- 1. Avoid your ex:** Your ex boyfriend is still in your friends group, so of course you see him from time to time. Dodge an argument with your new beau by keeping conversation with your ex to a minimum. Be polite and make small talk every once in a

while—make sure your new love is always by your side when talking to your ex. This way, he doesn't feel like you are doing it behind his back.

**2. Keep your eyes on your man:** As a single woman on a night out, you would scope the room in search of cute guys to flirt with. Now that you are taken, it is time to let go of your old ways. If your man sees you looking around and staring at other guys, he of course will be jealous. Focus on your date at all times. Make him feel like you don't want to spend the night with anyone else.

**3. Don't flirt around:** Having so many guy friends, it can be hard to tell the difference between flirting and joking around. Your new love is not used to the friendly relationship you have with some of these guys and interprets it as flirting. Be more cautious of the way you act around other guys—even if you know they are just friends.

**How did you keep jealousy at bay in your relationship? Share in the comments below.**

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## Celebrity News: Leonardo DiCaprio Says He's Open to Getting Married







By Meghan Fitzgerald

Leonardo DiCaprio is one busy man. With hits like *Django Unchained*, *The Great Gatsby*, and *the Wolf on Wall Street* – he has undergone a lot of stress. This summer, according to [UsMagazine](#), the almost 40 year old actor is planning to relax. [Extra](#) reports: “To me, right now it’s about getting a little breather – getting some time off...just a few months off to do some other things.” DiCaprio is currently single but taking the days “as they come.”

**How do you know if your partner is ready to get married?**

### **Cupid’s Advice:**

Getting married is a serious matter in your relationship and your life. When you are thinking about marriage, you need to make sure you and your partner are ready for the next step. Cupid has some more advice:

**1. Love:** Is your love stronger than the gods, mountains, and nature altogether? Does your love heal wounds, hearts, and souls? Does your love make you and your mate grow more as a

person, and as a couple? If you answered yes to these, you and your mate are ready to get on board to the marriage train. If you are doubting your love you have for your partner, or your partner has for you – you may not be ready.

**2. Finances:** Does your partner have their finances in check? Are they independent and strong? It is essential that your mate is ready to join into a combined relationship where financial situations are more than important. It is necessary for your partner to have a strong financial standing in order to take the next step, which is marriage.

**3. Trust:** Does your mate trust you with everything involving their life? It is essential that your partner does not keep secrets from you. It is one thing to keep secrets in a relationship, it is another to do it while married. You need to make sure trust is in the air before you put a ring on it. If you don't believe your mate trusts you, they may not be ready for the big step in their life.

**Have you known your partner was ready to get married? Explain below.**

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# **Celebrity Couple Jennifer Aniston and Justin Theroux Push Back Wedding Because of Celebrity Ex Brad Pitt**



By Meghan Fitzgerald

Jennifer Aniston and Justin Theroux's celebrity wedding plans are slightly delayed due to her celebrity ex Brad Pitt and his current fiancé Angelina Jolie. [UsMagazine](#) reports that famous couple "Brangelina" are planning upcoming nuptials, and Aniston didn't want her own wedding to conflict with theirs. According to [NY Daily News](#), "She does not want her day associated with them." The Hollywood couple considered moving the date up, but Theroux didn't want to rush it.

**Aniston postponed her wedding because of her celebrity ex. What are some ways to keep the thought**

# of your past relationship from ruining your current one?

## Cupid's Advice:

It's no surprise that Aniston didn't want her big day associated with her celebrity ex! It's important that an ex doesn't interfere with your current relationship, especially when it comes to your wedding. Cupid has some relationship advice on how to forget the past so that you can have a better future:

**1. No communication:** The simplest solution from keeping your ex from ruining your current relationship and love is ending all forms of communications with them. It isn't always easy, but it *is* possible. Work through the urge to call, text, or message them. By not allowing any opportunities for them to enter your life, it makes it more difficult for them to have a negative effect on your current relationship.

**Related Link:** [Celebrity Exes Ben Affleck and Jennifer Lopez Reunite at the Oscars](#)

**2. Stay busy:** If you want your ex to stay out of your head, keep yourself busy. Go out to eat with old friends; take up yoga; learn a language; or plan a picnic for you and your partner. Do everything and anything you can to keep your mind away from unwanted thoughts of your past relationships.

**Related Link:** [Jennifer Aniston Discusses Wedding Dates With Ellen DeGeneres](#)

**3. Be happy:** You are currently in a new relationship, so you shouldn't be thinking about your ex. Those kind of thoughts will most likely result in negative feelings and repressed emotions. Try to focus on why your ex is an ex and think about how happy you are to have found another partner.



Have you kept the thought of your ex from ruining your current relationship and love? Share below.

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# Dating Advice: The Pros and Cons to Taming a Bad Boy



By Andrea Surujnauth

There is nothing like the thrill of dating a bad boy. He is exciting to be around and is always taking chances. They give you goosebumps every time you're around them. He is spontaneous and always knows the right thing to say or do to send shivers up your spine. You dated him for fun but what



what happens when you discover that you are beginning to feel real feelings for this bad boy? Can you eventually tame him and make him boyfriend material? If Angelina Jolie could do it to Brad Pitt then why can't we do it? We decided to weigh in the pros and cons of dating a bad boy to help you come up with an answer to your question, is it worth it to attempt to tame a bad boy?

### **Pros:**

**1. Best of both worlds:** By taming your bad boy, you will be able to have a guy that is both exciting but also loyal. You can teach him to cut out the bad boy aspects that don't work for you while keeping the ones that do. You will be able to have a bad boy that is good for you!

**2. Confidence:** By taming a bad boy that many girls before you have always been running after, your confidence level sky rockets. You bad boy beau changed for you, you were the one that was able to get him under control. That's enough to make any girl feel good about herself.

**3. Life changer:** By helping your sweetie become a good boy, he will be thankful to you for helping him turn his life around. Getting his life on track towards a successful future will make him see how good you are for him and how much you care for him. He will see you as his savior and is sure to fall for you because of it!

**Related:** [What Attracts Us to Bad Boys?](#)

### **Cons:**

**1. Relapsing:** This guy is a naturally a bad boy, those are his instincts. By attempting to tame your honey, you are risking him relapsing and going back to his bad boy ways. You might stop him from breaking the law or being a player, but you never know how strong the pull is for him to return to his old lifestyle. You are at risk of getting hurt.

**2. Tables may turn:** When taming a bad boy, you are also risking becoming a bad girl. If you let yourself get sucked into his lifestyle while in the process of trying to tame him, you might find yourself breaking laws, becoming irresponsible, or enjoying the recklessness of being bad.

**3. Unwillingness:** There may be certain things about the bad boy lifestyle that your new man may not want to give up. This may cause a fight about your desire to change him. No one is ever happy about changing who they are, so this may cause your relationship to expire.

**Related:** [When Do Opposites Not Attract?](#)

So are bad boys worth taming? After weeding through the pros and cons, we still don't have a straight answer for you. Whether it is worth it is an answer only you can decide for yourself. Take all of this into consideration when deciding if you really want to tame your bad boy. Make sure you are confident in yourself and stick to your values if you decide to do it. Some bad boys can be tamed but take care of yourself first and don't lose your self respect or sanity while trying to tame the stubborn ones.

**What are some of your pros and cons of taming a bad boy? Comment below and let us know!**

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## Married In a Year





Check out our executive editor and founder, [Lori Bizzoco](#)'s, video interview with Suzanne Oshima, matchmaker and dating coach at Dream Bachelor & Bachelorette and the founder of Single in Stilettos. Lori candidly shares her story, from a broken engagement five months before the wedding to a whirlwind romance with her now-husband. Through it all, she discovered how to brush herself off and find the positive in every situation, whether it's in your personal or professional life.

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

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**How Can Celebrity Couple  
Jennifer Aniston Justin**

# Theroux Make Her Love Last?



By Amy Osmond Cook, Ph.D.

Can it be true? It appears that Hollywood's All-American sweetheart Jennifer Aniston has finally found lasting love with fiancé Justin Theroux. As they get ready to walk down the aisle, here are a few tips that can help them (and all of us!) build healthy relationships with our loved ones.

## Create Your Own Space

Happy couples carve out their own little piece of the universe—a place where only they have the final say. They listen to their mom-in-law pontificate about the advantages of hardwood floors but choose carpet if their partner has a penchant for shag.



They enjoy each other's company but support independent hobbies. They watch *Vampire Diaries* together—of which separate viewing constitutes a personal betrayal—but also welcome independent golf trips and weekends at the spa. In essence, they build togetherness but foster autonomy.

**Related Link:** [7 Ways to Build a Love That Lasts](#)

## Fireproof

To prevent a house from burning down, you take certain precautions. You blow out the candles before you leave the room. You don't leave the dishrag next to the gas stove. And you certainly don't let your three-year-old daughter play with matches.

Happy couples fireproof a relationship in much the same way. They create a safe place for conflict by avoiding inflammatory communication, like name-calling, stonewalling or derogation. They deal with an issue specifically and avoid making blanket statements. Pizza on the wall after Monday Night Football? Game on. But it doesn't snowball into comments like, "You don't pull your weight in this relationship." And the pizza on the wall five years ago after a bachelor party? Off-limits.

## Go Organic

There's something about growing your own food that makes you appreciate nature's magic. It's exciting to see the first tendril break ground, then another and another. And when those sorry little tomato plants in chipped clay pots are weighed down with ripe, red fruit—well, that's something to celebrate, especially when you find out how much better homegrown tomatoes taste than their store-bought lookalikes.

In much the same way, happy couples know that a relationship needs constant nurturing—emotional, sexual and social—to grow. If even one of these areas is neglected, the relationship can become diseased and die. Happy couples rally when they're



really too tired for sex because their partner is in the mood. They say, "You do not look fat in those jeans" for the thousandth time and still manage to sound sincere. And they laugh at the same old story that their partner has been telling at parties for years, even when everyone else groans.

**Related Link:** [The Key to a Lasting Relationship](#)

So how can Jennifer and Justin make it work for the long-term? If they create a space for their relationship, fireproof it and cultivate it into something special, they have a great chance of keeping it strong and making it last.

*Amy Osmond Cook, Ph.D. is a faculty associate at Arizona State University, where she teaches Communication and English classes. She is the publisher of Sourced Media Books and co-author of Hope After Divorce and Full Bloom: Cultivating Success. Amy and her husband, Jeff, have six children. For more information about Amy, please visit [amyosmondcook.com](http://amyosmondcook.com).*

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## Dating Advice: Deal breakers That REALLY Matter





By Marcus Osborne for GalTime.com

If you're one of the millions of women who are single, dating regularly, and yet you've had inconsistent luck in the match game, it may be time to do some introspection. I can't begin to tell you how often I hear complaints about scarcity of quality guys. I hear it in the dating echo chamber with alarming regularity; "Men don't want to commit!"

Okay, let me clear that last bit up. The idea that guys won't commit or don't want to commit is an unabashed fallacy. I've said this before, it's not that the guy won't commit – he just won't commit to *you*. The right guy for you will find you. That's a guarantee.

Now about this so-called, "quality guys" drought...complete bunk. Seriously, most of the guys I know who are looking for serious relationships bristle at that statement. Because they know a certain general truth that women don't seem to appreciate; the quality guys are there but you're either ignoring them or not giving them the opportunity to show you how great they are. But why does this chasm exist? There are

obviously variables aplenty that cause these missed connections. But I would submit that the idea of “dealbreakers” is a major culprit.

We all have relationship dealbreakers. That handful of key traits that any potential partner must possess in order to stay in the game – dealbreakers. And quite frankly, we all *should* have them. But our dealbreakers should be meaningful. I like to have women break their dealbreakers into two separate groups: shallow dealbreakers and substantive dealbreakers. We should have both but with the understanding that the major emphasis should be placed on the substantive dealbreakers. You’d think that that would be a given.

*Of course the substance should take precedence over the shallow.*

Unfortunately, what we *know* doesn’t always inform our actions. So let this be your reminder. Keep your priorities in order. Those shallow dealbreakers, “must be this tall, must have this color hair, must have this type of degree, must make this six-figure salary, must come from this kind of family, must look like George Clooney” should ultimately be seen as great-to-haves instead of must-haves.

The real stuff, the substantive stuff, is what’s going to get you through the years. You want to find the quality guys? Use these as your new dealbreaker template.

**1. His closest friends should be great people.** – You want a real gauge on what kind of guy you’re getting involved with? Observe his friends. The type of people in your potential partner’s inner circle will say a lot about his character.

**2. He should be calm under pressure.** – Long-term relationships are rife with emotional highs and lows. That being the case, the person closest to you had better be some one you can count on to be not only be in control of his emotions but who can also be a steadying and comforting influence when times aren’t

quite as great.

**3. *Must be in pursuit of his passion.*** – Maybe he doesn't make six figures. Heck, most people don't. But he had better be driven by something other than money. Far too often women get involved with guys because they have a juicy bank account, then they get serious with that guy and realize that the man who's passion is making money may never have *enough* money. This then creates the real possibility that Mr. Moneymaker may only have time to make money and not have time for you.

**4. *Must appreciate your independence.*** – You're your own person with your own opinions, perspectives and aspirations. Whether you're traditional and expect to be a stay-at-home mom or a lady with dreams of being the President of the United States, your guy had better be on board with you. Do NOT commit that typical mistake of trying to change your guy's mind try to get him to understand your position. The *right* guy requires no convincing.

**5. *Your friends should like him.*** – This isn't to say that your judgment should be completely colored by your friends' opinions, but if there's a collective aversion to your guy by your inner circle, it's definitely time to start asking questions.

**6. *Laugh, laugh, laugh.*** – He better be able to laugh...and you'd better be able to laugh with him. Few things in a relationship are as intimate as a couples' ability to share the gift of laughter. You'll find that successful couples' most common trait is the two simply know how to make each other smile.

So there you go. Take those deal breakers to the bank and that's where you begin seeing your quality guys. Everything else, the looks, the money, the career, are all amazing icing on the cake, but for long-term potential start with those six building blocks and you're suddenly finding good quality guys

to date.

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# 7 Things NOT to Do in a Relationship



By Sujeiry Gonzalez for GalTime.com

For many women, the first week after a breakup goes a little something like this:

Hide under the covers. Sob uncontrollably while watching reruns of "Sex and the City." Play "I Will Survive" to feel empowered. Sob uncontrollably because Aretha Franklin has a man, while you are single again. Talk to your girlfriends and



feel better. Take a shower. Sob uncontrollably in the shower. Repeat sequence.

The cycle eventually ends in reflection. We ask ourselves what went wrong and what part we played in the demise of our love affair. Well, it just may be one of these seven mistakes women make in relationships.

## **7 Things NOT to Do In A Relationship**

**1. Drunk Dialing:** If you're upset at your partner, put down the booze and step away from the phone. Alcohol triggers deep-seated emotions that roar once the sweet nectar brushes our lips. Once inebriated, drunk dialing ensues. Like a clumsy boxer, you attack your lover verbally, slurring through the conversation. In the end, the relationship suffers. He thinks, "What happened to the cool, confident woman he fell in love with?" Too much Bacardi and Coke, that's what.

**2. Facebook Stalking:** Facebook has changed the way the world communicates. It also drives women to stalk their boyfriends online. If he hasn't returned your phone call or text, you check his Facebook profile. (He just updated his status! Why didn't he call me back?) If he went out with friends, you spend the night scanning his photos. (Who's that girl he's hugging?) And, of course, there's the dreaded relationship status. (I changed my status to "In a Relationship." Why is his status still hidden?)

Ultimately, stalking his Facebook profile shows a lack of trust. No man wants to be with that woman.

**3. "I'm Fine":** Your boyfriend asks what's wrong. You turn to him, shrug and say, "I'm fine," though you want to kick him for not remembering your birthday or changing his Facebook relationship status. As women, we "I'm fine" men to death. We let our anger simmer for fear of rocking the boat or just because we want him to "figure it out." This is an unhealthy

tactic. No matter what you fear or assume, you must communicate with your partner. If you don't, then he will think everything is "fine." Until you drunk dial.

**4. Nag, Nag, Nag:** You tell him what's wrong. Every minute of the day. That's a big no-no! As women, we must give men time to process our feelings, especially when it's a serious matter. When we nag and push, men withdraw. They begin to see us as negative and that is so not sexy. So speak your mind, give him space... and regroup once you are both ready to tackle the issues.

**5. Ignoring the Blaring Red Flags:** Often times, instead of ending a relationship, men call less, text less and show up less. Still, we push for the relationship. We believe there is a chance for change because he hasn't ended the relationship. The thing is men hardly ever end relationships. *They show us through actions*, and in many cases... it's their inaction that shows us they want out. That's when we must stop fighting for a relationship that no longer exists.

**6. Talking About/Comparing Exes:** Nothing kills a relationship faster than talking about your ex-boyfriend and comparing him to your current beau. This leads your partner to feel insecure, with good reason. He doesn't need to know that your ex gave you multiple orgasms or that he was the one that got away. If you are still dwelling on your last boyfriend, you shouldn't be with your new one.

**7. Compromise Is Not Sacrifice:** Women sacrifice themselves for the good of all. We are everything to everyone, forgetting about our needs and what makes us happy. In romantic relationships, we suck it up and "compromise" on relationship deal breakers because we are afraid of the consequences. We hold it in because we want to be the perfect girl. The thing is there is no such thing as perfect.

So, when you are in your next relationship, take note of these

common mistakes. Remember who you are and what you stand for. Leave the drama, self-sacrifice and mistrust behind, and self-analyze to find solace in heartache. Remembering what NOT to do can give you better chance at lasting love.

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## 5 Ways to Spice Up Your Relationship



By [Sarah Ribeiro](#)

Even if you and your love have been dating for a short time, it's not unusual to find yourself bored quickly. If you're spending all your time together, you may find yourself running

out of things to do or talk about. You've gone on as many dinner-and-movie dates as you can handle, and you need to spice up your relationship before it grows stale. Here are some ways to keep your love exciting and new:

**1. Try a different kind of date:** Traditional dates may be fun, but they grow repetitive quickly. Try a unique date that involves something you've never done before. Go on a weekend outing; explore some place exotic for a cultured experience that will broaden your horizons and give you and your babe something new to talk about.

**Related:** [10 Ways to Keep the Honeymoon Phase Going Strong](#)

**2. Play a game:** When your conversation runs dry, the only way to save it is to get creative. Not sure what you don't know about your love? Those ice-breakers you did all throughout high school may come in handy. Playing 20 questions or "never have I ever" is a good way to learn new things about your honey and feel like a kid again at the same time.

**3. Spice things up – literally:** Does your boyfriend burn water? Take a cooking class together. You can learn ways to incorporate different and exotic cuisines into your everyday cooking, like spicy Indian, Peruvian, or Brazilian food for a flavorful experience. Plus, a class gives you a chance to work hands-on and learn something together.

**Related:** [Date Idea: Attend A Stand-Up Comedy Show](#)

**4. Stop saying no:** Most of the time, relationships fizzle out because one person is constantly turning down the other's ideas. Next time your sweetheart asks you to go to a basketball, don't turn him down just because you don't like it. Keep yourself open to his interests and he'll be more open to try new things, too. Who knows – you may even have a blast!

**5. Take some time:** A big reason most people get tired of their

partner is because they're exhausting all their time with each other. Take some time to yourself – hang out with your girlfriends, run some errands on your own, and stop spending every night at his place. You'll find the time you spend together more precious when it's not so constant.

**How do you and your partner spice things up? Share with us below.**

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## Date Idea: Go Paintballing Together



By Daniela Agurcia



This weekend, be a little playful and adventurous with your loved one: go paintballing together. Research places nearby and sign up for a day where you can both get away and have some fun. This activity is great for couples that are highly active and welcome a little challenge. You've already had those one-on-one dates where you get to know each other over a casual cup of coffee or fancy dinner out, and now it's time for something different. Paintballing is the perfect way to see the more carefree and child-like side of your partner.

Don't wear your typical date outfit; instead, wear something simple and comfortable like old jean shorts and a white t-shirt. This date is the perfect opportunity to show your man that you're low-maintenance and not always concerned with how you look. And be sure to bring a change of clothes – you may get dirty with all that paint flying through the air.

Make it a group outing, and invite other couples to join you. Get even more competitive and split into teams: girls versus guys. It's date against date. These games usually work like capture the flag, where the goal of each team is to capture the other team's flag. In this case, you'll be shooting the enemy with paintballs along the way.

Remember that well-known playground rule from your elementary days? If someone picks on you, it's because he likes you. Well, that idea comes into play when you collaborate with your teammates to make it a strategy for every one to target their date – or in this case, enemy. Don't hold back and don't be afraid to get dirty. Showing a competitive side is sexy and attractive to the opposite sex. Even make it a bet that the losing team has to buy their dates lunch afterwards.

Once the game ends and the winner has gotten their applause, clean up a little and grab a couple of burgers and fries at a place nearby. Spend the rest of the day taking it easy and regaining the energy lost from your paintball game. It's the perfect ending to a busy day! If you've had a long week of

work and just want to let go of your stress, this date can be your solution.

What other adventurous dates would be fun? Share your ideas below.

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# Dating Advice: The Key to a Lasting Relationship



By Alan Strathman for GalTime.com

What makes a relationship last? Many people would say love keeps a relationship going. But if your love doesn't translate into compromise, it might be extremely difficult for both

partners to stay committed.

On some level, we all hate compromise – when we compromise, we may not get what we want. In fact, we may not get anything close to what we want. But that's the nature of compromise, and it's necessary if you want to see your relationship go the distance.

## **Creating “We-ness”**

Compromise creates what psychologists call “we-ness,” the sense that both partners feel they're “in this together.” Partners who have this sense of we-ness tend to use couple-oriented words like we, us, and ours, rather than individual-oriented words like I, me, and mine.

We-ness is self-perpetuating; as we hear the words more often, we *think* the words more often, and when we notice that our thinking has changed, we feel more engaged in “couplehood.” As we become more entrenched in this way of thinking, we are more likely to search for solutions that serve both partners and continue this positive trend.

## **Obstacles to Compromise**

Our willingness to compromise is deeply impacted by our perception of fairness. If we think we're getting the short end of the stick, we become more stubborn. But it's important to understand that the amount of compromise may balance out only in the long run. If you zero in on a single negotiation, one person may seem to come out ahead. Fortunately, what often matters more than the outcome of a discussion is that both partners have a say in the negotiating process. This can make even an unfair outcome feel fair.

In addition, comparison can throw off your perceptions of your relationship. It's common to compare your contribution to the relationship to your partner's contribution. It's also typical

to contrast your relationship with other relationships. This is a dangerous game. There are many aspects of other relationships that you *don't* see, so focus on your own relationship and don't make assumptions. We are all individuals, and our relationships are reflections of this very fact.

## **Tips for Developing We-ness**

A deep connection doesn't typically develop on its own – it's far too easy for us to take our partners for granted, or expect our partners to compromise on our behalf. There are ways, however, to consciously create a sense of we-ness.

### *Put the Relationship First*

We often get so focused on getting what we want that we sometimes lose sight of what would be best for the health of the relationship. Recognize that what is best for “us” as a couple can be different than what's best for us as individuals. In other words, don't be selfish.

### *Don't Keep Track*

Keeping track of who got more, or who won a particular negotiation, is characteristic of the type of short-term exchange relationships you have with car dealers, not the lasting, communal ones you have with people you love.

### *Have a Win-Win Mindset*

Give-and-take involves negotiating, but not the kind of negotiating you do when buying a car. Negotiating with your partner in a lasting relationship should involve finding outcomes that are mutually satisfying. Resentment shouldn't secretly build over any of the decisions you make together.

### *Consider Your Partner's Perspective*

Research has found that both parties end up with better

outcomes when each is considering his or her partner's interests – and the possible reasons behind them. Be careful to avoid making decisions based on assumptions about what your partner wants. Instead, listen carefully and consider what he's telling you.

### *Focus on Feelings over Words*

Accept that, sometimes, we cannot clearly express why we want what we want. We often get focused on explanations, but behavior is often driven by feelings, which are hard to put into words.

Compromise can be hard, but if you're focused on the greater purpose of establishing a lasting relationship, you can find the strength to resist taking what you want all the time – and instead focus on giving to the one you love.

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## **QuickieChick's Video Dating Tips: Flirting With Your Man**







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

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

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House offers her tips for how to flirt with your man. Whether you're in a new relationship or you have a long-term, live-in boyfriend, it's important to still be flirtatious and fun and make your significant other feel special. You want to keep the spark alive, right? "You're going to look forward to flirting. It's not going to be a chore," the dating expert shares. "After a while, you're going to start thinking, 'What can I do that's going to make him happy?'" Be sexy and sassy, and your love life will be rejuvenated.

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

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

What's your favorite way to flirt with your man? Tell us in the comments below!

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## Relationship Advice: Is He In It for the Long Haul?



By Abraham Morgentaler, M.D.

One of my goals in writing my new book was to help women understand men better. Over the last 25 years of talking with thousands of men with their pants down – literally and figuratively – I've learned what makes a man tick when it comes to love and romance. Although there's no foolproof way

to tell if he's really in it for the long haul, a number of clues can help a woman tell if her man is smitten. Hopefully those clues are easier than figuring out if he's faking orgasms during sex, like the young man in love in my book.

## **Men and commitment**

Contrary to popular "wisdom," men have a tremendous capacity for commitment and loyalty. However, men will not happily commit to any woman unless he feels manly with her. I say "happily commit" because some men do wind up with women who don't make them feel good about themselves. Those marriages are doomed before the wedding vows are over. Trust me, you don't want that. No, you want a man who commits to you because he adores you.

**Related Link:** [What To Know Before You Say 'I Do'](#)

A happy romantic commitment by a man requires two key elements. First, he feels like a good provider, inside and outside the bedroom. If a man can find a woman with whom he feels gallant, big and capable, then he's more than halfway home to his own vision of romantic love. Second, he has to make his own decision to commit.

## **Promising signs**

Here are some promising signs that he thinks of you as more than just a casual girlfriend:

- He introduces you to his family and friends
- He invites you to join him for his reunion scheduled a month or more away
- He is attentive to your sexual pleasure
- He opens the car door for you or insists on buying the popcorn at a movie long after the second date

**Related Link:** [Guys Edition: How To Behave Like A Gentleman](#)

## **What if he doesn't seem ready to step up?**

Many couples stay together for a while because things seem fine and easy. However, a more serious commitment requires more serious feelings. Sometimes it's just not there for the man. And sometimes the man does want more but isn't sure whether the woman feels the same. If your guy seems really into you, but the relationship isn't progressing, take a moment to consider whether you've stepped up for him.

-Have you introduced him to your parents or other family members?

-Do you invite him to work events as your boyfriend?

If you don't seem proud to be identified with him among the important people in your life (not just your roommates or best friend), he may well believe you don't see him as "the one."

Finally, show some self-respect. If you're not already monogamous, tell him he'll now need to be or you'll be unable to see him any longer. If you don't believe you're worth it, he won't either.

*Dr. Abraham Morgentaler is the author of Why Men Fake It: The Totally Unexpected Truth About Men and Sex, and you can follow him on Twitter @DrMorgentaler.*