

# Relationship Advice: When Is the Old New Again?



By Dr. Jane Greer

Jelena is back! [Justin Bieber](#) and [Selena Gomez](#) are officially back together. This is an instance when what was once old and finished can become new again. Rekindling a relationship in this way can sometimes mean a couple was never really over the feelings they shared for each other the first time around, or that with the passage of time they are simply ready to give it another try. Sometimes extenuating circumstances such as illness can play a role and help them realize what is truly important. With this in mind, an end is not always really an end, and you might have an opportunity one day to reconnect with an old love if they're single, too. If that happens, it

may give you both a chance to deal with unfinished business, and to move forward the way you may have always hoped you would.

## **How, then, can you get from Point A – a breakup – to Point B – a revived romance?**

So many things can bring a relationship to a grinding halt despite the fact that two people still feel love for each other. Career opportunities that force people to live in different places, or one of you wanting one thing – such as marriage or a family – when the other isn't quite ready. Negative parental pressure can also tear two people apart even if they don't really want to say goodbye. In these cases it isn't the feelings people have for each other that threaten the relationship, it is the life/work balance and other outside forces. This can become especially hard to cope with if one or the other jumps into a new relationship quickly to get over the hurt and disappointment of the loss. Even considering that, there still might be feelings of hope that someday they will find their way back to each other and their connection will resume.

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Sometimes this can occur with simple good luck – two people find themselves living in the same city again. It can also happen more dramatically, such as when someone becomes ill, as Selena has been with lupus which required a kidney transplant earlier this year. That sort of event can change your perspective and make you question your priorities, turning the small issues that once seemed so important in the past into meaningless details in the present. It may make you more

willing to compromise over differences that previously you might have stood your ground on. It might also make you realize that you don't want to waste any more time hoping and waiting, and one or the other might reach out. When one does that, if the other person is receptive and welcomes the contact, it can leave room to pick up where you left off, rebuild, or even lay down new tracks.

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If you have been in a relationship that ended, and find yourself suddenly single and thinking about a former love, if they are also single, it might be a chance to call or write to them. If that person is sick, you can reach out in the name of friendship and offer caring support in those hard times. By doing so you open the door which might lead to something bountiful for both of you, and give new life to the connection you once shared and cherished.

Whatever happens going forward, it seems clear that Selena and Justin indeed have a bond together that has endured.

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

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# Celebrity News: Ed Westwick & GF Jessica Serfaty Were Looking at Engagement Rings Before Sexual Assault Scandal



By [Rachel Sparks](#)

This happy [celebrity couple](#) is facing some serious relationship trouble. Ed Westwick and Jessica Serfaty confirmed their relationship back in May, and, according to [UsMagazine.com](#), Westwick had been looking at engagement rings two weeks before a sexual assault accusation hit Westwick from Kristina Cohen via Facebook. Serfaty posted the next day in support of Westwick, saying, "I know you, I know the truth." We're still holding out hope for a future

[celebrity wedding!](#)

**This celebrity news is unfortunate, whether it's true or not. What are some ways to help your partner through a situation where their character is affected?**

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

At some point, we all face accusations. Whether it's typical bullying, workplace miscommunication, or frustrated exes, we will all encounter situations where we or the people we care about face similar challenges as Westwick. It's normal to feel doubt, but ultimately faith in our partners will carry us through these tough times. Read below for more [relationship advice](#) to get you through expected tensions:

**1. Be gentle with the wounds:** Your partner is probably having a lot of doubts. Facing accusations makes someone feel insecure in their current situations. Don't push these wounds. You've known your partner long before these accusations came up, so putting any faith in them will only further aggravate your partner's wounds.

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**2. Stand on strong ground:** Every relationship encounters tensions from the past, even if its not accusations. You know your partner, so remind both yourself and your S.O. of what makes you guys strong and successful as partners. Don't avoid the issue, but rather, focus on your strengths and the healing will follow.

**Related Link:** [Celebrity News: Iggy Azalea Talks Nick Young Scandal on 'Ellen,' Saying 'We're Good'](#)

**3. Defend through battles:** When you need help, you trust that your partner has your back. Even though accusations can shake some trust you have in the relationship, standing by your partner and defending them against others will strengthen your relationship. Any doubts you have, you handle between the two of you, but be sure to keep it behind closed doors. Presenting a united front will help restore trust from others along with strengthening your partnership.

**Have you or your S.O. ever been through some tough accusations? How did you guys make it through that time? Share your relationship advice below!**

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## **Celebrity Couple News: Scott Disick is Telling Friends He's 'in Love' with Sofia Richie**







By [Rachel Sparks](#)

According to a source, 34-year-old [Scott Disick](#) said that he is “in love” with 19-year-old girlfriend Sofia Richie. According to [UsMagazine](#), the couple have shared their intimate moments around the world where it’s easier to remain private. Richie’s friend Chloe Bartoli, an old fling of Disick’s, has stopped talking to Richie, but it’s no loss. Richie’s father Lionel Richie claims his daughter is just as infatuated with Disick. Despite the three children Disick has with [Kourtney Kardashian](#), the [celebrity couple](#) are receiving support from the Kardashian clan.

**This celebrity couple must be getting more serious if Scott Disick is using the “L” word. What are some ways to know when to tell**

# your partner you love them?

## Cupid's Advice:

Dropping the "L" word for the first time is nerve-wracking, but it's exceptionally exciting. It takes the relationship to a new stage and shows the commitment both people have for each other. There's a sense of security and a renewed sense of infatuation for each other. But how do you know it's the right time to take your relationship to the next level? Read Cupid's [relationship advice](#) below:

**1. You know you're capable:** Loving another person is a delicate and healthy balance of self-awareness and selflessness. You have to know what you need in a relationship just as much as you need to know what your partner needs. Are you willing to make the sacrifices your partner may ask of you? When you feel confident that you can provide selflessly for another person and are aware of your own needs and how to ask for them in a healthy and respectful manner, then you know that you are ready to say the all-powerful phrase.

**Related Link:** [Celebrity Couple News: Sofia Richie Kisses Scott Disick on Private Plane](#)

**2. You're confident the relationship is ready:** At some point, the two of you have talked about the future you see for yourselves, both independently and together. You never want to drop the "L" word too soon, but you don't want to wait too long. If you're worried about scaring your significant other away, then hold off on saying anything. Respecting your partner's need to become confident in their decision and the time it takes to reach that is a sign of a loving and supportive relationship.

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**3. You're committed through the tough times:** You know every



relationship is going to hit a tough time, so are you ready to stick it out through that? If you are, saying “I love you” is a sign of that commitment you’re making to each other. Those times will be hard, and you may not feel like you love that person during those struggles, but “love” is a word of commitment, security, and trust.. Are you ready to make that promise to each other?

How do you look past those nervous butterflies in your stomach to know it’s the right time to say “I love you?” Share your advice below!

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## **Celebrity Interview: Drew D’Angelo of ‘Real Estate Wars’ Says, “Don’t Ever Settle for Second Best”**





By [Rachel Sparks](#)

If you don't already know his name, you will soon: Drew D'Angelo is a coastal real estate agent on The McMonigle Team and one of the stars of Bravo's new reality TV show *Real Estate Wars*. At 21 years old, he joined his stepfather's land development business as an assistant and worked his way up to the top. With 17 years of experience, he is certainly one of the best. In our exclusive [celebrity interview](#), D'Angelo opens up about reality TV, his best [relationship advice](#), and his future goals.

## Drew D'Angelo Talks Real Estate & Reality TV in Celebrity Interview

*Real Estate Wars* includes the biggest real estate moguls in the O.C. Filled with A-listers, celebrity drama, and multi-million dollar houses, it's our next binge-worthy show. Of the experience so far, D'Angelo says, "My life hasn't changed all that much, with the exception of being recognized on the street and in stores when I am with my family." While he's now

in the spotlight more than before, his career path is still very much the same. He co-owns several businesses with his family, including his stepfather (and role model), and continues to sell houses.

Bravo's selling point for *Real Estate Wars* – besides the gorgeous coastal homes – is two rival teams. D'Angelo is part of John McMonigle's team, who was the number one real estate agent in the United States before the market crashed. Of course, there's a catch: McMonigle's old partner, Jojo Romero, is on the opposing side. Despite the drama, D'Angelo reveals, "John is a constant gentleman to her. One can hope that, one day, they will be friends again. I do think Jojo will be nice to John when she lets go of her deep-rooted resentments."

D'Angelo, though, thrives off of the competition. He never feels animosity towards any members of either team and considers some of them friends. In fact, he believes that the competition makes him better: "I look at my competition as an opportunity to collaborate and learn what makes them tick because it gives me the upper hand when I'm in negotiations with them."

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*Real Estate Wars* focuses on extremely high-end homes, so it's no surprise that the reality TV star often works with celebrities. "I try not to get starstruck by anyone, but I definitely am in awe of the wealth these people have and the lives they live. It's really a different world for some of my clients," he shares. "I always try to make sure they know I am as comfortable as they are when doing business with celebrities. They seem to open up more when you are just being yourself and aren't nervous."

Of course, there is that one celebrity that he'd love to meet – and celebrity home that he'd love to sell: Kobe Bryant.

Close runner-ups include Richard Branson, Irvine Co. owner Don Bren, and Bill Gates.

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## Reality TV Star Offers Relationship Advice

D'Angelo could never have so much success in his professional life without support from his family. When it comes to relationship advice, he believes the most important part of having a good home life is the partner you choose. "Don't look for someone who fits into your life. Look for someone who adds to you and makes you better in all aspects of your life," he explains in our celebrity interview. "A true partner is a complement to who you are already – someone who challenges you in a positive way to be more, someone who makes you want to be more in your life, someone who respects your boundaries and has a set of morals and goals that again complement who you are."

Currently married to his second wife, he adds, "Don't ever settle for second best. This person, whomever it is, will make you feel your best and be the ying to your yang."

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The father of three children, D'Angelo would love for his kids to follow in his footsteps and join the family business. He says, "It'd be great for them to continue our work, but most importantly, I want them to do what makes their hearts happiest."

So what's next for the real estate agent? He hopes to make great strides in the next five years. "I would like to have several million dollars sitting in the bank, a few apartment buildings that we own and manage, and a minimum of five different development deals going on," he reveals.

“Personally, I want to be able to provide more for my children and have plenty of money for any situation.”

As for *Real Estate Wars*, D’Angelo is hopeful that fans will want a second season. “It was such an amazing experience to be a part of something that is so big,” he shares. “I have no regrets.”

You can find out more about Drew D’Angelo on [Bravo.com](https://www.bravo.com). Follow him on [LinkedIn](#) and [Instagram](#).

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## Celebrity Divorce: ‘Real Housewives’ Shannon & David Bador’s Split is Still on Despite Reunion







By [Rachel Sparks](#)

*Real Housewives of Orange County* stars Shannon and David Bador are still going through with their [celebrity divorce](#), which was announced a week ago. [EOnline.com](#) reports that the ex [celebrity couple](#) were seen reuniting on Saturday at USC for their daughter Sophie Baedor. Though the couple are splitting after 17 years of marriage, both Shannon and David remain committed to regular reunions, claiming that co-parenting amicably for the sake of their children remains their goal.

**This celebrity divorce is still happening after 17 years of marriage. What are some things to try to heal your relationship before resorting to a**

# divorce?

## Cupid's Advice:

Long-term relationships are a lot of work, but we often forget it. That initial falling in love feeling disappears but we're still optimistic about our futures. Routine, monotony, stress, and hardships challenge the relationship and it's natural when we feel down from life to let those feelings translate to our relationships. How do we know, then, when we've done everything we can for our marriage? Check out Cupid's [relationship advice](#):

**1. Decide if you want to fix your marriage:** You would think this would be obvious for most people: you know either way if you want to save your relationship. But it's much easier to say you do want to make things work than it is to take the actions to do so. When you realize you want to do the hard work it takes to repair a relationship, that means you have to stop complaining and start taking action.

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**2. Take responsibility:** Unfortunately, working on a relationship isn't comfortable. Then again, it was awkward in the beginning, but that proved to be worth it. You'll be embarrassed and humbled, but likely, so will your spouse. Own up to your mistakes, both past and present. Your spouse will appreciate it and you'll find some closure on past pains. Your relationship will also take a giant leap forward as the two of you confront your demons together.

**3. Respect and value:** This is another that should seem obvious, but when you're hurting it's very easy to take out that pain on the other party. From our childhoods we all learned how easy it is to lash out at our family, and our

spouses are no exception, but take a breath before you do so. Is that comment worth the damage it does to your relationship? Also keep in mind that actively paying attention and engaging your significant other shows that you value and respect them, and taking the time to listen and engage will go much further than an extravagant gift that was purchased to overcompensate for failures.

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**4. Give your best:** When you're hurt, you don't want to make yourself vulnerable, but you won't move forward unless you try. Keep giving your best, even when your spouse isn't. If things don't work out you will know you tried your hardest and you will have learned from the whole experience for another relationship.

**Have you been in a long-term relationship that's failing? How did you try to fix it? Share your advice below!**

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## Relationship Advice: How to Handle Engagement Envy





By Dr. Jane Greer

Fashion model Gigi Hadid really wants her boyfriend, Zayn Malik, to propose after she found out her ex, Joe Jonas, just got engaged. This is a common response of feeling envious when your ex has moved on from being with you and gets engaged to someone else. It's difficult to feel like you are a step behind when you see a former partner move forward with increased commitment, planning a future life together with someone else. This can be even more challenging if you are either at a standstill in your current relationship or worse if you're not in one at all. Engagement envy can strike and push you ahead when in fact you might not be ready to get engaged, as well as lead to pressure that can create conflict.

**How, then, can you handle envy and see the potential good you have right now instead of focusing on**

# what could have been or forcing what isn't meant to be yet? Here's some relationship advice.

Even though a relationship is over, there can be that urge to look back and wonder what you could have done differently. There might be a lot of bad that led you to the breakup, but somehow people tend to remember that pot of good that brought and kept you together, no matter how small it might be. With that in mind, it is hard not to wonder what you might have been able to do to work things out with your ex. Should you have tried harder, or given the love you once shared a second chance? These feelings can really come to the forefront when your ex becomes engaged to another person. You might even think that could have been, maybe should have been, you.

**Related Link:** [Celebrity Couple News: Gigi Hadid's Family Calls Zayn Malik a 'Great Guy' and Says 'She's Happy'](#)

Those negative feelings swirl around the sense that you've been cheated. You were the one who put up with so much negativity and worked at getting your partner to change for the better, and now someone else is going to reap the benefits. Or you might feel it's not fair that your ex so easily found another partner while you might still be looking for Mr. or Mrs. Right. Or, as in Gigi's case, you might actually be part of a new couple, but seeing your ex get engaged to someone else stirs up your own desire to do the same. This could be stemming from not wanting to see your former lover be more successful than you, resulting in your forcing your new partner to take the next step before either of you are ready.

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All of these scenarios have the undercurrent of envy, which is never a pleasant place to be. So what can you do? First and foremost, remember what was different about the relationship you used to have and why you chose to end it in the first place. Trust your gut that you were taking care of yourself, and the breakup was in your best interest. If your ex was the one to call things off it might help to realize that the expectations he or she had for you were probably unrealistic, and take comfort in the fact that you are now free from that conflict and disappointment.

If you are currently not involved with somebody, it is really important to keep in mind that the connection you had with your ex served a purpose in helping you grow and discover what you are looking for in someone and what you're not. Even though they are now involved with someone else, try to keep that separate from your life and instead let it shed a light on what you want in your next relationship. Rather than getting caught up in feeling left behind or abandoned, or a failure that you and your ex couldn't make it work, focus on what you took out of it to better judge and choose your next partner.

Finally, if you are in a relationship as Gigi is, and your ex is already engaged to someone else, consider that this new situation for your ex may perhaps be a rebound romance. They might be in a hurry to have a commitment, and it still might be just as fraught with the complex issues you had together. Just because he or she is choosing to get married now does not mean it will necessarily be smooth sailing ahead. If you can, sit back and maybe find some relief in the fact that it is not you on the road to marriage with someone you already know brings discontent and hard times to the table.

Hopefully Gigi and Zayn will get engaged when the time is right for them, not her ex.

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

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## Relationship Advice: Does Being Wronged Give You The Right To Fight?





By Dr. Jane Greer

Superstar Pink has revealed that Christina Aguilera tried to punch her in a club during their feud, rather than talking things out. Sometimes when people do not have the skills or the opportunity to deal with their anger directly, that hostility might build up and result in a situation like this, which isn't healthy for anyone.

**So, how can you avoid this a hostile incident, and, more important, how can you guard against feeling so mad that you find yourself wanting to hit someone? Here's some relationship advice:**

Very often when somebody does you wrong, you believe you have

the right to feel outrage toward them. If you don't get to talk through those feelings, they can build up into self-righteousness that you carry around with you like a landmine that might explode anytime it is triggered. Understanding this points to how important it is to speak up when you feel offended or hurt by someone's behavior or actions toward you. Doing this is essential to your health and well-being.

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The best thing to do is to talk directly to the person you have the grievance against. Reach out through a letter, email, or a call, and ask if that person is willing to sit down with you or have a conversation over the phone. Explain that you are upset and would like to clear the air, and hopefully they will respond accordingly. If you can do this, it will not only help to dissipate the fury you feel, but might also lead you to a place of understanding as to why you had such a strong reaction about what happened in the first place. There is also the chance that the person in question did not even realize he or she did something to anger you, and this will give you the opportunity to gain some perspective as to what might have been going on for them. In this way, you can discover something that can help to shift things so that what they did doesn't occur again.

Of course there are times it isn't possible to speak directly to the person. If, for example, they refuse to talk to you, or if it is impossible to reach them, are you stuck with all this rage? You don't have to be. If that happens, see if there is someone else you can talk the issue through with who might help you figure out why this pushed your buttons so much. Did you feel devalued? Lied to? Blamed? Were you treated unfairly? Were you made to feel vulnerable? Once you have a good handle on it, it will help you navigate so that you can prevent similar situations in the future. One of the goals is to learn how to stop taking things personally, because this can make you stronger and less sensitive to people's offensive

behavior.

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If there is nobody you are comfortable talking about this with, and the other person is uncooperative, then write it down for yourself. There is a reason we say the pen is mightier than the sword, and there is no better example of that than this scenario. When you are able to express yourself in words, either through talking or writing, it helps to release and decrease your anger, so instead of carrying around one hundred pounds of it, you can reduce that to a lighter load of twenty pounds or so. The sword, or in Pink and Christina's case, a possible punch, does not address the problem or resolve the conflict. It will only lead to more of the same.

Nobody likes to be angry. But if you can use it in a positive way as a catalyst to change through conversation, it can give everyone a chance to move forward and feel better. Thankfully, Pink and Christina never came to blows. Perhaps in the future they will find the words to connect.

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



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# New Celebrity Couple? Sarah Hyland & 'Bachelorette' Star Wells Adams Are Seeing Each Other



By [Rachel Sparks](#)

*Modern Family* meets *Bachelorette* as new [celebrity couple](#) Sarah Hyland and Wells Adams celebrate Halloween *Stranger Things* style. According to [UsMagazine.com](#), Hyland and Adams had been flirting publicly on social media for some time, causing fans to speculate about their relationship. It wasn't

until the two posed as gender opposites Eleven and Mike Wheeler from the Netflix hit on Sunday, October 29 that the couple confirmed their status.

## There may be a new celebrity couple to follow! What are some ways to announce your new relationship to family and friends?

### Cupid's Advice:

Sharing your new love interest with people you care about is a big deal. You want your friends and family to love your new S.O. just as much as you do. How you choose to introduce your partner to everyone sets the tone for their relationship with your new partner and how the two of you move forward as a couple. Here's Cupid's [relationship advice](#) for the important meet-and-greet:

**1. Let's boogie:** During the holidays, parties abound. Bringing your new partner to a celebration is almost an instant win. Everyone is having a good time so the reception is much more likely to be a positive one, plus it lets your love interest see just how much fun your family is.

**Related Link:** [Celebrity Couple News: Kourtney Kardashian & Younes Bendjima Getting 'Very Serious' & enjoy Date Night in L.A.](#)

**2. Family Outing:** Halloween means pumpkin patch visits. With Thanksgiving a close follow-up, rounding out with Christmas and New Year's, apple pickings, fire pit gatherings, and shopping sprees are the perfect time for the whole family to be together. It's also the perfect time to drag along your partner. Everyone is together, excited to be planning for the holidays, and your partner may get something out of it in

addition to meeting your family.

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**3. Dinner party:** It's such a classic, but food is one of the core ways people bond. Across cultures, generations, politics, or religion, food is central to gatherings. Keep everyone fed and calm with an exquisitely cooked home meal. Time your meals to avoid too many awkward silences.

**How do you introduce your new S.O. to your friends and family? Share your ideas below!**

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## Parenting Tips: Co-Parenting During the Holidays





By [Rachel Sparks](#)

The holidays are meant to be a time for family, friendship, and joy, but for a lot of families there's the stress of a divided household. Co-parenting can be stressful even at the best of times, but not everyone has an amicable relationship with their ex. Celebrities like [Reese Witherspoon](#) and [Jennifer Lopez](#) set high standards for what co-parenting looks like, and not all of us can reasonably achieve such a peaceful situation.

## **Read Cupid's parenting tips to navigate holiday stress.**

While you may want to have your child(ren) on the exact day of the holiday, it's fair to assume your ex does, too. If you divide the holiday in half, then you don't get to enjoy all of your traditional celebrations without feeling rushed. So, how can you and your kids enjoy the holidays stress-free? Here's Cupid's [relationship advice](#):

**1. It's about the kids:** Remember this as you feel frustrated with your ex's time demands. Any time with a parent is seen as magic for your kid, so don't spend that time being angry or disappointed. Remember, too, that kids can sense when you're upset, so put aside emotions when you're interacting with your ex to show the kiddos that mom and dad can get along.

**2. Set up a routine:** Children thrive off of routine, but so do co-parents with busy schedules. What's more, if a schedule has been written, it cuts down on emotional communication about the holidays. If not, then work on compromising holidays with your ex and setting up a schedule you can both respect. It will take a lot of pressure off of future conversations.

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**3. Find effective communication:** If seeing your ex's face makes you want to hit something, consider an alternative way of communicating. Again, remember that co-parenting is still about raising a happy and successful adult. Shouting wars will not be conducive to the lessons you teach. If even hearing their voice makes you cringe, resort to e-mail; it's impersonal and typically gives an air of professionalism.

**4. Terminology:** Everyone knows to watch what you say about your ex in front of your kid, but also think about *how* you say something. Instead of saying, "This is my ex," which likely brings up a painful history for your child, say, "This is my child's father/mother." It allows the child to take ownership and pride in their parents, something every child and parent wants.

**Related Link:** [Parenting Tips: How to Cope With Stress](#)

**5. Try parallel parenting:** Co-parenting requires both parents to remain pretty active in not only their child's life, but their ex's. Parallel parenting is still being involved with your kid, but keeping it hands off and at a distance with your

ex. Communication is at a minimum and when the kids are at your house, it's just about you and them, not what the other parent is doing.

**How have you dealt with co-parenting during the holidays?  
Share your advice below!**

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## **Celebrity News: Scott Disick Threatens Kourtney Kardashian for Dating Again**







By [Karley Kemble](#)

As we all know, [celebrity relationships](#) are prone to lots and lots of drama. If you've been following the Kardashians for a while, it's no secret that oldest sis [Kourtney Kardashian](#) and her ex [Scott Disick](#) seem to always have problems surrounding their former celebrity relationship. In the latest [celebrity news](#) from [EOnline.com](#), Kardashian reveals Disick has threatened that she "better watch her back" in next week's *Keeping Up With the Kardashians* episode. While Kardashian has been dating model Younes Bendjima since last year, it's clear that Disick still has complicated feelings for his ex. Hopefully they're able to sort things out for good, and soon!

**This celebrity news shows some drama that can happen post-breakup in a relationship. What are some ways to keep your ex from affecting**

# your new relationship?

## Cupid's Advice:

Kourtney and Scott certainly have a complicated past, which seems to always get in the way and prevent the two from moving on. Cupid has some [relationship advice](#) to help you focus on the present:

**1. Block him on social media:** Your business is his no more. He doesn't need to see what you've been up to! Blocking him will prevent you from seeing his posts, and also will make it easier to forget about him. Out of sight, out of mind, right?

**Related Link:** [Celebrity News: Scott Disick & Kourtney Kardashian Are Not on Speaking Terms](#)

**2. Delete those pictures:** Sure, there's nothing wrong with remembering the good times from your relationship. You can still remember those good times without pictures plastered all over your Instagram or Facebook. Stripping your social media is a freeing experience, and you can make room for tons of pics of your new guy.

**Related Link:** [Celebrity Vacation: Kourtney Kardashian & Younes Benjima Vacation in Egypt](#)

**3. Remain headstrong:** Above all, remember that your current relationship is a completely new chapter. While you may have been burned before, don't let the drama from the last ex ruin something good that could come from this new relationship!

**Have any other post-breakup tips to share? Comment below!**

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# Celebrity Break-Up: Robert Pattinson & FKA Twigs Split, But Maybe Not for Good



By [Rachel Sparks](#)

After two years of engagement, [celebrity couple Robert Pattinson](#) and FKA Twigs have taken a break. According to [People.com](#), the couple hadn't seen each other in two months. Between Twigs' new album and Pattinson's press tour, time and distance have been a strain and led to a [celebrity break-up](#).. But don't worry, as Twigs has kept the engagement ring and Pattinson admits, "That's the girl he wants to marry." We may see the couple reuniting soon.

# **This celebrity break-up is the here and now, but it may not be forever. What are some factors to consider when it comes to on-again off-again relationships?**

## **Cupid's Advice:**

Like this celebrity couple, sometimes breaks are necessary. People change and it's important to realize who we are before we can go back. But does that mean you should go back? Is lost love always lost? How do you decide what's best? Read our [relationship advice](#) below:

**1. Know what you want:** Monogamous, long-term relationships are not for everyone. There's no right or wrong to what makes you happy, but you need to know what does. If you're ok with an on-again off-again relationship, stay the course. If each break-up tears you down a little more, it's time to reevaluate. You deserve what makes you happy, but it starts by knowing what that is.

**Related Article:** [Couple News: Robert Pattinson Says He & FKA Twigs Are Still 'Kind Of' Engaged](#)

**2. Know why it ended:** Some relationships end for good reasons. While the end is painful and often leaves you wanting to go back, take a moment and reflect on what caused the end. Is it worth going back to that?

**Related Article:** [Robert Pattinson's Celebrity Love FKA Twigs 'Really Wants Kids' Says Source](#)

**3. Who do you want to be?** What does the future version of yourself have to do with your current relationship status? Everything. Imagine who it is that you want to be. Does your

partner support that? Does the relationship hold you back from that vision? The only way to become the person you envision is to start acting like you're that person now. If someone distracts you from that vision, realize it's not what you need and move on.

Have you been in the on-again **off-again cycle?** What helped you **make up your mind?** Share below.

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## Celebrity News: Reese Witherspoon Reveals She Was Sexually Assaulted by Director at Age 16







By [Rachel Sparks](#)

Spurred by the onslaught of sexual harassment confessions from thousands of women this past week, [Reese Witherspoon](#) admitted that her first experience happened when she was 16, and it hasn't stopped. [UsMagazine.com](#) reports that Witherspoon spoke up during the Ell Women in Hollywood event, which was hosted by Calvin Klein and L'Oréal, on Monday night, October 16. In recent [celebrity news](#), thousands of women from just as many industries shared their stories on Twitter, using #MeToo.

**This celebrity news is very disheartening. What are some ways to support a partner who has been sexually assaulted?**

**Cupid's Advice:**

Unfortunately, it is a distressing reality that you or someone



you know has been sexually assaulted at some point. Younger people especially lack the tools in which to deal with this; however, no matter how old you are, it is difficult to process and heal from this kind of trauma. Cupid has some [relationship advice](#) so you can support your partner:

**1. Open up:** Silence welcomes our inner demons. Don't allow yourself or someone you know to suffer alone. We all speak up at different times and in different ways, but sharing our pain helps ease the weight.

**Related Article:** [Parenting Tips: Way to Talk to Your Kids About Sexual Abuse](#)

**2. Be there:** You may not be able to do much, but staying by someone's side has a lasting impression. They may not say much, and it can be discouraging to feel like you aren't helping, but stick it out with them. Your presence could be the strength they need.

**Related Article:** [Celebrity News: 'Bachelor in Paradise' Premiere Addresses DeMario Jackson & Corinne Olympios Scandal](#)

**3. Bump it up:** Sometimes you won't know what to do, but you know the situation is bad. Whether someone is suffering so much they present a harm to themselves or you're worried it could happen again, seek out someone you trust. Even if they only offer another safe place, building that support network is critical to healing.

**It's an extremely difficult topic, but creating a sense of community helps others heal. What advice do you have to offer others? Be brave. Be strong. Share below.**

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# Celebrity Wedding: Joe Jonas & Sophie Turner Are Engaged



By [Rachel Sparks](#)

According to [UsMagazine.com](#), matching Instagram posts revealed that DNCE's vocalist and former boyband heartthrob Joe Jonas and *GOT*'s star Sophie Turner are officially engaged. The couple revealed the pear-shaped diamond on Sunday, October 15 to many warm congratulations. The [celebrity couple](#) dated for less than a year before upgrading their relationship to an engagement.

## There's another Jonas celebrity

# wedding in the works! What are some ways to personalize a marriage proposal?

## Cupid's Advice:

Guys or gals, everyone dreams of those milestone moments in our lives. To ensure your proposal is just as unforgettable as this celebrity couple's, make sure you and your partner knows what the other wants. For the beginning of your romantic adventure, here is our [relationship advice](#):

**1. Public party or intimate moment:** Some people like the spotlight and some want privacy to celebrate. Know in advance how each of you would like to pop the question to truly celebrate this moment together. Remember, this sets the dynamics for the rest of your relationship.

**2. Ditch the diamond:** Diamonds aren't always a girl's best friend. Be fearless and find a gem, cut, or band that makes a statement unique to you and your significant other. As a symbol of your relationship, the ring serves as an opportunity for bragging about how great you two are together.

**3. Switch roles:** Today, women are fighters more than ever. We get what we want because we have the freedom to make it happen ourselves. Why limit this to careers? Bend a knee to your man and take control of your relationship the way you want it.

**What are your dream proposal ideas? Inspire others and comment below.**

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# Expert Relationship Advice: First Comes Love – Now What? Creating Intimacy Without Intercourse



By [Amy Osmond Cook](#)

The power of love can never be underestimated, but it is also often misunderstood. As one of the leading Google search topics, the matter of love and how it pairs with sex is on most people's minds. It's possible to have sex without love, but can love survive without sex?

Most people say yes. A [study](#) conducted at San Diego State University reported that couples who reported having a

satisfying relationship also reported having less sex as the relationship progressed. In an era where sex is used to sell everything from perfume to bathroom cleaner, this study shows that people may be buying it, but they aren't necessarily "doing it."

## Relationship Advice on How Sex Relates to Love

"Despite their reputation for hooking up, Millennials and the generation after them (known as iGen or Generation Z) are actually having sex less often than their parents and grandparents did when they were young," says Jean M. Twenge, the study's lead author and professor of psychology at San Diego State University.

**Related Link:** [Dating Advice: 4 Reasons Going Outside Your Comfort Zone Is A Good Idea](#)

Recognizing that romantic love and intercourse can be mutually exclusive is encouraging news for millions of people who are unable to "seal the deal." Whether limited by emotional challenges or physical obstacles, these champions of celibacy are coming forward with candid conversations, new desires, and innovative ways to create satisfying relationships beyond the bedroom.

"While these people are unable to have intercourse, they still crave intimacy but are unable to open up about it," says Laura Brashier, founder of RomanceOnly.com, a site that promotes and supports those seeking intercourse-free relationships for "whatever" reason. "I've discovered that people facing difficulties with sexual intercourse still want to show love and be loved in return."

**1. Connection:** Successful connection requires recognizing the difference between love and erotic love. "Love proper is to do

with the other person,” says [Olivia Fane](#), [relationship author](#) and sex therapist. “It is about the care, respect, and understanding of that human other. Love like this grows; it cannot help it. The more of yourself you invest in another person, the more you receive.” This connection unites two beings into one unit; their pain is your pain, and their joy is yours too.

**2. Unconditional Caring:** An authentic love says I care how you feel. But loving unconditionally doesn’t mean you have the responsibility to deliver everything the other person wants. “When we love people unconditionally, we accept them as they are and how they aren’t and contribute to their happiness as wisely as we can,” says Greg Baer, MD., author of *Real Love: The Truth about Finding Unconditional Love & Fulfilling Relationships*. Connection happens when we genuinely care about the happiness of the person with whom we share our lives.

**Related Link:** [Relationship Advice: Listen With Your Heart](#)

**3. Communication:** It’s one of the most common pieces of [expert relationship advice](#): Honest and open communication is an integral part of a healthy, loving relationship. For people struggling with sexual intercourse, the anxiety that accompanies being honest about their inability is hard to express. “Knowing what each party brings into a relationship and being able to own and acknowledge this can often provide a basis from which a couple can grow and improve together,” says psychotherapist [Michael Betts, MSc, MBACP](#). Rather than viewing sexual intercourse as a deficit, people can emphasize other qualities that they can contribute to a relationship.

**4. Intimacy:** As noted earlier, intercourse does not equate to meaningful intimacy. In fact, in many cases, it is the total opposite. “Our cultural talent for commercialization has separated out sex from intimacy,” says [Lori H. Gordon](#). “In fact, intimacy involves both emotional and physical closeness and openness. But we wind up confusing the two and end up



feeling betrayed or used when, as often happens, we fail to satisfy our need for closeness in sex.” Sharing time and experiences, engaging in meaningful conversation, being responsive to needs, cuddling, and enjoying non-sexual physical contact help a couple feel valued, cared for, and safe. And all of these factors contribute to feelings of intimacy.

To paraphrase lyricist [Jackie DeShannon](#), what the world needs now is not more sex, but love, sweet love. And not just for some but for everyone. For those suffering from sexual challenges—as well as those who don’t—physical gratification outside of intercourse, within a loving relationship, is an intimacy in a league of its own where both sides win.

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

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## Celebrity Wedding: Former ‘Bachelor’ Star Erica Rose Gets Engaged at Daughter’s First Birthday Party





By [Melissa Lee](#)

Look out, *Bachelor* Nation – there's another [celebrity wedding](#) on the horizon! In recent [celebrity news](#), former *Bachelor* contestant Erica Rose got engaged to her boyfriend Charles, who popped the question at Rose's daughter's first birthday party. According to [EOnline.com](#), Charles proposed in front of all their friends and family at Houston Zoo, but didn't want to take the attention away from Rose's daughter, Holland, so he stepped outside briefly when it was time. Although Charles is not Holland's biological father, it seems like the trio has been working well as a family. Wishing the best of luck to the happy couple!

**There's a celebrity wedding in the works now that Erica Rose is engaged! What are some ways to know you're with someone who you could**

# have a happy marriage with?

## Cupid's Advice:

Marriage is a huge, life-changing decision, so before saying yes, it's important to make sure you're with the right person. If you're in a happy, healthy relationship and are starting to wonder if they're "the one," check out some of Cupid's [relationship advice](#) below:

**1. Think long-term:** Assuming you decide to marry this person, it's obviously crucial that you see a future with them. When you envision your life in 10 years, is your current partner by your side? If the answer is yes, that's definitely a good sign. In order to have a happy marriage, your relationship needs to stand the test of time!

**Related Link:** [Celebrity News: Justin Timberlake Says He's 'So Proud' of Wife Jessica Biel](#)

**2. How's the family situation?:** Another huge aspect of getting married is that this person will ultimately become a part of your family. Given this, it's important to observe how your partner gets along with your family members. Do your parents hate them, or are they constantly asking when they'll see them next? Are they super charming with your relatives? Take this into consideration before answering that big question.

**Related Link:** [Celebrity Couple Jay-Z & Beyonce Slay in a Series of Date Nights](#)

**3. Reflect on *your* happiness:** At the end of the day, your happiness is more important than anything else. If you are over the moon about dating this person and you absolutely see yourself marrying them, then by all means, go for it. You should always do what makes you the happiest.

**What are some of your tips for figuring out if your current**

person is someone you could happily marry? Share your thoughts below.

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# Celebrity Couple Nikki Reed and Ian Somerhalder Step Out for First Time Since Welcoming Daughter



By [Melissa Lee](#)

New parents [Nikki Reed](#) and [Ian Somerhalder](#) recently stepped

out for the first time since welcoming their daughter, Bodhi Soleil. According to [UsMagazine.com](https://www.usmagazine.com), the [celebrity couple](#) attended EIF's XQ Super School Live at Banker Hangar in Santa Monica, California, on Friday, September 8. Though the pair have been parenting since late July, they announced shortly before their celebrity baby's birth that they would be taking a month of silence. As Reed explained, "Just the three of us, no visitors, and we're turning off our phones too, so there's no expectation for us to communicate."

## Parenthood looks good on this celebrity couple! What are some ways to stay connected as a couple after having a baby?

### Cupid's Advice:

Despite the stress of having a celebrity baby, these new parents look more in love than ever! If you and your partner are concerned about keeping the romance alive after having a child together, check out this relationship advice below:

**1. Take time for yourselves:** Although a baby can completely occupy all of your time, it's important to ensure that you two are having personal time as well. Stress can result in unnecessary frustration and arguments. In order to avoid this difficulty, try to have at least one night a week where the two of you can be alone.

**Related Link:** [Celebrity Baby: Nikki Reed Is Expecting Child with Ian Somerhalder](#)

**2. Try some silence:** Take a cue from this celebrity couple and try out their method of unplugging. It doesn't have to be a month – let's face it, that's a bit unrealistic for people who *aren't* celebrities! Even just a weekend where you

can bond with your partner and newborn can be very beneficial.

**Related Link:** [Celebrity Baby: Eva Longoria Is Not Pregnant Despite Rumors](#)

**3. Go on a weekend getaway:** A few months after your baby is born, extend your weekly date night and go on a short trip. Make the goal of the weekend to reconnect with your partner and remember who you are as a couple outside of being new parents. And don't stress if all you do is talk about your sweet babe!

What are some of your tips for staying connected with your significant other after you have a baby? Leave your thoughts below.

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## Dating & Technology Q&A: Is It Too Soon For Me To Ask Him To Get Off Dating Sites?







*Question from Adrienne P.: I started dating this guy a few weeks ago, and everything is going great, but there's one thing that bothers me- he still uses Tinder. I know it's early in the relationship and I don't want to seem controlling but I'd still like him to stop. It just doesn't seem like that'll help us advance forward in this relationship. Am I being unreasonable?*

Dating in the era of social media and cellphones can be difficult. Having many options is something daters expect in case things go wrong. With so many people playing the field it can be hard to find commitment. However do not fret, you can have a successful relationship even if your new partner is still on a dating website. Leave it up to our relationship experts who can offer their best [dating advice](#) on using technology the right way. Learn valuable dating tips from Cupid's very own, matchmaker Suzanne Oshima and relationship expert Robert Manni. Here they'll answer your questions on whether you should ask your significant other to get off Tinder.

# Technology dating advice on whether it's time to give up dating apps.

[Suzanne K. Oshima, Matchmaker](#): You've only been dating him for a few weeks, so you're still in the early stages of dating where you're only getting to know each other and determining if you want to take things further with each other. So, it's a bit premature to ask him to get off of Tinder. However, I do recommend asking him what he's looking for, as you will then find out if he's looking to just date around or if he's looking for a serious relationship. Then based on what he tells you, you can determine if it's worth it for you to invest your time into seeing how things go with him. And if things continue to progress on the right path, then you can have the conversation about getting off of Tinder at the appropriate time.

**Related Link:** [Dating & Technology Q&A: How Bad Is It To Send Nudes, Really?](#)

[Robert Manni, Guy's Guy](#): These days, daters like keeping their options open, and with all of the options available there's often a disconnect in how two people define a relationship. The only way to find out where things stand is by asking. Cushioning, maintaining side relations and a constant online presence are standard operating procedure. Tinder is generally viewed as a hook-up app, so if your guy is still active there and you want to move your new relationship forward, ask him if he's open to putting his digital dating presence on hold. If he really digs you, he'll agree. If he rejects the idea or skirts the subject, at least you'll have a better idea where he stands. Since you've only been dating a few weeks, for now he may want to continue playing the field. That's not necessarily a deal breaker. Guys often take more time to "get serious." Regardless, it's better to find out what his intentions are before investing too much of your

heart into the relationship. Good luck.

To find out more about our three dating and technology gurus, click [here](#).

If you have any questions you would like answered by our relationship experts, please e-mail them to [cupid@cupidspulse.com](mailto:cupid@cupidspulse.com).

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## Dating Advice: Times Women Say 'Yes,' But Shouldn't



On this week's episode of Single in Stilettos, founder and

matchmaker Suzanne Oshima talks to relationship expert Duana Welch to offer their best [dating advice](#) on how to stand firm on your beliefs. Find out how you can say no to things you don't want without losing his affection with the following dating tips!

## Dating advice that will save you from making a mistake.

**1. Don't agree to hang out.** You need to show a man how you want to be treated by setting standards. Only say yes when he asks you out on a proper date. Reject all requests that are optional or casual hang outs like "Netflix and Chill." A man that wants you will get the hint and put in the effort for chase. So keep yourself busy until he puts in the work, and only make yourself available for real dates.

**Related Link:** [Dating Advice: What to Do When He Says, 'I'm Not in Love With You!'](#)

**2. Say yes to fun.** Happy couples have more positive interactions than they do negative. Take time to enjoy your time together or else your relationship is doomed to fail. Also try to avoid gridlock, meaning your problems never get solved. If you only get what you want with a threat, it's never going to work. You have to care about each other's happiness.

**Related Link:** [Dating Advice: How to Tell Him You're Not Ready to Have Sex?](#)

**3. Ask if it's worth it.** At some point in the relationship there will be a betrayal. One person will have expectations that aren't met in a serious manner. If you decide you want to salvage what you have together, you need to ask yourself if it's worth the effort before saying yes. You may just realize

that it's not and save yourself from wasted time.

*For more relationship advice videos and additional information Single in Stilettos show, [click here](#).*

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

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# Relationship Advice: What We Can Learn From Trials & Triumphs of Celebrity Relationships







By [Dr. Jane Greer](#)

Selena Gomez was seen cuddling up with The Weeknd while he relaxed with some video games recently. This is a perfect example of a low-key date. Couples sometimes think they must have constant excitement to keep the spark alive in their relationships; however, that is simply not the case. There are so many ways to share quality time, and a well-planned, expensive evening or afternoon is just one of many routes to take to create those special moments.

**If you and your sweetheart are having difficulty finding ways to share some quality time, never fear. Check out some [relationship advice](#) to help you move forward!**

Whether you are dating or married, finding time to be together and then deciding how you are going to spend it can be



challenging. Many believe that if it doesn't require effort and money, it might not be worth it, or that their partner won't be interested. But so often people don't have the energy or extra minutes in a day it would take to choose a restaurant, make a reservation, find the right exhibit at a museum, and therefore the whole thing might simply not happen at all. There is no question that sometimes extravagant nights out are fun, but the pressure to get them just right can be overwhelming. Instead, consider a low-key date which can be a great way to spend quality time with a loved one. It can be as simple as watching a good movie, ordering your favorite take-out, or each doing what you like while being in the same room, which was the case with Selena and The Weeknd. One of you might want to play video games while the other puts together a photo album, or one of you might want to read a book while the other reads the newspaper.

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

If you and your partner have been passing each other most days as you run around keeping your lives in order, but rarely have time to focus on each other, take the pressure off and plan a low-key date. All you really need is to find a few hours in your schedule when you can be together in the same room. One extra benefit it provides is a break from all your other social responsibilities with family and friends. You don't have to be a celebrity to appreciate a few hours out of the limelight. You can snuggle and watch your favorite show on Netflix, or play cards, or learn how to play chess, or even take a walk. It's an opportunity to let your hair down and be real with each other, free from having to dress up and put too much attention on what you're wearing and how you look. The goal is to be together sharing time and space. Sidestep the fancy schmancy and make it easy peasy. Instead of thinking big, think small and turn it into great fun. The most important thing is that you are devoting time to each other.

It will be more doable if it is simpler to plan, and often can be as enjoyable.

**Related Link:** [Celebrity Couple News: Bethenny Frankel & Dennis Shields Are Back Together and 'Having Fun'](#)

Selena and The Weeknd have the right idea. Just being together is the only real requirement of a happy date.

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

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## Relationship Advice: How to Navigate a Separation





By [Dr. Jane Greer](#)

Actors and [celebrity couple](#) Anna Faris and Chris Pratt announced that they are separating. This comes after eight years of celebrity marriage, and the birth of one son, Jack. It's always a shock when a seemingly stable couple decides to split. It appears that Anna and Chris are now finding some of their differences in family life difficult to reconcile, given their respective careers and professional demands. Chris needs to travel more for his career which is at a high point, making it necessary for Anna to handle many home responsibilities solo. Additionally, there may be other issues that they are not in agreement about.

**Head below to check out some relationship advice regarding similar situations to Anna Faris and Chris Pratt's!**

There is no question that once the decision is made to break up, disentangling your life from your partner's is almost always difficult and messy on so many levels. In addition to the obvious hardships, there is often collateral damage. One of the areas in which it can be particularly complicated is with the family and friends you share in common, and deciding how those alliances will shake out once you are no longer a couple. If you are in the same business, as is the case with Anna and Chris, that group probably also includes your colleagues.

There are so many possible scenarios: your brother has become good friends with your ex-husband, your kids go to the same school as your sister's and your ex-wife is used to spending mornings with her after drop-off, or your parents still invite your ex to holiday dinners. You might expect all of that to stop automatically now that you've split, but sometimes it isn't that clear cut and people want to continue relationships even though you might prefer they don't. Your instinct may be that they will be joining you in the separation and parting ways with your ex as well. However, demanding that they stop being involved in your ex's life can lead to conflict. How, then, can you begin to navigate this so that you can become more comfortable as you try to move forward in your new life?

**Related Link:** [Celebrity Break-Up News: Anna Faris and Chris Pratt Split After 8 Years](#)

The first step is to evaluate what your hopes and expectations are in terms of family and joint friends and colleagues. Do you want them to unquestionably take your side and never see or speak to your ex again, or are you simply hoping they will let you know when they do interact with your ex or invite him or her to an event? Once you have a sense of that, consider the relationships these important people to you have with your ex. Have they become great friends, or are they just passing acquaintances who see each other a few times a year? Obviously, the request would vary depending on the intensity

of what you are asking someone to give up. If they are very invested in their relationship with your ex, are you able to accept and make room for it? You can look to do this by trying to recognize that it is something separate from you, instead of seeing it as a threat.

Rather than trying to control their behavior, telling them what to do and what not to do, explain to them the way it feels for you, that their staying in touch with your ex might even feel like a betrayal, and let them know how that might affect your relationship with them. For example, it might be harder to talk to them about your feelings, or it might have an impact on the amount of time you spend together. Additionally, you can also let them know there are certain things you have already shared with them that you hope they can respect and keep private, and how important that would be to you. And finally, you can ask them to give you a heads up if there is a possibility that you and your ex will be invited to the same event. This will give you the opportunity to decide if you do or don't want to go, rather than being blindsided by your ex's presence when you show up. Keep in mind there can be many extenuating circumstances that can be confusing – a family illness or even a death – so it helps to be as clear with yourself as possible about what you can handle, so you can be equally honest with the people you love as you move forward.

**Related Link:** [Celebrity Break-Up: Anna Faris Opens Up About Split from Chris Pratt](#)

The goal is to figure out what it will take to give you the most peace in an already difficult situation. As Anna and Chris work their way through the murky waters of separation, hopefully they, too, will be able to minimize the collateral damage.

*To keep up with Dr. Jane Greer, tune in to the Doctor on Call radio hour on [HealthyLife.net](#) every Tuesday at 2 PM*

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

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## Dating Advice: What to Do When He Says, 'I'm Not in Love With You!'







On this week's episode of *Single in Stilettos*, founder and matchmaker Suzanne Oshima talks to relationship expert Jed Diamond to offer their best [dating advice](#) on how to cope without his love. Find out how you can tell him without losing his affection with the following dating tips!

## Dating advice that will help you deal with rejection.

**1. Don't freak out.** It's shocking to hear the man you love doesn't feel the same way, but you need to remain calm and hear him out. There could be numerous reasons why he is saying this to you and it could be possible he misspoke. It's your job to listen and find out why his feelings have changed.

**Related Link:** [Dating Advice: How to Tell Him You're Not Ready to Have Sex?](#)

**2. Find out more.** Talking it out can be scary, but it needs to happen. The best way to heal is to find out more. You can't

take this news as everything being over. He's telling you this information because the relationship means something to him and he wants to save it. Your relationship needs to go deeper to be fixed.

**Related Link:** [Dating Advice: 4 Ways To Make Your Man Happy!](#)

**3. Disillusionment.** This step comes in after the panic and conversation has gotten over. Typically, both parties will acknowledge that the relationship isn't what it used to be and may blame each other. But you and your significant other need to be honest with yourselves and work together to get back on track.

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## Dating Advice: How to Tell Him You're Not Ready to Have Sex?





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On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Tinzley Bradford to offer their best [dating advice](#) on telling a man you're not ready for sex. Find out how you can tell him without losing his affection with the following dating tips!

## Dating advice that will help you say no means no!

**1. Tell him.** You just need to be honest about how you're feeling. Whether it's due to a spiritual reason, or wanting to take things slow, you have to be open about why you don't want to have sex. If you don't, the man you're with may think you're not attracted to him. So tell him how you feel before a misunderstanding occurs.

**Related Link:** [Dating Advice: 4 Ways To Make Your Man Happy!](#)

**2. Be careful.** If you go out with him and you know you're not

interested in having sex, you need to prevent yourself from entering awkward situations or temptation. This means you may have to decline invitations to spend the night. There's no reason to put yourself in an intimate position if you don't want to go all the way.

**Related Link:** [Dating Advice: Dealing With a Dating Burnout](#)

**3. Find out.** Aside from being honest with a man, you need to find out his intentions for yourself. Ask him how he feels about you not wanting to have sex. This will help you weed out the men who only see you as a booty call. A man that's really interested in getting to know you will put in the effort regardless of sex.

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## Relationship Advice: Are Guilty Pleasures Okay?





By Dr. Jane Greer

The pursuit of happiness is an inherent right, as stated in the Declaration of Independence. And yet, everyone grapples with pleasure in one way or another, encountering stumbling blocks along the way. Gina Rodriguez, star of the popular television show *Jane The Virgin*, recently admitted in [celebrity news](#) that she used to feel extremely guilty about masturbating. While masturbating is a natural and healthy activity, many people do experience guilt, especially if their religion indicates it is something to stay away from. They might also feel guilty if they are in a relationship, and worry it might be taking away from their being intimate with their partner.

We all want pleasure, but so often feel we “shouldn’t” have it for one reason or another. Guilt and anxiety can become barriers that make finding it elusive, and that is true whether someone is thinking of masturbating, or indulging in a good meal or a favorite dessert, or even taking time away from work and family to go to the spa. Generally, people have a hard time giving themselves permission to participate in self-



gratification.

**The question is, why does feeling good make so many people feel bad? And even more important, how can you handle the negative feelings so that they don't spoil the positive ones? Here is some [relationship advice](#):**

Of all the pleasures people feel sheepish about, certainly masturbation is one that carries perceived taboos. By the time people have reached sexual maturity, most have explored and discovered what feels good. If they aren't in a relationship, masturbation will give them the chance to satisfy their sexual desires. If they are, masturbating does not have to take away from the bond they have with their partner but can instead heighten their shared intimacy. But even with this in mind there is often a shameful element to it, as there is with other indulgences. There is this idea of what you should and should not be doing, when in fact, as long as you aren't hurting another person, there is no reason to deny yourself happiness. In fact, it is important to revel in it. We all deal with so many responsibilities and tasks we have to do on a daily basis, from paying the bills to feeding the family to going to work. With that in mind, it is all the more reason to seek out pockets of pleasure that can rejuvenate you and give you the stamina to tolerate all the rest. Here are a few tips for tackling the guilt that may be thwarting your joy.

**Related Link:** [Celebrity Women Who Built Business Empires With Their Husbands](#)



First of all, question the source of your guilt. Are you listening to someone else's voice in your head? Whether it be a parent or a religious figure or someone else, take time to figure out who is telling you that you shouldn't do whatever it is you want to do. Stop that voice in midsentence and replace it with your own beliefs and convictions. Speak up and out for what you deserve and want, as Gina is doing in challenging the social stigma by talking about masturbation.

Next, give yourself permission to find pleasure. Again, as long as you aren't completely shirking your responsibilities or causing harm to another, you have every right to pursue whatever healthy passion calls to you.

Finally, take responsibility for your well-being with the understanding that if you want to indulge it's helpful to set parameters so that you can feel in charge. Consider what you are hoping to do, and set a middle ground that will make you feel better. Meaning, if you engage in behavior that's triggering your guilt – a delicious dessert or masturbating – know that you will do these things and plan ahead so that you have intention, though you may not know when, you know that they will happen. In this way, rather than doing something impulsively where you feel controlled by it, you are making the decisions.

It isn't easy to tackle guilt, but it is possible. In the end, it is important to remember it is okay to feel good. Just as Gina is speaking out and moving beyond the taboos, you can too. In the end though, keep in mind that treating yourself well will have a positive effect on everything you do, and will give you the energy and grounding you need to keep your life running and give back to others.

*Please tune in to the Doctor on Call radio hour on [HealthyLife.net](http://HealthyLife.net) every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is*

*Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at [askdrjane@drjanegreer.com](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on Facebook, at [www.facebook.com/DrJaneGreer](http://www.facebook.com/DrJaneGreer), and be sure to follow [@DrJaneGreer](https://twitter.com/DrJaneGreer) on Twitter for her latest insights on love, relationships, sex, and intimacy.*

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## **Dating Advice: 4 Ways To Make Your Man Happy!**



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Robert

Manni to offer their best [dating advice](#) on ensuring your man's happiness. Find out how you can have an amazing relationship with the following dating tips!

## Dating advice that will help you keep your man happy.

**1. Men are visual!** Whether you like it or not, men are highly in tune with their visual and sexual side. For this reason, a man is happy when you keep up your appearance and the sex life is fresh. This shouldn't be one-sided however, make sure your man shows you the same courtesy. Just keep up the momentum like it's a new and exciting relationship.

**Related Link:** [Dating Advice: Maximize Your Online Profile to Attract the Right Man](#)

**2. Keep it simple.** Try to engage your man's simpler side. You don't have to cook or dote on him. You just have to spend time with him and partake in his interests from time to time. Whether that's sitting home and drinking or going to his favorite restaurant. It doesn't hurt to share your passions, especially when good food is involved. Who doesn't like to eat?

**Related Link:** [Dating Advice: Dealing With a Dating Burnout](#)

**3. Be supportive.** A man needs you to be there for him emotionally, physically and even when he's pursuing a career. Life is stressful enough, so it's great to have a partner by your side and vice versa. Find out your man's dreams, learn about him and find a way to get behind that so you can help him achieve these desires. It means a lot to support a man on his journey.

**Related Link:** [Dating Advice: The 5 Stages of Love and Why Many Stop at Stage 3](#)

**4. Learn to forgive.** Nobody is perfect, so it's important to give the benefit of the doubt when things go wrong. Just like you, men make mistakes. For this reason you need to know how to forgive. This doesn't mean you have to excuse something big like infidelity, but men need guidance to be the best version of themselves. He'll stumble and fall sometimes, but you can pick him up and make things better.

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