

Expert Love Advice: How To Tackle That Nagging Seven-Year Itch



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

Can you remember the first time you were in love? Do you remember how the mere image of your partner took control of your thoughts? Your actions? Your view of the world? Life was vibrant and hopeful. Most of us can relate, but fast forward seven years, and the crowd thins a little. The intensity has dimmed or even disappeared long ago. Were we wrong about that person...or are we just incapable of maintaining a lasting [relationship and love](#)?

Relationship Expert Shares Love Advice On Seven-Year Itch

As a relationship expert, I know that there's some empirical truth behind the matrimonial seven-year itch. According to the US Census Bureau, statistics continually support this behavior pattern and offer a theory showing that, after seven years of marriage, most couples have raised their children and have realized they don't want to be around each other anymore.

Related Link: [Dating Advice: Create The Person You Want To Be](#)

In an article for *PsychologyToday*, author Dario Maestripieri, Ph.D., referred to the findings of anthropologist Helen Fisher. She theorized that humans may have a predisposition to being serial monogamists. This means that "people are socially bonded to one partner at a time but don't stick to the same partner their whole life." Instead, they switch from partner to partner. This often follows a four- to seven-year pattern.

So how do you explain those couples who defy the odds of statistics and anthropological patterns? What is it about the pair that remains together for 30-plus years that we could emulate in our own love life? Here is some expert love advice about what those enduring relationships have that yours may not:

1. The relationship is flexible: Most long-term goals need to adapt to endure, and the same holds true for long-term relationships. An article for eharmony.com warns of adhering to patterns that don't work or weaken a partnership. For example, if one or both of you start taking the other one for granted, if either or both of you adopt a condescending tone in communicating with your spouse, or if you start seeking comfort and support from someone other than your spouse, the healthy relationship can break down. "To help avoid long-term unhealthy side effects that can lead to the seven-year itch,

it's important to change those relationship-weakening patterns and habits," the article reads. "In doing so, you may discover what you love about each other and ultimately deepen the bond you share."

In an article for *PsychologyToday*, author Robert Taibbi, LCSW, stresses the importance of updating your vision. "What do you both envision in the next year, five years, or ten years? It's not so important what you say as you both have the ability to say it," he explains. "This is what will help you both narrow the gap between your daily life and your inner needs."

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2. Communication, communication, communication: Communication is a habit that should emerge during the early dating stages and continue throughout a marriage. Make it a habit to express your needs. Moreover, be sure to ask your partner what his or her needs consist of as well. This doesn't mean you'll always agree, but it will teach you how to handle conflicting views. In the eharmony.com article, we are reminded to expect bumps in the road. "The goal is not to avoid them at all costs but to understand how to navigate them in healthy, effective, loving ways," it says.

3. Partners choose happiness over the need to be right: It often comes down to choosing one or the other. Are you drawn to having the last word? Do you relish those opportunities when you have proven your partner wrong? Is defending your point of view worth taking it to the mat at every opportunity? If so, you may win the battle, but you are destined to be alone at the end of the war. "By letting go of the desire to always be right at any cost, you give yourself and your partner permission to enjoy life again," says eharmony.com. "A happy relationship AND less stress? Sounds like a win-win."

Problems will certainly make a regular appearance in your

relationship, whether motivated by self-serving strategies or not. In this case, long-term couples understand the importance of solving problems when they arise. They know that unresolved problems or unchecked behavior creates an unhappy environment. “It just becomes another land mine that you have to carefully walk around,” writes Taibbi. “If you’re always looking down at where you are stepping, you never can really look at each other.”

Related Link: [Romantic Relationship Advice: From Roadkill to Recommitment](#)

So how can one scratch that dreaded seven-year itch? Our relationship advice is to make sure your partnership is important to you. Expert love advice shows that, by maintaining flexibility, communicating, showing respect for your partner’s opinions, and handling conflict openly and with fairness, you can uphold the value of your relationship and enjoy an itchy-free future with the one you love.

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

Relationship Advice Video: Two Quick Ways To Figure Out If He’s The One





On this week's [Single in Stilettos](#) relationship advice video, dating expert Suzanne Oshima talks to [relationship author](#) Duana Welch about how to figure out if he's The One.

Related Link: [Relationship Advice Video: Do You Have to Be Happy Alone Before You Can Be Happy with a Man?](#)

Relationship Author Shares Love Advice On Figuring Out If He's The One

1. Look, lean, and listen: First, lean close to your date; then, look directly in their eyes; and lastly, listen to what they have to say. While you're doing these three things, ask him open-ended questions. According to this relationship advice video, this method completely disarms people because everyone wants someone who will listen to them.

The relationship author encourages you to ask *this* question: "You know, I've had some relationships that didn't work out, and I imagine you have as well. Can you tell me what your ex

would say when asked why you're not still together?"

2. Write a list of every single thing that you want in a life partner: Welch shares her love advice and says you need to write everything from the sublime to the ridiculous on the list. Then, divide it into must-haves (the shorter list) and put everything else on your wants.

When you go on a date, find creative ways to learn if there are any deal breakers. Look at dating as a job interview. You don't want to wait until you're already in love to ask those important questions!

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

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Dating Advice: What to Do When You're Not His Priority





By [David Wygant](#)

Are you a priority in your [relationship and love](#)? If not, you may need to step back and reconsider your romance. You seem to be making more excuses than he does: He's working too much; he's dealing with family issues. What you're doing is validating the fact that you're nothing more than a booty call for him. Shocking, right? Deep down, you probably already know this truth. Let's dig even deeper.

Relationship Expert Gives Dating Advice About Being A Priority

As a relationship expert, I'm going to confess something to you right now. I think my fellow men who read this article are going to be pissed at me when they do. A lot of them are going to lose out on some wonderful booty calls once this truth is exposed and out in the open.

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When I'm dating a woman, I prioritize her over everything. I was once in a relationship and love where I actually got invited to go see President Obama's inauguration. I got invited to mingle with the Washington D.C. elite, to schmooze with the most powerful people in the country. Here's the thing: The woman I was dating wasn't invited. She told me I needed to go because it's something she thought would be a blast for me – a once-in-a-lifetime experience. I went. After two days, I missed her so much, and I realized I wasn't enjoying the moment without her. So I changed flights, got on a plane, and surprised her by coming home. She was, at that time, my priority. My best piece of relationship advice is to find someone who will do that for you.

Whenever a man is in love, the woman he's dating becomes his main concern. When we fall in love, we can't wait to see you, no matter how much work we have on the table or how much our kids are screaming their heads off. No matter what we're going through, we will always make it important to be with you.

So if you're with a man who doesn't do that, he's probably constantly making up those famous "man excuses" – things like, "I'm really stressed about work right now," "I'm concentrating on building my business," "I've got too much on my plate right now," or "I enjoy the time we have together. Can we just keep things the way they are?"

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When a man does that, he's telling you that you're not what he really wants. He loves sleeping with you; he loves having sex with you; he loves hanging out with you...but he's just not willing to fully commit to you. Those are the cold, hard facts. When a man is stringing you along, and you're not at the top of his list, you need to have "the talk" and say something like, "We obviously want two different things. I want a relationship, and you want a once-a-week thing. Unless

you're willing to commit to me and spend more time together, I can't keep going down this path." The reason is, if you keep things as they are, your relationship will keep getting grayer and grayer and harder to define.

You see, most men don't want to give up that situation because they're getting what they want. And most men are so bad at finding women to have sex with them that they're not willing to give it up! They'll say anything to keep things the way they are.

My dating advice is simple: You need to cut him loose. You need to find a man who will make you his number one concern. When a man really falls for you, you'll be his priority no matter what. That's what you want, and that's what you deserve. Don't settle for anything less.

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

Dating Expert Gives Love Advice On When To Date After a Break-up





By [E!'s Famosly Single Dating Coach, Laurel House](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famosly Single* dating coach, [Laurel House](#) knows how important it is to jump back into the dating world after a break-up and the questions that come up after a break-up. "Getting back out there isn't always the purpose of getting into a relationship," the dating expert explains. "You need to be alone, focus on yourself, and move on in a healthy way. But going out, flirting, feeling sexy, and being picked up in the early post-break-up stage can show you that there truly are lots of fish in the sea."

Dating Expert From E!'s *Famosly Single* Talks About Dating After a Break-Up

In this week's relationship advice video post, the *Screwing*

the Rules dating expert shares the six steps that you should complete before you start dating again after a break-up:

Related Link: [Dating Expert Shares Number One Rule of Successful Online Dating](#)

1. Put an end to social media friendships: You don't want to see what your ex is up to. You don't want the temptation nor do you want to reach out. That means you might need to block them on Facebook and unfollow them on Instagram.

2. Write down the bad: It's way too easy to fantasize about the amazing moments you shared. Instead, remind yourself of all of the bad things. Write down a list of why you broke up in the first place and then read it whenever you need a reminder.

3. Refresh your look: It's time to make yourself feel attractive again. Get back into the gym. Get a facial. Do *something*. Just think it through before you dramatically alter your hairstyle!

Related Link: [Relationship Expert Shares Best Love Advice for How To Break Up Over Email](#)

4. Reconnect with yourself: Break-ups are all about bummers with benefits, so extract the good from the bad. Think about what lessons you learned, how you changed, and what you're going to do differently next time.

5. Explore your passions: Indulge in a class that you've always wanted to take. Join a group and go on hikes with like-minded people. Sign up for a cooking class and learn how to make Spanish tapas. You have time to spare now and maybe even some money, so start working on yourself again.

6. Stop crying and start online dating: This is a chance to window shop your future options. It also simultaneously keeps you busy late at night when you're feeling the most lonely,

sad, and tempted to reach out to your ex.

For more love advice from Laurel House, click [here](#).

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

When did you start dating again after a break-up? Tell us your story below!

Love Advice: How To Increase Your Chances Of Meeting The One





In this week's [relationship advice video](#), matchmaker and relationship expert Suzanne Oshima talks to dating coach Arica Angelo about how to increase your chances of meeting The One. Check out their best love advice in the video above!

Relationship Experts Discuss How To Increase Your Chances of Finding Love

Finding a relationship and love isn't always easy. With that thought in mind, dating experts believe that there are things you can do to actively attract the right person. Consider these three dating tips if you're ready to find your soul mate:

- 1. Pay attention to the people in front of you:** Instead of looking online or through an app, start to notice the people you see every day. Maybe it's time to ask out that guy from the coffee shop!

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2. Be thankful for the dates you do have: Show some gratitude for the dates that you're going on. Even if he's not the right man for you, you can still appreciate the time you spend together. Remember that you can learn something from everyone you meet!

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3. Give yourself permission to have the love you really desire: If you're clear about your wants and needs, then you'll be one step closer to finding your soul mate. Still, you don't want to make a long list of impossible expectations. You're trying to *attract* the right man, not *detract* the right man!

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

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

What's your best love advice for attracting The One? Tell us in the comments below!

Leading Non-Verbal Expert Shares Online Dating Love Advice



Interview by [Jared Sais](#). Written by [Rebecca White](#).

Relationships and love are not always easy to find, and in this day and age, many people turn to online dating as they search for that special someone. This approach can be extremely effective, but it's important to keep a few things in mind in order to increase your chance of finding The One. In our celebrity interview, Dr. Paul Ekman, an expert in non-verbal communication, shares his best [love advice](#) to help you get through a first date with someone you met online.

Dr. Paul Ekman Shares Love Advice For Online Dating

Before you even go on a date, chat with your potential partners on Skype or FaceTime. That way, you'll be able to tell if they're authentic from the get-go. You can

watch their facial expressions and hear their tone and pitch, gathering the non-verbal cues needed to get a better understanding of who they are. After all, you can't tell if they're lying via e-mail or text!

Related Link: [Love Advice: How To Tell If a Guy Likes You](#)

When it comes to your first date, Dr. Ekman's expert dating advice is simple: Be prepared to ask the right questions. He recommends that you find out the answers to these five questions below:

1. What do you like to do on vacation? If you can't travel together, you can't live together! Find out what your date likes to do for fun and see if you have any similar interests.

2. Why didn't your previous relationships and love work out? Really listen to how your date responds to this question and be on the lookout for any red flags. Of course, there are a few acceptable answers, like illness or death of a past lover and differing opinions about topics such as having kids or where to live.

3. Do you have a good relationship with the opposite sex parent? If the answer is no, they may look to you to fill that void. A bad relationship with any parent could cause issues in your love life, as they may have a skewed perspective of the family unit.

4. What is your online dating history? While this question isn't a necessity, it's helpful to know what sort of online dating success your date has had thus far. How long have they been looking for love online? How many dates have they been on?

Related Link: [Dating Expert Gives Five Body Language Cues to Look For on a First Date](#)

5. What type of relationship do you want? Asking this question on a first date will let you know if you should continue this particular romance. If you have different answers, then it's time to move on!

Besides these verbal questions, don't forget to look for classic non-verbal cues while you're on the first date. Is your date leaning towards you? Are their eyes dilated? Are they making eye contact with you? These are all positive signs! Dr. Ekman even has a training tool called micro expressions, which can help you learn how to read people. Be sure to keep this love advice in mind the next time you go on a first date.

What questions would you ask on a first date? Let us know by commenting below!

Expert Love Advice Q&A: When Do I Send A Friend Request After A First Date?





Question from Mandy G.: I went on a first date with a great guy this weekend, but we didn't make plans to see each other again. I want to connect with him on Facebook without seeming overeager. How soon can I send him a friend request?

Keep reading for [expert love advice](#) from our relationship experts!

Relationship Experts Discuss Facebook Friend Requests

[Suzanne K. Oshima, Matchmaker](#): My expert love advice is that sending a Facebook friend request after a first date is way too soon. When you send it prematurely, you run the risk of it being ignored, which will put you in an awkward situation. If he ignores your request, you may think he's not interested in you. But what it may really mean is that he's not ready to let you in to snoop through his personal life after just one date. Let's be honest: The first thing you will do is go through all his photos and posts to try to figure out what's up with his relationship and love life and if he's dating

anyone else! There's plenty of time to get to know him digitally, so wait until several dates in to send that friend request. Otherwise, you may find yourself un-friended from a guy that you just met!

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Paige Wyatt, Reality TV Star: Sending a new guy a friend request on Facebook is a lot simpler than you think. First, you must do a quick sweep of your own page. Make sure there's nothing embarrassing or off-putting posted on there. Don't forget to check your tagged photos! Then, send him a request. If he accepts within minutes (as people often do, thanks to the Facebook app), send him a quick message, something short and sweet to let him know you had a great time on your date. If he doesn't accept your request for a few days, don't automatically assume he's ignoring you. He may not be an avid Facebook user, and in that case, it's better to stay connected via text message instead.

Related Link: [Q&A: Should I Tell My Friend Her Crush Has Been Facebook Messaging Me?](#)

[Robert Manni, Guy's Guy](#): Although there is nothing wrong with sending him a friend request, look at the bigger picture. You just went on a date with this guy, and it sounds like you want to see him again. Although there are no set rules, ending a date without plans to reconnect is usually not a great sign. Consider this dating advice: If this guy wants to see you again, he will reach out soon. Adding him as a Facebook friend is a nice gesture, but I doubt it will do anything to stoke the romantic fires.

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.

How soon would you send a friend request after a first date?
Share your love advice with us in the comments below!

Relationship Expert Talks About Helping Kids Through Divorce



By Debbie Bartashius-Ceresa

Whose divorce is it? Perhaps this sounds like a strange question when talking about the Hilary Duff and Mike Comrie custody dispute or the battle of where Jodie Sweetin and Morty Coyle's little Beatrix will attend pre-school. But as a [relationship expert](#), I know that a divorce can cause many losses, especially for the children.

Relationship Expert on Losses of Divorce

There is truth that divorce is a family matter, but in the end, it's the couple who is ending their relationship and love together. The kids are merely in the midst of a war zone, and the damage to them can be immense. Divorce, like death, creates losses for everyone involved. Children can experience any or all of the following:

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1. Loss of expectations: We teach our children to love, trust, and be loyal to us. Children think that their family will always be together. Think about the many stories you've read to your kids; most of them have a family that stays together. Children are also exposed to the vows and commitments parents make to each other through movies and religion. Try to imagine how confused a child feels when they're told that their parents can no longer keep this pledge.

2. Loss of trust: Children have a difficult time dealing with the conflicting feelings of love and divorce. These emotions tend to cause the child to believe that their parents are distrustful.

3. Loss of familiarity and routines: A divorce sometimes causes a move from one home to another or a change of schools. Everything that was familiar and routine in the child's life

is disrupted.

4. Loss of safety: What makes you feel safe? Most of us feel stable when we are in our day-to-day routine and our comfort zone. Oftentimes, children caught in the battle lose their sense of safety.

Expert Love Advice For How To Help Your Child Through Your Divorce

As a relationship expert, I look at celebrity divorces, such as the Duff-Comrie and Sweetin-Coyle cases, and see that they create an awareness of how to understand the effect of break-ups on our children. My expert love advice, whether you're dealing with a divorce of your own or someone close to you, is to focus on the kids. The following can help your child:

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1. Don't "fix" feelings: Be there to listen to your child without trying to tell them how to feel. Every child is different and reacts to a divorce uniquely. The problem with emotions that are sad, negative, or painful is that we try to fix them. We don't try to change or fix good feelings. Remember that feelings are feelings.

2. Find a safe zone: Give your child a place to express any happy, sad, or painful emotions. You need to be able to listen, hear, and acknowledge their feelings. This safe zone also means not taking sides with the other parent.

3. Complete your own emotions: The world isn't perfect. Divorce happens. Every divorce is unique; your feelings are unique. Taking actions to complete your own emotions with your divorce will give you the ability to hear and listen to your children.

Debbie is a Certified Grief Recovery Specialist® and the author to the #1 bestselling memoir A Beautiful View, available on Amazon.com. A Beautiful View documents her journey through her husband's battle with cancer, which ultimately ended with his death. She has experienced grief firsthand and is well equipped to aid others in the recovery process, whether with death or divorce. For more information about Debbie and how to recover from your loss, please visit debbieceresa.com.

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

Dating Experts Give First Date Tips





On this week's [Single in Stilettos](#) show, matchmaker Suzanne Oshima and dating expert Des O'Connor discuss first date tips for women.

Relationship Advice Video Reveals First Date Tips

Women often go on a first date and expect to have a connection right away. However, that doesn't always happen. According to this [relationship advice video](#), these two dating experts believe that chemistry can grow over time. Don't decide if you'll go on a second date based on your initial feelings or lack thereof. If your date has potential, then plan a second date – you don't know where it will end up!

Related Link: [Why Are You Single? Dating Experts Answer That Dreaded Question](#)

As these relationship experts say, you need to have a plan in place when you go on a date. Make sure you don't talk too much

about yourself. Guys are turned off by that. Instead, ask questions and show an interest in what your date does. First dates are kind of like an interview process for a relationship and love, so make sure the date is interesting! When in doubt, just remember that you can't change a first impression.

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What first date tips do you have? Tell us in the comments below!

Relationship Expert Shares 8 Powerful Celebrity Women Who Will Change Your Life





By [Sandra Fidelis](#)

It's not easy balancing a successful career and a thriving relationship and love life. We, as modern women, have so much on our plates. The pressure of being a power player in the business world while maintaining a healthy relationship can be a big challenge. But as a [relationship expert](#), I know nothing is impossible.

Relationship Expert Shares How Powerful Celebrities Will Change Your Life

Related Link: [Relationship Expert Shares Must-Dos for Career Women](#)

The following ladies (some of the most powerful and successful women in the world) serve as great models for how to balance your work and relationship and love life. They show us the value of having both a great career and a thriving

partnership.

1. Zoe Saldana. The starlet recently made celebrity news over her announcement that her husband, Mark Perego, opted to take on her surname. The *Avatar* actress and her dedicated artist husband juggle successful careers. Now, they add family to the mix after the birth of their celebrity babies, twins Cy and Bowie.

2. Pink. The singer began dating her motocross racer husband Carey Hart in 2001. After briefly separating in 2003, they announced their celebrity engagement in 2005 and married in 2006. The famous couple separated again in 2008, but reconciled in 2010. They welcomed daughter Willow soon after. Pink travels the world balancing family, her music career and Carey's motocross team.

3. Ellen DeGeneres. She's Hollywood's darling and along with wife Portia DeRossi an advocate for the LGBT community. The celebrity couple is going strong and Ellen credits Portia with being someone who truly gets her, supports her and wants the best for her. As a relationship expert, I know that's what we all want in a partner.

4. Jennifer Aniston. Jennifer is like a fashionable, cool older sister. We've watched her go through a painful celebrity divorce and date Hollywood's most eligible bachelors. After finally settling down with fiancé Justin Theroux, Jennifer continues to be a power player in Hollywood. Her star has only continued to rise. Her range has expanded from a leading lady in romantic comedies to taking on more complex roles such as in her recent film *Cake*.

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5. Giselle Bundchen. Recently Giselle hung up her stilettos and announced that although she'll keep working in the modeling world, she won't be modeling for pay. Her hubby Tom

Brady posted a sweet message about her accomplishments and what an inspiration she is to him. Aww!

6. Angelina Jolie Pitt. Mrs. Jolie Pitt credits her hubby Brad Pitt with being her rock. He supported her through her recent health issues as well as her work behind the camera. The Hollywood couple raises six children together and makes managing two high-profile careers look easy.

7. Oprah. Oprah has always had a lot on her plate. These days, she's running her own network, interviewing newsmakers and attempting to raise the world's consciousness with her hit show *Super Soul Sunday*. She's managed to maintain a low-profile relationship with her spiritual partner of 28 years, Stedman Graham. That may very likely be the reason it has lasted as long as it has.

8. Beyoncé. Beyoncé is consistently featured on Forbes list of most powerful women in the world. She credits her relationship with husband Jay-Z with giving her the strength and confidence to be fearless in her career choices and endeavors.

Related Link: [How to Balance a New Relationship and Love Life with a Booming Career](#)

These women serve as great models for managing a hectic lifestyle while maintaining happy, thriving marriages and relationships. I know it may be difficult to compare your life to the women on this list (considering that all of them have access to assistance and support that most women only dream of having). These women have also figured out how to be the powerhouses that they are without intimidating and alienating their partners. This can certainly be a challenge for modern women. But these women have proven that you can have great love and a great career.

[Sandra Fidelis](#) is a relationship expert, best-selling author and speaker with a great talent for helping single women get off the dating merry-go-round and finally meet the right man.

Dating Expert Shares Number One Rule of Successful Online Dating



By [E!'s Famously Single Dating Coach, Laurel House](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) discusses the rules of online dating.

Dating Expert Laurel House, part of E!'s *'Famously Single'* Talks About Being Honest In Your Online Dating Profile

If you've ever tried online dating, then you know how hard it is to create the perfect profile. But don't worry, because relationship author and dating expert Laurel House shares her best love advice about the number one rule of successful online dating. "Make sure your online dating profile is honest!" she shares. In this week's relationship advice video, the dating expert will help you understand how to turn off the wrong partner while simultaneously turning on the right one.

Related Link: [Relationship Expert Shares Best Love Advice for How To Break Up Over Email](#)

The relationship expert believes that "the most essential but often ignored strategy when it comes to online dating is elimination." This means that you need to focus on turning people away who you would never be interested in to begin with. "You can try to narrow your reach within the preferences section, but many people don't actually look at those preferences," House shares. They also don't address some of the more important particulars, including the personality traits. If you have a sarcastic side, be sure to mention that! Honesty is the number one rule of online dating.

One of the benefits of online dating is that you are able to expand your reach, but you don't want to attract the wrong people. "You need to take a proactive approach," the dating expert says. "If you say you are a lover of the finer things in life, guys who can appreciate and afford those things will find that a turn on. Men who are turned off by a woman who likes expensive things will not contact you. And that's a good

thing.” At the end of the day, you want to find somebody who understands and shares your lifestyle preferences. “You’re not there to please everyone,” House says. “You’re there to weed out the ones who might take issue with elements of who you are and what they’re expectations are of you.”

For more relationship advice videos from House, click [here](#).

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What do you think the number one rule of online dating is? Tell us your story below!

Why Are You Single? Dating Experts Answer That Dreaded Question





In this relationship advice video, matchmaker and [relationship expert](#) Suzanne Oshima talks to relationship author Tinzley Bradford about how to answer the dreaded question, “Why are you single?”

Dating Experts Reveal How to Handle a Dreaded First Date Question

When you’re on a first date, the question about why you’re single is bound to come up. Dating experts say that this question will immediately bring down the energy of the date, and you’ll find yourself searching for the best way to answer it. So, here are some great tips to get past this dreaded question with confidence:

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1. Take a lighthearted attitude and use humor. The worst thing you can do is get defensive when someone asks you that

question on a date. Be lighthearted, laugh, and ask the question right back. After all, they're single, too!

2. Let them know that you don't want to be in a relationship for the sake of being in a relationship. Make sure your date knows that you want to find the right person to be part of your life; you don't want to be with just anyone.

3. Be honest and tell them you haven't had the chance to focus on a relationship until now. You can be honest and tell your date that dating hasn't been your priority because you've been busy with other things, like your career.

These dating experts say it's inevitable that you will get asked this question at some point, but it's important to not get insecure. Instead, use your sense of humor and put a positive spin on it. And then...you can change the subject to a topic that makes you feel more comfortable!

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

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Dating Expert Gives Five Body Language Cues to Look For on a First Date





By [Jared Sais](#)

First dates aren't always easy. If you ever find yourself wondering how a date went, then use my [expert love advice](#) to look for clues during the date. There are five main body language cues to consider: making eye contact, showing a real smile, leaning in, "peacocking," and using a flat palm on the chest.

Dating Expert Talks Body Language On a First Date

1. Making eye contact: Eye contact is the first non-verbal cue I look for because it is the gateway to truth and emotions. Your eyes smile. They love, they hate, and they lie. When you are on a first date, I would look for these four main eye movement cues:

a. Eye to eye contact: Eye to eye contact shows respect and a liking. We tend to hold eye contact (in American culture, that is) of people we like, respect, and find attractive.

b. Elevator eyes: Elevator eyes are when your date looks you up and down. It's a sign that they find you attractive, but it may also be a sign that your date wants you for only one thing. As a dating expert, I find this type of eye movement to be disrespectful.

c. Wandering eyes: This form of eye movement is a type of flirting with the outside community. It's checking out other people during a date with you. Now, I'm not saying your date should hold perfect, elongated, and constant eye contact. In fact, that would be weird and creepy. But if you constantly see your date not looking at you when you're speaking and doing elevator eyes at other women as they walk by, I would say that's a big red flag.

d. Dilation of pupils: This is a very good sign but extremely hard to spot. If you do spot their eyes dilating, that means that your date finds you attractive and likes the way you look.

Related Link: [Expert Dating Advice: Is He Going to Dump Me? Your Partner's Body Language Before a Break-Up](#)

2. Showing a real smile: Well, easy enough...or is it? As a dating expert, the smile is the second non-verbal cue I would look for on a first date. A real, true smile involves the entire face – from your eyes to your cheeks to your lips. If you see wrinkles on the corner of their eyes, that's a great sign. Those wrinkles are called crow's feet, and they're a big part of observing a true smile. Also, in a real smile, you will see the cheeks rise and puff up a bit. Finally, look at the mouth. If their teeth show or there is a big grin where the tips of the mouth raise up a lot, that too is a non-verbal cue of a genuine smile.

Here's the catch: You should see almost all of these things happen at once for it to be a real emotion of happiness. In a fake smile, only the mouth will move. You will rarely see any

movement in the eyes, and the cheeks may only move slightly.

3. Leaning in: When speaking with your date, take note if they are leaning in or leaning towards you. This non-verbal cue shows interest in what you're saying and/or that they're interested in you. If you notice they're leaning away from you, this would indicate that they're not interested, as they are creating distance between the two of you. Distance is one of the number one indicators of attraction. The closer you two are, the more they like you and feel comfortable in your presence.

Related Link: [Expert Dating Advice: How to Spot a Man Who Only Wants One Thing](#)

4. "Peacocking": Just like the bird, we too strut our stuff. There are four main ways we use this strategy when trying to impress someone:

a. Clothes: The clothes we wear can catch someone's eye, and we often use what we wear to impress others. A nice watch, that dress that fits like a glove, even those beautiful earrings are all used to capture the attention of that special someone.

b. Dramatic hand and body gestures: Non-verbal cues that are used to catch the attention of others can all fit into this category of "peacocking." Big hand gestures that take up a lot of space or flipping your hair are both ways people use their body to "peacock."

c. Space/dominance: Taking up more space than usual or using space to grab attention, like renting out a VIP table at your favorite bar, demonstrates a way to use space as a "look at me" tool to grab the attention of people.

d. Tone and pitch: How we speak and the tone we use can be a way to grab attention from others as well. Accents or even singing your favorite song at a karaoke bar are ways to use

tone and pitch to “peacock” to others.

5. Using a flat palm on the chest: This non-verbal cue is a sign of trust. When speaking with someone, if you see them make this hand gesture, they are being genuine and sincere. They are showing you trust and honesty. This is a non-verbal cue that can let you know the person you are with has let down their guard and is ready to open up to you. When you see this non-verbal cue, it would be nice if you reciprocated by opening up a bit to them as well. As a relationship expert, I’ve come to believe if the person you are with places their palm on your chest, that is one of the biggest compliments you can receive. It shows complete trust, loyalty, and love for you.

[Jared Sais](#) is the co-author of the website [The Non-Verbal Game](#), where you can find free downloadable content. He is a dating expert in non-verbal communication, who specializes in body language, micro-expressions, and lie deception as they relate to relationships and love.

Author Tamsen Fadal Talks New Book and Expert Love Advice: “Sometimes The Simplest Advice Is The Best Advice”





By [Rebecca White](#)

In Tamsen Fadal's newest book about love, titled *The New Single: Finding, Fixing, and Falling Back in Love with Yourself After a Break-up or Divorce*, the relationship expert discusses how hard it is when a relationship and love ends. With a realistic and proven game plan, the relationship author gives readers a road map to radiating confidence, taking better care of yourself inside and out- from career and finances, to home, health, and fitness- and gives [expert love advice](#) on how to survive a split and start over, 90 days at a time. In our exclusive author interview, Fadal opens up about her own divorce and shares wisdom that can inspire anyone to move on from heartbreak.

Relationship Author Discusses *The New Single*

Can you give us some background about the book and what the term "The New Single" means? How does this book differ from others like it out there?

I went through a divorce a few years ago. As I was coming out of it and trying to figure out where to start over again and who I was, I realized it's not only a new beginning for me; my divorce was a public divorce here in NYC and really all over the place. My ex-husband and I ran a matchmaking business, so it was interesting to people that the marriage didn't work out. Nevertheless, when I came out of my marriage and came into my divorce, I realized there's this whole new group of people out there that are a new version of single. It's different from days past- being single means something different because the world we live in is not the same anymore. It's fast-paced. We're dating online now. We're moving at speeds we've never moved before. And I needed different things to help me get through it. I didn't need a dating manual. I needed real life day-to-day advice.

I don't know that I've ever seen recipes and financial planning in a post-divorce or break up book. It's practical advice that I think is necessary for everybody. It's not just for somebody who feels like they're heartbroken. It is real advice for the world we live in today. We hit on a little bit of everything, because I think until you have balance and wholeness in your life, you can't do anything for anybody else.

What do you think will surprise readers most about it?

I think that there was this one line that everybody keeps going back to: sometimes the simplest advice is the best advice. There was an old colleague of mine that I had run into right after my divorce became public. I was embarrassed and I didn't want to see him (of course that's the person you always run into, right?). I walked in [to a party] and I thought, "Oh, no...he's just the last person I want to see." He put out his arms to hug me so I gave him one of those half-hearted hugs and smiles and he said, "I just want you to remember something. It's not going to be like this 365 days from now." I said, "I don't want it to be like this two hours from now,

what does that mean?" But, he was right and it hasn't been like that. It takes time to start over again and to rebuild and reinvent. I think that's what this book really teaches. The thing that surprises most people is how that simple advice has really helped so many.

Related Link: [Author Ellen McCarthy Discusses 'The Real Thing' About Relationships and Love: Find "Someone Who Appreciates Your Whole, Quirky, Imperfect, Wonderful Self"](#)

During the writing process did you have any profound moments or epiphanies about your own life that really shook you?

Yeah, I did. I realized at one point, when I had started to get back out there, that I was making some of the same mistakes I had early on. I call it turning your red flags to pink, which is making everything seem like it's okay and look really pretty when it isn't. I found I was doing that all over again as I started to date someone else. So, that was difficult for me. I think that at a couple points I realized that, as I was 43 and 44 while writing this book, it doesn't matter how old we get. If we don't start to change those habits then we will keep repeating them.

Tamsen Fadal Gives Expert Love Advice Post-Divorce

What is the best piece of love advice you've ever been given?

From my dad, he said, "It's better to be alone than lonely with someone." I didn't understand it for a long time. We're not taught to think about things like that. To me, "lonely" and "alone" were the same thing, and to a lot of people they are. When you understand the difference between those two words, I think that you have evolved. One is just population, having someone physically with you, and one is having somebody that speaks to your heart.

What tips do you have for longtime couples who are struggling to keep their marriage going?

I think that you have to step back. I've certainly been there and it's a lonely place to be. You need to evaluate where you're both coming from and who you've become. We change when we get into relationships and that can often times be difficult. You need to know the person you're dealing with, because it might not have been the person you moved in with, walked down the aisle with, or first met when you had that cup of coffee. You need to know your audience and who you're talking to. You might end up liking this person better. It's really important to be honest with yourself. I realized often times that I wasn't being honest with myself, and it's a tough revelation. You need to assess whether or not you need to bring in a third party in terms of therapy or counseling. You need to keep the lines of communication open and make that is your number one focus. If you don't fix that part, it's very difficult to do anything else, whether it be finances, career, or taking care of your children and extended family properly. Those are the three places I would begin.

Related Link: ['Snap Strategies for Couples' Offers Efficient Relationship Advice for Busy Pairs](#)

How do you radiate confidence when you truly don't feel very confident after a breakup?

I didn't for a long time, and I really wound up doing things that seem kind of mundane and practical and not really relationship-driven to maintain that confidence. That's what a lot of the book is about, finding things that were important to me. Yoga: one yoga class that I succeeded in made me feel a little bit better. Work: one good story or changing someone's life made me feel good. Volunteering: I started doing that and got involved in a lot more charities. That's what I started to do to radiate that confidence even though I didn't feel it. I also did a lot of to-do lists, which sounded kind of goofy to

people. But that was really the only way I could stay on point and stay focused in order to really structure my life, so I wasn't thinking "woe is me." Instead I was thinking about what can I do outside to bring more inside.

Check out The New Single on Amazon! For more from Tamsen, follow her on Twitter @TamsenFadal and be on the lookout for her on WPIX at 5 p.m., 6 p.m., and 10 p.m.

Expert Dating Advice: Should You Give Your Ex a Second Chance?





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

In the latest celebrity news, actress Pamela Anderson recently announced that her celebrity divorce to two-time husband, Rick Salomon, was final. In retrospect, she realized she never should have traveled down that path a second time. In contrast, my aunt Marie Osmond reunited with and remarried her first husband, Stephen Craig, 26 years after they divorced. This [celebrity couple](#) is fantastic together, and I'm thrilled to see them back together. As Uncle Donny stated in *People.com*, "These two people are right for each other."

Deciding whether or not your ex is the ultimate soul mate for you can be a complicated decision, and it's one that requires some soul-searching. Six percent of people remarry their former spouse, and sometimes, it results in happiness, while other times, the old problems flare up again. As a relationship expert, I think the wisdom behind that decision largely depends on what caused the marriage to break up in the first place and what changes are happening now. My expert dating advice would be to consider these three reasons

for remarrying your spouse and these three reasons to move on:

Expert Dating Advice For Giving Your Ex a Second Chance

1. You're able to forgive each other: What was once considered a deal breaker to your marriage may take on a different look as time passes. In her *Huffington Post* article, "Remarrying Your Ex-Spouse," author Lois Tarter believes the ability to forgive comes with time, stating, "If the two ex-spouses worked on themselves while apart and they are in a better place, they may be able to forgive their spouse for all that went wrong."

Related Link: [Expert Dating Advice For Finding Love After Divorce](#)

2. Bad timing caused the break-up: Could it be the right guy came along at the wrong moment? If so, follow my expert dating advice and look at the personal growth of both of you during the time apart. "Sometimes, two people feel that they need to grow a bit on their own in order to be fully committed to a marriage," wrote Tarter.

3. The problem wasn't the marriage: In some cases, it was the baggage that was brought into a marriage that cast a destructive shade on the relationship and love. Rachel Clark, who blogs for Psychology.com as "Marry, Divorce, Reconcile," refers to her own experience when she writes, "It was never the marriage. It was a habit of thinking that questioned and doubted, that spawned negativity instead of positivity. And I can say that came from my childhood because my own parents had divorced."

Relationship Expert Gives Reasons to Move On

1. Toxic behavior is ruining the relationship: As we witnessed with Anderson, a failure to acknowledge the effects of unhealthy behaviors can doom a relationship and love. It's like opening the refrigerator door, hoping to find something to eat, not finding anything, and closing the door, only to open it again a few seconds later in the hopes that something new appeared. That type of thinking is irrational, and so is thinking the same negative behavior patterns will not have an adverse effect on you as they once did.

Related Link: [Romantic Relationship Advice: From Roadkill to Recommitment](#)

2. You are remarrying for the wrong reasons: Contrary to most Disney movies, remarrying your ex-spouse for the sake of the children, the grandparents, to save the family farm, or any reason that lies outside of genuine love for this person is sure to end in disaster for the second time.

3. Your ex-spouse has moved on: If your former spouse has invested his time and affections into another, your time speculating what could have been is over. "Life would be so much easier for everyone involved if our feelings of desire, love, and attachment were reciprocated," was an opinion shared on truthaboutdeception.com. "But more often than not, these basic emotions do not align themselves that way."

By taking an honest look at the reasons behind your split, you may be facing an opportunity to make right what went wrong long ago. Or you may be proud of your ability to escape a destructive relationship that left your heart as empty as your checking account. Either way, toying with the prospect enables you to confirm your choices and feel good about what is to come.

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

Improve Your Chances of Finding Love, Thanks to This Relationship Advice Video!



Relationship advice video, matchmaker Suzanne Oshima talks to relationship author Robert Manni about how to improve your chances of finding love.

Relationship Advice Video Gives Tips On Finding Love

We all know that finding someone special isn't easy. If it were, then everyone would be in love, right? In this [relationship advice video](#), these dating experts agree that, with these four tips, your chances of finding a relationship and love will increase.

Related Link: [Expert Dating Advice: The Secrets Men Will Never Tell You](#)

1. Put the gadgets away: Your cell phone, computer, or tablet is creating a barrier between you and any man that wants to meet you. By holding your phone or looking at your laptop in a coffee shop, it seems like you're busy and don't want to be bothered.

2. Pay attention: It's important to pay attention and be fully present. Notice the men around you and be open to meeting them organically.

3. Get real: Be realistic and clear about who you are and what you're looking for. Once you know what you want, don't focus on a long list of "must haves." If you do, you'll be single for a long time!

4. Reach out: If you had a great time, it's important to acknowledge and follow-up after the first date. Be available and don't wait too long to schedule the second date. You don't want him to lose interest.

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

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Celebrity Couple Predictions: Leighton Meester, Sofia Vergara and Taylor Swift



By [Shoshi](#)

The latest celebrity news has been filled with juicy relationship gossip, including a [celebrity pregnancy](#) announcement, a famous couple prepping for their celebrity wedding, and a singer finally settling down. Check out my predictions for the three celebrity couples below and find out what's next in their relationships and love lives!

Latest Celebrity News About Three Celebrity Couples

Leighton Meester and Adam Brody: It was recently announced that Leighton Meester and Adam Brody are expecting their first celebrity baby together, sending *Gossip Girl* and *The O.C.* fans into a tizzy. I predict that their little bundle of joy will be a very cute baby, though one doesn't have to be a psychic to see that.

Related Link: [Celebrity News: Leighton Meester Says She's Never Been Dumped](#)

I have to admit that I see something in their celebrity marriage that says that this famous couple won't be together for the long haul – that's something that I've noticed since they first got married. What I see could also be a rough patch down the road that leads to a little time apart; they may find their way back to each other. Only time will reveal the outcome of this relationship and love!

This celebrity couple has let it be known that they want a bunch of kids, and I see four children circling Meester. Once this baby comes, it's possible that the actress will focus on being a mother for a while – a bummer to her fans but a bonus to her baby.

Sofia Vergara and Joe Manganiello: I can't help but still give this famous couple the side eye. For some reason, I keep seeing Vergara and Manganiello thrown together for publicity purposes. My psychic juices say "staged." While they make one dynamite-looking couple, there is something that is a bit off about them. Their body language doesn't read like a couple crazy in love. Maybe the need for companionship is what brought them together.

Now, Vergara is saying that she would like to have celebrity babies with Manganiello, even though she previously said that

having more kids was not a priority. I don't see any more kids in her future, at least not any that she'll give birth to. Until Vergara and Manganiello walk down the aisle together, I can't see them as a serious pair. If they do go through with it, their celebrity marriage will be short-lived. May they prove me wrong! I do wish them the best.

Related Link: [Rumored Celebrity Couple Taylor Swift and Calvin Harris Kiss and Hug at 2015 Billboard Awards](#)

Taylor Swift and Calvin Harris: I love to see [Taylor Swift](#) stepping out with her new man, DJ and music producer Calvin Harris. They make a nice-looking couple. Harris is known for being a bit of a playboy, but it looks like things are progressing well with the songstress. Cheating rumors have surfaced over the past few days – and they won't be the last ones. We can expect more gossip and women throwing themselves at Harris because they want to cause trouble between him and Swift.

When I first saw them together, I didn't see this relationship lasting for more than a few minutes, but it looks like the tide has turned. In fact, it seems like it could go longer than most of Swift's romances. As you probably know, the singer's past relationships have lasted for about ten minutes, and people have often wondered why she can't seem to keep a man around. I see Swift and Harris in a relationship for about a year and a half to two years. I don't see wedding bells, but you can expect for Swift to write nice songs about her new guy.

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

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

Relationship Expert Shares Best Love Advice for How To Break Up Over Email



By [E!'s Famously Single Dating Coach, Laurel House](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) shares her best love advice about how to break up with someone over email. "An email break-up doesn't have to be a bitchy break-up," she explains. "It can be the preferred way of breaking up because you're able to truly express how you feel." In this week's relationship advice video, the relationship expert

helps you understand when it's necessary to break up over email and what type of relationship and love you need to have for it to be the preferred method.

E!'s *Famously Single* Laurel House Shares Love Advice On Breaking Up Over Email

The dating expert believes that, if your relationship meets these three qualifications, then an email break-up is the way to go: You've been dating for less than six months; you're not living together, and you haven't said I love you. Or if your relationship can be described by one of these circumstances, email is the best way to end it: It's a long-term digital relationship; you're unable to connect with your partner in another way; he's truly an asshole who cheated on you or conned you; or he's dangerous.

Related Link: [Love Advice Video: How To Say Goodbye To Your Ex For Good](#)

An email break-up is best for these romances because "you have the opportunity to explain yourself without being sidetracked." Most likely, the person you're dating is a good person, but you're just not into it. They don't "deserve a hasty brush off because you feel bad." When you write the email, remember that you need to be honest and vulnerable and tell them what's happening in your mind and why it's not working for you. End your email by saying that you'd be happy to discuss it over the phone if they want to.

For more relationship advice videos from House, click [here](#).

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

Have you ever broken up with someone over email? Tell us your story below!

Expert Dating Advice: The Secrets Men Will Never Tell You



It's no secret that men and women think and act totally different, especially when it comes to love. According to this expert dating advice, ladies, if you know the things that men will never tell you, it'll help you be more successful in your

search for The One.

Related Link: [Dating Advice for Attracting an Alpha Male](#)

Here are three secrets that you need to keep in mind:

- 1. Men are afraid to approach you:** They're terrified of rejection, so they'd rather not risk it and not say anything to you at all.
- 2. Men put a lot of pressure on themselves:** They want everything from your first date to your first kiss to be perfect, so give them a break!
- 3. Men can't read your signals:** Just like you don't always understand them, they don't always understand you. They need help understanding your signals, so make your feelings very clear for them.

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

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Love Advice: You Love It, He Loves It Not





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

It's no secret that opposites attract. But what happens when you and your partner have hobbies that clash? As [relationship experts](#), we know that every healthy relationship and love should revolve around compromise. That means that, if your partner loves something that you have no interest in, you need to make an effort to learn about it and show them that you care. Per our love advice, if your partner loves sports and you don't know what team goes with football or basketball, you can still go to a few games with them. In return, they can see some Broadway shows with you. Don't forget that compromise is a two-way street!

Love Advice About Compromise From Elite Matchmakers

Related Link: [Expert Dating Advice: 5 Surefire Signs He's Into You...or Not](#)

Our love advice is to show your partner that you are making an

effort to learn about and try things that are important to them as an individual. After all, you don't want to change them and make the person that you love give up their interests. By learning about each other's hobbies, you are showing your partner how much you love them and also creating new and exciting ways for you to spend time together. You don't have to love or even enjoy all of the activities that your partner does, but you will enjoy spending the time with them.

With that said, it's also important to give your partner space once in a while to do what they love on their own or with their buddies. You're both individuals who had lives before your relationship, and it's important for you to maintain those friendships and hobbies outside of your romantic partnership. For example, if your significant other loves scary movies and you can't sit through one without screaming and crying, encourage your partner to see the latest horror flick with their friends. By following our expert dating advice and being the one to suggest it, you're showing that you're aware of their interests and also that you're able to trust them and give them space.

Related Link: [Expert Dating Advice: 5 Signs He's Mr. Now and Not Mr. Right](#)

So when it comes to finding your soulmate, don't get hung up on your differences. It's okay not to share all the same interests as your partner. When you're in love, you'll want to learn about all of your honey's hobbies and spend time enjoying them with them – even though they may not have been at the top of your to-do list. Learning about your partner's interests allows you to expand your horizons, break out of your comfort zone, and try new things that you may have not otherwise tried...which allows you both to grow as individuals *and* a couple.

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.

Expert Relationship Advice: Is Getting Hitched Irrelevant These Days?



By [David Wygant](#)

Take a look at all of the [celebrity couples](#) out there that

don't make marriage a priority in their relationships and love: [Kourtney Kardashian](#) and Scott Disick, [Jennifer Aniston](#) and Justin Theroux, Goldie Hawn and Kurt Russell. Does that mean that you have to do what these famous couples do? Per my expert relationship advice, no one should ever follow the example of a celebrity. A celebrity is just someone who happens to have lucked into a career – who had enough talent, timing, connections, or serendipity. Look at Kardashian, for instance. Her lack of talent is painfully apparent, but her mother is an absolutely brilliant marketer. She was able to get a terrible reality TV show on the air and capture the public's morbid curiosity...and the rest is history.

Related Link: [Why Kourtney Kardashian and Scott Disick Don't Need to Get Married](#)

Expert Relationship Advice About Marriage

You need to stay on the path of your own life and follow your heart. Marriage is something that is definitely, in today's day and age, different than it's ever been before. As a relationship expert, I find that most people who get married these days don't have the patience to stick it out. And why is that? Because the word "commitment" doesn't mean what it used to. When people used to get married, it was "for life." The term "'til death do us part" was used because people got married very young and died young too, so death was usually what parted them.

I can't tell you whether to get married or not, and I can't tell you whether it's irrelevant for you. My expert love advice is simple: You need to search deep inside and ask yourself, "What do I want out of life?" Do you want to get married? Do you want to have children? Do you want to raise a family? You have to decide what *you* want to do based on who

you are as a person, not based on the story your parents passed on to you and not based on the expectations of others or some fairy tale you heard as a kid. After all, marriage is not for everyone.

Related Link: [Bristol Palin Cancels Celebrity Wedding](#)

I've met a lot of young people who have no interest in getting married. As a matter of fact, they have no interest in having a family. All they want to do is enjoy life. Marriage is great, but it takes two people to grow and learn, step outside themselves, and be willing to love somebody unconditionally. If you don't have that in a relationship and you're not willing to be vulnerable or to make sacrifices, then my expert relationship advice is that marriage is irrelevant for you.

If you take two self-absorbed individuals and throw them into a relationship and love, you have two people who are afraid to work on themselves, and the marriage will never last. Think about what you really want because, at the end of the day, this journey of life is all about you. Write down how you want to spend your time. Write down how you feel about marriage, children, etc. And then date accordingly. You'll find plenty of people who feel the exact same way as you!

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

Relationship Advice Video: Do You Have to Be Happy Alone Before You Can Be Happy with a Man?



On this week's [Single in Stiletto](#)s relationship advice video, matchmaker Suzanne Oshima talks to relationship author Duana Welch about whether or not you have to be happy alone before you can be happy with a man.

Related Link: [Duana Welch Reveals How to Tell If Your Man Will Cheat](#)

Relationship Authors Shares Love Advice About Happiness

Both dating experts agree: You can't be happy with someone else until you're happy with yourself. According to their love advice, no man can complete you; he can only *complement* you. Still, it's normal to feel lonely when you're single. As Welch explains, "The fact of the matter is most of us are not very happy alone." That's why you're dating after all – to bring more happiness into your life! "This is not the same thing as failing to love yourself," she assures us.

The relationship author adds, "It's very important to work on loving you."

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

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

Love Advice Video: How To Say Goodbye To Your Ex For Good





By [E!'s Famously Single Dating Coach, Laurel House](#)

No matter how nasty the break-up was or how badly your ex treated you, you constantly find yourself thinking of him and missing him. Don't worry – you're not alone! In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) offers love advice on how to say goodbye to your ex for good.

Related Link: [Relationship Advice Video: Why You're to Blame for Dating Losers and Jerks](#)

E!'s *Famously Single* Dating Expert's Love Advice On How To End Your Obsession with Your Ex

Having an obsession with your ex and being trapped inside of the toxic cycle of wanting to get back with him is unhealthy. With her love advice, House stresses the importance of

realizing that “it’s time to unhook your heart from his.” You shouldn’t allow him to continue to have a hold on you or your self-worth. In order to find true love and happiness, you must break free from the vicious cycle by “removing yourself from the triggers that tempt you to go back.” Once you do that, you will be able to experience a healthy and real romantic relationship.

For more relationship advice videos from House, click [here](#).

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

Romantic Relationship Advice: From Roadkill to Recommitment





By Elaine Taylor

I am a woman for whom the relationship “r-word” had been “roadkill” more often than “recommitment” (not nearly as often as my almost namesake Elizabeth Taylor but more in the range of Demi Moore or [Jennifer Lopez](#)). So it’s surprising that I leapt to the assumption that “May is National Recommitment Month” was for romantic relationships. A Google search, however, led in a different direction.

Romantic Relationship Advice on the Importance of Recommitment

Apparently, Recommitment Month originated as a time to look back on New Year’s resolutions and reenergize (recommit to) goals set and vows made with a champagne glass in one hand and a noisemaker stuck between pursed lips. Recommitment Month is also an overused leitmotif commandeered by addiction facilities to hawk their pricey rehab gigs.

My only New Year’s resolution is never to make one because I already know my commitment will be lip-service deep. I’m going

to stick with what I, multi-divorced but now blissfully hitched, finally figured out about both commitment...and its scary twin, "recommitment."

My romantic relationship practices in years past have followed the basic animal kingdom model. I have:

- Been attracted to the peacock version of the species: tall, dark, handsome. Who could resist a nice tail?
- Gone for the all-too-common, unambitious, suburban songbird. He sits atop the feeder, happily chirping at the bright blue sky, waiting for Santa Claus to show up with the seed bag.
- Tried out a white-rumped sandpiper. It could be said that I was attracted to his breeding territory(San Francisco). It could also be said I didn't realize his breed was not monogamous.

Related Link: [Expert Relationship Advice: I'm Divorced, But He's Married](#)

Recommitment? Ha. More than once I sprinted down the aisle – in reverse – to Peggy Lee crooning, "Is that all there is?" Not that any of my paramours had grim character flaws. They were perfectly acceptable husband material. Just not for me. At some point, I poked an accusatory finger at the mirror and confided, "With your track record, maybe it's time to consider that *you* might be the problem." So I went to an astrologer/psychic to ask if Peggy Lee nailed it: That's all there was?

"Oh, no," the psychic said. "You are destined for great love – the kind about which stories are written – but not until you're ready."

Seriously? I had a workout regimen and a classic sense of style, and I waxed routinely. What more did a woman have to do to be "ready" for a relationship and love? Ashton Kutcher came along with his tidbit of relationship advice – vulnerability

is the essence of romance – a couple decades too late for me; I had to figure it out for myself. Even more scary, it became obvious that I had to be willing to be vulnerable with *myself* before I could be vulnerable with anyone else.

Over the next years, I spent time on the therapy couch, and I:

- Held my nose and, reluctantly, dived headfirst into my emotional dumpster.
- Dug to the back of the withheld-feelings closet – the one I had never dared peek inside because, yes, I had in fact stuffed it with an army of destructive memories and their full-dress uniforms: shame, sorrow, and self-denigration.
- Didn't stop diving and digging until that dumpster and that closet were emptied out, spit-shined, and springtime fresh.

That was my first big step in making myself “ready.” The second step – and perhaps my most important insight – was to realize the one person to whom I had never even *considered* committing to – much less *recommitting* to – was...me! Of course not – that would be selfish! I was committed to mothering and wife-ing and bread winner-ing. *Me*-ing would have taken time from the ones I loved.

Related Link: [Dating Advice: Create The Person You Want To Be](#)

My therapist asked if I included myself on the Ones-I-Love list. The question didn't even make sense. Wasn't it someone else's job to love me? The someone I hadn't yet met?

Focusing On Your Relationship and Love with Yourself

The therapist's answer came in the form of a question: If you don't love yourself – believe yourself worthy of love, deserving to be cared about and cared for – then why would

that elusive “someone else” love and care about you?

Whoa! That was like a pistol-whip to the head. It left me stunned and reeling. Was she saying it wouldn't be selfish to expect from others what I was so willing to give? Respect? Nurturing? Security? To feel I had the right to the same “love-entitlement” that I accorded the Ones-I-Loved?

The psychic had been right when she said I wasn't ready. I had always hidden my vulnerability, never believed in my own self-worth. I worked hard to change. Soon after, the love – that someone for whom I had yearned for so long – slid right into my life. For more than a decade, he has colored my world with a rainbow of happiness and contentment. Never again have I found myself asking, “Is that all there is?” Recommitment – to him and to myself – is, at last, something I do most willingly, joyfully, and often.

Elaine Taylor is the author of Karma Deception and a Pair of Red Ferraris: A Memoir. She is a former IT headhunter, Contingent Workforce Management specialist, and Board member of Raphael House in San Francisco. She can be found at www.KarmaDeception.com

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