

# Dating Advice: Manifesting the Right Man?



14

On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Jaki Sabourin to offer their best [dating advice](#) for those trying to find love. Learn how you can improve your relationships by "manifesting a man" with the following dating tips!

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

**1. Find clarity.** You need to address what you want and why. By

evaluating your needs and wants, you'll be able to narrow down your list of potential partners. You don't want to waste time or send mixed messages while you're dating. A great way to clarify your desires is by cultivating those traits in yourself, which will in turn attract and manifest in a man.

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**2. Thoughts, words and deeds (a creation trilogy).** The best way to find a quality man is by having a positive attitude. You need to be consistent in your thinking, wording and actions. If you have doubt or tell your friends that there's "no good men out there" while you're dating, that is just setting yourself up for disaster. By making sure everything you do is in alignment, you'll attract a great man.

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**3. Commit.** Don't give up if things aren't going according to plan. Love doesn't happen overnight. You need to put in the time and effort to find someone, especially if you're trying your hand at online dating. Checking out of the process simply because you're upset is a terrible thing to do. Give yourself a year at least to improve your dating skills. You need to evolve in order to find a man worthy of manifesting.

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# Celebrity Breakovers: Kardashian Breakups That Have Broken Necks & Other Helpful Relationship Advice



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

As healthier lifestyles have become a steady trend across the nation, the next generation grows more comfortable bringing health and fitness into their relationships. The latest craze that is catching fire is the breakover. What on earth is a breakover you may ask? Well, a breakover, otherwise known as the “revenge body,” is a complete reinvention of oneself. By changing one’s image through the transformation of mind and

body as they shed both the pounds and people holding them back. If there was an award ceremony for Hollywood breakovers, spots one, two, and three belong to, yep, you guessed it, Khloe, Kourtney, and Kim Kardashian. Not only did their breakovers that focus on being fit, but also on staying fabulous, and falling back in love. In other words, the Kardashian sisters turned their breakups into breakovers and started breaking necks. Here's some [relationship advice](#) that can help you achieve your own breakover.

## Relationship Advice That Will Encourage You To Turn Breakups into Breakovers!

**Be Fit Like Khloe:** [Khloe Kardashian's](#) breakover is probably the most significant of all time. Since her split from husband Lamar Odom in 2013, she has shed 35-pounds and transformed herself from "the fat, chubby, unhealthy sister of Kourtney and Kim," to a gym enthusiast with a commitment to healthy living. Her breakover focused on finding self-love and independence after a devastating divorce, and she managed to break the bank as it inspired both her own book *Strong Looks Better Naked* and her own TV series, *Revenge Body*. Getting a "revenge body" after a breakup is one of the best ways to move on. Yes, you have the ability to show your ex what he or she is missing. More importantly, however, you gain the confidence you need to get through one of the most humiliating, insecure times in your life. Exercise has the ability to transform from the inside out. A breakover that focuses on fitness and healthy living not only improves how others view you, but how you view yourself. Trimming the fat includes both the extra relationship weight and the negative attitudes, vibes, and opinions surrounding the breakup. Breakups can leave you with a lot of free time. Instead of wallowing in self-pity and a pint of ice cream, do yourself a favor and sweat out your

negative energy, thoughts and feelings. Your future self and significant other will thank you for it.

*“Fitness is not about being better than someone else... It’s about being better than you used to be. I’m not where I want to be, and who knows if i ever will be.” – Khloe Kardashian*

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**Be Fab Like Kourtney:** Back in 2015, [Kourtney Kardashian](#) called it quits with long time love Scott Disick. After nine years and three children, Kourtney decided it was best if the couple spent some time apart. As Scott continued to spiral, Kourtney continued to squat, making her, hands-down MILF of the year. Although Kourtney flaunted her post-baby abs and cellulite-less tush, she gained most of her recognition from her Kylie-like fashion statements. The eldest of the three sisters had no shame in her game as she flaunted her revenge body in stylish crop tops, daisy dukes, and bodycons while rocking bold lips and eyes. How you dress after a breakup speaks volumes about how you’re handling the split. It is important to critique your style so that, although you’re an emotional mess on the inside, you project a classy lady who hasn’t lost her grace and dignity. Just like Kourtney, don’t be afraid to step outside your comfort zone and wear something you feel sexy in. Heels are also a breakover essential. Heels transform the way you look, from your legs up to your shoulders. You’ll be amazed at the level of confidence a few inches adds. Transform your normal makeup routine with sparks of glamour. Don’t be afraid to test a new lip color, or a sultry smokey eye. The glam additions will only further your confidence, helping you to love the new you in your new single life. The strong, confident face you see in the mirror now is the perspective you need to move on in the future.

*Khloe – “Who calls you Queen?”*

*Kourtney – “Every single person on Twitter, Instagram, and anyone that meets me.”*

**Related Link:** [Celebrity News: Kourtney Kardashian & Justin Bieber Hang at Club After Fling](#)

**Be Fallen Over in Love Like Kim:** Although Kourtney and Khloe used physical attributes to motivate their breakovers, [Kim Kardashian's](#) breakover focused more on an emotional makeover. After her disastrous, 72-day marriage to Kris Humphries ended, Kim, just like the rest of us, was left heartbroken and humiliated. Opinions swirled regarding the two, adding to the emotional turmoil of the split. We all are aware of the drama that followed the split, and later Kanye's proposal of the century, so I'll just skip right to the most important part of Kim's breakover: Time... Time to heal, and time spent alone. Breakups, separations, and divorces are all nasty and affect all parties involved. All incur lingering heartache, while some experience a degree of guilt, issues and questions. None of which can be fixed or answered immediately. Yes, rebound hookups and dates make you feel uplifted in the moment, however those feelings are only temporary and don't resolve long term sorrow. A breakover that focuses on regaining independence, finding self-love, and taking the time to grow a friendship with your prospective partner is more important than jumping back in the saddle with the bartender at Chili's. Instead, try a slow burn relationship like Kim and Kanye to see your relationship from a different perspective. You meet, hangout, build a friendship, experience things separately, and then realize this person is actually your lifelong partner. Give yourself enough time to heal from your previous relationships, and realize that you can stand on your own two feet. Get to know the friends you already have; you never know when one might just be "the one." The honeymoon stage will wear off, but the passion from knowing your best friend on a deeper level never will.

*"I used to think, well, can you really have it all? The truth, the excitement, and the passion? Now I know you can."  
– Kim Kardashian*

*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.*

## Dating Advice: How to Avoid Holiday Weight Gain!



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

matchmaker Suzanne Oshima talks to relationship expert and fitness guru Tracy Campoli to offer their best [dating advice](#) for those trying to maintain their weight during the holidays. Learn how you can stay fit this Valentine's Day with the following dating tips!

## Dating Advice That Will Help You Find Love Online

**1. Start off right.** Eat a healthy breakfast, it's the best way to start off the day. You'll feel good throughout the day if you eat something nutritious. This way you'll crave healthier food for the rest of the day.

**Related Link:** [Dating Advice: How To Handle a Bad Date?](#)

**2. Calm down.** Don't freak out if you notice you've gained some weight. You're busy and stressed enough, you don't have to worry about your body too. Take a moment to meditate, and don't be afraid to reject unhealthy food.

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**3. Mark calendars.** Write down the time you want to dedicate towards working out. Putting it down on paper will make you accountable. Be realistic with your fitness goals also, you're not going to work out extra during a busy holiday schedule.

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# Dating Advice: How To Handle a Bad Date?



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Jen Kelton to offer their best [dating advice](#) for those who have experienced disastrous dates. Learn how you should handle a bad date with the following dating tips!

## Dating Advice That Will Help You

# Find Love Online

**1. Go offline.** Screen your potential date, especially if it's someone you've met online. Make a point to communicate with them offline, either through phone call, video chat, or text. From the conversations you have, evaluate whether it's a good idea to meet this person face-to-face.

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**2. Be polite.** Make a graceful exit if you're having a bad date. You don't really know this person or what they're capable of, so don't make a scene. Just quietly run for the hills. You also want to be polite because you wouldn't appreciate it if someone was rude to you after a poor date. Be candid, don't waste their time.

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**3. Say something.** If you're upset or uncomfortable with something that is going on during a date, bring it to their attention. Make sure you're not chastising your date, use humor if you have to- but don't sit there unsatisfied if your date is neglectful or rude. If they don't respect what you have to say, it's okay to remove yourself from the situation.

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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 Mr. Locario to offer their best [dating advice](#) for those looking for love online. Learn how you can improve your chances at finding love with the following dating tips!

## Dating Advice That Will Help You Find Love Online

**1. Appearances, duh.** This shouldn't be a surprise to anyone, but appearances matter when it comes to attracting a man. You

don't have to look like a super model, just look your best when you go out. When you're put together, men will notice and gravitate towards you more. Don't stress yourself out too much.

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**2. Good attitude.** Men like being around people who have pleasant attitudes. Your behavior and energy are definitely analyzed before a man pursues. Even if you reject a man, if you do it nicely- he'll appreciate that. Nobody wants to be treated badly, especially not in the dating scene.

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**3. Success is key.** Those who are successful and goal-oriented are found very attractive. Men like seeing women have their own hobbies and careers. They'll want to build with someone who already has things going on in their lives. A good man wants to support, not be relied on completely.

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# Dating Advice: Best Online Dating Tips From a Dating

# Strategist



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert and dating strategist Damona Hoffman to offer their best [dating advice](#) for those looking for love online. Learn how you can improve your chances at finding love with the following dating tips!

## Dating Advice That Will Help You Find Love Online

**1. Communicate before meeting.** Go beyond the instant messaging systems on dating websites. Make moves for conversations over the phone or through text. This gives a better sense of who

you're talking to so you don't paint a picture of somebody that doesn't exist. Romance doesn't start online, it happens in person.

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**2. Tell the truth.** Be honest with how you present yourself. Don't dabble in false advertisements. It's a disappointment to those you meet in person if you don't meet their expectations. It's also a bad idea to lie about your age online. If you're not being contacted online for dates, then be more proactive and send out messages of your own.

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**3. Be more inclusive.** When searching online, it's easy to narrow down the qualities you want- so your dating pool ends up being very small. Lighten up on your criteria and be open to meeting people who don't match your list completely. It's more important that you find someone who shares your values and beliefs.

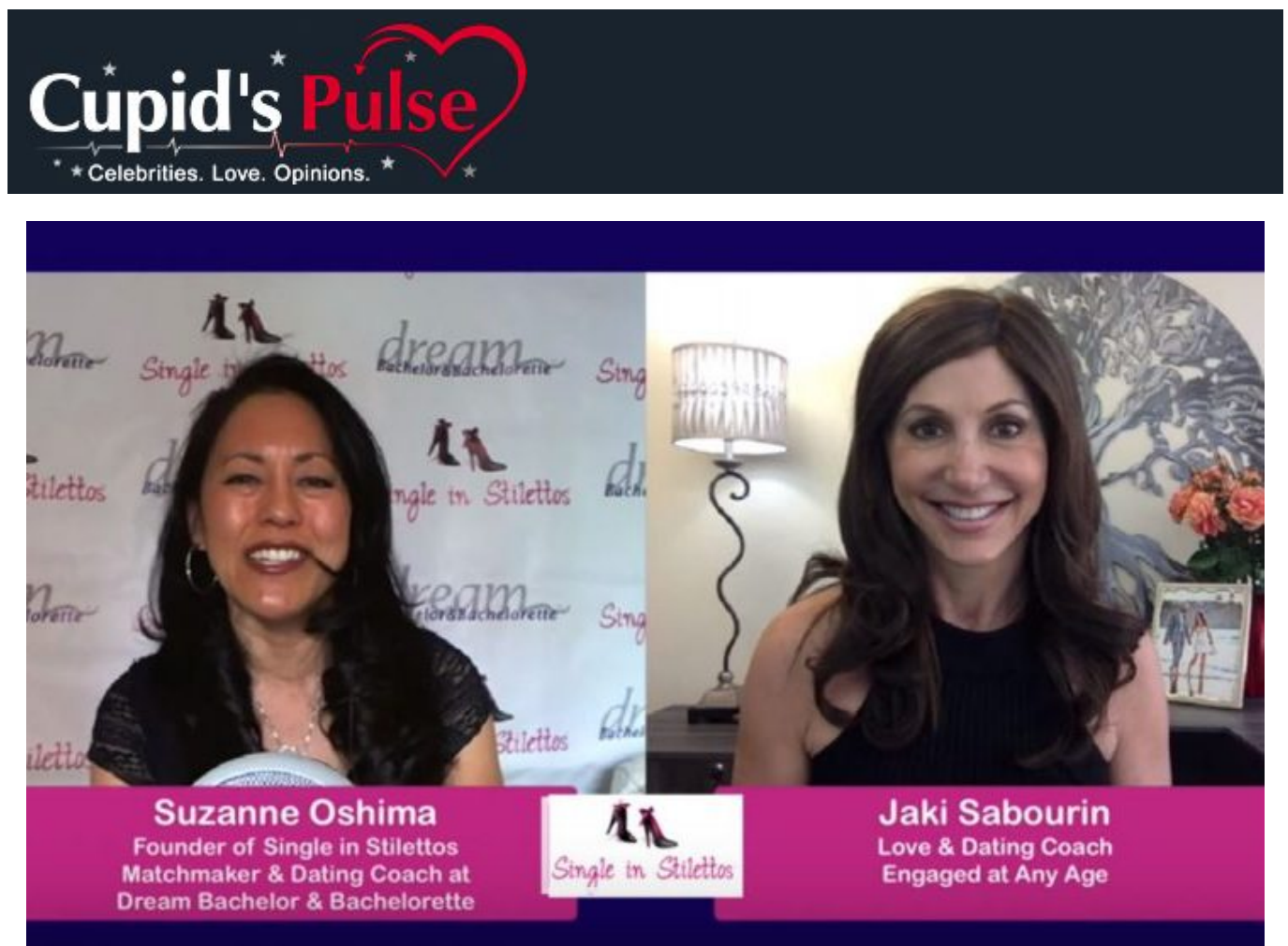
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# Dating Advice: How Long Will It Take Until I Finally Meet

# The One?



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Arica Angelo to offer their best [dating advice](#) on how long it should take for you to meet "the one." Learn how you can improve your chances at finding love with the following dating tips!

## Dating Advice That Will Help You Find Your "One"

**1. Pay attention.** Look at the people around you. Don't rely on dating apps to find someone, it distracts you from people you see in your daily life. Pay attention and observe the relationships around you- you never know who is nearby

checking you out. Sometimes your lover is the guy you kept in your friends circle.

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**2. Be thankful.** Appreciate the dates you do have. Don't be negative and complain about what your date didn't do right. If you have frequent dates, you should be grateful for that. You're spending time with someone who's interested in you and you're connecting with them. That's a beautiful moment, be thankful for it.

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**3. Find focus.** Determine what kind of love you want and stick to it. Don't settle for less or let your circumstances affect your dating life. Be careful though, your desires could be too rigid; a list can write off eligible candidates. Make sure the qualities you want in a partner stem from love and not fear.

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# Dating Advice: How to Meet Men if You're Shy!







On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Thomas Edwards, Jr. to offer their best [dating advice](#) for those shy girls who want to meet someone new. Learn how you improve your love life and become more outgoing with the following dating tips!

## Dating Advice That Will Help You Meet a Guy Even If You're Shy

**1. Stand out.** Wear something that is unique. It can be a cute accessory, a bright dress, or an intricate hairstyle. If you have something on your person that looks nice, it can serve as a conversation piece and help you meet someone. Stay away from black also, that's a "blend in" color.

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**2. Go for hobbies.** If you're a shy person, try picking out special-interest activities. This way you'll be able to meet

people who have the same hobbies and aspirations as you. Not only will you be surrounded by like-minded people, but you'll also feel comfortable having conversations you're knowledgeable on.

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**3. Start early.** If you wait until nighttime to go outside and date, you'll end up competing with others doing the same exact thing as you. So start earlier in the day if you want to increase your chances in meeting someone. This is also great practice if you're a shy person that's nervous about competing.

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## Dating Advice: 3 Ways You're Sabotaging Yourself at Finding Love





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 those who want to improve their love life. Learn how you might be sabotaging your chances of finding love with the following dating tips!

## Dating Advice That Will Improve Your Chances At Finding Love

**1. Limiting beliefs.** Don't let your mind cast doubt. If you let negative thoughts and fears take over, you'll ruin your chances at a relationship. Ignore those limiting beliefs if you want to move forward and find someone who will love you.

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**2. Get support.** Ask someone you trust for help. If your dating methods aren't working, don't keep practicing them in hopes one day you'll have a better result. Reach out to a friend and

ask them to provide you constructive feedback.

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**3. Advocate for yourself.** Create opportunities where you can meet someone . Finding love takes effort. A good relationship isn't just going to land in your lap. You need to work for it, so don't be afraid to put yourself out there.

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## Relationship Advice: When The Person You Love Suffers From An Anxiety Disorder





By Amy Osmond Cook for [Divorce Support Center](#)

This time of year is filled with holiday magic and festive gatherings with friends and family. But for many, the holidays ignite staggering levels of anxiety that paralyzes the sufferer with fear. Celebrities such as Emma Stone, Oprah Winfrey, and Jennifer Lawrence have been candid about their struggles with anxiety disorder while balancing public life. The road hasn't been easy. "The first time I had a panic attack, I was sitting at my friend's house, I thought the house was burning down," said Stone. "I called my mom, and she brought me home. For the next year, it just would not stop." How can you create a feeling of normalcy with your partner when the circumstances are far from typical? "For the majority of our residents, the holiday season brings family together and cheerful memories of Christmases past. But for some, this time of year brings on higher levels of anxiety and depression," said Mark Hymas, executive director of Copper Ridge Health Care. "We watch for changes in behavior and initiate conversations where we can talk about his or her feelings and find a solution that can best help during this stressful time of year." If anxiety is a large part of your

relationship, here are three pieces of [relationship advice](#) to understand when the person you love suffers from an anxiety disorder.

## Relationship Advice For Those Who Know Anxiety Sufferers

**1. Their anxiety disorder makes them tired.** Some people view their role as they are the one worrying about their loved one's anxiety and trying to find solutions while their partner sleeps and doesn't seem to think about it. In reality, nothing could be further from the truth. "I still do get terribly nervous, and that's partly due to the fact I think too much and over-analyze things," said Amanda Seyfried. Anxiety sufferers think about their situation – a lot. "Anxiety is naturally tiring," said Ryan Rivera, relationship expert and founder of CalmClinic.com. "Anxiety can essentially cause both low and high levels of fatigue, and leave you feeling incredibly drained." Rivera added that tiredness is much easier to prevent than it is to stop. "That's why you need to take steps to start controlling your anxiety better," he said. "The less intense your anxiety is, the less tired you should feel." This year, limit your attendance to gatherings that are meaningful or more intimate with close friends and family.

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**2. They don't like being around their anxiety, either.** Like most people, anxiety sufferers don't want to be defined by their anxiety disorder. "If you truly want to be supportive of someone with anxiety, remind them that you appreciate the individual behind the anxiety," said contributor Jake Mcspirit. "Recognize that they are more than just their anxiety." Anxiety sufferers understand that their behavior is irrational, and they feel frustrated by seeing their

irrational responses. It doesn't help to point them out. "What they need is compassion, understanding, and support," said Mcspirit. "Very rarely do they need advice on how irrational and pointless is their anxiety."

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**3. Partners can be part of the solution.** Most partners are unsure of the best way they can offer support to their loved one. Although living with anxiety disorder can be overwhelming, The Anxiety and Depression Association of America encourages partners of those suffering from anxiety disorder to play an active role in treatment. "In one approach, a mental health professional enlists the partner as a co-therapist," said the ADAA experts. "With training, the partner can assist the patient with homework assigned by the therapist. This might involve accompanying the patient into anxiety-producing situations and providing encouragement to stay in the situation by using anxiety-reduction techniques." ADAA recommends setting specific goals that challenge the loved one to progress through different levels then be sure to note the progress.

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

If someone you love suffers from anxiety disorder, ensure all is truly calm and bright this time of year by recognizing the physical toll these emotions create for your loved one. Take time to understand the frustration behind their responses, and appreciate your role in the solution. With support and encouragement, your partner will share in your joy during what can be considered one of the most cheerful times of year.

*For more information about and articles by our Hope After Divorce relationship experts, click [here](#).*

# Dating Advice: 3 Online Dating Trends to Watch Out For In the New Year



By [Joshua Pompey](#)

The New Year is upon us. And for some of us, this means a symbolic fresh start. Especially in the world of online dating. But before you start firing up those dating sites again, take a moment to note these three new trends that are emerging in the online dating world, and the [dating tips](#) that will help you avoid relationship problems.



# Dating Advice That You Should Try Out In 2017

**1. The emergence of the dating apps:** From my observations as a relationship expert, dating apps are quickly becoming a dominant presence in the online dating world. With the ability to swipe left and right for the perfect match, singles all over the world are flocking to the convenience that these apps offer. But with progress always comes a price. Dating apps are also filled with members who are flaky, have short attention spans, and members who are simply looking for a hook up. Enjoy the convenience if you wish, but if you are looking for a serious relationship, this might not be the most effective road to go down.

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**2. Online dating exhaustion:** With the emergence of the online dating app, dating fatigue is also in full effect. Sometimes having too many options can create the paradox of choice, leading to a multitude of conversations and “matches” that never actually lead anywhere. Users constantly become distracted by the “next best profile” and this eventually leads to complete exhaustion and the urge to quit online dating. The solution? My dating advice, If you engage in online dating apps, stay focused and stop swiping until a few of the conversations you are already in lead to an actual date. If those dates don't work out, then you can resume swiping again.

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

**3. Pick up the response rate:** Once upon a time emailing someone back once a day or every other day was more than sufficient. In fact, responding to someone's emails more than once every other day would run the risk of making you appear

desperate. But not anymore. These days, attention spans are shorter than they ever have been and if you don't stay prominent in the other person's life, you run the risk of him or her flaking. Make sure you respond at least once a day, and if you can, twice a day. As a rule of thumb, try to mirror that patterns and speeds at which the other person is engaging you. If they are quick on the trigger and you are interested, don't leave them hanging too long.

*For more information, you can visit Joshua Pompey's [home page](#) for free advice and services.*

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## **Dating Advice: Revive Your Love Life & New Year's Resolution By Losing Weight, And Keeping It Off!**





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to fitness and relationship expert Tracy Campoli to offer their best [dating advice](#) for those who want to improve their health and love life. Learn how to live up to your New Year's weight loss resolutions and keep the pounds off with the following dating tips!

## Dating Advice That Will Help You Achieve Your Weight Loss Goals

**1. Get clear.** Don't just say you want to lose weight and never mention it again. You need to be clear about what exactly you want and how you'll feel when you achieve your goal. If you can visualize what it would be like when you've lost the weight, then you're in a good mindset to pursue your actual weight loss journey. Start from a place of success instead of making it a daunting task.

**Related Link:** [Dating Advice: Think of Your Mind, Body, & Food When Out On Dates](#)

**2. Create a strategy.** Stay away from the word “try,” you need to say you’ll “do”- and create a plan accordingly. In business, people create a clear plan and support system, and they need to implement the same for their weight loss goals. You won’t be able to shed the pounds if you don’t have any structure. Consistency is key! It’s the only way you’ll get your dream body after all.

**Related Link:** [Single in Stilettos Show: How to Get Into Shape for Dating](#)

**3. Make it your lifestyle.** The best way to lose weight and keep it off is to turn your diet and workout routine into a lifestyle. The pounds will creep back on if you don’t implement these changes into your daily life. They don’t have to be drastic changes, they just have to be sustainable. Your body will thank you in the future.

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## **Celebrity Couple Predictions: Ariel Winter, Bradley Cooper and David Foster**





By [Shoshi](#)

In the latest celebrity news, three famous couples have caught the public's attention. One of which is new celebrity couple is stepping out in young Hollywood, while a more seasoned couple is prepping for a celebrity baby, and another is just getting things started. . But who's stepping out this time around hand in hand? Join me as I look into the crystal ball of relationships and love. Below, I share my predictions for these [celebrity couples](#).

## Celebrity Couple Predictions: Celebrity Relationships That May or May Not Last

**Ariel Winter and Levi Meaden:** Looks like there's a hot young couple alert, because Ariel Winter and Levi Meaden have stepped out on the red carpet together making their celebrity relationship official after months of speculation. Winter is very smitten with Meadan, though it's not hard to blame her.

He's cute, tall, and he's quite charming. She's a great catch as well. Both of them want to experience a fun, yet respectful relationship. Winter has no time for childish men. Being wise beyond her years makes it a bit difficult for her to find man that she connects with. That's where Meaden comes in. He has no problem with a smart woman whose fiery so they are a good match. Fun is the theme of this celebrity couple and they may even learn a thing or two about love. After Meaden, Winter will end up dating an older man.

**Related Link:** [New Celebrity Couple Ariel Winter & Boyfriend Levi Meaden Make Red Carpet Debut](#)

**Bradley Cooper and Irina Shayk:** With a baby on the way and rumors swirling, Cooper and Shayk have everyone wondering if they are engaged. Shayk has a new mystery ring on her finger. But since she hasn't had the baby yet, it's safe to say that it's probably not a push gift. My psychic senses say that they plan to have a secret celebrity wedding to seal the deal. Cooper is all about family and he thinks it's time for him to settle down now that a baby is on the way. He wants to give married life a try since he's seen it work for other longtime Hollywood bachelors. Babies bring about happiness and emotions so it's a wonderful time for Cooper and Shayk. While I would love to say it will be all unicorns and rainbows for these two, that's not the case. They are a bit like a roller coaster. There's a lot of up and down. Right now things are up due to the excitement of the baby. There needs to be a discussion about that each one of them wants in a marriage or they will last about three years tops.

**Related Link:** [Celebrity Baby: Bradley Cooper Is Spotted on a Run Post Girlfriend's Pregnancy Reveal](#)

**David Foster and Christie Brinkley:** Looks like David Foster and Christie Brinkley are spending some quality time together. Actually it's more like there's been one date or two. However with celebrities, one date could mean an engagement in two

months. It's safe to say that Foster has a thing for models since some of his ex-wives were models or beauty queens. While Brinkley seems to like a man with some musical talent since her longest marriage was to singer Billy Joel. This isn't Foster or Brinkley's first time at the rodeo, both of them have a lot of relationships under their belt. If they get married it will be the fifth wedding between each. Maybe the fifth time's the charm? Hold up on the celebrity wedding invitations. This relationship is simply two good looking, age-appropriate people enjoying each other. Marriage does not look like it's in the cards. That is not to say that this romance won't last. It's always nice to have a "maintenance person" on speed dial when one is looking for love. I predict that we won't ever know all the details of their romance, they will keep us guessing.

**Related Link:** [Yolanda Foster Files for Celebrity Divorce from David Foster](#)

*For more information on Shoshi click [here](#).*

**What celebrity couples do you want to see predictions for next? Tell us in the comments below!**

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## **Dating Advice: 3 Signs He's Not Into You!**





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Nick Karson to offer their [dating advice](#) for those who want to improve their dating life. Learn how to determine whether or not your partner is into you.

## Dating Advice That Will Help You Figure Out If He's Into You

**1. Look out for low energy.** Keep an eye out for your date's pupil dilation. The pupil gets larger when person is excited, which is biological response that can't be faked. So look out for this telltale sign along with lackluster energy. If your date isn't going out their way to be nice or impress you then they just aren't into you.

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**2. If you have to initiate contact.** It's very uncommon for a man who is interested in a woman to not reach out. So if he



isn't calling or texting you at all then that's a huge sign that you're not the one for him. Or he should at least make himself available to you if he seems to not be a chatty type of guy.

**Related Link:** [Dating Advice: 3 Types of Women Men Avoid](#)

**3. Check his attitude.** Make sure to observe how he treats you when you're both around different people. If he doesn't wrap his arm around you or show some kind of affection in front of people then he might not care about you as deeply. Men like to show off the women who are important to them, so take note of how he introduces you too.

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# Dating Advice: We Just Started Seeing Each Other, Should I Get Them A Christmas Gift?





By [David Wygant](#)

*'Tis the season to spend a lot of money, fa la la la la, la la la la.*

You just started dating somebody. You're getting to know them. So the big question is, what do you get them for Christmas? As a relationship expert, the greatest thing in the world is meeting somebody between Thanksgiving and Christmas because you literally are the gift. If you think about it, what have both of you been craving the entire year? Meeting somebody who is absolutely amazing and crazy about! So isn't that enough of a gift when it comes down to exchanging something this holiday year? If you still think you should do something special for your new partner, then follow my holiday gift related [dating advice](#).

## Dating Advice On Whether Or Not To Get Your New Partner Gifts This

# Holiday

So follow me on this one. The gift you give them is something that the both of you can do together because you came together during the holidays. So you need to do something that is going to be fun for the two of you to experience. Ask yourself a few questions: What do they like to do? What type of music do they like? Is there a restaurant that they love? Is there a place that they wanted to go for a little overnight trip? Is there a sporting event that they've been wanting to go see?

**Related Link:** [The Best Holiday Gift for Your Man](#)

Think of something that the two of you can do together and either buy tickets, book a little hotel room, or make a reservation. That, to me, is what this time of year is all about. It's about bonding. Connecting. And it's not about the physical gift at all. So if you're dating somebody and you just started dating them, do something that the two of you can experience and enjoy together! That is the best gift that you could possibly give them. The most important part of this brand new relationship is to continue to connect and get to know one and each other.

**Related Link:** [Relationship Advice: 10 Holiday Date Ideas For Long Time Couples](#)

In Los Angeles there's an island called Catalina, where you can get tickets to take the ferry over. Just imagine what a perfect date night that could be if I was just starting to see somebody during the holiday season. I could take them to Catalina, a place where we'd walk around and have lunch or dinner. And while you're going to be doing something different from my hypothetical Catalina date; you should try to do an activity that's unique and bonds you both. And there's nothing better than buying each other a little trinket from that adventure. If their eyes light up when they see a

certain t-shirt because it reminds them of when they were a kid. Or if it's a woman, and she sees a little bracelet that's really inexpensive, get it for her. It's something that will remind her of the first Christmas the two of you spent together. Taking actions such as these are cute and adorable things that will trigger the emotions of a great first holiday, and romance that will hopefully turn into something unforgettable.

Keeping it simple, and keeping it together is what this is all about. You've already delivered the best Christmas gift each of you can give: you became each person's best person you dated all year. So cap it all off by spending some time together and trying out these few dating tips.

*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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## **Relationship Advice: Love At First Sight From a Guy's Perspective**





By [Robert Manni](#)

Although some argue against it, there are studies that show the phenomenon known as “love at first sight” is possible. Partially because we are all connected at a spiritual level, it can be argued that people can actually “know” someone almost instantly, including if they are a good fit for them. But others say that we need to know someone through their actions first before truly falling in love. I think a combination of those intense beginning feelings and the gradual reveal of the person melding with those passionate first impressions makes a case for love at first sight. Remember, modern dating and relationships can be tricky, so heed the following [relationship advice](#) on taking additional steps to validate our initial reactions saves yourself from heartache later.

**Relationship advice for guys on, “Love at first sight.” Does it**

# exist?

It's no surprise that men are more visually stimulated than women when it comes to attraction. Frequently, men mistake "lust" or "infatuation at first sight" for love, only to have buyer's remorse when the woman does not live up to their fantasies. But, there is a silver lining. Both men and women can experience love at first sight— it just might not be exactly what they expected. The discussions I've had with women on this topic reveal that for them, love at first sight is more of a process with layers that unfold quickly. Although they may not get an overpowering visceral reaction to a guy instantaneously; what he says, how he looks, his energy, confidence, and how she feels around him all create the possibility for love. This process occurs rapidly in a case of "love at first sight," and can also work for a guy, especially if he has created the space in his heart for new love while also taking the time to look beyond a woman's looks. That's how it happened when I met the woman who became my wife. On the relationship advice of her sister, she signed up for a three-day trial on a popular dating site. She posted a late night selfie without any makeup and winked at me because she liked what I had written on my profile. At the time I'd been happily dating up a storm online and was going to take a pass. But, there was a beautiful simplicity about her in that photo, and especially in her eyes. I studied her face and then re-read her profile. Hers was more of a "hey, this is what I've been doing," instead of the many packaged profiles I'd seen that were built to sell. So, I decided to write back.

**Related Link:** [Relationship Advice: The Guy's Guide to Dating Like a Man](#)

After a few short emails we agreed to have a date night. We met at the corner of West 79th and Broadway in Manhattan. I arrived first and climbed the steps of a church so I could

keep my eyes out for her. When I looked across the street the first person I laid eyes on was a very pretty lady in a green and white summer dress. I knew this was her, and I could not take my eyes off of her as she gracefully approached the church. I was pleasantly surprised because she was even better looking in person than in the photo she'd posted online. I met her halfway as she crossed the street and without thinking hugged her. She reciprocated with a curious smile. As we walked towards the 79th Boat Basin, I took her hand and she accepted mine with a welcoming clasp. All of this felt very natural. Was it love at first sight? Maybe. It sure was a nice beginning. When we sat down to eat she mentioned that she was a vegetarian. I wanted a cheeseburger, but for some reason when I heard this, I ordered something else. Afterwards we walked hand in hand along Riverside Park. When we stopped to sit on a bench, a former online date of mine roller-bladed past us. For some reason I took this as a sign that the woman on her blades was my past and the woman beside me was my present and future. And, I have not eaten meat since that day. Was it love at first sight?

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My wife and I have been happily married for six years now and are the proud parents of a wonderful little boy. So is love at first sight possible for men? At least that's how it worked for me. As a relationship expert, this is how I advise readers of my blog and listeners of my radio podcast when they ask questions. With so many wonderful available women looking for a good guy, it's never been a better time to be a man. But to make the most of this opportunity, guys need to follow dating tips that make room for love, and take a little bit of extra time to look beyond a woman's exterior and into her heart.

*Robert is the author of The Guy' Guy's Guide To Love, a novel praised as the "Men's successor to Sex and the City." Robert's website, RobertManni.com, features his syndicated*

*blog, media appearances and other projects.*

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# Dating Advice: Best Online Dating Photo Tips



On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Wendy Newman to offer their [dating advice](#) for those who want to improve their online dating profile photos. Learn how to attract a quality partner through your online dating profiles with the following dating tips.



# Dating Advice On Taking Your Best Profile Photo

**1. Do it for you.** Get comfortable and take photos of yourself that look simple and natural. Don't have anything in your profile photo that distracts from the message that you're looking for someone. Also avoid posting group photos as a main way to represent yourself, it gets confusing.

**Related Link:** [Author Wendy Newman Shares the Relationship and Love Advice She Learned After 121\(!\) First Dates](#)

**2. Know what you're showing.** You only have a few photos to show who you really are. Be aware of what you're showcasing, and try to provide a variety. If you only upload photos where you're out drinking or working out, a person online will think that's all you care about and that you don't have other interests. It's a sure way to get yourself overlooked.

**Related Link:** [Dating Advice: Don't Be a Rules Girl!](#)

**3. Have a full body shot.** You want to show what you really look like. Avoid taking shots that misrepresent how your body naturally appears. Be comfortable in your own body and be yourself. Let your potential date choose whether or not they want to meet you based on how you look. It avoids awkward in-person interactions in the future.

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# Dating Advice: Is It Possible To Find Love After 40?



On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert David Steele to offer their [dating advice](#) for those who are looking for love later in life. Learn how to attract a quality partner that's worthy of your time with the following dating tips.

## Dating Advice For Those Single Over 40

- 1. Go for it.** Don't discourage yourself by saying it's too late for you. Pursue a relationship believing you're good

enough. Take a risk and go out of your comfort zone to find love. Since so many older in age refrain from entering the dating pool, your chances in finding someone increases with the few who are also looking.

**Related Link:** [Dating Advice: Why Do I Attract The Wrong Men?](#)

**2. Analyze your thinking.** You might believe you're alright on your own, and that may be true. But if you find yourself desiring companionship or feel that you're missing something in your life, then a relationship might be what you need. If you decide to start dating again then you need to change your mindset a bit.

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**3. Ask for more.** If you end up getting lucky and find someone that you really like, don't be afraid to ask for more. At this age you shouldn't deprive yourself from the joy that stems from affection. Just remind yourself of how you weren't afraid to ask for the things that made you happy when you were younger. The same applies at 40 and over!

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# Dating Advice: I'm Never Single. Is it Bad to Go From

# One Relationship to the Next?



**Suzanne Oshima**  
Founder of Single in Stilettos  
Matchmaker & Dating Coach at  
Dream Bachelor & Bachelorette



**Jaki Sabourin**  
Love & Dating Coach  
Engaged at Any Age

By [Joshua Pompey](#)

There's no doubt that single life can be a bit unsettling at times. In this day and age of swiping left and right- where sexual deviants and creepy singles are running rampant, sometimes the mere thought of staying single for a few months can feel like an eternity. And I'm sure with the emails some of you women receive on a daily basis on dating websites, it's a wonder that some of you are even able to maintain faith in the prospect of a relationship. So when a nice guy comes along as a potential partner, I can't blame you for wanting to dive right in. Great men are scarce, so why not jump at the opportunity when you see one right? As a relationship expert and matchmaker, I need to caution you that there's a problem with this. Jumping from relationship to relationship without ever exploring the single world, it's nearly impossible to

learn who you are and what your needs are. Therefore, you're placing the need *for* a relationship over your ultimate needs *in* a relationship. And this can become very problematic down the road. If you don't want this to happen to you, take note of the following [dating advice](#).

## Dating Advice For Those Who Are Never Single

When I think of those who are always jumping from relationship to relationship, I always think of a former friend of mine who I unfortunately lost touch with a few years back. For the sake of this article, let's just refer to her as Jessica. Jessica was an extremely funny, extremely attractive, and an all-around quality catch. Why didn't I ever date her? Well, truth be told, I never even had the chance to try. Jessica had spent pretty much her entire adult life in a relationship. After breaking up with her boyfriend of four years slightly after college, she was single for another two weeks before entering another relationship that lasted four years, and then waited another two weeks before meeting the man she ultimately married.

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

Happy ending right? Well, it depends on the way you look at it. Truth be told, every single man she was ever with, including her husband, were good guys. They were nice, respectful, and never really did anything bad to her. At least that was the perspective my friends and I had from the outside. But at the same time, they never really seemed to have much in common. There was never any spark. Never any magic. Nothing that made you look at her past boyfriends or her now husband and say, 'Wow, they are great together!' It was always just two nice people that happened to find each other, got along, and continued onwards in that manner. Is she

happy to this day? This is a question I can't answer for certain. I guess if someone *thinks* he or she is happy that's all that matters right? But as a matchmaker I ask the more important question, which is how much *happier* could she have been if she truly dedicated herself to finding a *great* match and not just an *acceptable* match all her life?

**Related Link:** [Relationship Advice: How To Handle Single-Shaming](#)

My point is, finding someone who is nice or that you get along with isn't good enough. Nor is jumping from relationship to relationship with a person who doesn't treat you well or with the respect you deserve. Finding the right person is a process that takes time, dedication, and the ability to understand who you are and what your needs are. And the only way to truly figure out your needs is by being single, dating around a bit, and learning about yourself. So have fun being single for a bit and take your time out there with the dating tips I've provided. You never know, you just might enjoy it!

*For more information from Joshua Pompey, visit [Next Evolution Matchmaking](#), where you can learn how he is changing the landscaping of traditional matchmaking. Learn more [here!](#)*

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## Dating Advice: Best Body Language Tips





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Robyn Hatcher to offer their [dating advice](#) for those who need help in communicating through body language. Learn how to effectively get your message across without words in the following dating tips.

## Dating Advice For Those Who Want To Communicate With Their Body

**1. First impressions are key.** A first impression is important because it helps people determine whether or not they can trust you. So the first few minutes you spend with someone are crucial! A good first impression starts with openness and vulnerability, so don't obstruct your torso with crossed arms or excessive clothing, or else it will look like you have something to hide. Another great way to show vulnerability is by exposing your neck while you're interacting. In other words, leave the scarf at home!

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## First Impression

**2. Be aware of your voice.** Take note of how you sound when you speak. The pitch of your voice can either be helpful or detrimental when you're trying to date. A deeper voice is often seen as more confident, whereas a higher pitched voice can be interpreted as "weak" or "needy." If you struggle with your pitch, voice lessons might be beneficial. But of course, keep in mind that all people have their preferences. You don't have to change your voice if you don't want to, just find someone who appreciates that quality.

**Related Link:** [Dating Advice: How To Attract A Man Through Your Body Language](#)

**3. Look at other people's body language.** Not only should you be aware of your own body language, but you should keep an eye out for other people's as well. Is the person you're with leaning in? Are they making eye contact? Are their feet facing towards you or are they pointed at the door like they want to make a run for it? These are all things you should look out for in order to have a successful date.

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# Relationship Advice: From Website to First Sight





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

Dating in today's world is complicated since most people choose to make the first move from behind cellphone screens. With dating apps and social media sites that offer personal messaging options, you can reach anyone at any time. But when it comes time to finally meet the man from behind the screen, it can get scary really fast. How can you be so sure that he isn't faking it? As relationship experts, we understand that this is a nerve-wracking situation, but don't be too afraid because you might just miss out on a great catch! Follow our [relationship advice](#) to make sure you aren't getting catfished anytime soon.

## Relationship Advice For Those Who

# Want To Meet Their Online Crush

**1. Do a thorough background check.** Before taking the first leap of faith, you want to make sure you are definitely going to meet the person you think you're meeting. This might seem crazy, but your first step should be to Google him. See if any links come up for Facebook, Instagram or LinkedIn, and take a look at his profiles. This gives you an insight into both his personal and professional lives and gives you the assurance that he actually exists. If his profile says he works at a law firm but his Facebook says he's a bartender, you might want him to clarify this info before deciding to go on a [date night](#).

**2. Look for tagged pictures.** Make sure he's tagged in pictures from friends and family, and that these pictures are from multiple events. If he only has pictures of himself, chances are he stole the pictures from another person and is catfishing you. It's much easier to copycat pictures that someone uploaded of themselves than it is to take pictures from others' profiles.

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**3. Make sure you're talking to the guy you see in the pictures.** Try talking on the phone with him, FaceTiming him, or maybe even using an app like Snapchat to catch a live picture of him before deciding to meet up. The more proof you have that he is the same guy, the more comfortable you're going to be when it's time to meet up.

**4. Pay attention to your interactions.** If he keeps rescheduling your first date or doesn't actually make any effort to go on a first date, chances are he's not who he says he is online. Try not to allow too much time between a cancelled and rescheduled date, or else you both may

lose interest altogether.

**Related Link:** [Dating Advice Q&A: How Can You Know If Someone is Being Honest Online?](#)

**5. Have an escape plan.** Just like any date, a date with an online match can easily turn sour quickly. The best dating advice we offer new online daters is to keep your first date short and sweet – maybe grab coffee instead of dinner. And make sure you tell a couple of friends where you will be so that they can keep tabs on the situation if he turns out to be someone other than the guy in the pics. If anything does go wrong, you will be able to remove yourself from the situation quickly.

**6. Once you've decided that you feel comfortable, go for it.** It's not uncommon for people to choose the online dating route. This means that there is a pretty good chance that the guy you are planning to meet is totally normal. Don't forget – you found him on a dating site, so if you think it's weird then maybe that's not the place for you to be looking for potential dates. If you've followed our relationship advice, are comfortable with everything he says and portrays online, then it's definitely time to try it out.

Happy swiping!

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

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# Expert Relationship Advice: You're in the Dog House...Now What?



By [David Wygant](#)

There's nothing like being in the doghouse. As a relationship expert, I can assure you it's the worst part of getting into a fight with a woman. Getting sent to the doghouse without our favorite toys is never any fun. The next time you're in the doghouse, make sure you bring your iPad or have your phone with you so you can sit there and play on your phone and text your friends to figure out exactly how to get out of the mess you're in. Sounds fun, doesn't it? Well, I've got a better idea. An idea that's based on something called communication and is a sure way to help you avoid future

relationship problems. So now with the following [relationship advice](#) let's try to do things differently and stay out of the doghouse.

## Relationship Advice To Get Out Of The Doghouse

As with most dating advice that's given, communication is the most crucial key to any relationship. However, there's another important key to having a great relationship, and that is ownership. When you learn how take ownership of something, you'll no longer be in the doghouse. I truly believe that fighting can be avoided in any relationship, as long as you have open communication and take responsibility for all your actions. When you stop blaming the other person or stop getting triggered by what they're doing, you're going to be more in the present moment, so that when a fight happens, you'll be able to have fight management skills right away.

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I was once with a woman whose nickname was "Perfect." Whenever we fought, which was regularly, I would always get so frustrated with her. I was open to apologizing and hearing another viewpoint, but she was always focused on proving her side, twisting my words around, and making me feel like I was always the one at fault. I would tell her that she was blaming me and she would insist that she wasn't. She never took responsibility for anything! In the time I was with her, she said sorry maybe once, and we fought probably every two weeks about something. It's not in my personality to fight, but it sure was in her personality. She was looking for it; she craved it because she loved drama. So with her, I couldn't do a thing. But with most sane, rational people, I have learned the art of saying "I'm sorry," and you can too if you see my

relationship with Perfect as a cautionary tale.

Next time when you're in the doghouse, I want you to think about what happened or triggered inside you to go into the fight mode. I want you to clearly understand her point and listen to it carefully as you review the fight. I don't want you to come out of the doghouse if you're not keeping this relationship advice in mind. I want you to look at her and say, "Listen, I love you. I totally hear what you had to say the other day. I respect your feelings and the way you feel, and I understand that my actions may have triggered you to feel a certain way, and I apologize for that." It really is that simple. It's apologizing, talking with kindness, and making the other person know that you understand where they were coming from. It's what we all want, to be in a relationship where we are understood and heard.

*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 Types of Women Men Avoid





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Nick Karson to offer their [dating advice](#) for those who aren't having the best luck in the dating world. Learn whether or not you fall into one of the three types of women that men tend to avoid. Follow these dating tips to get your love life back on track.

## Dating Advice On Who Men Try To Avoid

**1. Being bossy.** Very few men find bossy or rude traits attractive. Men do like strong women, but not if she is self-centered and generally mean. There can't be a relationship if you're entitled and trying to rule everything. Mutual respect is always best.

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**2. Being needy.** Insecurity and constant calling is usually a red flag. If you can't allow a man to have space, then he will

most likely avoid a real relationship with you, especially if you're suspicious without reason. Being overly needing is overbearing. Take time to relax.

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**3. Being flirty.** Men don't like women who are always seeking compliments from others. Men are territorial, so be careful how you receive and react to attention. The experts dating advice: It's disrespectful to be flirty or be perceived as flirty with other people in front of your man. Don't do what you wouldn't like done to you if the roles were reversed!

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## Relationship Advice: Keeping The Fireworks In Your Relationship







By Amy Osmond Cook for [Divorce Support Center](#)

“I wanna know what love is. I want you to show me.” The rock band Foreigner made that desperate request thirty-two years ago, and we are still wondering about the answer today. With summer romance in full swing, many are looking for [relationship advice](#) on how they can keep the fireworks flying in a relationship that is worth protecting. A common truth behind some of today’s most enduring relationships is that it takes work to keep that spark alive, and these four dating tips will help ensure your love is a total blast.

## Relationship Advice On How To Keep The Spark Alive

**1. Keep dating.** Typically, a secure, committed relationship means we don’t have to pay close attention to it, right? Wrong! Relationship experts stress that just the opposite is true. Marriage counselor Michele Weiner-Davis says that many times her clients can’t recall the last time they spent any time alone together. “They are just not recognizing that

romantic time with one another is what a relationship should be about—it should not just be the icing on the cake,” she says.

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**2. Stay connected.** A healthy relationship needs to be nurtured. That means your significant other needs to be reminded regularly that you are his or her number one fan. By using today’s technology, you can drop a message to your main squeeze in any form. Be careful who is on the receiving end, however. [UsMagazine.com](#) reported on Kelly Ripa’s experience sending a photo of her toned behind to her husband, Mark Consuelos. Unfortunately, the photo made its way to her in-laws’ iPad instead. “My mother and father-in-law respond from their email and they’re like, ‘Dear Kelly, we are so proud of all your hard work,’ she said. ‘Your exercise classes are really paying off.’”

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**3. Stay interested.** When the relationship began, we wanted to know everything about our new love interest. As your relationship continues to progress and evolve, staying curious about what makes your partner tick keeps you both engaged in the relationship. “Romantic profundity embodies frequent acute occurrences of intense love over long periods of time, along with romantic experiences that meaningfully resonate in all dimensions, helping the individuals flourish and thrive in all dimensions of love,” wrote relationship expert Aaron Ben-Zeev, Ph.D. In other words, the best relationship advice to follow is recognizing and celebrating the new, positive discoveries with your partner which will keep things hot in the relationship.

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**4. Do whatever it takes.** When you have made up your mind that you are committed to this relationship, you will find the little things that often chip away at a marriage won't be a factor in yours. For example, actor Hugh Jackman and his wife, Deborra-Lee Furness, have made a promise to each other not to be apart for more than two weeks at a time. They have been together since 1996. The decision to stay committed early on will be the foundation when difficult times challenge the relationship. Since actor Dax Shepard opened up publicly about his personal struggles with addiction as a result of childhood abuse, his wife, Kristen Bell, has remained supportive of her husband and offers public support to others who live with mental illness and addiction. "Seeing the world through his eyes has really opened mine to knowing that it is a disease, and nobody is choosing to drink more than others. They are doing it because of a variety of reasons, and they deserve the attention of a mental health professional, and not the county jail or however else we're choosing to pretend we're fixing the problem," says Bell.

The secret dating advice behind a healthy relationship is that there is no secret. But it does require an understanding of what you want in a loving partner and an awareness of what you are willing to share. Then, by investing time in keeping private time a priority, being generous with loving gestures, staying curious about your partner, and being fully committed to the success of the relationship, you are destined for a lasting love that lights up the room.

*For more information about and articles by our Hope After Divorce relationship experts, click [here](#).*