

# Relationship Advice: Things A Nurse Will Tell You But Your Friends Won't



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

What do actresses Bonnie Hunt, Julie Walters, and recording artists Paul Brandt and Tina Turner have in common? They were all trained as nurses! In honor of the “Year of the Healthy Nurse,” now is a great time to recognize the role nurses play in our lives. The demands placed on nurses every day are huge. Our nurses are committed to providing the best care possible, and they try their hardest to meet that challenge every day. And sometimes that commitment means being brutally honest about a patient’s symptoms or habits. Your friends may not tell you that your moodiness has hung around for weeks, or

your jeans are fitting a bit tight – but a nurse will tell you. In the spirit of good health and valuable [relationship advice](#), here are five things your nurse is willing to discuss that your friends aren't.

## Relationship Advice That Come Straight From Nurses

**1. Weight gain.** Despite your friends insisting they can't see a difference in your waistline, your nurse on the other hand will likely confirm your biggest fears – yep, you have gained weight. If you have been diligent about exercise and diet, your nurse will discuss the possible reasons behind the weight gain. Things to consider may be your medications or your thyroid. A nurse may also discuss your sleep patterns or your ability to cope with stress. Putting a stop to unhealthy weight gain in the early stages will make you feel better sooner. Not to mention, your nurse probably has an arsenal of [fitness secrets](#) that can help you get in shape and ready for the dating scene.

**2. Skin symptoms.** Your friends may discount your less-than-glowing skin, but a nurse will explore the reasons why your skin is less than luxurious. Who couldn't use helpful [beauty tips](#) from someone who actually studied medicine? “A helpful acronym to remember the specific questions to ask patients when taking a skin history is ‘OLD CARTS,’ which gives a systematic approach to questioning in a skin assessment,” health writer [Julie Van Onselen](#) says. This includes onset, location, duration, character, aggravating factors, relieving factors, timing, and severity.

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**3. Mood swings.** You may not realize it, but a nurse assesses

mental status during your physical. “The mental status assessment is an essential part of the examination,” experts at the [Nurses Learning Network](#) say. In general terms, mental status could be described as an individual’s state of awareness and responsiveness to the environment. It also includes the more complex areas of a person’s mental functioning, such as intelligence, orientation, thought process and judgment. Your friends may steer clear of the neighborhood grouchy pants, but a nurse will face your behavior head-on to determine the root of your negative feelings and [relationship problems](#).

**4. Lack of exercise and poor diet.** We may try to lie about our daily habits, but our vitals will always paint another picture. Unlike a friend who may look the other way, a nurse will know the truth about how many times we hit the treadmill versus how many sets of pants are draped over it at the moment. “It is so important for patients to be truthful about their daily habits. When patients try to hide their smoking or drug and alcohol use, for example, it prevents us from providing the best care to fit their needs,” Julie Aiken, CEO of Ameritech College of Healthcare, said. “Another thing patients don’t think about is the importance of mentioning any dietary supplements or over-the-counter medications that they’re taking along with prescribed medications. Doctors need a comprehensive view of a patient’s health history to design the ideal treatment plan.

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**5. Address your stress.** Stress kills. And as much as you may try to hide it, the effects of prolonged stress can affect your physical well-being. Nurses know a thing or two about controlling stress; it’s a large part of the job. So when the topic of stress comes out in the open, a nurse may prescribe a variety of helpful remedies. Things like taking a walk, reading, soaking in a hot bath, talking with friends, or crocheting, are popular ways for nurses to deal with stress.

Many nurses have also found a healthy connection with yoga, meditation, and other relaxation exercises. “We bring in a massage therapist for staff every few weeks where they can receive a 15-minute neck and upper back massage,” said Julie Aiken, CEO of [Ameritech College of Healthcare](#). She added that faculty and staff could participate in weekly yoga sessions, daily group walks, and both students and staff are encouraged to use essential oils to help with stress relief.

We love our trusted friends, and we count on them to support us when we need it most. But when it comes to our health, and sometimes even relationship advice, the dedication of our nurses is something we can truly count on to keep us healthy every day.

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

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## **Dating Advice: How to Manifest Your Man (A Man's Perspective)**





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 how to manifest a man's potential. Learn how you can find yourself with a lifelong partner with the following dating tips!

## Dating Advice On Getting The Most Out Of Your Man

**1. Identify your best qualities.** First and foremost, you need to be confident and comfortable in your own skin before you pursue a relationship. When you're in touch with your best qualities, you put your foot forward with a smile on your face. This way you'll attract the right man and be able to recognize the traits you want them to have in common with you.

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**2. Identify your 'two top threes.'** Make a list of your absolute "must have" qualities, and another list of the things

you won't ever accept. Each list should be narrowed down to the three most important traits you're looking for in a mate. Try to center your lists around aspects that move you emotionally, rather than the superficial: "I want someone tall, dark and handsome."

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**3. Identify your areas of improvement.** Take time to critique yourself and find traits that can make you a better match for your partner. It's easy to name all the qualities you want in a man, but it can be difficult to admit you're lacking in an aspect of your relationship. If your man has an interest you're not involved in, make an effort to connect with him. If you have jealousy or trust issues, find ways to healthily cope. Become the ideal woman for your man!

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## Dating Advice: 4 Reasons Younger Women In The City Struggle To Forge Meaningful Relationships





By [Joshua Pompey](#)

As someone who lives in New York City, I can say with full enthusiasm that it is one of the greatest cities in the world. The food! The culture! The diversity! And of course, the incredible women are right up there with any other city. Unfortunately, one aspect of city life often let's women down though, and it affects their ability to forge meaningful relationships. And while it's easy to claim that men in the city just don't want to settle down, I've personally found that this is far from the case for most men I've worked with or encountered. Sometimes it's just a matter of avoiding certain mistakes and making the right adjustments to find love. In this article I will be discussing four big reasons many women often struggle to find relationships in big cities, and [dating advice](#) to help you avoid these issues.

## **Dating advice that will benefit young women living in a city.**

**1. Not prioritizing:** There is always a lot going on in a

city. If you don't get your priorities straight about what's truly the most important thing to you, you will never find love. When I was single there were so many times I would attempt to arrange a date with a city girl, only to find out that she wasn't free for another two weeks. Yoga class, the gym, and happy hours with friends took priority over their first [date nights](#) with me. This is a big mistake. There will always be another happy hour. There will always be another yoga class. Friends will always be around. But a great guy with the potential to form a meaningful connection? That doesn't come around every day. Dating needs to be the priority if you are really serious about it.

**2. Your career will not be emotionally there for you when you get old:** A big part of the city mentality is often, "I'll get into a relationship at age X, get married at age X, then have children at age X. In the meantime, I'll just focus on my career." This fictitious notion that you can time when you find love, get married, and have kids is completely misguided. Not to mention forcing these aspects of life can cause [relationship problems](#). Having drive is a positive thing. But before you sacrifice your entire youth by prioritizing your career over your relationships, ask yourself, will your career be there for you one day as much as a loving partner?

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**3. The paradox of choice:** The city life creates this illusion that there are millions of potential partners out there for you. Just sit on one city block and you'll probably see hundreds of men walk by in one hour. Sometimes this creates a serial dating mentality. With so many men around, good isn't good enough. Why settle for good when you could find perfect? Unfortunately, that perfect guy may have already been on a date with you, but you passed up on him because he didn't blow your mind during the first date. Sometimes it takes time to build chemistry and realize how strong a potential



suitor is. So my dating advice as a [relationship expert](#) is to be careful when dismissing men who don't seem to be "perfect" matches just because you believe there might be someone better around the corner.

**4. Not breaking out of your social circle:** Even though there is always so much going on in big cities, sometimes we tend to fall into repetitive patterns of seeing the same people every day and going to the same places. Take advantage of the diversity and opportunities that cities provide by joining new clubs, going to new social groups, and meeting new people. The more people you meet from different walks of life, the more likely you'll meet someone that you connect with.

*For more online dating advice from Joshua Pompey, visit his [website](#), or you can find free advice for women by visiting [this page](#).*

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## Dating Advice: How to Answer 'Why Are You Still Single?'





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 how to handle the difficult question: "Why are you single?" Learn how you can answer this inquiry in a smart way with the following dating tips!

## Dating Advice On Handling Questions About Your Single Status

**1. Explain your position.** If the question offends you, you can tell the asker you don't like being asked this and why. Or another option you can try is being honest about why you're single in a way that's lighthearted. "My man-picker is broken," "I'm in a relationship with chocolate," or "I'm in a relationship with myself" are all nice ways you can answer this question without adding awkward tension.

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**2. Consider before you speak.** Yes, this question is loaded

and invasive, but it's also important that you know the asker's intent before answering. Are they being snarky? Or are they showing sincere concern? If they're not asking from a place of love, then you can respond to their inquiry as respectfully as possible and redirect the conversation back on them. No need for drama.

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**3. Use your own dating service.** If the person who asked you this question actually cares about your single status, you can turn this around by using their network. Tell them you're not sure why you're single and ask if they want to help you. This could potentially get you a date with someone special. People love being matchmakers, so enlist their help if you trust them.

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## Dating & Technology Q&A: How Do You Handle Dating Someone With An Internet Persona?





*Question from Shan G.: My boyfriend is very popular online. He has a Youtube channel, many subscribers and followers, and a very active social media presence. Our relationship is still new, but I'm not sure how to handle this all. It almost feels like I'm dating a celebrity, and that I'm not on his level. I'm not sure what I should do.*

Dating in the era of social media can put a strain on relationships, especially when one party happens to be a popular figure online. But don't let internet fame damage what you have! 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 online persona.

**Technology Dating Advice That Will Help You Deal With Your Partner's**

# Online Popularity

[Suzanne K. Oshima, Matchmaker](#): What should you do? Absolutely nothing! Don't treat him any differently or put him on a pedestal. He's just your boyfriend, who happens to be an internet celebrity. Trust me, he doesn't want a girlfriend who is also an internet celebrity, he wants you. Have confidence in yourself and just keep being the best version of yourself... the one that attracted him to you in the first place.

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[Robert Manni, Guy's Guy](#): As a published author, syndicated blogger, and podcaster with a growing audience on social media, I assure you that developing a social media platform is hard work and initially, not necessarily profitable. Building a personal "brand" requires passion, talent, and lots of time. So unless your guy has an inflated ego I doubt he feels superior. In fact, he may even harbor his own insecurities about his career and bank account relative to your own if you work in a traditional job. If you believe in him, support his dream, enjoy the ride, but never doubt your self worth. I assure you that if he has a good head on his shoulders, he needs you and values your support.

*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: 5 Things He Must Have



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 what it is that a man needs to have before you attempt a relationship with them. Learn how you can win the right man over and stay happy with the following dating tips!

## Dating Advice That Will Help You Find A Quality Man Without Settling

**1. Must have vision.** A man must be able to see a future with

you for the relationship to get serious. Someone who can't imagine themselves with you long-term isn't the right person for you. Commitment is a goal you should both share and work toward. If there's no common vision, then what's the point?

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**2. Must have a job.** Any potential mate should have had a stable job at some point in their life. If you end up with a man who is inconsistently employed, then this can be a telltale sign of what the relationship could be like. You don't want to worry about your partner all the time, so find someone who can take care of their self.

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**3. Must have transportation.** Depending on whether you live in a place that has reliable public transportation or not, you need to consider how important it is to you that a man have a car. It might be a red flag if he depends on you to take him places and run errands all the time. If a man doesn't have a car or license, it's at least important that he's responsible enough to arrange transportation when needed.

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**4. Must have positivity.** A quality man should have confidence, morals and be respectful towards you. If he has issues with people around him like family or friends, that could be a red flag that there is something wrong with his attitude. Don't settle for someone who exudes negativity or has other bad traits.

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**5. Must have something going for him.** You should find a man who has a hobby that keeps him busy. Someone that is clingy and has no interests is a person that will get bored and try

to bring you down when you're not paying attention to them. Your mate needs to support your passion and vice versa for a successful relationship.

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## Dating Advice: Who Should Pay For a First Date?



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



matchmaker Suzanne Oshima talks to relationship expert Robert Manni to offer their [dating advice](#) on who should be paying for first date activities. Learn how you can handle this delicate situation with the following dating tips!

## Dating Advice That Will Help You Determine Who Pays On First Dates

**1. Whoever asked first.** It can go either way nowadays, but the person who made the first move and asked for the date should be the one to pay. And since men are usually the ones to ask for a date, the responsibility of paying tends to fall on them. It's also a nice touch if a guy picks up the check on the first date for first impression purposes.

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**2. Give and take.** If you feel uncomfortable letting a man pay on a first date, then make attempts to contribute in some way. Picking up the tab on a glass of wine or treating a guy to movie tickets are nice ways to get equal footing in a new relationship. This sets precedent on how payment will be handled on future dates without the awkward "who pays" discussion.

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**3. Be thankful.** Nobody wants to feel taken advantage of, so say thank you after someone takes you out on a date. Men in particular get frustrated when women expect to be taken out and aren't appreciative. So mind your manners and show you're grateful when taken out. The same applies when a man doesn't show appreciation after you pay for a date. If he can't say thank you, you don't have to be with him.

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## Dating Advice: The Biggest Turn On's for a Man



On this week's episode of Single in Stiletto's, founder and matchmaker Suzanne Oshima talks to relationship expert PJ Dixon to offer their [dating advice](#) on what turns a man on. Learn how to attract the man of your dreams and keep him

interested with the following dating tips!

## Dating Advice That Will Help You Figure Out When To Settle Down With A Man You Like!

**1. Flirting.** This tip seems a little basic, but don't be afraid to flirt. It makes a man feel good and shows him it's okay to approach you in that way. Just think of how flattered you are when someone flirts with you. Return the favor and flirt with a man you're truly interested in. If you don't make the move, someone else will.

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**2. Sexuality.** A man is attracted to someone who is confident in their sexuality. The woman who can exude her sensuality is sure to turn a man on. This factor is important for a man not because they're shallow, but because a man wants to know that intimacy is on the table if he chooses to pursue a relationship with you.

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**3. Softness.** Men are conditioned to be strong, so they appreciate when a woman is gentle and loving towards them. This helps a man open up to you and makes him want to be with you. Softness shows that he can trust you. So let your feminine energy flow and be open to holding your man the same way you like to be held.

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# Relationship Advice: From Cheater to Keeper – How to Make Amends



By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#) with contributing writer Hana Gilbert

Cheater – someone who is in a committed relationship and breaks the trust of his or her partner by physically or emotionally involving themselves with another person. We've

all been there, either in the form of the cheater, or as the cheated. The cheater is generally remorseful, claiming they “made a mistake” and “are willing to go the extra mile to mend what’s broken.” The cheated generally experiences emotional chaos as they decide between swallowing the heartbreak and moving forward, or letting the heartbreak crumble the relationship. Studies have shown that over 50 percent of men and women alike admit to being unfaithful at least once. With this statistic being so high, cheating has become a commonality, or an expectation, for most relationships. Some couples have the maturity to overcome infidelity scandals through in-house methods. However, most of us are guilty of spilling our heartbreak to any and all individuals with ears and time. Here’s where the majority of the problem lie; everyone has their own opinion regarding how to handle a cheater. Most [relationship advice](#) includes conducting a dramatic breakup, followed by an overt exit, and finalized by the removal all social media posts hinting at the existence of any form of a relationship. Realizing that at time colleagues, friends, family members, and even complete strangers are quick to give their relationship advice and [dating tips](#) before taking into account your thoughts and feelings. Professional [matchmakers](#) and [relationship experts](#) Lori Zaslow and Jennifer Zucher, founders of Bravo TV’s *Love Brokers* and Project Soulmate, are here to provide an outside perspective on the situation, giving you three scenarios that will hopefully allow you to decipher between a cheater and a keeper.

## **Relationship Advice On Handling Cheating Scandals**

**Friend advice #1 – “Don’t fall for a dog who has eyes for every bitch. If he really loved you, he wouldn’t be tempted to stray.”** The art of checking out another person. Men think they’ve mastered it; women don’t think they’re actually doing

it. Either way, your partner always seems to catch you mid check. At this point, no physical cheating has occurred, however, everyone can admit even a glance at another person stirs the insecurity pot. Feeling insecure, an immediate text is sent to the first group chat in your phone. Your friends, siding with you obviously, return advice strikingly similar to the quote above. Yes, there is some truth to their advice, however, they may be premature in their responses. You must keep in mind that your partner is human, and it is a natural human instinct to look at things we find beautiful or attractive. The act of simply looking at another person does not mean your partner is not happy with you, wants you to look like them, or wants to be with them. Your partner will most likely look at them, recognize some form of harmless attraction, and then move on with their day, completely forgetting the interaction. In this particular situation, your partner is guilty of human behavior, not infidelity, labeling him or her as a keeper.

**Relationship Advice:** [Relationship Advice: How to Handle Your Significant Other's Family](#)

**Friend Advice #2 – “Once a cheater, always a cheater.”** So you’re in a new relationship. You ask your friends what they know, what they’ve heard, or how they feel about your new partner. They inevitably reply with the cliché, “A cheating scandal ended the last relationship. Once a cheater, always a cheater.” This is the most common cop-out for anyone trying to not get hurt in a relationship, and provides an excuse to not trust their partner. Unfortunately, this is too easy, and cheating is never that easy. Ultimately the most important thing to understand is why your partner cheated previously, or why people assume they cheated. Trust after affairs in previous relationships or in your current relationship lies in your own hands. It is your choice whether you want to trust your partner again. If your partner has yet to cheat on you personally, but you’ve heard he or she has cheated in the

past, you must make the decision to trust them or not. You must also keep in mind that there are two sides to every story. Although they may have cheated in the past, they may not have been as stable as they are now, or they may have felt insecure with the person they were with. The fact of the matter is that you do not know. In this situation especially, you must ask yourself the right questions, find out the full story, and decide if you have a keeper.

**Relationship Advice:** [Relationship Advice on What Not to Do: Bad Dating Advice from Romantic Comedies](#)

**Friend Advice #3 – “Stop holding on to what hurts, and start making room for what feels good.”**

You’ve been cheated on. It doesn’t matter what form, how it went down, or who caught who. Someone in the relationship is now labeled as a cheater. Every affair has two sides to every story, and overcoming an affair takes time to dissect both sides. Both sides will give an insight to what state the relationship was in, as well as the story behind the unfaithful partner. Unfortunately, cheating has a purpose. It doesn’t happen “just because” or “by mistake.” All behavior is purposeful. What’s important, however, is finding the purpose behind the act. If you chose you want to overcome the affair, you must become your own relationship detective- collecting data and evidence to solve the infidelity crime. You must ask both yourself and your partner the right questions in order to fully understand and comprehend the situation. This won’t be easy. This will hurt. This will take time. But, time heals. And with that time you have the ability to both work on your relationship and yourself. Finding the ability to forgive and trust your partner again is the most important part of overcoming an affair, and will help you turn a cheater into a keeper.

*Relationship experts Lori Zaslow and Jennifer Zucher are BRAVO TV’s Love Broker and founders of Project Soulmate, a high-end*

*New York-based matchmaking company.*

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# Relationship Advice: 3 Ways Bad Credit Can Ruin Your Love Life



By [Dr. Amy Osmond Cook](#)

Congratulations on your new relationship! It's an exciting time to join two lives together to build a bright future. You brought the pets and furniture while your partner brought along a big screen television—and bad credit history. Is this



union doomed from the start? Not always. But the road to repair can be rocky. A bad credit history can be fixed, but it takes time, patience, honesty, and a lot of self-discipline to change the habits that got you in this financial situation in the first place. If you want to avoid [relationship problems](#) and change your spending habits, here are three ways bad credit can impact your love life. With the following [relationship advice](#) and [dating tips](#), you can prevent heart ache and an empty wallet.

## Relationship advice that history is wrecking your love life with the following relationship advice.

**1. Deception invades your relationship.** It's one thing to hide the department store shopping bags from your loved one or screen calls from creditors, but when your spending habits cause you to lie about how you are handling your financial responsibilities, it's time to make some changes—fast! “The best healthy financial habit you can make is to develop and maintain a good credit history,” Anthony Bell, a financial expert and blogger from [rescu.com.au](#) says. “The best way to do this is to spend less than you earn and budget your expenses so that you know what you can afford, what you need to repay, and by when.” It's solid and simple advice.

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**2. Bad credit makes it hard to move forward with goals.** It's hard to move forward with your goals when you face financial barriers. Think about the natural progression of a relationship; Those plans often include buying a home, a car, or other big-ticket conveniences. But when you bring a bad credit history into the relationship, those goals will either

not be possible, or you will face high-interest rates in the purchase. Keep in mind, moving forward with goals isn't impossible, but it will take discipline and determination to achieve them.

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**3. Bad credit destroys your self-confidence.** Nobody enjoys rejection. Hearing “no” can ruin the mood of the most optimistic of people. Just imagine being denied day after day. In that case, even the most basic consumer decisions become an issue when you are denied a cell phone, a gas card, a new bank account, or even an apartment. Such negativity can take its toll on your self-worth and your relationship. “Partners should treat this as another relationship goal to solve together rather than letting it drive them apart,” Elle Kaplan, [relationship expert](#) and financial advisor says. “Both partners’ debts and credit scores are now tied together for the long run.” In other words, this requires a new attitude concerning money.

The good news is that you can repair your poor credit. Start by requesting a credit report, looking for possible errors, learning your credit score, and discussing financial strategies with an expert, such as [Lexington Law](#) or [CreditRepair.com](#). As you move from this moment on—make sure you are moving toward a life of happiness and financial health.

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

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# Dating Advice: How Long Should You Date Around, After You Meet a Man You Like?



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 when is the right time to stop dating around after finding a man you like. Learn how to win over the man of your dreams and keep him interested with the following dating tips!

## Dating Advice That Will Help You

# Figure Out When To Settle Down With A Man You Like!

**1. Note how you get involved.** Are you mutually committed to each other? This doesn't just mean making a verbal commitment. Take note of how close you both feel to each other and how much time you actually spend together. Eventually, it will click that the relationship should become exclusive. Just be careful when it comes to rushing commitment, it confuses men, so wait for him to show interest.

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**2. Lay the truth out there.** If you want to continue dating other people after finding someone you like, be honest with all your dates. Let them know that you're dating around and looking for a partner you can commit to. Laying out the truth gives you more leverage and keeps you from looking desperate. Hopefully the man you like returns your feelings and makes a move to advance the relationship. Men are hunters at heart, they want to earn your affection and beat out competition.

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**3. Don't shackle him.** Going off of the last dating tip, don't try to force a man to be with you. Ultimatums don't work, and neither does manipulation. Both will backfire on you in the end. A man needs to freely offer himself to you to truly be yours. So be yourself and keep dating around until you find a man that wants to be with you for the person that you are. A man who won't put in effort isn't the right man for you.

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# Dating Advice: 5 Online Dating Photos That Will Instantly Up Your Profile Game



By [Joshua Pompey](#)

Let's face it. Men are all about appearances. It's bred into our DNA. Sure we want to settle down with women who are well-rounded, fun, caring, intelligent, and all that other

good stuff. But before we actually get to the good stuff that leads to a long-term bond, we still focus on the visuals. This is why it is so critical to perfect the photo galleries of our online dating profiles in ways that will ignite high levels of interest. The good news is that you don't have to be a supermodel, or even a model to spark high levels of attraction. But if you are one, call me ok? Where were we again? Oh yes... Creating a photo gallery that will ignite interest! The following five [dating tips](#) will put you on the path to a perfect photo gallery and hopefully increase your potential [date nights](#).

## Dating Advice That Will Help You Improve Your Online Dating Chances With Pictures Alone!

**1. Travel photos:** Travel photos don't just show that you are well-traveled. They provide an insight into the fact that you have a sense of adventure and love new experiences. These are two winning qualities that you should be showcasing whenever possible.

**2. The adventure picture:** Speaking of adventure, if you have any pictures of yourself doing something slightly more adventurous than traveling, this will go a long way. Whether its a level 10 adventure like sky-diving, or skiing on a beginner slope, showing that you are willing to try new things will keep men thinking you are interesting, and more importantly, fun!

**Related Link:** [Relationship Advice: How Do I Know If I'm Rebounding?](#)

**3. The check me out picture:** The check me out picture is you looking your absolute best! Dig through those Facebook archives for nights out with friends, weddings events, or

simply a girls night out where everyone was literally checking you out. If you don't have one? No problem. There's always a Saturday night around the corner. Recruit your most loyal friend for one night, get dressed, and start snapping away.

**4. The 'I can hang with your friends' picture:** Think along the lines of pictures where you were at a sporting event, drinking a beer, or scratching your belly as you belch. Wait... Scratch that last one! But pictures that show you enjoy activities men typically also enjoy always go a long way. We don't actually want to date someone who acts more like our male friends, but it's nice to know you are willing to do the things we like once in a while, or even better, are actually into them.

**Related Link:** [Dating Advice: Do Pick Up Lines Actually Work?](#)

**5. The friends and family oriented picture:** At the end of the day, showcasing that you are a kind and caring friend or family member is something all men are attracted to. This shows that you will make a great long-term partner and are able to form strong bonds with people. Have at least one picture showcasing the most important relationships in your life.

Follow this [dating advice](#) and you'll have men reaching out to you in no time! However, the most important dating tip I want you to keep in mind is to be yourself in online photos, or you risk the chance of future [relationship problems](#). No one likes false advertisement, so be honest and upfront about how you look before you go on that first date. More importantly, make sure your personality matches your online persona.

*Need more help with your online dating profile? To learn the top strategies our profile writers use writing an online dating profile, read this [article](#). Or visit our world famous profile writing service [here](#) and sign up for a free profile evaluation where we have been helping online daters since 2009.*

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# Dating & Relationship Q&A: At My Wits End, He Won't Stop Flirting Online. Should I End It?



*Question from Ashley M.: I have been with my guy for over seventeen years, we're both flirty people, but as of lately he's crossed a line with a particular person. I've warned him and have had discussions about this person he swear is only a friend, but the same thing keeps happening. I've offered him a way out, but he insists that he wants to stay together. I'm not a super jealous person, but I don't want to be*



*disrespected. We're trying to save what we have.*

Dating can have its trying moments. Add the internet, social media and electronic devices into the mix, and temptation can creep into your relationship. However, do not fret! Leave it up to our relationship experts who can offer their best [dating advice](#) on using technology the right way. Technology is here to stay, after all, so take advantage of these amazing tools! 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 online flirting.

## **Technology Dating Advice That Will Help You Deal With Your Partner's Online Flirting**

[Suzanne K. Oshima, Matchmaker](#): When you've been with someone for a long time, sometimes the relationship may lose the spark and excitement it once had. Which may cause one person to seek out the thrill of attention from the opposite sex outside the relationship, while still maintaining the security of your relationship. Try to revive and spice up your relationship with flirtations and sexy moves in the bedroom, so he won't feel the need to seek attention elsewhere. If he continues with his behavior with his "friend," then it may be time to try working with a relationship coach who can help you work through the issues at hand. And if that fails, then it may be time to move on to a man who only wants to flirt and be with you.

**Related Link:** [Dating Advice Q&A: Am I His Catfish?](#)

[Robert Manni, Guy's Guy](#): It's time for "the talk". Seventeen years is a long time, so there must be a strong bond. But, over time little things become big things when they're not

addressed. You say he's crossed the line and you feel disrespected. He says she's only a friend and he wants to stay together. Something has to give. I say tell him to get his priorities in order. That means saying goodbye to her and paying attention to you. If he balks or shows any sign of hesitation, it's time to respect yourself and let him go.

*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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## **Relationship Advice Guys Edition: When's The Right Time To Pop The Question (Marriage)?**





By [David Wygant](#)

So you're under the influence of an amazing woman. You're thinking about popping the question. All you think about is the future. You think about the love that you're sharing. You think she's the one for you. Before you run off to pop that question, it's time you start smelling the sausages. Yes, sausages. You see, women need to smell the roses, men need to smell the sausages. Let's bring you back into reality with a real stinky, smelly, greasy, Italian Sausage that you get from the street fair. Before I go on, I need to warn you that I'm about to give you some hard hitting [relationship advice](#). It's going to hopefully wake you back into reality, and give you an opportunity to make the right decision.

## **Relationship Advice That Will Help You Figure Out If You're Ready For Marriage**

Marriage is not something you take lightly. It's not something

you rush into, as the great Elvis Presley song *Fools Rush In* has pointed out. Despite being a [relationship expert](#), in my life I've been married a few times. Every single time I got married, I was a fool – like in Elvis's song – and I always rushed in. I was rushing in based on a story I had. I had to marry her. I wanted to marry her. I'd never been so in love. Yet, I barely knew her... I don't want you to go through what I went through. Marriage is one of the biggest decisions you could possibly make, because from marriage, comes many different things: a lifetime partner (potentially), with children. And here comes the sausage part of it all – the mother of your children is the woman whose going to take half your money if it doesn't work out. Oh yeah, I had to throw that last bit in there because that is the truth. Make the wrong decision, and all of the sudden your bank account, and everything you've ever worked for in your entire life, will go to somebody else. And if that doesn't scare you, maybe this will. The woman that you're so in love with right now, that you think you want to marry, will turn on you most likely. And most likely use your children as a way to manipulate things. Now this may not happen. You may have a future where divorce is amicable. She may not ask for all your money, and she may actually support a great father/daughter, father/son relationship. But I bring these subjects up because when you're under the influence of a new woman, and your under the influence of thinking you're going to marry somebody, somebody has to slap you across the virtual face, and wake you up from the fog that you're in.

**Related Link:** [Relationship Advice: Can You Cheat Jealousy?](#)

So now that I've scared you, and have given you some sort of reality check, I want to talk about when you should pop the question. What I'm about to tell you is probably, oh good <?>, it's an all conventional [dating tip](#). But I think you need to go through eight seasons with this woman. The seasons don't consist of the NFL, the Baseball or the Basketball season. The

seasons consist of two Winters. Two Springs. Two Summers. And two Falls. You need to see this person in everyday situations, over and over, and over again. You see, if you're in some type of fog from the beginning of the relationship, you're most likely hanging out with her representative. The well behaved version of herself. You need to see somebody in all situations. How they handle adversity. How they handle conflict. How they handle life stuff that comes up. How they handle work stuff. You need to spend as much time with this person, you're evaluating them. Talk about how life is going to be when you get married. Talk about the style of parenting you're looking to do. And yes, you should absolutely discuss parenting style before having kids. Here's another thing, if you're going to be with somebody, they need to match your parenting style. If you haven't thought about parenting styles, then you might just be under the fog of getting married. These are all important things you need to consider when you are thinking of popping the question. There's no rush.

**Related Link:** [Relationship Advice: True Love or Rebound?](#)

A great relationship builds. You want a best friend. A best friend you can rely on for life. You want somebody who knows you inside and out, so you, not only can feel safe around them, but they can feel safe around you. You need to have an amazing communication relationship between the two of you. These are just some of the things you need to think about before you go nuts, and marry somebody before you're ready. If you do, your partnership will be plagued with relationship problems. So I repeat, there is no rush! This is the biggest decision of your life! This is the potential mother of your children. This is the woman you're going to share your bed with. Hopefully for the remainder of your life. So take your time. Get to know her. Make a decision based on not pure emotion, but on pure reality.

*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](#).*

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## Dating Advice: 3 Dating Red Flags



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

Amoia to offer their [dating advice](#) on how you can spot red flags on the dating scene. Find out how you can score the man of your dreams and avoid the bad apples with the following dating tips!

## Dating Advice That Will Help You See The Red Flags!

**1. Be crystal clear.** You need to know exactly what you need and want in a relationship. This way you'll be able to see the traits and values that don't align with your lifestyle, and will be able to steer away from those who exhibit those very things you don't like. You shouldn't compromise your essential needs, so be honest with a man upfront. If you don't tell him, he won't give you what you need, so be open and consistent.

**Related Link:** [Dating Advice: What Attracts a Man?](#)

**2. Observe him.** From the very first date, you should take a good look at the man's attitude. Watch how he not only interacts with you, but also how he treats other people- like the wait staff for example if you're at a restaurant. If he is condescending and rude, then that's a huge red flag because eventually it will catch up to you. Also take note of his past relationships. If family and friends don't want to be around him, that should tell you something.

**Related Link:** [Single in Stiletto Show: 4 Signs He Might Be a Player](#)

**3. Man vs. Boy.** Don't get swayed by presents and sweet words if you sense red flags from your date. A boy will throw a tantrum and be manipulative to get what he wants, while a man accepts what he is given. If at any point you feel that you're being forced for sex or something else you don't want to do, then chances are you're dealing with a boy. Find a man who already has integrity, you can't teach an old dog new tricks.

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# Relationship Advice: How Do I Know If I'm Rebounding?



By [Joshua Pompey](#)

You're fresh out of a volatile relationship and ready to start something new. What an exciting time in your life, right? But not so fast! Before you go jumping into that next



relationship, ask yourself the question: am I really ready, or am I simply on the rebound? Below are five signs you may not be quite ready to take on a new partner yet. Follow this [relationship advice](#) so you can avoid hurting yourself and others.

## Relationship Advice That Will Help You Determine Whether You're Rebounding

**1. You're rushing into the process:** These days we live in a world of unlimited options. Get out of a two year relationship and within seconds you could be online and swiping right for that next partner. But just because you can, doesn't mean you should. The heart takes time to heal, and even if you were the one who initiated the break up, or as people famously say, "It felt like we were broken up for months," you still need some time to breathe and be on your own first. Eventually you will be ready to swipe right until your fingers are bleeding, but in the beginning stages, take your time.

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**2. Dating nostalgia:** If you are on [date night](#) with someone new and find your mind constantly glamorizing the past with your ex, you are still on the rebound. Regardless of how many memories you have in certain locations, if you are truly ready to be with someone new those memories should fade to the back of your mind and allow yourself to be in the present. Allowing nostalgia to get the best of you means you just aren't ready.

**Related Link:** [Dating Advice: I'm Never Single. Is it Bad to Go From One Relationship to the Next?](#)

**3. You still have an impulse to text your ex:** If you have that

impulse to text your ex every time you see an inside joke or something that reminds you of them, you are definitely still on the rebound. No matter how innocent you convince yourself that sending your ex a text is, it's not. You are just using it as an excuse to make contact with someone you miss. That isn't fair to your future partner, so sort that out before you pursue a new relationship.

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**4. Bringing baggage along for the ride:** Sometimes bad relationships can be very volatile and come with a whole lot of fighting. But once you break free of that and move on to someone new. You can't bring the old tensions, suspicions, and unhealthy behavior along for the ride. A new relationship needs to be a completely fresh slate. If you can't do that, you aren't ready and will only set yourself up for countless [relationship problems](#).

**Related Link:** [Relationship Advice: So When Exactly IS It Time For Sex?](#)

**5. The effort isn't there:** You can't put in a 110% effort physically or emotionally if you are still even the slightest bit focused on your ex. Block him or her on Facebook. Block text messages. Do whatever it is you need to do to forget that person. Not being on the rebound allows you to put your heart and soul into making that other person happy, and just as importantly, making yourself happy in the process!

*For more information from our relationship expert Joshua Pompey, you can read free articles and advice [here](#), including why you should [avoid matchmakers if you are over 40](#).*

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# Dating Advice: What Attracts a Man?



On this week's episode of *Single in Stilettos*, founder and matchmaker Suzanne Oshima talks to relationship expert Cyndi Olin to offer their [dating advice](#) on how you can effectively attract a man. Find out how you can score the man of your dreams with the following dating tips!

## Dating Advice That Will Help You Attract A Man!

**1. Appearance.** Yes, men are visual- but it's not always about how you physically look. They care about how your attitude

appears too. Men are attracted to positive energy, they want to see you smile and be happy. Nobody wants to be with someone who hates life. If you're currently working on your appearance, you should still date and attract men with your personality.

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**2. Happiness.** This goes along with the prior tip, but to elaborate- you shouldn't stop at only appearing to be happy. It's important that you actually are. Think about how pleasant you are when you're on a first date trying to make a good first impression. You need to carry this attitude into a relationship instead of getting comfortable and complaining all the time.

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**3. Authenticity.** Be who you are. The right people will be attracted to your authentic self. For this to happen, you need to know who you really are, your likes, dislikes and so much more. If you're faking what you want, you'll attract the wrong man. So save yourself and potential suitors time and be real. You'll be surprised at how many men will like what you have to offer.

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# Relationship Advice: How to Handle Your Significant Other's Family



By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#) with contributing writer Hana Gilbert

So there's a new someone in your life. They're the bee's knees, the cat's meow, the best thing since sliced bread. You're so head-over-heels in love with your new partner. You two have gone through almost everything as a couple- the laughs, the tears, the fights. Unfortunately, you have yet to cross off one of the leading causes of breakups: the family. You decide it's time to mention the forbidden four word phrase, "Mom, I've met someone." You set the day, time, and place for the big reveal. You eat, talk, laugh; all seems to

be going well. After several attempts to reunite are turned down due to “last minute obligations,” you begin to question your confidence regarding your family’s approval. So what do you do? Potentially hinder the future of your relationship by molding yourself into the ideal candidate the family wants? Or risk furthering the divide between you, your significant other, and your significant other’s family by remaining true to who you are, making uncomfortable family outings few and far between? [Relationship experts](#) Lori Zaslow and Jennifer Zucher share insightful relationship advice on how to maintain a steady, healthy relationship with the family by understanding and accepting the situation and remaining yourself within your relationship. If you think your significant other’s family aren’t fond of you (or vice versa), take heed of the following [dating tips](#) and avoid relationship problems.

## **Relationship Advice on How to Handle Your Significant Other’s Family**

**1. Don’t force it :** Just because you’re in a new relationship, don’t expect your significant other to perfectly fit into the family dynamic right away. In some cases, the significant other is exactly what the family expected. However those cases have made their way onto the endangered species list. Don’t get offended if your significant other doesn’t want to take part in, or isn’t invited to every family outing. Allowing both your family and your significant other to ease into the family relationship at their own pace is healthy for a long, successful relationship. As the significant other, don’t patronize the family, or act differently in an effort to impress them. Any fake personalities will just come off as awkward and uncomfortable, and give the family more excuses

**not to like you.**

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**2. Understand and learn to accept the outcome :** Sometimes no matter how hard you try, two people just don't click. It doesn't mean either one is right or wrong. It just simply means that these two particular people weren't meant to get along, and it is up to you to learn to accept this. The sooner you accept the fact that your knight in shining armor may not be the hero your family was looking for, the sooner you can learn to navigate the situation. Make the best of a not-so-favorable mix through compromises, such as agreeing to attend family gatherings but keeping the house an outside family free zone. Remember, in these situations, compromises are made not for one person, but for the relationship as a whole. Therefore, if the compromise doesn't exactly go in your favor, take a step back and remember the real reason you're in this situation, because you love your significant other unconditionally want things to work out between the two of you.

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**3. Remain respectful:** As soon as the situation has been accepted, the people involved can begin working on a relationship that works for everyone. The most important thing to remember, however, is to remain respectful and rid of any hostility felt towards one another. Learn to respect boundaries and control your emotions when in familial situations. However, if you ever feel guilty or pressured into choosing between your family and your significant other, it may be wise to re-evaluate the relationship from other points of view, or consider if their requests are fair. Your family or your significant other should never put you in the situation to choose one over the other. Instead, all parties involved should respect one another's decisions and remain as

**positive about the situation as possible.**

*Relationship experts Lori Zaslow and Jennifer Zucher are BRAVO TV's Love Broker and founders of Project Soulmate, a high-end New York-based matchmaking company.*

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## Dating Advice: How to Get Men to Fall into Your Lap



On this week's episode of *Single in Stilettos*, founder and matchmaker Suzanne Oshima talks to relationship expert Jaki Sabourin to offer their [dating advice](#) on the best ways to make a man fall in love with you. Find out how you can make



yourself irresistible to the opposite sex with the following dating tips!

## Dating Advice That Will Make A Man Fall Right Into Your Lap!

**1. Smile.** This tip seems obvious, but it's often forgotten. The best way to attract a man is through smiling. It shows that you're approachable and enjoy life. Men like women who look happy, so work on your RBF if you can, and invite a man into your life with those pearly whites.

**Related Link:** [Dating Advice: Find True Love After 40](#)

**2. Vulnerability.** Men like to help women, it's in their nature. So ask for assistance from time to time instead of doing everything yourself. Showing your vulnerability is endearing and offers a place for a man in your life. You don't have to ask for anything big, it's as simple as asking a man to pick something heavy up for you.

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**3. Tension.** Don't become clingy. Create some tension by allowing a man to enter "pursue" mode. He needs to miss you and make an effort to see you. If you're too available, it can be a turn off. So make time for other hobbies and don't overshare. Men like a good mystery, it's sexy- so give it to him!

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# Dating Advice: Find True Love After 40



On this week's episode of *Single in Stilettos*, founder and matchmaker Suzanne Oshima talks to relationship expert Michelle Marchant Johnson to offer their best [dating advice](#) for true love after 40. Find out why it's easier to find love later in life and how you can find the man or woman of your dreams with the following dating tips!

# Dating Advice That Will Help You Find Love After 40!

**1. Know yourself.** It all starts with confidence. Women and men over 40 have established their identity. Having that inner knowledge of yourself will help you find long lasting love and a quality partner. These things just come with age, so don't fret if you meet someone later in life.

**Related Link:** [Dating Advice: The Girl He Won't Bring Home to Mom...](#)

**2. Know wants.** The same way you get to know yourself better later in life, you find out what you need most through experience. People who are age 40 and older just make wiser decisions. Prior relationships also help you figure out how to best deal with others.

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**3. Know tech.** It's easier than ever for people over 40 to meet and connect. The internet and electronic devices are tools that help bring singles together. Those in this age bracket can take advantage of these mediums to find love. If you're not familiar with tech, you should take time to learn.

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# Relationship Advice: Is it worth it to try relationship counseling in the dating phase, or is it a lost cause?



By [David Wygant](#)

I've been coaching for 17 years and I'm a firm believer in any type of counseling, therapy, or coaching that you can get will actually make your life far more fulfilling than just trying to get advice from friends and Google searches. As a [relationship expert](#), I've been asked this question many times: Is worth it to try relationship counseling in the dating phase or is it a lost cause?

# Find out if you and your loved one could benefit from some counseling with the following relationship advice.

Here's my take on it. It all depends on what the counseling is all about. To me, when I look at couples come into my office, I always look for the foundation of their relationship. Is the relationship based on mutual values? Do they have the same language of love? Meaning are they understanding each other's desire and need to be loved? How are their communication skills when it comes down to crisis management? How are their communication skills when they have to ask each other for needs, wants, and desires? What is their sex life like? Are they able to understand and fully satisfy one another in that way? There's a lot of other things that I can list here. But when it comes down to couples, you need a foundation in order to go and actually counsel through periods of roughness.

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There's not one couple out there that I've not met and seen that have all the tools in the tool chest to be able to negotiate through every relationship issue. So you need to look at your relationship and ask yourself this. What seems to come up over and over again between the two of you? Because anything that comes up over and over again is a dynamic that you don't have the tools to fix or change. Take a look at your argument history. Are there arguments that you're having on a regular basis? And is it always about the same thing? A couple once came into my office and they were having the same dynamic over and over again. He didn't feel like he was being heard. She kept cutting him off whenever he said that because she went into defense mode. So he felt frustrated and wasn't

able to express his needs and desires in the relationship. And this perpetual cycle kept going on and on and on. I was able to counsel them through that. I was able to get them to understand one another. I was able to get her to listen to him more clearly. And he was able to express his needs, wants, and desires to her without feeling cut off or shamed; and this was achieved with only a few [dating tips](#). So you need to take a hard look at your relationship and find the source of your problems.

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Once again, if there's one or two dynamics that seem to be repeating over and over again and you can't seem to come up with a solution or find a way to make each other satisfied and happy, then couple counseling is fantastic. Especially if you really desire to be in a long-term partnership and/or relationship with this person. But if it's a list of things and you're not understanding each other on many levels, then you're in the wrong relationship in the first place and you haven't done the work on yourself to really figure out exactly what you're looking for or need. However, with an open mind and a good counselor, you can learn worthwhile [relationship advice](#). You never know when you can apply these tactics to another relationship.

**Related Link:** [Relationship Advice: Understand What You Don't Want](#)

So I'm all for couple counseling to negotiate through some of the tough journey through things that you can't negotiate through yourself. And it doesn't matter if you're in the dating phase or if you're in the romance stage or whatever stage you're in. If you're committed to that person, counseling is telling that person I'm committed to understanding you on a much higher level and I'm committed to making this relationship work out fantastic. And I know I

don't have the skills or the tools to get past some of the bumps that we have coming up in the road. So it's great to be able to talk to somebody. I'm all for it. It's healthy, it's fantastic, and I appreciate when people have the guts to stand up for the one they love in effort to avoid [relationship problems](#).

*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](#).*

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## **Dating Advice: The Girl He Won't Bring Home to Mom...**





On this week's episode of *Single in Stilettos*, founder and matchmaker Suzanne Oshima talks to relationship expert Nick Karson to offer their best [dating advice](#) on what to do when a man won't take you home to meet his mother. Find out the reasons why men hide women, and learn how you can prevent this situation from happening to you with the following dating tips!

## Dating Advice That Will Help You Meet His Mom

**1. Easy.** If you haven't made a man earn your body, this will get you added to the booty-call list. Women who give up the "goods" easily are less likely to meet mom and other family members. A man takes a woman he genuinely likes and sees a future with back home. Give a man the thrill of a chase if you want him to take you seriously.

**Related Link:** [Dating Advice: Are You Intimidating Men?](#)

**2. Crude.** Being yourself is important, but don't get too



comfortable right away. Being crude, swearing and general messiness can repel a man and make him not want to introduce you to his mother. Take time to get to know him before you drop F-bombs and risqué jokes. You have no control on how these factors will be perceived.

**Related Link:** [Dating Advice: First Date Do's and Don'ts](#)

**3. Aggressive.** Men don't like seeing women with bad attitudes or mean personalities. If a man wants to sleep with you, then he'll put up with the unpleasantness, but if he is looking for something serious then he won't tolerate it. Women who are "bitchy" don't get to meet mom, so be careful with this- and just be a nice person.

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## Dating Advice: Are You Intimidating Men?





On this week's episode of *Single in Stilettos*, founder and matchmaker Suzanne Oshima talks to relationship expert Wendy Newman to offer their best dating advice on how to attract a man. Learn how you can be intimidating to men and how you can prevent these behaviors in the dating scene. Here are three great ways to improve your love life with the following dating tips!

## Dating Advice That Will Help You Be Less Intimidating

**1. Saying "I got this."** Being independent is a good thing, but waving your self-sufficiency in front of a man's face shows that you don't need them. A man wants to feel needed, like he has a place in your life and can take care of you. Let him pay for a meal, pull out your chair and help you with errands.

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**2. Not having a place.** Men like to provide, it's in their

nature. Find a way to let a man contribute to your life, whether it be as a breadwinner or confidant. If you show any sign that you don't have a place for a man in your life, any potential partner will lose interest. Show him that you want him as much as you want him to want you.

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**3. Don't be demanding.** Sure, a man wants to feel wanted and needed, but he also doesn't want to be treated like a slave. Make sure you're not too demanding or asking for help all the time. You want to be high performance, not high maintenance. A man wants to be satisfied, not overwhelmed by upkeep.

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## Dating Advice: 3 Ways To Be Irresistible To a Man





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Cyndi Olin to offer their best [dating advice](#) on how to attract a man. Learn how you can become irresistible to a man and great ways to improve your love life with the following dating tips!

## Dating Advice That Will Make You Desirable!

**1. Be happy.** Learn how to smile! Nobody wants to be around a "Debbie Downer." Don't let sadness get in the way of your dating life. Men like happy women, they want to be a part of positive energy and make a woman happier. At least a man that desires a healthy relationship will want to do these things.

**Related Link:** [Dating Advice: Manifesting the Right Man?](#)

**2. Be confident.** Men love seeing an independent and confident woman. You don't need to be a damsel in distress all the time, it's not really sexy and can actually be scary- which will ultimately repel a man. The women that have a good head on

their shoulders are the ones who attract quality men.

**Related Link:** [Dating Advice: How to Get Him to Commit to You!](#)

**3. Be present.** Stay “in the moment” when you’re on a date. Don’t daydream about a future that doesn’t exist. Be attentive and engaging. Also try to avoid thinking of the past, it’s a sure way to sabotage a good moment. It’s also a good idea to put your cell phone away. Being present automatically makes you irresistible to a man.

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