

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.

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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.

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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.

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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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Dating Advice: When To Say I

Love You?



By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#)

One of the biggest and perhaps scariest questions that arise when you begin to date someone new is determining when to say those three big words, "I love you." But how do you know when it's the right time to say it? Here are the key pieces of [dating advice](#) to keep in mind before putting your heart on the line.

Dating advice on the right time to say I love you.

Make sure its love. This may seem like an obvious point, but when you first start dating someone, you mistake lust for

love. Before you say it, realize there are no take backs. You can't say it one day and change your mind the next. If you are going to say it, make sure you really feel like you love the person and have the feeling that they love you too. Are you excited to spend time with the person and get to know them on a deeper level? Do you feel completely yourself around this person? These are questions that you should ask yourself before taking the plunge.

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Can you let your guard down? Often times when you start out dating someone, it is easy because you haven't fully opened up to one another. Make sure that you are prepared to let your guard down and open up to this person. Also make sure you are willing to listen and not judge when your partner opens up to you.

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How long have you been dating? There is no set number of weeks or months that you need to abide by before saying I love you, but it should be long enough where you have spent enough time together to really get to know each other and fall in love. Also make sure enough time has passed that you aren't going to freak your partner out or cause [relationship problems](#).

For more advice on love and relationships from relationship experts, check out our [website](#).

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?

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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.

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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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Dating Advice: Maximize Your Online Profile to Attract the Right Man



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert PJ Dixon to offer their best [dating advice](#) on creating an eye-catching online profile that will attract any man on the

dating scene. Find out how you can adjust your single status with the following dating tips!

Dating advice on maximizing your online profile to find a man.

1. Name your wants. Your profile statement should not just be about you, but it should also list the kind of partner you're looking for. The statement should have conditions, provide details on what kind of action you want a date to take and clarify your reasoning for wanting these traits. At the end, you can include additional information so a man can get a better idea of who you are.

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2. Add a point of contact Going out on a limb and contacting a stranger on the internet for a date can be a daunting task, so make it easy for a man to reach you by providing a point of contact on your profile. This gets rid of some of the awkwardness in the early stages of dating and allows you both to jump right in and get to know each other. Whether it be a phone number or email, just add something so potential suitors know you're a real person.

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3. Pictures are important. Select about three or four photos where you look your best to add to your dating profile. Try to diversify your images to show your personality and attract the right man. Outdoor shots are good, but make sure you add front-on and dressy pictures that complement your figure. Casual shots with friends also don't hurt, but be aware that men are visual and may have wandering eyes for your good-looking friends.

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Dating Advice: 5 Reasons You Should Consider Hiring A Professional Profile Writer



By [Joshua Pompey](#)

Over the past 10 years as a [relationship expert](#), I've written

a whole lot of dating profiles. From teachers, to doctors, to CEOs, and even best selling authors, I've had the pleasure of helping people from all walks of life. And while most of the people I've worked with are intelligent, well-rounded, and perfectly capable people, it wasn't until they outsourced a professional profile writer that they will be able to find true online dating success. If you've been having less than stellar results online, or are even just beginning, I would strongly urge you to consider hiring a professional profile writer of your own. Here are five pieces of [dating advice](#) as to why.

Dating advice that will improve your odds on the field.

1. Online dating is a unique language: Remember when I said I wrote profiles for a couple best selling authors? Well I've also written a whole lot of online dating profiles for English professors, journalists, English teachers, and various other careers that specialize in writing. Most of these people possessed overall writing skills that were far superior than mine, but online dating is a different kind of language that requires a unique skill set. I may not be able to decipher Shakespeare on the same level or create meaningful poetry, but when it comes to online dating profiles, I bring much more to the table. Everything is relative.

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2. Professional profile writers have seen it all: Suppose you wanted to lose weight and are going to the gym for the first time. Or maybe you've been trying to lose weight for six months and your results have been rather mediocre. Who is more equipped to take you to the next level. You, or a professional trainer who has been helping clients to meet their goals for years? This is what you need to think about before you spend

months, or even years with a profile that has not been looked at with a professional set of eyes. By hiring the best of the best, you are allowing yourself to chase your goals with the highest chance of success.

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3. A profile writer can easily spot red flags: One of the biggest reasons men and women fail at online dating is because they unintentionally write statements that scare people away. Something as little as the wrong word choice, accidentally appearing desperate, or sending the wrong signal about yourself can destroy an otherwise perfect profile. A professional profile writer can spot these types of mistakes in a split second, saving you the unfortunate situation of being ignored without knowing why and improve your [date night](#) chances.

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4. A professional online dating profile writer will not be biased: When someone hires me, it's my job to give them a little tough love from time to time. Friends and family often try to be nice, or maybe they just don't know any better so they don't say anything critical. And you yourself might be your own worst enemy, as it's hard to objectively critique one's own work. But with a professional? You are going to get it straight, and you'll receive the tough love you need to achieve your goals. The [dating tips](#) you receive from a professional profile writer will be like none other.

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5. Their reputation depends on your success Every single time I write a profile, I know that my name has its stamp on that profile. My future success depends on your current success,

which creates a tremendous incentive to create the best possible profiles for people who expect top quality work. In the age of the internet where people can write reviews and provide feedback on everything, a professional who wants to stay in business long term will definitely put his or her all into doing right by you.

Joshua Pompey is an online dating expert, helping men and women to find love since 2009. For more information how to have your perfect profile created, men learn more [here](#), women learn more [here](#) .

Relationship Advice: Is Your Job Killing Your Relationship? How To Choose The Right Company To Work For?





By [Dr. Amy Osmond Cook](#)

When Andy Sachs ([Anne Hathaway](#)) took the job as an assistant for the infamous Miranda Priestly, (Meryl Streep) in the 2006 hit, *The Devil Wears Prada*, viewers knew things would get rough in the workplace. But this movie also illustrates the impact a stressful work environment has on a relationship. Studies conducted by [relationship experts](#) show that more than half of women are kept awake at night by job-related stress, according to [Metro.co.UK](#). Fortunately, not all bosses have this negative influence on employees, and many leading companies place employee engagement and job satisfaction as top priorities. Here are three things to look for in a company that values your personal life as well as your work life so you can avoid [relationship problems](#).

Relationship advice that will help you balance work and love!

1. Choose a company that values flexibility. In a global economy supported by cloud technology, the parameters for

innovative work structures are more flexible than ever. For example, companies like Simplus and Clif Bar offer remote and flexible work schedules for full-time employees. “That’s why nine out of ten employees report plans to grow with their companies for a long time,” says Jennifer Parris from WorkFlexibility.org. “And workers, grateful for the flex, report that the overwhelming majority (95 percent) will do extra if it means getting the job done.”

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2. Choose a company that values culture. Finding a company that values a positive work culture means management respects work boundaries and recognizes the importance of personal time. “We often hire with our work culture in mind,” says Ryan Westwood, CEO of Simplus. “We want our employees to thrive, and we understand that supporting employees’ personal lives is an important of that. We aim for high employee satisfaction, which is one reason we were ranked the #2 top company culture by Entrepreneur Magazine.” Things like yoga classes, healthy lunches, and generous vacation packages ensure companies retain valued staff, and employees can focus on other things when the workday is over.

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3. Choose a company with good benefits. While things like prenatal care or family dental coverage may not matter now, however a solid benefits package will support you when your long-term goals include starting a family, buying a home, or retiring early to kayak around the world. A generous benefits package means a company wants to keep you around for a while and be a part of your personal and professional growth.

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Contrary to what the movies may show, a qualified employee shouldn't have to sacrifice a valued relationship for work demands. Follow this work-related [relationship advice](#), and you're sure to bypass all that unnecessary stress Andy Sachs had to put up with. If you have the skills that an employer values, you can position yourself for positive professional momentum while nurturing cherished relationships at home.

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

Dating Advice: Dealing With a Dating Burnout





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 getting through a romantic burnout in the dating scene. Find out how you can fix your single status with the following dating tips!

Dating advice on dealing with a romantic dry spell.

1. Practice self-compassion. Don't be too hard on yourself! It is normal to have a lull in your romantic life. You don't have to date all the time or make yourself feel bad about it. What you need to do is recognize your burnout and address how you can improve your love life without giving up. You need to stay positive about things.

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2. Challenge negative thoughts. If you ever fell pessimistic about your dating options, you need to oppose those dark

sentiments. Looking for love is normal, it's not desperate or accidental. Majority of people want love in their lives, and you shouldn't be ashamed of wanting it too. Don't undermine your chances.

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3. Just do it. Even if you feel tired, you need to just put effort in. Sure, life is hard and so is dating, but you can't quit. When you're not having luck finding a job, you don't just give up. You do everything in your power to find employment. That same energy needs to be put in to find the right partner, which will hopefully last longer anyway.

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Dating & Technology Q&A: How Bad Is It To Send Nudes, Really?





Question from Tanya M.: In light of all the Blac Chyna and Rob Kardashian drama, I wanted to ask on behalf of regular people: how bad is it to send nudes between consenting adults? It seems like it's so common in the dating scene now. I'm just not sure what to think of about the whole thing.

Dating in the era of social media and cellphones can be difficult. Communication and instant gratification is what many daters expect when they start seeing someone, especially when it comes to exchanging nude photos. With so many people partaking in voyeur, you may wonder if you should do it too. However if you don't want to, do not fret, you can have a successful relationship with or without nudes. 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 send nude photos or not.

Technology Dating Advice That Gets

Honest About Sending Nudes

[Suzanne K. Oshima, Matchmaker](#): What happened between Blac Chyna and Rob is something that can happen to anyone. While sending nude pictures is more common amongst today's daters, your body is your personal treasure and you should be discerning in who you send those images to. My recommendation is to only send them to a man who you're in a committed relationship with, and not just some man you went out on a few dates with. Because the reality is, once they leave your phone you have no control over where they may end up and there's no recall button after you stop seeing a man.

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[Robert Manni, Guy's Guy](#): In the wake of the current Black Chyna – Rob Kardashian drama being played out in the press, I strongly advise that you carefully weigh the pros and cons of sharing digital nude photos of yourself with anyone. Through the media we are now witnessing the pitfalls of how quickly a modern romance can turn ugly, and the ramifications of sharing nude photos even with someone as close with the father of your child. If you are really into a guy and he keeps hounding you for nude photos, stop and think about it before you hit send. When it comes to love I never say never, but unless you're 100 percent confident that you really know and trust this man, I suggest limiting the show to the bedroom or wherever you two get it on. Otherwise, the risks far outweigh the rewards. 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.

Dating Advice: The 5 Stages of Love and Why Many Stop at Stage 3



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Dr. Jed Diamond to offer their best [dating advice](#) on how to navigate through the stages of love. Find out how you can reach marriage without losing the spark with the following dating tips!

Dating advice on the stages of love!

1. Falling in love. This is the stage when couples are hopelessly devoted to one another. Everything is new, exciting and passionate. Your heart will ache for your partner in a way that only new love can provide. Since this is the beginning of the relationship, there isn't much pain or history that 's wedged between you.

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2. Building a life. When you've settled on staying with your partner on a more permanent basis, you take steps to solidify your lives together. Whether it's moving in together or getting married, you're putting down your roots understanding you won't always be in love, but you'll have a deep love and connection with your partner.

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3. Disillusionment. This can happen at any time, and many couples don't make it through this stage, but stage three is a time of doubt. You'll find yourself incompatible with your partner and questioning whether you made the right choice. However, this disillusionment is a sign of a healthy relationship. It means you really see your partner for who they really are and heal emotional wounds.

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4. Real-lasting love. After getting through the tough times, you're able to enjoy the fruits of your renewed relationship. The projections you put on your partner will

fade away, and you'll be able to love each other the way you deserve when your emotional scars from past relationships are healed. This is a time when you'll be able to love like you're in stage one all over again.

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5. Finding your calling. This is discovered together as a couple, and it's one of the most exciting times. If you're able to have a loving and meaningful relationship with your partner, you're able to share great gifts with the world, such as wisdom, positivity and forgiveness. Whatever it is you're good at as a couple, go out and do it!

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Dating Advice: How to Make the First Move (Women's Edition)





By [Joshua Pompey](#)

The person sitting across from you is cute, charming, and you just can't seem to stop thinking about going in for that first kiss. But the question many women have is how to you make the first move? Truth be told, the first move shouldn't just happen at the end of the date. It should be the result of many small moves that occur over the course of a first date, eventually building to that first kiss by the end of the night. So before you make the first move at the end of your date, the following [dating advice](#) will help you to make the transition much easier while avoiding relationship problems.

Dating advice that will help you make the first move like a pro!

1. Playfully touch your date's arm when you laugh. The idea is to slowly build up comfort as the [date night](#) goes on. If you go straight in for a kiss at the end of the night without any prior touching, it will likely feel forced and awkward. With playful and innocent touches to your date's arm when you are

making a point, laughing, or just having a fun conversation, he or she will slowly get used to your touch.

2. Slowly progress to more intimate touches. Once your date gets comfortable with casual touches to the arm, it's okay to move towards slightly more intimate touches like a brief hand hold, or even grabbing his leg for a second or two when making a point before letting go. Remember though, keep it casual. These touches shouldn't feel overwhelming or sexual. The last thing you want to do is start sensually rubbing his leg on a first date! Just get the other person used to your touch and keep building those comfort levels.

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3. Keep the date fun, relaxed, and interesting. Your date may start getting used to your touch, but if he or she is not having fun and doesn't feel relaxed, then there will be little desire for a kiss at the end of the night. So my top [dating tip](#) is to make sure you and your date are having a good time. Fun should be prioritized above all else because it will set the tone while you prepare to make that first move.

4. And now it's the end of the night. It's time to make the first move! So what do you do next? Well, if you had a great date and followed the dating advice above, odds are you won't even have to. Your prior work will lead your date to make the first move for you. But assuming you still have to make the first move, let your date know with your eyes and smile as opposed to with your words. Wait for the visual cues, and if they clearly look like they are thinking about kissing you, go in for an innocent kiss on the lips, and pull about an inch or two away slowly. If your date is into it, he or she will almost certainly lean back in for some more fun.

At the end of the day, it's all about confidence and creating the physical comfort with another person. Establish that

comfort along with a fun first date night, and a first kiss will be completely natural when the time comes.

For more online dating advice from Joshua Pompey, including the questions you must ask an [online dating profile writer](#) before hiring them, visit this [link](#) now!

Dating Advice: Our Cultures Are So Different, Can It Really Work?



By [David Wygant](#)

There's a saying I have in life as a [relationship expert](#). Date someone from common backgrounds. Why? Because you understand one another. When you have a common background, grew up the same way, in similar neighborhoods and schooling, then you've got a lot of familiarity between the two of you. Now it doesn't mean that if you've grown up differently it can't work out at all. What matters most is how you took your childhood experience and manifested it into adulthood. If you're concerned about whether or not your differing cultures will cause relationship problems, follow my [dating advice](#) as someone who has made it work personally.

Dating advice that will help you date outside your culture successfully.

We live in a multi-cultural world right now. Where people from all over the country are living all over the planet. A person who grew up in New York City might be living in the deep woods in the dark south. A person who lived in LA on the beach might be living in the middle of Manhattan. A guy from India might be living in New York City. A girl who grew up in Bangladesh might be living in the heart of Chicago. The great thing about the United States and the world nowadays is that it's so multi-cultural. So can it work out if a couple is from different cultures? Can a man from India fall in love with a small-town girl from Sioux City, Iowa after a single [date night](#). The answer is absolutely yes! You see, if they grew up the same way, meaning they grew up with love, similar morals, values, and parents that actually cared about them, then their cultural backgrounds actually make life far more interesting. You see, it's fascinating dating somebody from another culture, because really it just comes down to communication. And love is not a cultural thing. Love is really about how you relate to things, where your value system is, and how you can

teach and show one another the lessons that you both need to go through.

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One of the most fascinating experiences I ever had was when I dated a girl from Vietnam. She was fascinating in so many different ways. She grew up in an entirely different time than I did. Her dad actually was an American GI and her mother was a Vietnamese refugee. They met during the war and she was born. She never really got to see her dad because he was moved back to the U.S. and never returned. She ended up moving to the U.S. herself when she was a young adult and going to college. She actually got to meet her dad in the process and got to form the relationship she always wanted. She may have grown up dirt poor, but she grew up with values and a culture that was different than my own. She was appreciative. I on the other hand, grew up in New York, where everything was go, go, go! Despite these differences, our value systems were pretty much the same. Our cultures were very different, but it was a fascinating experience. When it comes down to dating, it's really about what somebody's heart says.

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So ask yourself some serious questions when you think of your significant other. What is their heart about? What does their heart say to you? It's fascinating that we can date within your culture, but isn't it more interesting to date outside your culture and learn some new, amazing and beautiful things?

David Wygant is an internationally-renowned dating and relationship expert, author of the book Naked, and speaker. Through his boot camps, personal coaching, and his [website](#), his love advice has transformed the relationships and love of

hundreds of thousands of people from every corner of the globe.

For more expert relationship advice from David, click [here](#).

Dating Advice: Signs You're Settling for the Wrong Man



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 how to have a successful relationship without settling. Find out the best way to avoid wasting your time with the following dating tips!

Dating Advice That Will Help You Avoid Settling

1. You're unhappy. If you're in a relationship and feel like you're doing all the work, then you're settling for less. You need to make sure your partner is giving you the attention you deserve. A relationship shouldn't feel like a chore or make you miserable. Find someone that treats you like a queen.

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2. You're passive. When you just take whatever a man gives you and it doesn't feel satisfactory, you are settling! The person you're with needs to make it known that you're their significant other and they should be able to let the world know that too. You shouldn't accept a partner that treats you badly. Don't settle for nothing.

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3. You're excusing. You could be settling and not even realize it. Making compromises is fine, but if you're making an excuse to accept a certain behavior you don't like, then you're settling for the wrong man. It doesn't matter if he's taken you on a few dates or has done a few nice things for you- if you see something you don't like, say something or move on.

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Dating Advice: 5 Signs He's Taking the Relationship Seriously



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 how you can tell whether a man is taking the relationship seriously. Find out the best way you can advance your relationship with the following dating tips!

Dating Advice That Will Help You Figure Out Whether He's Taking You Seriously

1. Gets off dating sites. If he's willing to give you his time and focus, he may be taking you seriously. A guy that continues to go on dating websites while you're both in a relationship is someone you should be wary of. Some men may need a nudge to shut their profiles down, but it's always better if he does it on his own.

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2. He vacations with you. Going on a trip together adds a whole new layer to your relationship. It's an intimate experience and you get to know each other on a deeper level. You'll see how your partner reacts to new places, people, cuisine, etc. This stands out for a man because it's not common for men to do such an activity with someone they're not serious about.

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3. Introduces you to friends. This shows your man is proud of you and wants to show you off. It's also a good opportunity for a man to see how you interact with the people in his life. He wouldn't invite you if he didn't think you'd mesh well, so relax and have a good time hanging out.

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4. Invites you home for holiday. When a man makes an effort to include you in holidays and special events, he's taking the relationship seriously. Inviting you means you'll meet his family and will be shown off yet again. These instances also

help you figure out whether you should get involved with his family or run for the hills.

Related Link: [Dating Advice: The One Thing Men Want More Than Sex!](#)

5. Pays attention to you. Being able to remember little details shows he really cares about you. Men who don't take you seriously won't care to hear your needs, wants or background. If your man gives you the attention you deserve and takes interest in your life, then these are signs he may be thinking of a future with you.

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Dating Advice: Can An Open Relationship Ever Work?





By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#) with contributing writers Elizabeth Hamilton and Julia Presten

Relationships, platonic and otherwise, provide us with something important and needed: love. The affection, care and intimacy that love gives is a beautiful part of life. But what happens when one partner wants to start seeing other people? Open relationships can be extremely difficult to handle and can ruin a perfectly good relationship if you're not careful. Check out NYC's top matchmakers and [relationship experts](#) Lori Zaslow and Jenn Zucher's [dating advice](#) on whether or not an open relationship is a good idea for you.

Dating advice on whether you should consider an open relationship.

1. Why an open relationship? When deciding whether or not you and your partner are going to pursue an open relationship, the first question you have to ask yourself is why you're both looking for one in the first place. Have the two of you been having [relationship problems](#)? Fighting often? Some people

begin open relationships because they think that one person, no matter how amazing they are, will never be able to give them everything they're looking for. Ask yourself whether or not it's a problem specific to this relationship or one that's more long-lasting.

2. What about you? Are you the jealous type? A little self-conscious? Or are you more laid-back? If you've always been a bit jealous or self-conscious when it comes to love, an open relationship is probably not the best fit for you. Keep in mind that if your partner starts seeing someone else it might shake your self-esteem even if you've never had those feelings before. Be as honest with yourself as possible. You'll also need to consider how adding a third or fourth (even if you never seen or met them) person into your relationship will affect both you and your partner. Could you handle seeing them text heart emojis to someone else? Spending the night in someone else's arms? Even at their best, relationships offer love *and* stability. You'll need to ask yourself whether you can feel loved by your partner while they're also intimate with someone else.

Related Link: [Relationship Advice: What To Do If Your Partner's Family Doesn't Like You](#)

3. Set ground rules and know your expectations. Will the two of you have a "don't ask, don't tell" policy? Is sex on the table? Is love on the table? When you talk with your partner, you need to ask these questions. Make sure you set ground rules and have the same expectations for what an open relationship would mean. Would you go on dates with your *other* significant other? Or would you be hush-hush with the details? Establish some boundaries before diving into an additional relationship. If you and your partner aren't on the same page, both of you – plus whoever else you're bringing into the relationship – could end up really hurt.

4. Have an ongoing conversation. Is this one-sided? How does

your partner feel about open relationships? What do they want out of it? As you continue with your first relationship, you should keep talking to your partner. Check in, see how they're feeling with everything going on. You and your partner are a team – team members have each others' backs. Be honest and tell your partner if you ever start feeling uncomfortable and need to change ground rules. If there's ever a point where you need to end the "open" part of your open relationship, it'll be easier to do so knowing that you've had an ongoing talk.

No matter what you and your partner decide to do, keep talking and listening to each other. Relationships are supposed to be fun! If you approach an open relationship with an open mind and a confident heart, it might work out. If it doesn't, remember you are loved by many different people – not just your boyfriend or girlfriend – who will support you no matter what happens.

For more advice on love and relationships from relationship experts, check out our [website](#).

Dating Advice: How Women In Their 30s Can Find Love





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Melissa Braverman to offer their best [dating advice](#) on attracting men while in your 30s. Learn how you can end your single status and find the right man for you (without settling) with the following dating tips!

Dating Advice That Will Help You Find Love In Your 30s

1. Make an effort. Put yourself out there more and try to be less discriminatory when dating. Your dating pool is smaller because of your age bracket, so don't fall into a rut and go out of your comfort zone. Try to go out and meet people organically instead of falling into a routine and missing out on potential partners.

Related Link: [Dating Advice: 5 Things Men Find Beautiful in a Woman](#)

2. Don't settle. You need to find the balance between

pickiness and openness. This can be achieved by determining your wants and needs before entering the dating scene. You don't want to hurt your chances finding someone, but you also don't want to settle for a person you're not compatible with.

Related Link: [Dating Advice: Don't Lose Weight to Find Love!](#)

3. Biological clock. Think about how important it is for you to have a biological child. Nature will not wait for you to find the right partner, so think of reproductive and parenthood options. Will you freeze your eggs? Are you okay with adoption? Do you want to have child before marriage?

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Dating Advice: 5 Things Men Find Beautiful in a Woman





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert PJ Dixon to offer their [dating advice](#) on what men find beautiful in women. Learn how you can attract the right man with the following dating tips!

Dating Advice On How To Be Perceived As Beautiful By Men

1. Softness and femininity. Men are often pushed to be rough and strong. Your gentleness will attract a man because it makes him feel safe, and that in turn puts him in his masculine. Men want to protect and serve you, so take the lead and encourage a loving relationship with your feminine energy.

Related Link: [Dating Advice: How to Manifest Your Man \(A Man's Perspective\)](#)

2. Be kind. Not just men, but all people love kindness. Being a nice person shows you're approachable and pleasant to be around. Men look for that quality in a partner because they

want to make sure they'll be treated right. If you're standoffish, take a moment to decompress and smile. It'll put you in a better mood and men will notice.

Related Link: [Dating Advice: The Biggest Turn On's for a Man](#)

3. Men are drawn by smell. Aside from physical appearance, men are attracted to your scent. Fragrance experts say two popular smells that'll draw a man in are vanilla and cinnamon. It's a primal and sensual instinct that many men enjoy. Scents makes a man want to pursue you because it reminds them of a hunt.

Related Link: [Dating Advice: Don't Lose Weight to Find Love!](#)

4. Protect him from himself. Men are pressured to serve as the protector, and they don't like showing vulnerability as a result. But sometimes you need to step in and help them out. Show your support and love, especially during hard times, and your man will feel inspired to do more with his life.

Related Link: [Dating Advice: The One Thing Men Want More Than Sex!](#)

5. Just be yourself. Nothing is better than being the person you really are. Be the best version of yourself everyday, and a man will appreciate that. A man wants to come home to positive energy, so try your best to show your happiness and sensuality from time to time.

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Dating Advice: Don't Lose Weight to Find Love!



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Duana Welch to offer their [dating advice](#) on why you shouldn't lose weight to find love. Learn how you can be confident and find a partner with the following dating tips!

Dating Advice On Handling Weight And Relationships

1. Men prefer voluptuous silhouettes. This one may seem obvious, but it must be reiterated that men generally prefer women with a little cushion. It's a biological instinct

because men are searching for women who exhibit signs of fertility. As a result, narrow waists and wide hips are universally preferred body shapes. So if you're on the heavier side, go easy on yourself. There are countless men out there who love your body the way it is.

Related Link: [Dating Advice: How to Answer 'Why Are You Still Single?'](#)

2. Just be healthy. You don't need to have a perfect body, you just need to have a healthy one. Eat a balanced diet and try to work out regularly. Also make sure to wear flattering clothing, anything that doesn't make you feel good needs to get tossed in a donation bin. If you have to pick between your face or body, make sure to pick your face. It'll make up for any flawed body parts long-term.

Related Link: [Expert Dating Advice About Dating Traps to Avoid](#)

3. Find a man who accepts you. Be the best version of yourself always. There's no reason for you to change your physical appearance to please someone who may not even see a future with you. Men who only care about physical attributes are more concerned with immediate satisfaction, ie. one night stands. Men who are less judgmental are not only good for your self esteem, but they're more likely to commit.

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Dating & Technology Q&A: My Partner Fishes For Likes, What Do I Do?



Question from Carolyn S.: I've been with my partner for a long time now. I love him, but he's always posting inappropriate stuff (like memes or outrageous status updates) on social media for likes. It's pretty cringe-worthy to watch. Why does he do this? And why is my support not enough? I can't figure out why he needs validation from his peers or strangers online.

Dating in the era of social media can put a strain on relationships, especially when one party is constantly seeking approval in a negative way. However do not fret, crude internet personas should not be the cause of your breakup (or

at least hopefully)! 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 how to handle a partner's inappropriate behavior online.

Technology Dating Advice That Will Help You Deal An Inappropriate Partner Online

[Suzanne K. Oshima, Matchmaker](#): Remember back in high school, how everyone wanted to be the most popular person in school? The one that everyone liked? Well, this is no different. Your partner continually posting on social media is just to get likes and attention from others. While you may think it's inappropriate, I'm going to guess that this isn't something that he was doing before you became a couple. So, as long as it's not harming you or anyone else, don't try to change him. Just let it go and focus on more important things in the relationship.

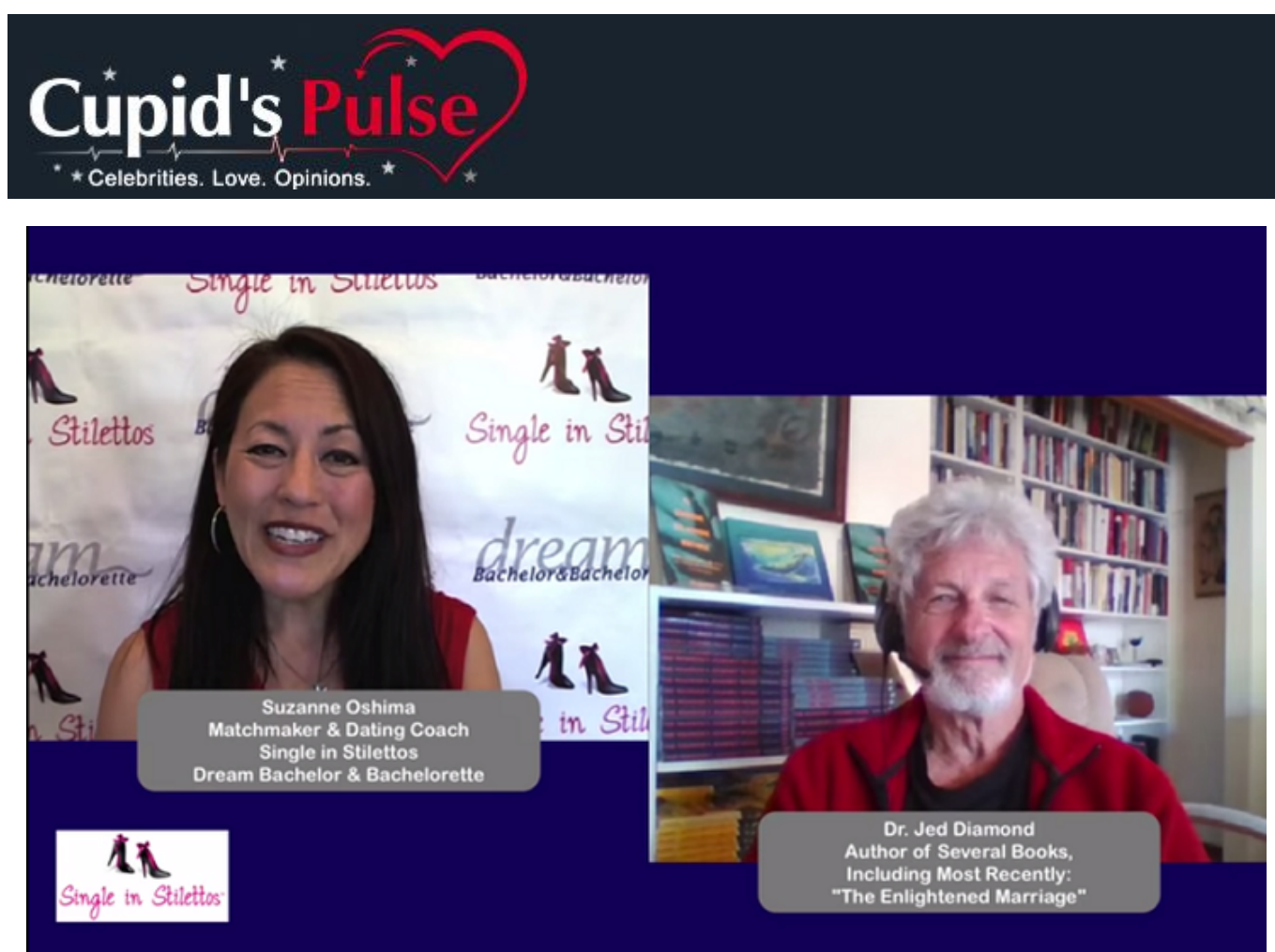
Related Link: [Dating & Technology Q&A: How Do You Handle Dating Someone With An Internet Persona?](#)

[Robert Manni, Guy's Guy](#): As long as he is only fishing for likes and not other fish, I wouldn't be overly concerned about this fairly common social media behavior. Maybe he feels like he needs validation, and for whatever reason maybe he feels he's not getting the validation he needs at home. A heart to heart conversation usually clarifies underlying relationship issues. Have "the talk" and make sure he shows up with an open mind. 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.

Relationship Advice: 5 Things To Do Before You Get Petty



By [Dr. Amy Osmond Cook](#)

[Katy Perry](#) has a new look, and her new attitude is the cherry on top. Between her sassy new song dissing Taylor Swift and her poorly reviewed album that just came out, Katy Perry has taken some heat in the past few weeks. Say what you will about

Katy Perry, [Taylor Swift](#), and any of the other celebrities caught up in the drama relationship problems, **cough Nicki Minaj cough** but there are a few notes we can take to apply in our lives about being petty. Think about these four key pieces of [relationship advice](#) before you take any rash actions against your significant others, especially when it comes to breakups.

Relationship advice that will help you be the bigger person.

1. Put your phone away: Your first instinct may be to tweet or text your way through frustration, but this can blow any situation out of proportion. Whether it's your boyfriend or your best friend, putting your problems out on social media in the heat of the moment can lead you to say things you'll regret. Just think of all the celebrity Twitter drama that could have been avoided had these celebs given things some time to blow over. Try to keep things between the people involved until you feel like you have a handle on the situation.

2. Take some time: Similar to the phone tip, take a few hours or days to think about things before making any decisions. You might be contemplating a breakup or deciding on whether it's time to meet the family; give yourself time with your thoughts. "Respect is earned simply by giving it," relationship expert Toni Coleman says, "And, if you are disrespectful, this is what will come back to you." Even if someone betrays your trust or says something rude, taking the time to evaluate the situation will help you decide what the best way to handle it.

Related Link: [Relationship Advice: Things A Nurse Will Tell You But Your Friends Won't](#)

3. Consider their perspective: Have you ever heard the phrase, “Broken hearts break hearts?” Well, sometimes it’s true. Maybe your heart was recently broken. Maybe your boyfriend said the wrong thing at the wrong time. Maybe your crush bailed on plans. Emotions are natural, but when thinking about their situation, feelings, and intention, you can gain a little perspective of your own. “When you act without regard to how your behavior will impact your partner and relationship, you are sending a very clear signal that their feelings and needs are not a priority,” Coleman says. If they need some time to sort through personal hardships or just don’t feel the connection like they once did, hearing them out and giving them the benefit of the doubt can be very healing. However, this isn’t an excuse to justify actions that are disrespectful, manipulative, or unkind.

Related Link: [Relationship Advice: 3 Ways Bad Credit Can Ruin Your Love Life](#)

4. Talk to a friend: If you’ve taken the time cool off, now might be the perfect time to talk to a friend. He or she can give you a different outlook on the situation, be a safe person to vent to, and help you avoid making any rash decisions. Your friends might know you better than you know yourself, and they can be a source of honesty when you’re looking for advice. Confide in someone you trust. Ask them what they see in the relationship.

5. Change your look: If all else fails and you feel the need for a little control in your life, follow Katy Perry’s lead and freshen up your look. I’m not saying chop all your hair off, but trying a new style out or adding some color to your wardrobe can give you an extra boost of confidence.

Being petty hardly ever pays off. Try these tips to deal with the rough patches in the varied relationships of your life, so you’re more likely to keep your dignity, have fewer regrets, and avoid burning bridges.

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

Relationship Advice: What To Do When You're No Longer In Love?



By [David Wygant](#)

This could be the easiest question that I could ever answer for anyone. What do you do when you're no longer in love? Here's what the typical person does. They stay in the

relationship. That's right. 80 percent of the people that are no longer in love stay in the relationship for an endless amount of time because they feel guilty that they actually no longer love their partner. So they'll sign up for a life of misery in order to protect their partner's feelings. When in reality it's ridiculous because if you're miserable and you don't even love your partner anymore, your partner is definitely feeling that on so many different core levels. The two of you can just sit around the house, make each other miserable. Sleep in the same bed or separate rooms. Never touch one another, never have sex, but yet stay together for the sake of the children. Or stay together for the sake of not wanting to hurt someone instead of confronting relationship problems head on.

Dating Advice That Will Help You Deal With The Partner You No Longer Love

Although I'm now a [relationship expert](#) and matchmaker, I also reacted the same. I remember a long time ago I was no longer in love with somebody that I was with. I hovered in that relationship for at least a year before I finally had the guts to end that relationship. What did I do? I basically took a year of someone's life away from them. That's right, you're a life stealer when you don't have the guts to go and literally talk to somebody about the way you're feeling. And being a life stealer is one of the worst possible stealers you can possibly be. Because in life, when we die, all we ever wish for is more time. Basically you're taking somebody's time away from them.

Related Link: [Dating Advice: Should I Drop All The Other People I'm Interested In?](#)

So here's my [relationship advice](#). If you're no longer in love with somebody you need to really – well first off, maybe get coaching or maybe some therapy to figure out what it is you fell out of love with. But it's important to take responsibility for your feelings, own your feelings. Own who you are as a person so you're no longer hiding behind the fear. Then, you need to let that person go. Sting said ever so wisely in a song, "when you love somebody, set them free." You once loved this person. You no longer do. So set them free so they're able to literally go on and have the life they're looking for. The longer you keep them in this relationship because the feelings of guilt and fear of being honest or breaking up, the longer you're going to – well literally, increase the anger that's going to come out of them. Have some guts. Tell somebody what you really think when you're no longer in love. It really is that clear.

David Wygant is an internationally-renowned dating and relationship expert, author of the book Naked, and speaker. Through his boot camps, personal coaching, and his [website](#), his love advice has transformed the relationships and love of hundreds of thousands of people from every corner of the globe.

For more expert relationship advice from David, click [here](#).

Dating Advice: 5 Signs He's Falling for You!





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Tinzley Bradford to offer their [dating advice](#) on how to figure out if he's fallen for you. Discover how you've become irresistible to your man with the following dating tips!

Dating Advice That Will Help You Find Out If Your Guy Has Fallen In Love

1. When he shows you he cares. You know a man is falling for you when he makes sure you know he was thinking about you. Whether it was a good morning text or a phone call later in the day, he puts in effort to show you he cares. So bask in the attention he's giving you, it'll feel nice.

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2. He vocalizes his feelings. And you know for sure he's falling for you when he takes the time to say that he is. A

man that isn't afraid to open up and show his vulnerable side is someone that's worth holding on to. However, you also need to make sure his actions also match his words.

Related Link: [Expert Dating Advice: Signs That He's Not Interested in You](#)

3. He'll remember little details. It's a great sign when he shows that he listens to you. You need to appreciate the effort a man puts into committing aspects of your life to memory. He wouldn't be doing that if you meant nothing to him. Aside from that, he also wants to impress you by showing he remembers.

Related Link: [Expert Dating Advice: How to Be a Smarter Dater](#)

4. People in his circle know you. A man is not going to introduce you to his family and friends if he doesn't like you. So take note if the people in his life know about you, or if he's making it a point to invite you to social events. If he wants the world to know that you're both an item, then he's definitely fallen for you.

Related Link: [Dating Advice: Do I Need to Be Happy Before I Can Be With a Man?](#)

5. He's talking about marriage. If you hear him talking about marriage after spending some time together, then he's fallen for you. Men don't have these serious conversations with just anyone. He's having these talks with you because he's picking your brain and making preparations for a future.

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Dating Advice: The One Thing Men Want More Than Sex!



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Jed Diamond to offer their [dating advice](#) on how to figure out what men want in a relationship more than sex. Learn how you can attract and satisfy a lifelong partner with the following dating tips!

Dating Advice That Will Reveal What Men Really Want

1. Want a safe harbor. Living in the world can be tough. It can be competitive and stressful. This is what makes men want security in a relationship. More than anything else, a man wants to be nurtured and taken care of physically and emotionally. So give your man the same love you want to feel.

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2. Show him acceptance. A man doesn't want to be criticized all the time and feel like he's not enough for you. Constant nagging and asking for change is a form of rejection. So make sure your words are constructive, and let your man know you appreciate him for the person that he is, flaws and all.

Related Link: [Dating Advice: The Biggest Turn On's for a Man](#)

3. Be able to love yourself. Oftentimes, people go into relationships with baggage. This is especially true when it comes to women. If you want to have a successful relationship, you need to know how to leave a painful past behind you. A man wants to support you, but he won't be able to if you have walls built up.

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Dating Advice: Should I Drop All The Other People I'm Interested In?



By [David Wygant](#)

This is always a controversial subject, especially in today's modern "swipe dating." 93 percent of the people that go out on a date meet on Bumble, Tinder, Hinge or Match will go home that night and literally get back online to see whether or not there's somebody else that's better. Somebody that might be cuter. Somebody that might have a better body. These online dating services are a brilliant marketing ploy to get people to think that there's a huge paradox of choice. It's literally like going on Amazon, but instead you get to look at all the men and women out on the market. You see, by getting on all

these devices constantly, there's no reason to ever settle for somebody that's awesome. So we continually get on this treadmill hoping that there's something better. I personally have been a victim of this as well. I've been single for four years, and even that's with all my knowledge in the dating field as a [relationship expert](#). I have definitely had my share of going out with somebody and then going home and swiping to see if she is out there. Whatever the version of she or he is, you know that they might be out there, because every day the inventory is changing. Just like your favorite supermarket. Why buy a mushy avocado when you can go buy a brand new one the very next day?

Dating Advice That Will Help You Figure Out If You Should Drop Potential Partners

So how do you know when to stop the treadmill dating? When you find somebody you actually connect with. Somebody that makes it easy to hang out. Somebody that's authentic and real. Somebody that communicates their needs, wants, and desires and does not play games with you. Somebody that you're really attracted to, and realize that there's no perfect person out there, but yet this person is somebody that you've never met before. There's not much to say about this, except grow up. There's a reason why people are swiping and dating is that they have no idea what they're doing. People are not giving each other chances anymore to really connect on a deeper level. There are major issues that go on with the swiping and dating, and they contribute to major [relationship problems](#) in the future.

Related Link: [Relationship Advice Guys Edition: When's The Right Time To Pop The Question \(Marriage\)?](#)

You can either get off the treadmill and give somebody amazing a chance for at least a month or two, and if it doesn't work out, then go back to the hamster wheel of dating. By all means, run back to the roulette wheel and spin and see if you get lucky again; but know that the only way to get to truly know somebody is to actually give them an opportunity to get to know you. Give them a chance, have a mini-relationship. Plus, sincere relationships are far better than minute relationships that last three hours on a first date. Even if you only hang with somebody for 30 days or 60 days, you're going to learn something amazing about yourself. So my [dating advice](#), I suggest all you swipers, go out there and give somebody a real opportunity. Give them 60 days. See what happens. See if you can form a relationship. Get to know who they are. And make sure to remember that anybody can put on their best game face for 90 minutes on a first [date night](#); but what you truly need is to get to a level of intimacy that you can trust somebody, feel something for them, and have sex that blows you away. If have any questions on this, let me know.

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