

# Will Smith Says Family Is All About Love and Communication



Will Smith said that thanks to his relationship with his family, he feels “so good it’s a damn shame,” according to [YourTango](#). Smith’s entire family—wife Jada Pinkett Smith, son Jaden Smith, and daughter Willow Smith—are in show business, and Smith helps them by producing their projects. He always dreamed of building a family where everyone would talk and work together, and now the Smith household is all about communication and learning lessons as a family. Though Smith noted that they don’t always get everything right and they still have a lot of learning to do, he said, “It’s wonderful to be with the people you love.”

**How do you ensure that your family remains bonded?**

**Cupid’s Advice:**

You can choose your friends and you can choose your [partner](#), but you can't choose your family. Your relatives can often be the most important people in your life, but getting along with them is sometimes difficult. However, there's a lot of ways you can keep your family ties strong. Cupid has some tips:

**1. Take time to talk:** Like Smith says, communication is key to building a strong and happy family. Though modern families often live largely separate lives, try to take time to share things like the events of your day, your problems, and your thoughts on issues that matter to you. You'll find that knowing a little more about what's going on in your family members' lives will bring you all closer.

**2. Do things together:** Chances are that everyone in your family has their own busy schedules. It's also likely that they all have different interests. Though the Smiths are always busy with their careers, Will Smith still enjoys getting the whole family together for breakfast. Spending even a small amount of time doing things like sharing meals, playing games, and going on daytrips together are all great ways to strengthen your family's bonds by giving you something to connect over.

**3. Let your family have some space:** Too much togetherness can lead to an excessive amount of control. Remember that everyone in your family is a unique person who deserves chances to make their own decisions. Smith lets his children express themselves: though he didn't think Willow should have cut her hair short, he respected her rights to her own body. Ensuring everyone gets to do what they want, at least once in a while, will keep resentment from breaking apart your family bonds.

**How do you keep your family together? Tell us below.**

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# 'Snow White and the Huntsman' is a Blockbuster Rooted in Romance



By Matthew Dougherty

Yeah, yeah, yeah, it looks like an action movie, but you and your youth know that any story about Snow White must be centered on romance. The film actually focuses on a love triangle between Snow White, the Huntsman and Snow White's childhood love, Prince William. The evil queen orders The Huntsman to kill Snow White, but he takes pity on her and decides to help her defeat the queen. But who will Snow White choose? The Huntsman or the safety of the prince? Starring *Twilight's* Kristen Stewart as Snow White, this is likely to be one of the highlights of the summer:

**Related:** [Which Avenger Would be the Best Date?](#)

**Should You See It?** Yes, considering the romance, the action and the visuals, this is a must-see film for the summer.

**Who To Take:** Anyone really. Your significant other might enjoy the action and special effects. Your friends might enjoy the romance. With a PG-13 rating, you can also take your younger siblings or even your mother. It's a blockbuster designed to appeal to everyone.

**Related:** ['I Don't Know How She Does it,' Featuring Sarah Jessica Parker](#)

**Do you have two people vying for your affections? Here are some tips on how to handle the situation:**

In *Snow White and the Huntsman*, Snow White has two men for which she has feelings. These choices can be extremely difficult in life as two people usually offer completely different things. Here is how you can decide which one is "fairest of them all":

- 1. Consult the people who know you best:** Sometimes our friends and family know what is good for us more than we do. Perhaps they can point you in the right direction.
- 2. Think of the future:** What is your future with each of these people? Does one look a lot brighter than the others? If so, then you have your answer.
- 3. Know yourself:** Look at both people and simply figure out who makes you happiest. You have to determine who is best for you. If you don't do this, you could end up regretting your decision for the rest of your life.

**Have you ever had experience with a love triangle in your own life? Share your experiences below.**

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# Justin Timberlake Will Compose Music for Jessica Biel's New Film



Justin Timberlake and Jessica Biel love being together. The couple are planning their wedding and are working together. Biel is going to star in and produce a movie called *The Devil and The Deep Blue Sea* and her fiancé, Timberlake, will be the music supervisor for the movie's soundtrack. According to [UsMagazine.com](http://UsMagazine.com), the newly engaged couple were spotted trying on wedding bands in New York City. Although they didn't make a decision on the rings, Biel is looking at Monique Lhuillier wedding gown sketches and definitely wants a big wedding.

**What are some ways to indirectly support your partner's**



career?

### **Cupid's Advice:**

It's important to support your partner, but sometimes too much support can make your significant other feel suffocate. Here are some ways to support your partner's career without overdoing it:

- 1. Show up:** If your partner needs you to tag along to a party or meeting that regards work, do it without hesitation.
- 2. Offer your skills:** Let your partner know that you would be happy to help with their career, especially if it means lending your professional expertise.
- 3. Make scarifies:** The more your partner grows in their career, the more scarifies you should make, just as long as in doesn't belittle your own career goals.

**What are some ways that you have indirectly supported your partner's career? Share your comments below.**

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**Date    Idea:    Cuddle    while  
Counting the Stars**





By Amanda Martin

There's nothing more romantic than lying with your significant other under a big, fluffy, cashmere blanket while stargazing in the great outdoors.

Since the best stargazing begins about an hour after sunset, you can have an early dinner and then head to your area's best location for admiring the bright lights. If you live in a populated area, try to get to the outskirts of town so you and your honey can admire the brilliantly-lit night sky. If getting out of the city is impossible, you can try moon gazing instead. For some added romance, bring along a bottle of chilled chardonnay, music and light fare to nibble on.

As the sun sets, the stars will become more visible and you'll want to have binoculars in order to get a closer look.

Another good idea is to invest in a constellation map so the two of you can tell the difference between Zenith and Polaris.

You could even make a game out of figuring out the different patterns.

In the midst of enjoying the starry night together, be sure to communicate openly. Look out for shooting stars, and don't forget to make a wish.

What's your idea of a perfect starry night? Share with us by commenting below.

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## When Dates Go Bad: 5 Ways to Find the Funny in Dating



By Sujeiry Gonzalez

We've all had our share of bad dates. Even gorgeous celebrities like Katherine Heigl have dished on terrible romantic encounters. She admitted to once having an awkward date with a personal trainer, who not only gave her his headshot, but also shaved his legs. Total turn off!

My latest bad date was with a Miami artist who was new to New York City. I met him at Bryant Park and demanded dinner, as



opposed to sitting on a bench with a basket of fruit. He obliged, and we ended up at BBQ's in Times Square. As he discussed his career goals in a monotone voice (I thought I was on a date with Ferris Bueller's English teacher), I realized I was on yet another bad date.

So, what can we do in this common situation? For my survival, I decided to find the funny in the ever present bad date. Here's how you can, too:

**Related:** [Spring Cleaning: 5 Types of Guys to Dump](#)

### **1. Imagine yourself on a deserted island.**

If you picture this, you can appreciate your date's company even when he chews with his mouth open. Besides, wouldn't you rather have someone to laugh at with than be alone?

### **2. Chow down as if you're with a girlfriend.**

You don't need to impress a bad date, so why not unbutton your jeans and order a real meal? On my date with Miami Monotone Man, I ordered a quarter chicken, French fries and a piece of warm cornbread. Leave the salad for the one you want to impress!

### **3. Drink yourself into a tizzy.**

Drinking will make your date seem funnier, hotter and much more pleasant. When he slurps his soda, slurp your drink. When he picks up his cell phone to text, take a shot. It's like your very own drinking game! That said, don't let it get too out of control. Bad decisions, anyone?

### **4. Make a mental list of things to tell your friends.**

This won't be difficult when you're on a bad date. Just make sure to jot down what's funny. You could focus on the bad, but that's less challenging. Plus, what fun is that?

## 5. Test out different dating techniques on your bad date.

You're already out, so why not use him like a guinea pig? You can flirt in different ways or ask questions you wouldn't dare ask a man you want to impress. This experiment can be a fun twist to a dud of a night.

**Related:** [Five Conversations to Avoid on the First Date](#)

Next time you're on a bad date, remember that it's supposed to be fun even when you're not hitting it off. Try these tips and have a laugh while you're out with Ferris Bueller's English teacher.

*Sujeiry Gonzalez, often referred to as the "Latina Carrie Bradshaw," is a funny and vibrant relationship (non)expert that tells it like it is – with just add a little more sass, a lot more Bacardi and ton of laughs. Recently she penned her first book, **Love Trips: A Collection of Relationship Stumbles**, a poignant and witty collection of personal essays in which she chronicles her relationship stumbles. For more information on Sujeiry Gonzalez, visit [lovesujeiry.com](http://lovesujeiry.com) or [lovetripsbook.com](http://lovetripsbook.com).*

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# Four Steps for Stress Free Dating





By Dr. Tranquility

– Lydia Belton, PhD, Ct. H.A.

Everybody experiences some anxiety in dating, whether it's simple butterflies or anticipatory anxiety. Even a super stars like Russell Brand believe that we can find our soulmate and learn to relax through meditation. Meditation and relaxation exercises, major areas of my practice, all help to reduce anxiety. But for most of us, all we need is to follow a few simple steps to have a stress-free experience:

**Related:** [Reduce Stress and Maximize Romance](#)

**Step 1: Prepare.** If this is going to be your first date, take time for a “get to know you” phone call before you set out. Find out what hobbies your date enjoys, whether or not their primary focus is work, and explore common interests. Bring up current events and ask for their opinion. This will stimulate conversation on the date and allow you to get to know one another better.

**Step 2: Plan Your Outfit.** Ladies, you will feel much better if you are not hiking in stilettos. Guys, wouldn't it be great to know that you are going to need a tie and coat before you get there? We all like a surprise, but let's get real. Jennifer

Lopez always knows where she is going and how to dress appropriately. You will both have a much better time with each other if you're comfortable.

**Step 3: Be Confident in You.** People who are confident and comfortable in themselves are attractive, because they are at ease – not stressed! So, take the time to be comfortable and confident; give yourself time for hair, make-up and nails. Pick out what you are going to wear in advance, and make your favorite outfit suitable for where you are going. The same thing goes for the guys, as both of you should amaze each other. Have fun channeling your inner Brad Pitt or Angelina Jolie. It's better for both of you when you feel as good as you look! Here is a little secret: have some strawberries and a bit of chocolate before you go, because they kick up the positive-relationship-brain chemistry, and your date will notice it in your eyes.

**Related:** [Relax With a Spa Day at Home](#)

**Step 4: Just Breathe.** Dating with tranquility means dating without stress. This really comes down to a little pre-planning, a bit of self-confidence and investing some time. Is your date the person you've been searching for, or maybe the person with whom you'll spend the rest of your life? It's too early to tell, so relax and have a good time. As they say, there are plenty of fish in the sea, so allow yourself to live in the moment and remember – *you are wonderful.*

*Developed by Lydia Belton PhD, Ct.H.A. of DrTranquility.com, Date Therapy® is an effective protocol that helps people get in touch with their criteria for an ideal mate. DrTranquility's protocols® have been featured most recently on Forbes.com & Yahoo, ABCNEWS.com, ABC's the View, KISS FM, CupidsPulse.com, Metromix for the Chicago Tribune, British Glamour, REDBOOK, Cosmopolitan Magazine & promoted by Match.com.*

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# Celebrity Couple Angelina Jolie and Brad Pitt Indulge in a Romantic Museum Date



Celebrity couple Angelina Jolie and Brad Pitt made a stop by London's Lucian Freud exhibit this past Thursday without the kids, according to the latest celebrity news on [Pop Sugar](#). However, they did recently have a family outing to see the matinee showing of *Billy Elliot the Musical*. Soon, the famous couple and their celebrity kids will be heading to the South of France together for the Cannes Film Festival. The celebs will have a chance to spend some family time together while walking the red carpet.



# This celebrity couple spent some quality time together at the museum. What are some other cultural date ideas?

## Cupid's Advice:

Spending time with your loved one while getting a taste of culture at the same time isn't only for celebrity couples. Here are some great date ideas for a cultural experience:

**1. Attend a festival:** Look up the great cultural festivals happening in your area. You'll get the chance to meet a lot of people together and also experience a little bit of a new or different culture.

**Related Link:** [Date Idea: Garage Sale](#)

**2. Eat at an ethnic restaurant:** Literally get a taste of another culture by going to a foreign restaurant and trying the different foods available. It's a great way to spice up your relationship and love!

**Related Link:** [Famous Couple Angelina Jolie and Brad Pitt Enjoy a Weekend Celebrity Getaway Without Kids](#)

**3. Take a trip:** Instead of choosing somewhere close to home for your next date idea, take a trip somewhere unique and new. There's no better way to experience another culture than by actually visiting the country.

**What are some culture date ideas? Share your ideas below.**

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# Christelyn D. Karazin Discusses How 'Swirling' Can Help those in Interracial Relationships



By Daniela Agurcia

These days, maintaining a healthy and long term relationship is tough work. Not only is it hard to stay committed for a long time, but it's also difficult to overcome the criticisms from the world around you. Now, imagine being in a relationship with someone of a different race. Even though we'd like to think our society is wholeheartedly accepting of interracial relationships – we know it isn't always that simple. We had the chance to interview one of the authors, Christelyn D. Karazin, of *Swirling*, a book about interracial relationships and what to expect once you are in

one. *Swirling* isn't only insightful, but it is a guidebook on how to approach various situations you will find yourself in when involved with someone of a different race. *Swirling* is an honest book that many people can find comfort in.

### **What triggered you to write 'Swirling' ?**

It really boiled down to the experiences that I had in my life. I didn't think that they could be so unique that other women weren't going through this too. I wondered if other people were also worried about meeting their partner's parents for the first time in an interracial relationship or even being stared at. There was just nothing out there about this, and I've always wanted to be the type of person to share my experiences. I wanted it to be the 'what to expect when expecting' but for "swirling" couples, people who were engaging in interracial relationships for the first time. I wanted them to have a guidebook, something they could go back to and reference about certain things as well as to read other people's stories. Sometimes when you're in a relationship where the person is from a different culture, race, or religion you can feel isolated. I think it's natural to look for resources that will shed light on what other people have gone through in a similar situation.

**Related: [5 Don't Tips For Interracial Dating](#)**

**Do you think that 'Swirling' is just what society needs in this day in age?**

Yes, I do. Just look at the data. Interracial relationships are the highest they've been in American history. The world is changing. While studies are showing that people are more amenable to interracial relationships, it's still rather new. You have people who have been raised in the 60's, 70's and 80's who would've never dreamed of dating outside their race. And now you have the situation with social networking where you're able to connect with someone from the UK, and you can

fall in love with them and get married. You have these situations, which make the world smaller and facilitate those connections that may never have been there before.

My mother-in-law had never associated with a black person before. She grew up in Manhattan in the late 1940s. There's a funny story in the book of how her and my father-in-law went to the south for a little while and she had to wash her clothes at the laundry mat. Outside it said, "colors only." And she asked, "Where do I wash my colored clothes?" And they told her, "lady that's for colored folks." She didn't know. She was raised completely colorblind. It was a new experience. She had always been around a very homogenous society, so when her son brought me home, it was something that she had to get used to. But, she went out and bought books on interracial relationships. She was really worried for her son. She thought that it would make his life super hard.

**What would you say is the most important advice that your book offers for those who are struggling in this type of relationship?**

The first and main thing is that you have to choose character above color. Once you do that, you're able to field out a whole bunch of people who wouldn't be good for you. Second thing is, don't let race be the complete center of every conversation that you have. Race shouldn't be something you concentrate on the first or second date. You need to get to know each other. You need to leave your racial baggage at the door. Unless your date is 150 years old, they have nothing to do with racial issues of the past. Third thing is, that you have to be prepared. People are going to scrutinize your relationship, be curious, fascinated, or envious. They're going to ask questions, and you have to be prepared for it. You have to sort of look at it with humor, not necessarily that they're trying to be malicious. If you're always looking for negativity, you will find it. The key is to always focus on you and your mate and not to focus on other people. You

have to let it be about you guys. Because people read your body language. If they feel that you are insecure about the other person, they'll sense that something isn't right.

### **How do you feel about celebrities in interracial relationships?**

They're very validating. If you see it on TV, you think that it must exist because it's on TV. It also gives people exposure to something they might not necessarily see in their neighborhoods. You can see how things have changed through commercials and interracial families. Marketers and people who pitch TV shows are looking at the data like we are. They know the world is changing and that these partnerships exist. They have money, so they need to cater to them too. It's kind of like a perpetual thing: life imitates art, and art imitates life.

### **What would you say is the number one mistake people make when they enter an interracial relationship?**

The number one mistake is when they get into an interracial relationship simply because of their skin color. Preferences are fine, but it's when you have a disdain for people in your own race. If you're dating interracially for some sort of revenge, then that's a problem. That's the number one reason why it won't work in the long term. You're not seeing that person as a human being, but as a tool. You're using them.

**Related:** [How to Master Being in a Relationship](#)

### **How do you think the approach 'Swirling' takes is different then other books on interracial relationships?**

There are a bunch of books out there on navel gazing. You have books that present the fact that black women should start looking into their options, but there's nothing on what happens after you've made that decision. I'm not in the business of convincing anybody of anything. A person who reads



this book has opened their minds and their options already, and they want to know what to expect. Such as specific tips on how to react in certain situations once you have already been in an interracial relationship. It's an actively engaging book, where people can keep going back and forth. We've organized it in 16 chapters, including the single perspective, from my co-author Janice Rhoshalle Littlejohn. She supplied the research and background and I gave the "what to expect" information. It covers pretty much everything.

**How has your blog, [BeyondBlackandWhite.com](http://BeyondBlackandWhite.com), helped you with the insight you provide for the readers in 'Swirling'?**

It has been priceless. I started this blog to just write my thoughts on the book as it came along, but it has become this haven for people who are in these relationships. It became a safe place to discuss all of these things. The richness of the comments of the people changed the outline of the book, because I realized where I needed to channel my focus based on the feedback. It's blown up, we get 7 to 10 thousand visits a day.

**Do you believe in online dating, and if so how do you think men and women can benefit from this?**

I do! I met my husband online. He was just really funny and cute, so I knew he couldn't be a bad person, and it worked out for us. People have had mixed experiences. But I could say that a huge percentage of specifically black women who have found non-black mates have done so through online dating sites. It's possibly because they're exposed to people they otherwise wouldn't have met. You can get to know the person through the inside out, rather than the outside in. There are a lot of people who feel more comfortable expressing themselves through their writing than they do outloud.

To get more detailed and insightful advice on interracial relationships, purchase *Swirling* at Amazon. Also, visit

# What Role Does Ambition Play In a Relationship?



By Steven Zangrillo

Women and men have ways of motivating each other for the greater mutual success. The need for a partner with drive and ambition is an overarching common criterion among people looking for healthy relationships. Ambition affects how we choose our partners and is an attractive quality when a person gives you the confidence that they will always be looking to improve on their successes. It begs the question of what role ambition plays in the dynamic of our relationships; how do we reconcile our need for better things? It is important to know

that when ambition, positively or negatively motivated, is driving or dragging on your partnership. Here are just a few ways ambition plays a significant role in a relationship:

**1. Career:** This is where the prospect of ambition becomes a two-pronged situation. Ambition is a dangerous factor in the scope of a relationship – it can bring goal-oriented love birds together or it can split you in two different directions. Someone ambitious for a life as a successful writer who is dating someone ambitious for immediate success in a finance career might have a hard time making that work. Our level of ambition affects the way we make career and social choices.

**Related:** [Snooki's Pregnancy – Can You Salvage Your Image?](#)

**2. Finances:** The whimsical notion that “love conquers all” is difficult to uphold when you have a mortgage to pay. This, of course, is different than gold digging. However, when people are looking for their potential life-long mate, they are essentially searching for someone who is, or plans to be, financially stable. In that reality, ambition walks hand in hand with how far you're willing to take your relationship.

**Related:** [Celebrities – Love, Marriage and the Money in Between](#)

**3. Love:** Ambition should, at the very least, determine what kind of partner you pursue. It's unfair to pursue someone who won't help you achieve the things for which you're ambitious. While it isn't someone else's job to adjust their entire life strategy in the interest of solely supporting the life you want, you should find someone who is willing to compromise in the means of supporting both you and their endeavors. In this sense, you should also make sure that you are both following paths that are more or less on the same track. The search of lasting love, being taken care of emotionally and being loved for who you are all timeless notions. People want that, and will go to great lengths to ensure they are in an emotionally

stable and healthy relationship.

There is no universal advice to be given on how ambition should define the scope of your relationship. Everyone is ambitious for different reasons – success, money, healthy love, being taken care of financially or being able to provide. How that ambition affects the steps you take together is up to you. Don't put yourself in a position to be disappointed. Above all, the things that we are ambitious for determine the arc of our life paths; so, if you're ambitious for happiness you'll never fall short.

**What role does ambition play in your relationship? Share your comments below.**

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## **Memorial Day Getaways for Lovers**





By Deana Meccariello

Kick off a new summer with your beau the right way by getting away! Memorial Day is a time for fun, sun and relaxing with that special someone. Here is a list of places you and your loved one can take off to celebrate the arrival of summer as well as your feelings for each other:

**Related:** [Three's a Crowd: Four Perfect Couples Holidays](#)

**1. Montauk:** Long Island, New York is home to Montauk, which not only offers a romantic and picturesque setting for couples to enjoy, but an array of fun filled activities for you to enjoy over the course of your weekend. Intimate outdoor restaurants and bars and beautiful beaches where you can take in a breathtaking sunsets are just some of the activities you and your partner can enjoy.

**2. The Beaches of Fort Myers & Sanibel:** One of the benefits of vacationing in Florida is that it offers beautiful beach getaways. While visiting this romantic wonderland, you and your lover must be sure to visit what the state deems to be its "most romantic park," Lovers Key, which overlooks the Gulf of Mexico. Here you can partake in beautiful walks along the beach or thrilling water sports with your beau like



parasailing or jet-skiing.

**3. The Delaware Water Gap:** Enjoy a day floating along the Delaware River or rent a raft and float along with your lover. If you're looking to get more than just your feet wet, go for a swim or unleash your inner dare-devil and partake in cliff diving, which is available in certain areas along the way. Surely, after enjoying all morning tubing down the river, a meal will be long overdue, so enjoy a romantic lunch while taking in the sun and each other's company.

**4. Wine Country:** For the romantic, low-key couple, San Francisco's Wine Country offers a gorgeous place to indulge in wonderful wine and great food. This place offers many secluded cottages for you and your love to find solitude together. Napa Valley and Sonoma County are also infamous for the wine and their activities. Depending on which destination you choose, you and your partner can enjoy live music, BBQ oyster among other foods at Sonoma's "Oysterpalooza" or sip organic tea and honor the memory of a loved one at the "Tea & Memories in Rose Garden." If you and your mate have your heart set on Napa Valley, "Sterling Vineyard's Greek Festival" and "Tres Sabores Movie Night" are just some of the activities you and your lover can enjoy

**Related:** [Date Idea: Plan a Picnic with Love](#)

**5. Lake Tahoe:** California's Lake Tahoe is a wonderful place to spend Memorial Day with the one you love if you're the outdoorsy type of couple. It offers an escape from the heat and fog present in other parts of California and leaves you with beautiful landscapes and fun activities such as mountain biking and hiking. It truly is an outdoor enthusiast's paradise.

**What do you and your partner have planned for Memorial Day weekend? Share your comments below.**

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# Tony Romo Says His Marriage Is Better Thanks to Parenthood



Dallas Cowboys quarterback Tony Romo and wife Candice Crawford didn't think their marriage could get any better until their baby boy, Hawkins, came into their lives. "If it's possible to bring you and your wife closer together, something like this really does," Romo told [People](#). "It strengthens your family values and your family and the love you have, which is already really strong. It's been a great blessing from God to put us in this situation. We feel very honored." The star NFL quarterback has a very busy schedule, but he makes as much time for his beauty queen wife and newborn son as possible, and Romo says

he feels very fortunate to have a wife that understands the demands of his athletic career and supports him all the way.

**What are some ways that being a parent can bring you closer as a couple?**

### **Cupid's Advice:**

Marriage might have been the best day of your life, but having a child can easily become the new front runner. Cupid has some tips that can bring you and your partner closer:

**1. The pregnancy:** This nine month process is going to be a roller coaster ride of emotions along with preparation and planning, and they're all things that you should go through together. You'll see the best and worst of each other, and in the end, the prize is beyond anything you could have imagined.

**2. The birth:** Whether your partner has your hand in a death grip or you're watching the miracle of life right before your eyes, the birth will be a moment that you and your partner will cherish together for the rest of your lives, especially since the baby will be your little miracle and you become mom and dad.

**3. Parenthood:** Raising a child is no easy task, and parents before you will have all kinds of warnings and tips to make it easier, but it's something that you and your partner will have to figure out for yourselves. It's a journey that you will adore taking with your partner and your child, because you will all grow and become the best you can be as a family.

**In what ways did having kids strengthen your marriage? Share your comments below.**

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# Nine Unexpected Places to Find Love



By Kelly Rouba,

GalTime Writer

You can find love anywhere, just make sure to keep your eyes open!

Finding love is never easy— or so it seems when you're single. As many women will admit, the bar scene isn't always an ideal place to meet men and flirting with someone at work is sometimes frowned upon. So if you're "looking for love in all the wrong places" or just unsure of where to mingle with eligible singles, GalTime's relationship expert Nikki Leigh has a few suggestions that just might help you get on the right path to meeting the man of your dreams.

According to Leigh, it's possible to meet someone just about

anywhere; whether it's while shopping at the grocery store or while working out at the gym. But if you're looking for a true partner, Leigh believes there is a strategy or two that can help you find someone that you're more likely to be attracted to and really interested in. "If you want to meet someone that may be more compatible with you and [who shares] your likes and dislikes, think about meeting people in places and around things that really interest you," she said. "If you love to read, you could meet someone at a library or at a book store or at a book reading or signing. If you are very health-conscious, think about going to a gym or a health food store."

Also keep in mind when you're looking for love, it's important to be open-minded. "A key to meeting people is to always be open to the idea of making new friends and reaching out to people," Leigh asserts. Here are some more of Leigh's tips with helping you find love in unexpected places:

## **9 Unexpected Places to Find Love**

- The post office
- On the bus, subway, or other public transportation
- An airport
- In a night class or another type of class, such as cooking class
- At a church or church events
- At local senior events, if you're an older adult; oppositely, many colleges are hosting "young alumni" events and some organizations even have mixers for young professionals
- Online (aside from dating sites, you may want to try gaming sites or sites devoted to hobbies of interest to you)
- In the park
- At a local store

"There can be a fine line between reaching out to meet new people and coming across like a crazy stalker," Leigh cautions. Remember, if you do decide to approach someone at a



public location or event, make sure to do so with tact.

“If you’re in the grocery store and you see an interesting guy or girl and a quick glance in their cart reveals they have similar taste, you may want to say hello as you pass them,” Leigh said. “Then, if you can meet their gaze, smile at them, a smile is very warm and friendly.” Noting that you should be careful not to leer at the person, Leigh continues “After that, if they smile back at you or, if they are pondering a decision in one of the aisles, you can subtly mention a favorite of yours and recommend they try it, but never be pushy or get in their face.” There is a real art to being subtle yet friendly and a little flirty.

“This approach can also be used on a train, bus, or subway, especially when it’s a route you travel frequently,” Leigh adds. “I’ve talked with people who have done this with great results, and I’ve had a great number of fun conversations in the grocery store.”

Next time you see someone who catches your eye, don’t be afraid to say hello and flash him a suggestive smile. You never know where it might lead you!

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## **Date Idea: Say Cheese at a Photo Shoot**





By Amanda Martin

Spend this weekend enjoying the beautiful outdoors with your honey while making photo memories that last a lifetime.

Visit a park or local garden and soak up the surroundings while enjoying the company of your significant other. Smell and identify the flowers, pack a picnic lunch and spend time throwing around a Frisbee. This is no time to be camera-shy. Be sure to capture these photogenic moments by asking passers-by to take pictures. You can even turn this into a mini photo shoot. Style your boyfriend or girlfriend how you think they look sexiest and then have them pose.

When you're ready to go home, upload your pictures and start a scrapbook. It's easy to do using a website such as Snapfish. Don't limit yourself; you can also make calendars, mugs, posters and cards. These souvenirs are a fun way to catalog your [romance](#) and they help remind you of the great times you had together.

How do you make your memories last a lifetime? Let us know in the comments below.

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# Richie Sambora Loves Denise Richards More for Adopting



Rocker                  Richie

Sambora and model Denise Richards have rekindled their romance, and Sambora says Richard's adoption made him fall even harder for her. Richards, who has two daughters with ex Charlie Sheen, adopted a baby girl named Eloise in 2011. "When she did that, it just made me fall in love with her more for god sakes," the musician told [UsMagazine.com](http://UsMagazine.com). "Because it's such a beautiful thing to do. It's such a giving thing." While Sambora supports Richard's decision to adopt, his own daughter with ex Heather Locklear, supports his new relationship whole heartedly. "I think they are so cute together and I couldn't be happier!" she said. "They are adorable."

## What are some disadvantages to dating someone that has kids?

### Cupid's Advice:

Dating someone new can call for some adjusting, but dating someone with kids can call for some major changes, and will change the rules of the dating game. Cupid has some reasons why:

**1. Expectations:** Not only are you trying to impress your partner, but you're going to have to impress their kids if you want to have any chance at taking the relationship to more serious levels. Kids can be very accepting, but they're also honest and judgmental.

**2. Fitting into two roles:** There will be a part of you that's the "you" when it's just you and your partner, and there will be the "you" when you're with your partner in front of their children. It's important that you remain as much yourself in both situations for the relationship to be real.

**3. Different priorities:** Your partner's kids will, as they should, take priority over you and your relationship. This can lead you to feel like you're not appreciated or you're being ignored, while in reality, your partner is busy being a responsible parent.

**Have you or are you dating someone with kids? Share your comments below.**

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## Eva Mendes Gets Giggly Over

# Ryan Gosling on 'Ellen'



Actress Eva Mendes appeared on the *Ellen DeGeneres Show*, and she managed to keep her rumored relationship with heartthrob Ryan Gosling under wraps – sort of. The talk show host didn't exactly assume that the couple was dating or that they'd ever even met, but she did get Mendes a gift to give to the *Crazy Stupid Love* actor in case she happened to run into him. Supposedly the two movie stars have something in common, and that's their love for onesie pajamas. "Because he likes them so much, when you see him – *if you see him, if you run into him* – I've got a gift that I think both of you would have fun [with]," DeGeneres joked, according to [People](#). "[This could] especially [work] as an icebreaker when you meet him for the first time."

**What are some ways to keep a new relationship a secret?**

**Cupid's Advice:**



You wouldn't want to spoil a new relationship by letting word get out too quickly! Cupid has some tips to keep things quiet until you're ready to go public:

**1. Location:** If you're going out on a date, don't pick a hot spot where you know there's the possibility of seeing friends or family. It will be fun to explore a new area and go to a restaurant that you've never been to before as a couple.

**2. Rumor mill:** The best way to prevent rumors is to withhold any kind of information that can get the mill churning. If you have friends or co-workers that you know are nosey-nellies, avoid talking about your new found crush in front of them.

**3. Play it cool:** When you start dating someone new it can be the only thing that's on your mind, but if you want it kept a secret, you have to learn to be subtle. If people question you, reply with a friendly answer and nonchalant tone to make it seem like it's not a big deal.

**Have you ever had to keep a new relationship a secret? Share your comments below!**

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## **Relationship Rescue: 7 Steps to Take Before Divorcing**





By Tristan

Coopersmith

Picture this: You are at the altar, on the brink of saying “I do” to your hunky fiancé. Your designer dress is stunning. The weather is perfect. You’ve never had a better hair day. It all seems so dreamy until the officiant tweaks the vows a bit instead saying, “til death do you part or you aren’t willing to work on your marriage anymore.” Naturally, you’d be awestruck. After all, such words certainly don’t channel those fairytale wedding fantasies. The fact though is that most marriages don’t end with one spouse six feet under; they dissolve because couples often try to rescue their relationship after the chance of survival window has closed.

Take Jennie Garth (our beloved Kelly from the original *90210*) and Peter Facinelli (the grown up *Twilight* hunk) for example. Together nearly TWO decades, this couple recently called it quits, reportedly after trying to work on their marriage. But as any marriage counselor will tell you, working on it may not be enough, especially if that work begins too late. So what’s a couple in marriage distress to do? Before you say, “I don’t anymore,” follow these steps for a promising road to relationship rescue:

**1. Accept that you've got issues... big ones.** Just like in recovery programs, denial is not an option if you want to see a brighter day. Challenges must be faced head on, recognizing that they won't just magically evaporate one day, but rather they must be worked through and seen as opportunities to grow.

**Related:** [Kim Kardashian's Divorce – A Reminder About Relationship Mistakes to Avoid](#)

**2. Communicate.** Chances are if you are strutting down divorce road, you've likely ceased communication, or at least communication of the healthy kind. Decide now, today that you will work diligently to express yourself clearly and respectfully, and that you will listen with a loving heart and open mind.

**3. Nurture your relationship.** Great marriages take a lot of deliberate TLC. Love fades when spouses don't routinely invest in each other. Daily tune-ups can point a broken relationship towards the path of healing. Try simple gestures like compliments, words of appreciation and intimate touch.

**Related:** [Newlywed 911 – Protecting Young Marriages](#)

**4. Get help.** Marriage counseling can work wonders, if you strike while the marriage iron is hot. Seek a counselor who you have chemistry with and whose philosophies and methods align with you. According to Pepperdine University Professor of Marriage and Family Therapy's Mario DiSalvo, "Marriage counseling is usually unsuccessful due to couples seeking help six years too late," so don't wait!

**5. Set goals.** Without meaningful goals, any partnership will struggle and eventually fizzle. When it comes to a marriage, goals help couples get on the same page about the present and provide a roadmap for the future. Such goals can be co-created by a marriage therapist. They should be measurable and hold both parties accountable for their success. Be sure when developing goals that you acknowledge stepping stone successes

along the way, and celebrate them!

**6. Build a support circle.** Turn towards trusted friends and better yet, couples who's marriages you admire, for support. When the going gets rough, enlist such sources to help you stay strong, focused and positive.

**7. Take a trip down memory lane.** Re-reading your vows, visiting the scene of your first date, or reenacting your proposal, all offer rich reminders as to why you got married in the first place. Oftentimes life can get in the way of love but a simple reminder of how and why you ended up together in the first place can do a relationship wonders.

*Tristan Coopersmith works one-on-one, in groups, through e-courses, in workshops and taking listener calls on-air to uncover people's blocks to guide them towards healthy, fulfilling, sustainable, relationships through designing personal plans for success.*

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## Your Mom's Top 5 Relationship Mistakes: Don't Make Them





By GalTime's Dating

Expert Jennifer Oikle, PhD

With Mother's Day around the corner, you've probably got mom on your mind. Sure, you've got a million things to thank her for.

But chances are— unless your mom and dad had a storybook romance, you also inherited a few not so lucky relationship habits from being your mother's daughter. In fact, watching your parent's relationship is the biggest way you learned how to relate to men, so it's not surprising that you may have picked up some patterns that remind you of your mother.

The good news is— you don't have to make the same man mistakes as mom. You can choose to *learn* from her instead. Below are the top five relationship habits you may have learned from your mother and how to chart a new, healthy, happy course for love.

### **Mom Mistake #1: Staying Too Long in a Painful Relationship**

Many mothers stay in hurtful marriages "for the children." If you watched your mom play this role, you may have learned that you too, should suffer, for the sake of love. Now, you may

have a hard time leaving relationships that just aren't right for you because you don't want to hurt anyone.

**Related:** [Discover 'The Old Fashioned Way' in Ginger Kolbaba's Newest Book About Love](#)

To bust out of this rut, you'll need to examine your definition of commitment. Commitment only works when it's healthy for both partners involved. Once harm is being created in a relationship, you owe it to you both to move on and create a loving, harmonious environment to thrive in.

### **Mom Mistake #2: Denying Your Needs**

You may have watched your mom so busy pleasing everyone else that it didn't even seem she had any needs of her own! If so, you might find it hard to allow yourself to have a need or ask for help.

To curb this pattern, practice tuning into what you need first and speak it out loud to your partner. He can't honor your needs, if he doesn't know what they are. Also, you don't have to do everything by yourself. Notice when you wish you had some help and ask for it.

### **Mom Mistake #3: Warring with the Opposite Sex**

If your mom and dad constantly fought, you may have learned to associate love with pain. Now, you almost don't know what to do if things are smooth sailing with your partner, so you'll create tension and conflict to stay in your comfort zone.

**Related:** [Exclusive Celebrity Interview: Soon-to-Be Mom Terri Seymour Jokes About Simon Cowell's Son Dating Her Daughter!](#)

To break this habit, notice when you begin to nag, complain, or start an argument with your beau. Was it when things were actually beginning to feel too good? Or did you have a legitimate concern? Pause the conversation to see what you really think, feel, and need. Then restart it, with a calm "I



statement” that avoids any blame of your partner.

#### **Mom Mistake #4: Giving Up Your Self**

Many moms mistakenly become role models for giving up your right to have a life! By always putting their spouse and kids ahead of their own happiness, they can teach you that you too have to give up who you and what you love to have a romantic relationship.

Ironically, you have the most to offer a relationship when you are fulfilled from within. So, even when you are in a relationship, be sure to take time out for your best friendships, your favorite hobbies, even alone time (a bath and a nap anyone?) that rejuvenates you.

#### **Mom Mistake #5: Constant Self Criticism**

Was your home filled with criticism? Maybe mom and dad berated each other, put you down, or were hard on themselves. If nothing was ever good enough for your mother, you might find you are just as hard on yourself as your mother ever was.

**Related:** [Dating Advice: Celebrate Your Moms](#)

To move on, you’ll need to begin offering yourself the kind of mothering nurturance you wish your mom had given you. Notice how you think about yourself and agree to never say anything to yourself that you wouldn’t utter to your best friend.

By thanking your mother for all that she gave you that was good, and working on shifting anything you picked up that wasn’t healthy, you can honor your relationship with your mother and ensure that her mistakes turn into wisdom well learned

**What did your mom teach you about relationships?  
Share your comments below.**

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# Date Idea: Celebrate Cinco de Mayo with Your Mate



By Amanda Martin

This weekend is Cinco de Mayo, a day commemorating the Mexican army's defeat of the French at the Battle of Puebla. The holiday is celebrated by people of many different backgrounds, so why not use this as an opportunity to have fun and spend some time with your significant other. Here are some ways to get close with your partner while celebrating Mexican culture and history:

If you really want to spend the holiday authentically, traveling to the city of Puebla is the best way to do so. If you're looking for a trip that can be fun and romantic, this

is the place to go. Puebla is easily accessible by car, and spending time together on the road will give you an opportunity to catch up. You can visit historic sites like Fuertes de Loreto, to get a better understanding about the holiday, or visit Boulevard Cinco de Mayo to check out the parade.

If you prefer to stay in the United States, look for local parades in your area or venture out and explore another state.

San Marco, Texas has a lot to offer at this time of year. There's a Miss Cinco de Mayo pageant, a hot sauce/salsa contest, a statewide menudo cook-off and plenty of music. You and your honey will be immersed in culture, live music while enjoying the outdoors.

For a more intimate experience, spend the night celebrating indoors by cooking a traditional Mexican meal. Cinco de Mayo only comes around once a year, so make the most of the custom while getting close with your partner.

What are your plans this year? Let us know in the comments below.

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## Who Was Mila Kunis' First Kiss?





Stars of *That's 70's*

Show Mila Kunis and Ashton Kutcher had their first onscreen kiss in 1998, and Kutcher had no idea that he was Kunis's first *real* kiss. Not only did Kunis feel extra pressure since it would be on camera, but she was going to be kissing a model. "I was like, 'Oh, he's so cute, it's the Calvin Klein model!'" the actress told [People](#). "Then I was like, 'I have to kiss him?' I was so nervous and uncomfortable. I had the biggest crush on him." *The Black Swan* actress kept her cool with helpful advice from the crew, and it was Kutcher who was sweating the thought of the two locking lips. "I was so nervous. She acted so cool. She seemed as if she'd done it a thousand times," Kutcher said. "I was the one with the butterflies in my stomach. I mean, here's this little girl and I have to kiss her. It was nerve-racking."

**How do you make your first kiss memorable?**

### **Cupid's Advice:**

Your first kiss should be a moment that you never forget. Cupid has some tips to make it special:

**1. Who:** Don't let your first smooch be from just anyone. Save the moment for someone special so that you won't have to

regret thinking about it every time you reminisce.

**2. When:** It doesn't matter how old you are when you get your first kiss. It will be more enjoyable if you wait, so that it's not from the weird kid in your class during a game of spin the bottle or a guy you met drunk at the bar.

**3. Where:** It doesn't matter where you are because butterflies are going to make your heart flutter and your head spin. Don't try to plan it out. Just relax and let it happen.

**Do you remember your first kiss? Tell us what happened in a comment below.**

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## **'Vampire Diaries' Co-Stars Ian Somerhalder and Nina Dobrev Sneak PDA in Bel Air**







Ian Somerhalder and

Nina Dobrev may have arrived separately and opted out of posing together on the red carpet when the actor hosted The Influence Affair, an environmental benefit, but that didn't mean the clandestine couple were going to stay apart for long. "They sat together at dinner and when Ian noticed Nina was shivering, he offered her his blazer to help keep her warm," an onlooker told [People](#). "There was no overt PDA, but there was a certain lovey way about how they looked at each other." The couple was also spotted holding hands while privately touring the mansion where the event was held. "They seemed very close and comfortable together," the source said.

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

### **Cupid's Advice:**

Okay, so maybe you and your mate are a bit on the discreet side, but that doesn't mean you have to act as though you don't know each other when you're out in public. Here are some subtle ways to delicately show affection to your lover when other eyes can see:

**1. Hold hands:** This is one of the most subtle and obvious ways



to show everyone that you are holding onto one of the most important people in your life. It's intimate enough to show your partner affection and declare your relationship status.

**2. Hugging:** Sure, it's a common way to show affection to anyone, but, you can't hug everyone like you would with your love.

**3. Kissing:** You don't have to have a full blown make-out session with your partner to show the world how you feel about each other. A simple kiss on the lips, cheek or forehead can say a lot.

**How do you and your partner show affection to each other in public? Share your comments below.**

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## **Three's a Crowd: Four Perfect Couples Holidays**





By John of TUI

## Activity

Going on a break with a big group of friends can lead to some of the most exciting and memorable vacations you will ever take. Yet there comes a time when taking a break with that special someone beats out a messy jaunt to Ibiza with your pals. Here are four global holiday breaks that make for far better experiences when you're travelling as a couple, not as an extended entourage of troublemakers:

**Related:** [Top 5 Most Traveled Celebrity Couples](#)

## Route 66

If you want to enjoy a holiday on the move, but prefer four wheels to two, it may be time to hit the great American road. There is no better place in the States to burn some rubber than to enjoy the historic motorway known world over as Route 66. Traversing some 2,451 miles from the Windy City, Chicago, to the home of Hollywood, Los Angeles, drivers get to sample some of the finest parts of the American West as well as enjoying authentic roadside diners and staying in traditional motels. Yet, as this is such an epic journey, with lots of ground to cover, you better make sure you do Route 66 with

someone whose presence you enjoy. Being stuck in a car with a “third wheel” would just make for an uncomfortable adventure.

## **St Lucia**

We've all seen the clichéd ads for romantic honeymoons in St Lucia and believe it or not the reality on this blissful Caribbean island really is exactly as the brochures describe. Idyllic, laid-back and sensual, St Lucia is home to some of the finest beach-side resorts in the world, perfect for romantic trysts and adults-only breaks in the sun. Cocktails under palm trees, coconut oil massages on the beach and moonlit meals overlooking the sea can all be part of a breathtaking holiday to St Lucia. What's more, many of the resorts here cater exclusively to couples, so you do not have to put up with boatloads of holidaymakers descending on your beach and causing havoc, or noisy kids running around and spoiling the tranquillity.

**Related:** [Take a Walk on the Wild Side of the Caribbean](#)

## **Venice**

Let's face it – no-one wants to head to this shimmering lagoon city with kids in tow. People visit Venice as families when they have to, not because they want to. And just about the worst way to experience this city is to turn up on a tour bus with a coach load of other tourists all visiting the same places at the same time. No, the finest Venice holiday is to be had when you travel with your partner, getting lost down the narrow alleyways and haunting canals that mark this mysterious and captivating city out as one of the most romantic in the world. Avoid St Mark's Square and the Rialto Bridge and set out with your significant other to the far reaches of the islands, stopping for lunch at a local *osteria* or *bacaro*, and let the city guide you.

## **Rural France**

Brits visit France more often than any other country, with the exception of Spain, and the most 'in-the-know' tourists eschew touristy Paris or over-exposed St Tropez and head into the glorious French countryside. From the shores of Normandy to the mountains of the Pyrenees, France offers rustic charms just about unmatched on the planet. Cycling holidays in France are a particularly wonderful way to re-connect with your beloved after months of the daily grind. Sample great wines at vineyards, picnic by beautiful rivers and enjoy the endless hospitality on offer at a wide range of well-equipped campsites and B&Bs. And with plenty of easy routes to take you do not have to be a Tour de France rider to embark on a rewarding and romantic cycling holiday.

*John is a travel writer who has written on topics from the best cycling holidays in France to the most unusual local delicacies on the planet.*

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## **Mira Kirshenbaum Discusses Salvaging Your Relationship in "I Love You But I Don't Trust You"**





By Daniela Agurcia

It's no secret that trust is the adhesive that holds a healthy relationship together. To trust in a romantic partnership is to place confidence in your lover, and to assure that you can rely on his or her character to be there for you whenever you're in need. But trust, as essential as it is to a successful relationship, is fragile in nature. Once it's broken, it's difficult to piece back together, and often times if it is repaired, the cracks of betrayal still show, and the relationship trudges on, damaged at best.

Mira Kirshenbaum, relationship expert and author of eleven books, including her latest, *I Love You But I Don't Trust You*, offers some excellent advice on trusting your partner, and how to salvage the broken bond in a relationship after it has vanished.

We had the chance to interview Mrs. Kirshenbaum about her latest book, and she shed some light on how we are affected by this trust dynamic, and what we can do about it:

**Some people have trust issues. Are there any early warning signs that issues may arise later in a relationship?**

Here are the most important warning signs that trust issues may arise:

1. One partner lies more frequently.
2. One partner needs, or feels that they need, to control the other.
3. One partner is unreliable.
4. One partner has much more money or power than the other.
5. One partner has a history of having been hurt.

**Related:** [5 Ways to Stop Sabotaging your Relationships](#)

**What are some of the common mistakes that lead to mistrust in a relationship?**

One very common and very destructive dynamic occurs when Person A tries to control Person B (whether for good or bad reasons). Person B resists control, usually by hiding what they do. Person A finds out some of what Person B has been doing, or just that Person B has been hiding, and attempts to gain even more control. Which leads Person B to hide all the more. In general, openness is best, even if what you are being open about is initially hard to hear.

**What are some tips you have for saving a relationship that has been damaged by trust issues?**

Of course, I outline a whole procedure for doing this in my new book, "I Love You but I Don't Trust You." But here are some tips that will be helpful: The sooner you both understand that you both played a role in getting where you are, the better. There are no purely innocent parties. If you go into couples therapy this will be driven home to you. So, you might as well embrace it now. If you are the one who broke trust, it's fine to be sorry, and you should certainly show how sorry you are, but the most important thing is showing that you really understand how hurtful your action was, and that you fully realize the damage you did. This means really listening to your partner, and showing you've heard, without



excusing or explaining yourself. If you've been betrayed, there's a good chance you'll harbor that for quite a while. However, you need to realize that you're angry because you're scared. You don't want to be hurt again, and your anger—you hope—will seem very intimidating. Just realize that the longer your anger goes on, the more damage it will do to the relationship, because that anger will prevent the communicating the two of you will need to do to heal things.

**Related:** [4 Ways to Make Your Long Distance Relationship Work](#)

**If a couple follows your protocol, how do they safeguard their relationship so that these issues don't arise again?**

The trick is encouraging openness. We want our partners to tell us the truth, but we don't always like what we hear. This is where things get tricky. If we respond to things we don't want to hear in a way that discourages openness that will erode trust over time. The solution is to make it abundantly clear, powerfully clear, that while you may not have liked what you heard you are very grateful for your partner being open. Just ask yourself, "Am I making it as easy as possible for my partner to be open?" The wrong answer is, "Well, he should just be open."

**If the relationship doesn't work out, what are some tips for getting back in the dating game, and learning to trust again?**

You can't be in a relationship without a risk of being hurt, so don't worry about perfect safety. Just try to be as safe as you can one step at a time. It's important to encourage honesty and be honest yourself. If you see something that raises your suspicion, trust yourself by asking your partner why they did what they did. You need to ask what it meant to them, and what they thought about the impact it would have on you. Ask them how they expected you to respond.

Ask these questions calmly and patiently, making it as easy as possible for them to be open with you. This is just what a

good detective would do; relax the other person, and you get the best information. Remember, knowledge is power. The more you know—by asking—the more you can figure out your next move. This is crucial when there are trust issues.

These are just some suggestions. The point is, learn everything you can about what they did and what it meant to them before you react. And then and only then will you be in a good position to respond.

**What is the one piece of advice you would give to someone who wants to build back trust in their relationship?**

They need to ask themselves, “What’s the one thing I need most from my partner to regain trust?” Ask for it clearly, and make sure you get it.

You can purchase Mira Kirshenbaum’s book “I Love You But I Don’t Trust You” on Amazon.

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## **Five Steps To Turn a Date Into a Relationship**





By Dr. Tranquility –

Lydia Belton, PhD, Ct.H.A.

For many people who seek lasting relationships, the first date isn't the big issue. In truth, the actual challenge is to use that first date as a litmus test for whether to move forward or not. You can't hope to follow in the footsteps of Kyra Sedgwick and Kevin Bacon or Sarah Jessica Parker and Mathew Broderick directly after the first cocktail. However, as these celebrities would surely tell you, a lengthy partnership is rooted in loyalty and consistency. Once you get past that initial encounter, you may be ready to take steps towards a lasting and meaningful relationship. Here's how to go about it, step by step:

### **Step One: Focus on the Attraction and Ignore the Distractions**

Many, if not most, first dates are over drinks or a meal with plenty of potential distractions swirling around the room – televised sports, side table conversations, interesting people, etc. You were attracted to your date for some reason or you would not be there in the first place. So keep your attention where it needs to be – your date is the Attraction. Continuous eye contact is the key, as it will also work to keep your date's attention focused on you. Eye contact also

will help with active listening and make the conversation flow easily.

**Related:** [5 Conversations to Avoid on the First Date](#)

### **Step Two: Listen Actively and Be Engaged in the Conversation**

Eye contact should foster concentration on your date and what your date has to say about values, beliefs, understandings and even issues. If you let your mind drift to the pressures of work, finances, where you need to be next week, you will end up excusing yourself for not paying attention – the last thing that a date leading to a relationship wants to be told. You risk losing the areas where you connect, and the important elements of the foundation for forming the relationship. Worst case – you will convey to your date the impression that you do not care to move past the dating stage. So, concentrate and stay engaged!

**Related:** [4 Steps to a Stronger Long Term Relationship](#)

### **Step Three: Flirting and Body Language**

Understanding your limits, particularly if consuming alcohol, will enable you maintain all the positive elements of your body language and appropriate level of flirting. Smile and laugh. Make your gestures inviting – keep your palms up. You want to be open and inviting, conveying an open mind and interest in exploring something new. Reach across the table and touch your date's hand (the eye contact and active listening will lead to this), and before you know it, you will be holding hands and gazing into each other's eyes. You too can flirt like Pamela Anderson and Katy Perry.

### **Step Four: Time is Important and Valuable**

Aside from simple good manners, being on time and respecting the time of your date is important. Be punctual and respect the time parameters of your date.

## Step Five: Agree on the Next Step

If this is going to be a relationship, before you part ways, talk about what, when and where for the next date. If you have followed the first four steps, setting the next date will come naturally.

With these several steps in mind, it should be a little easier for you to gauge whether or not you're ready for a long term situation with your new fling.

*Developed by Lydia Belton PhD, Ct.H.A. of DrTranquility.com, Date Therapy® is an effective protocol that helps people get in touch with their criteria for an ideal mate. DrTranquility's protocols® have been featured most recently on Forbes.com & Yahoo, ABCNEWS.com, ABC'ss the View, KISS FM, cupidspulse.com, Metromix for the Chicago Tribune, British Glamour, REDBOOK, Cosmopolitan Magazine & promoted by Match.com.*

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# Famous Couple Brad Pitt and Angelina Jolie Announce Their Celebrity Engagement





Congratulations to

famous couple Brad Pitt and Angelina Jolie on their celebrity engagement! The longtime pair have been together since 2005 and have six children together. Sources say that their upcoming marriage is a promise for the future. Their children, who have long been supportive of their parents tying the knot, are said to be very happy. According to [People](#), there is no date set for the celebrity wedding at this time. The actress' stunning engagement ring was designed by Robert Procop.

**This famous couple is celebrating their celebrity engagement. When you're in a long-term relationship, how do you know when to get married?**

#### **Cupid's Advice:**

No one can tell you when it's time to get married. While some couples tie the knot after six weeks, others couples take longer. Look at how long Jolie and Pitt were together before



their celebrity engagement announcement! Remember, there is no right or wrong way to make your commitment to your partner official. If you do choose to get married, here are some relationship and love signs that it might be time:

**1. You have children together:** If you have children with your partner, it may be in their best interests for you to be legally married. This will make decisions, like the signing of legal documents and government actions, a little bit easier.

**Related Link:** [It's Official! 'Twilight' Star Peter Facinelli Celebrates Celebrity Engagement with Jaimie Alexander](#)

**2. You have shared assets:** If you've bought a house or car together, your relationship and love is probably very serious. With this amount of trust between you two, consider making your union official.

**Related Link:** [Cameron Diaz and Benji Madden Are Engaged](#)

**3. You want to get married:** Not every serious couple feels the need to get married, and that's okay. If you do, it may be time to see how your partner feels about marriage.

**Do you think traditional marriage will someday become a thing of the past? Share your thoughts below.**