

P.A.C.E. For New Holiday Traditions



By Amie Greenberg, JD, MBA for [Hope After Divorce](#)

Here is a four-step process to help divorced families handle traditions and changes during the holidays.

P: Planning and Positive New Traditions

- Planning the holiday schedule in advance reduces the chances for miscommunication and gives parents time to iron out any conflicts.
- Plan something special for the children over the holidays, so they have something to look forward to with each parent.
- Take some “me” time for you to rest, relax and

recuperate.

- Focus on the positive aspects of these changes. Your children have two parents who love them and want to spend holiday time with them. Involve your children in planning and experiencing new activities and holiday traditions.

Related Link: [Readying Your Single Self for the Holidays](#)

A : Acknowledge Sadness and Differences

- Anytime there is a life-changing event, such as a divorce, family traditions and routines are affected. Children see the family unit as broken. Recognize and acknowledge that it's sad that you won't be together over the holidays.
- The disruption of holiday and family traditions is difficult. Children generally want to be with both parents during this special time of year. Help your children deal with these emotions by talking about the changes.

C: Cooperation and Communication

- Try to cooperate with scheduling and have added flexibility which reduces conflict. If you can't work it out, let it go.
- If possible, do something special with the children for the other parent. A simple card or dinner during the holidays sends a positive message to your kids.
- Allow the other parent to easily communicate by phone or Skype with the children over the holidays. A lack of communication during the holidays can lead to conflict. This is an easy way of co-parenting.

Related Link: [How to Get Over a Broken Heart During the Holidays](#)

E: Encourage and Empower

- Children often feel divided and torn in a divorce, so give your children permission to enjoy holiday time with the other parent. This way, children can look forward to spending time with each parent without feeling guilty.
- Encourage your children to talk about their feelings and give them say in what they want over the holidays.

For more information about Hope After Divorce, click [here](#).



Amie Greenberg, JD, MBA has a Bachelor of Arts in psychology from Pitzer College. She has a JD from the University of La Verne, College of Law and an MBA from the University of La Verne College of Business and Public Management. She now practices family law in Beverly Hills, California. Amie and her mother Barbara Greenberg, MD, authored I Am Divorced ... But I'm Still Me books after personally and professionally experiencing the impact of divorce. They recognized a need to acknowledge how children viewed their world before, during, and after divorce. Their hope is to help other families who are going through the pain of divorce. You can contact Amie for legal services at amiegreenberglaw.com. Follow her on Twitter @4childofdivorce. Amie is a contributing expert at Divorce Support Center and their Director of Community Outreach with her blog Divorce Corner™. Amie also contributes as an advisory board member of Divorce Support Center. More information about the authors, their books, and their blog is available at <http://www.AChildsViewofDivorce.com>.

This Holiday Season, Stop Dating Your iPhone!



If you want to celebrate the holidays with your honey in a wholesome, sentimental way, then you've got to ditch your addiction to your phone! Dating coach [David Wygant](#) hilariously depicts the struggles of a couple with one partner stuck on their touch-screen device throughout every moment of the day. Watch and learn how detrimental it can be to your relationship. If you want to give your significant other the best gift this season, get off your iPhone and live in the moment!

Related Link: [Five Ways to Get Your Partner to Put Down the Phone When You're On a Date](#)

For more articles from David Wygant, click [here](#).

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

The Holiday Gift Guide for New Couples



By [Marni Battista](#)

The holidays are always an awkward time to start a

relationship. There are few people who proclaim to be great gift givers and can wander through stores to pick out the perfect presents for everyone on their list. It's difficult enough to give thoughtful gifts to close family and friends and not be swayed by the latest and greatest gadgets that everyone wants but aren't necessarily thoughtful.

So how do you go about buying something for the "special" person whom you may not know so well? People are often so intimidated by gift giving that it may be a better idea to decide *not* to exchange gifts. Expressing how you feel about presents early in the relationship can help gauge what's an appropriate gift, if any gift at all!

Related Link: [10 Rules for Couples Gifts](#)

If your partner is practical and hints at something that isn't too extravagant, it's probably best to listen. However, there are "big" gifts, such as jewelry, watches, and pricey electronics, that should be left for future years of dating or marriage. If you're unsure about what your significant other would like, here are five ideas that are thoughtful but not too overthought:

A relevant book is for the brave dater. Listening to your partner about books they liked in the past or things that they may be interested in learning more about can help you decide what kind of book is appropriate.

Art never goes out of style and never depreciates. Therefore, it works for anyone. It's finding the *kind* of art – a sculpture, oil painting, graffiti canvas, mosaic, etc. – that may be the most troubling. Listen to what kind of art your partner compliments or thinks is "cool."

Something comfy and comforting is always nice. If you're going to go this route, a really soft and plush robe, sweater, or slippers are great ideas for someone who finds comfort in the

finer things in life.

A **DIY gift** from the heart, such as a photo book or personalized frame, is a crafty and cute way of showing your appreciation for that person.

Related Link: [Our 2014 Holiday Gift Guide](#)

Experiential gifts are a great idea because let's face it: It's fun for both of you! Planning a camping trip, a day at the museum, or a concert date shows that spending time with your significant other is the most important gift of all!

Although it may seem like gift giving for that new special someone is intimidating, knowing their likes and dislikes can help you decide what is appropriate without going overboard. Plus, starting a relationship with more thoughtful gestures can lead to an easier gift giving experience in the future!

Happy holidays...and happy dating!

[Marni Battista](#), founder of Dating with Dignity, is an expert dating and life coach with a 10-step system to manifesting love for your self and others. You can contact Marni at marni@datingwithdignity.com.

Top Ten Most Romantic Holiday Getaway Spots





By [Melanie Mar](#)

This winter, some lucky couples will be cuddling up next to fireplaces, warming up with hot chocolate and marshmallows, and, depending on their location, riding in horse-drawn carriages and hitting the slopes together...all in the name of love. The holidays often bring out a softer, more romantic side as established pairs get nostalgic and newbies want to create magical memories. What better way to beat the winter blues and heat up your relationship than getting away for a fabulous rendezvous with your mate?

Pictures of celebrities often grace the covers of magazines at the most desirable locales, so it's no surprise we look to them when choosing a vacation spot. Make your fantasies a reality and become the star yourself with the following destinations. Not only are these celebrity-visited locations glamorous, but they're also some of the most romantic places on the planet. You don't have to break the bank to live your dream. Scour the internet for special offers and packages, and enjoy these top ten most romantic holiday getaway spots.

Related Link: [Cupid's Weekly Round-Up: Make Your Holiday the Best One Yet](#)

1. Aspen, Colorado is by far the ultimate romantic dream winter getaway, thanks to its breathtaking ski slopes, steamy hot tubs, high-end shopping, and endless fine dining. The Colorado Chamber of Resorts even called Aspen the “Rocky Mountain Playground for the Rich and Famous.” Aspen mountains are a favorite, as celebs don't stand out as much and can maintain their privacy. Stars that frequent the snowy town include longtime lovers Goldie Hawn and Kurt Russell and hot new parents Ashton Kutcher and Mila Kunis.

2. Following Bridget Bardot's lead, tourists and celebs visit **St. Tropez, France** all-year round. The beaches of this small town are the perfect place to achieve that Victoria's Secret-like bronzed tan while getting close to your lover, so pack your colorful swimsuit and gear up for some snorkeling! It is no surprise that A-list stars frequent this coastal city, including Neil Patrick Harris and David Burtka as well as the lovely Naomi Watts and Liev Schreiber. St. Tropez will leave you never wanting to return home!

3. The Eiffel Tower lit up at night, carousels that spin around in delight, bunches of flowers in the marketplace, and balloons come to mind when I think of **Paris, France**. The City of Lights is one of the most heart-stopping, romantic vacation spots on the planet. How many movies do we see that whisk the couple off to Paris for a secret rendezvous? Take a stroll along the famous bridge and seal your love with a special lock and key, or set up your own lovely picnic along the river Seine and enjoy the magic.

Related Link: [Dating Someone New During the Holidays](#)

4. Lake Como, Italy is now a popular destination, thanks to stars like Brad Pitt and George Clooney. The view alone is a postcard-like vision and enough to make anyone get dreamy-

eyed. With the castles, lush gardens, giant cathedrals, and quaint shops, you're sure to find many places to reignite that romantic spark! Lake Como is a fairy-tale getaway for many celebrities including David and Victoria Beckham as well as Matt Damon and his wife Luciana Barroso.

5. The coastal towns **Carmel** and **Monterey, California** are both fabulous places to visit with someone special. The many cozy inns located here provide the perfect place to keep warm. Beaches, golf courses, upscale shopping, phenomenal spas, and many other beautiful outdoor spots will leave you feeling rested and refreshed. The wooded area near the Coastal Cruise on Highway 101 is the perfect place to stroll with a coffee before hitting the spa. End your day with a glass of wine at Pacific Edge Grill.

6. **Mallorca, Spain** is the largest island in the Balearic Islands along the Mediterranean Sea. This gorgeous location is a lover's favorite, so much so that recently a friend of mine decided to move there after falling head over heels in love with a man from the area! Have a glass of wine and snuggle up in a secluded restaurant, take a bike ride along the beach, or even scuba dive in the clear waters. Most celebrities choose this luxurious spot for a break from their fast-paced lives and for its cultural appeal. Frequent visitors include hot couple Justin Theroux and Jen Aniston as well as power pair Michael Douglas and Catherine Zeta-Jones, who own a home there.

Related Link: [Ashley Hebert and J.P. Rosenbaum Celebrate Holiday Traditions](#)

7. This past summer, Kanye West and Kim Kardashian jetted to **Punta de Mita, Mexico** and shared Instagram pictures of the magical sunsets, delightful spreads of food, and infinity pools in this romantic town. Punta de Mita is a beachfront village that offers high-end places to stay like the Four Seasons Resort or the private retreat built by mogul Joe

Francis. This is a wonderful spot to escape to this year, as it is both private and posh and will certainly bring new passion to your relationship.

8. Maui, Hawaii is not only a great place to visit in the summer, but it's a hotspot during the winter months as well. Just ask sweet couple Brian Austin Green and Megan Fox, who got hitched on the island. Maui offers its visitors breathtaking hikes, eye-popping volcanoes, and a variety of private beaches.

9. While most vacationers think that **Rio De Janeiro, Brazil** is a destination for the summer months only, celebs have long been fans of this tropical paradise. Sunbathe on the beach of Ipanema, take a bike ride through the village, or visit the many gardens and museums. Javier Bardem and his beauty Penelope Cruz and handsome bachelor Gerard Butler have been known to vacation here. It's the perfect place to relax, unwind, get closer to your partner, and enjoy a new culture all at the same time.

Related Link: [Adam Levine Marries Behati Prinsloo in Mexico](#)

10. Celebrities love to head to the beaches of **Los Cabos, Mexico**. One frequent famous guest, Jennifer Lopez, enjoys staying at the luxurious Mexican resort, Las Ventanas. This private getaway is a romantic vision with enormous suites and private bungalows, each with private Jacuzzis on their balconies. You will be enamored with your choice as you overlook the magnificent waters of Mexico.

Winter is the perfect time to escape from the stress, the cold, and the city, and there is nothing quite like finding the perfect place to unwind and just relax. Whether you choose a chillier climate to snuggle up in or a warmer one to throw on your swimsuit and show off your tan lines, these holiday hot spots are sure to make your winter sizzle!

[Melanie Mar](#) is a relationship and life coach as well as co-

owner of the Millionaire's Club International Matchmaking Agency for the U.K. and Europe. She is certified by the WANT Institute in Androgynous Semantic Realignment and a Transaction Analysis practitioner certified by the United States America Transaction Analysis Association.

Your Soul Needs Nourishment



By Janeen Diamond for [Hope After Divorce](#)

“Stay in bed a few extra minutes in the morning and listen to the birds chirping outside your window...”

Fall is my favorite time of the year. Besides the cooler temperatures and beautiful colors in the mountains, I love

what it represents. The holidays are coming, and family time is more prevalent. I get to make soup for dinner more often than not, and it's time to turn the fireplaces on and bring out the blankets. Plus, it's by far the best time of the year for driving around in my convertible PT Cruiser with the top down. I tell myself it is good for my soul; it makes me feel happy and alive. And if it's too cold for the top to be down, I put it down anyway and blast the heater. I know that there are others out there who do the very same thing!

I believe whatever it is that makes us happy – the small pleasures, in particular – is what we should do on a regular basis. Life can be full of challenges and trials, heartache and sadness, hard work and stress. We have to take control of our own happiness and involve ourselves in things that bring us joy. We need to feed our own souls and look for those little things that make us tick. And while we're at it, I think we should help our family members do the same.

Related Link: [Clear the Clutter](#)

Make a list right now of the things you would do more often if you had time – and then make the time and start doing them *now*. Here is a short list to get you started:

- Do something creative. Attack a difficult recipe or make some clever Christmas ornaments.
- Play with your pets! Put on a warm sweater and take them for a walk or to a dog park.
- Get in your cozy robe and sit by the fire and paint your toenails.
- Stay in bed a few extra minutes in the morning and listen to the birds chirping outside your window.
- Plan a pie-making party with some of your friends.

I decided a few years ago to begin making the holiday season less stressful and more meaningful. I stopped giving such expensive gifts and started focusing more on enjoying this

time of the year and helping others enjoy it as well. I would rather spend time eating lunch with my friends, having parties with my family, and attending events that instill the Spirit into my soul rather than spend my time shopping, paying bills, and worrying about what to buy for everyone.

Related Link: [Date Idea: "Fall" in Love](#)

Take this special time to begin making a change. Focus on becoming healthier and happier...whatever that means for you personally. Those around you will benefit greatly too. And once the New Year hits, you'll be prepared to continue moving forward with more ideas that will help you nourish your soul. Make it an ongoing activity. Always be searching for new experiences in life and ways to enjoy being alive. When you feel nourished – body *and* soul – you will be available for yourself and others to love, to serve, and to make life better. So get going on your list!

For more information about Hope After Divorce, click [here](#).



Janeen Diamond, author of Save Your Marriage in 30, was a newscaster for KUTV News until 2001. Since that time, she has been actively producing commercials and special programming through her company, Your TV Spot. She has hosted several television and internet productions and has been a spokesperson for several products and companies. She is a leader over the youth in her church and takes a special interest in helping kids stay on track with their lives. Janeen is currently co-creating "Teen Impact TV," a website for high school students to give them a creative and emotional outlet. She is a contributing expert for HopeAfterDivorce.org, DivorceSupportCenter.com, FamilyShare.com, and CupidsPulse.com. Follow her on Twitter @janeendiamond and www.facebook.com/janeen.diamond.

Four Ways to Stay Connected to Your Spouse



By Tammy Greene for [Hope After Divorce](#)

Let's face it: Life is crazy! Trying to keep up with the hustle and bustle of each day is overwhelming: work, family commitments, school, soccer, dance classes, friends, health, birthday parties, holidays, babies, and so on. Sometimes, we look back on the week and wonder where it went. One of the challenges you might face, as a result of this stress, is staying connected to your spouse. Putting your relationship on the back burner can quickly breed cracks in the foundation of marriage – and a cracked foundation can often be difficult to

repair.

We've heard of several celebrity couples separating as of late, including Chris Martin and Gwyneth Paltrow. Recently, the Coldplay frontman has been rumored to be dating Jennifer Lawrence. It may be too late to rekindle his marriage to the goop founder – or maybe it's not. Time will tell!

Related Link: [Divorce with Dignity](#)

To prevent a complete disconnect from happening, it's important to make your marriage a priority despite all of the challenges that every day throws at you. Here are a few ideas to help you stay connected to your spouse:

1. Affirm your love each morning: Start the day off with a connection. Before work, children, headaches, and fatigue set in, make sure that your spouse feels your love. Begin the day with a really great kiss, a sweet hug, or at the very least a sincere "I love you." It may sound simple, but it's often the simple things that can make the biggest difference in a relationship. Something as small as a steamy kiss can leave your spouse thinking about you all day.

2. Say thank you: We all desire to feel appreciated, but often times, we forget the power of those two words: "Thank you." Take advantage of the opportunities to say them to your spouse. Show your appreciation for the little things like taking out the trash as well as the big things like going to work everyday so that you can have a better life. Don't let gratitude go unspoken! Make sure that your spouse knows that you appreciate all that they do.

Related Link: [Lessons from Jennifer Garner and Ben Affleck](#)

3. Schedule date nights: Regular date nights are an absolute must for a healthy marriage – and they don't have to be complicated. The purpose of a date night is to reconnect with

each other. That could mean doing something as easy as asking Grandma to watch the kids at her house and going back home for pizza on the living room floor. If a sitter is too hard to come by, plan something special at home after the kids go to bed. Stay unplugged, play a game, have dessert, and focus on each other.

4. Plan a vacation: Looking back on your relationship, when did you feel most passionate and happy? It was probably in the early days when you were dating. One reason for this is because, in the beginning, you spend a tremendous amount of time alone together. Then, as marriage and life sets in, that alone time starts to dwindle, often dwindling down to nothing. But maintaining a healthy marriage requires couples to continually take time to be alone. Stay connected with your spouse by getting away for a couple of days. If funds are tight, send the kids to a friend's house and just stay at home. You'll be amazed at how far that small amount of time, reconnecting and loving each other, can carry your relationship.

Related Link: [Five Secrets Truly Happy Couples Know](#)

It is easy to get disconnected from our spouses. We each have so much on our plates – so many things to do and so many places to be. But putting everything else before our marriages can lead to some serious and sometimes irreparable damage. By making a conscious effort to stay connected, you are giving your marriage all of the nutrients it needs to be healthy and thrive.



Tammy Greene is a graduate of the University of La Verne. She has worked as a Child Life Specialist and social worker assisting families who have children with illness or mental disabilities. Tammy is a producer of the national PBS children's television show, Curiosity Quest. She has a blog, Married and Naked, where she shares personal lessons learned from her own life, offering helpful ways to navigate through the challenges of marriage. Tammy is a contributing expert at HopeAfterDivorce.org, FamilyShare.com, LAFamily.com and CupidsPulse.com. She is happily married to her high school sweetheart and is the mother of two. See Tammy's Curiosity Quest website and follow her blog, MarriedandNaked.

John Legend and Chrissy Teigen's Body Language: More Intimate Than PDA





by [Jared Sais](#)

It's hard not to be enamored with Chrissy Teigen and John Legend and the love they share for each other. With that thought in mind, I took a look at their nonverbal cues to determine what their body language reveals about their relationship.

Related Link: [John Legend is Engaged to Model Girlfriend Chrissy Teigen](#)

In both photos above, the couple shows their best red carpet photo stance. Even with the yellow dress covering her legs, I can tell that she is actually doing the same camera-op pose. You can see a bit of a bump at her knee, giving a small outline of the direction of her legs and feet. Her legs are pointed the same way, and her feet are in the same position (one foot in front of the other). What that proves is that Teigen is posing more for the cameras than truly showing her love for her husband.

Still, there are body language signs that show just how much

they love each other at this point in their relationship. Two things really stick out to me in these photos: The first is their distance from each other. In almost all of their photos, you will see them standing close to each other as they share the “we” mentality, which is when a couple starts identifying as a single unit. You may hear a long-time pair say something like, “We have to run a few errands tomorrow,” when only one of them truly needs to.

In the second photo, we really see that idea: Look at how they bring each other close when taking a photo. They are proving that they’re in a happy, loving relationship with trust and lust. When a couple is happy, they will get close together and pose as one unit; when a couple is not happy or feeling distant, they will lean away from one another and not be joined at the hip.

Related Link: [Celebrity Couple Predictions: Chrissy Teigen, Jessica Alba, and Eve](#)

The second nonverbal cue that jumped out at me was the position of Legend’s hand in both pictures. The angle of his arm indicates his hand is on her lower back or upper butt. This zone of a person is considered off-limits to all who are not considered loved ones. We have different zones on our body that indicate different levels of connection and comfort. For example, a pat on the head usually means one person is more dominant (the pater) than the other, either by age or position. This action is usually a sign of acceptance or support. In this case, Legend is reaching for a more loving, relationship zone of the body. In turn, his casual photo pose is really a nonverbal shout-out that they are in love and in a very intimate relationship.

It really looks like these two were made to love to each other. These pictures might be a bit light on public displays of affection, but thanks to their body language and nonverbal leaks, everybody knows that they only have eyes for each

other.

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

Can Love Be Better the Second Time Around?



By Patricia Bubash for [Hope After Divorce](#)

Yes, it can! This answer is according to the couples that I

interviewed for my book, *Successful Second Marriages*. What prompted a book about second marriages? The failure of my own second marriage and my admiration for remarrieds who found success in this second chance love – success in spite of the negative numbers for second marriages. Statistics approximate that half of first marriages end in divorce. For second timers, the odds for staying together get even tougher: Two-thirds of those taking the plunge a second time don't make it. With odds like these, it is surprising that more than half of those first-time exes remarry...but they do! We are a nation in love with love.

Related Link: [A Hole in My Heart](#)

So yes, love *can* be better the second time around if we do some self-introspection, a little homework. When we're met with failure while attempting a new project, a recipe, school work, or a job, we question what we did wrong. We don't want to repeat our mistake and fail again. This mindset should also be true for a marriage. Whatever happened in our first union, we did make some contribution to the demise of that marriage. Maybe not to the extent of our ex-spouse, but we were half of the doomed duo.

Love can even be better the second time around with the same former spouse if needed relationship work is done by both parties together as a team. Take two celebrity couples in the news for possibly getting back together again: Hilary Duff and Mike Comrie as well as Gwyneth Paltrow and Chris Martin. Good for them! There truly is hope for couples to work together to strengthen their relationship and be happier and better than they ever imagined they could be. Owning up to the individual part we play in the relationships we are in is what matters most. We can only be fully responsible for ourselves and how we choose to participate in our marriages.

Family/marriage therapist Mary Duparri has observed a certain

pattern with clients who have found love again. Their comments relay their total lack of responsibility for their failed first marriage. They say, “Now, I have found the right person. I choose the wrong person before. I shouldn’t have married him (or her) in the first place, but this time, I have the right one!” The therapist expressed her dismay that her clients do not accept any personal liability for the previous marriage and do not look into what went wrong so mistakes would not be repeated. Instead, they conclude it was simply the *wrong* person. Now, this new love is the *right* person – a perfect match. Problem solved.

A pleasant change for DuParri would have been to have the couples I interviewed as her clients. These nine pairs had done their homework before committing to another relationship. As much as they all agreed that after their divorce they hoped for another relationship, they also, very vehemently, stated, “I never want to go through another divorce!” They were going to do everything in their power to make number two a success. The tagline on my book reads “Inspiring, Encouraging, and Hopeful” – words descriptive of the couples interviewed. Every time I left a home, I felt humbled and gratified for our conversations. I knew that I needed to be more attentive to my own marriage (yes, I’ve been in a third-time-is-charm marriage for the past 24 years). I found myself aspiring to have a relationship similar to that of the couples I was talking with.

Related Link: [Second \(and Third\) Marriages: Destined for Divorce?](#)

Their stories were the catalyst, a personal goal to write the book. In terms of my own personal understanding of what went wrong with my second marriage, how had I contributed to the failure of it? And what was the formula for success the second time around?

1. Know yourself. Before you say “I do” again, know what you

really want in a marriage. Are you looking for companionship, security, credibility, a family? What are you willing to contribute? Do some introspection. I was impressed with the number of individuals I interviewed who did just this – spent some time alone, getting to know themselves better versus rushing to become a twosome again. Taking time out for a little constructive self-awareness leads to a better relationship when that true love comes along.

2. Discuss finances. I know this was a problem in my second marriage. I owned the home we shared, earned more money, and had job security. This is especially important when each person has children. Decide who is responsible for what expenses and have this clearly determined before you become a married couple.

3. Don't expect love and acceptance from their kids! Many a troubled, disappointed parent has come to my office to bemoan, "I have found the love of my life, and my children are being horrible" or "I don't know what is the matter with them. I have finally found my soulmate." Well, you may be in love, but your children are not. They have another parent, so give them time. Don't rush them to acceptance of this "wonderful" new husband or wife.

Related Link: [Maggie Scarf Breaks Down Unique Family Dynamics in "The Remarriage Blueprint"](#)

These two celebrity couples – Duff and Comrie and Paltrow and Martin – show us that there is hope and promise for the possibility of working harder together to build a stronger foundation for our relationship, marriage, and family. Good for them – we are cheering them both on!

I learned much more than these three tips from my wonderful second timers. Love can be better the second time around when we don't rush to action (marry again too quickly), do some introspection, clarify financial responsibility, give kids

time to adjust to the new person, and read *Successful Second Marriages!*

For more information about *Hope After Divorce*, click [here](#).



Patricia Bubash received her M.Ed. in Counseling from the University of Missouri, St. Louis. Working with students and families has been her true calling for over thirty years. For more than twenty years she has presented workshops at the community college on a variety of topics relating to parenting issues, self-esteem and issues relative to divorce. Patricia is a Licensed Professional Counselor in the state of Missouri and, a Stephen Minister. She

submits a variety of articles related to relationships, marriage and divorce to several internet sites, and, frequently, is interviewed on internet radio stations. Volunteerism, writing and family are most significant in her life. Patricia writes for [DivorceSupportCenter.com](#), [HopeAfterDivorce.org](#), [CupidPulse.com](#), and [FamilyShare.com](#). She can be reached at patriciathecounselor@successfulsecondmarriages.com.

**Screwing the Rules Video
Dating Tips: Texts That
Destroy Your Dating Mojo**



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

Dating Advice from E!'s *Famously Single* Laurel House on Texting

Related Link: [Summer Love...](#)

Texting: It can be flirty, funny, bitchy, or sexy. So what are the basic rules of sending a message to that special guy? In this week's [dating advice](#) video, dating expert and E!'s *Famously Single* dating coach, Laurel House talks about the do's and don'ts of texting while dating. She reveals when photos are appropriate and just how sexy is *too* sexy. "You don't want your texts to be longer than a thumb," she says. "Follow his lead!" Watch the video above to educate yourself on texting etiquette and learn what your texts might *really* be

saying.

For more information about our dating mentor, click [here](#).

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

What are some of your personal texting rules? Tell us in the comments below!

Screwing the Rules Video Dating Tips: Find the Love of Your Life





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

Dating Advice from E!'s *Famously Single* Laurel House on Finding the Love of Your Life

Related Link: [10 Places to Meet Your Soulmate](#)

In this week's [dating advice](#) video, dating expert and E!'s *Famously Single* dating coach, [Laurel House](#) tells you the 8 things to do when looking for love and the 10 best places to go to find that someone special. But first, she encourages you to forget chance. "Put yourself in the right place at the right time if you want to meet Mr. Right." She also shares what you shouldn't do – and it's really quite simple. "Whatever you have been doing! Because clearly it isn't working."

For more information about our dating mentor, click [here](#).

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

What are you going to do to meet The One? Share your tips in the comments below.

Single in Stiletto's Show: What Attracts a Man?



On this week's [Single in Stiletto's](#) show, founder Suzanne Oshima talks to dating coach Mr. Locario about what attracts a man. A self-proclaimed serial dater, he started out by helping his friends and family with their love lives – and now, he's

here to help you! We all know that every man is attracted to different things, but there are some qualities that catch the attention of all guys. For instance, men like women with positive and pleasant attitudes as well as women who are independent and have their own lives.

Related Link: [What Women Don't Know About Men](#)

Listen up for more great dating tips!

For more information about Single in Stiletto's shows, click [here](#).

What do you think is the #1 trait that attracts a guy? Tell us in the comments below!

Relationship Author **Kailen Rosenberg** Gives Dating Advice for Finding 'Real Love, Right Now'





By Gabriela Robles

[Kailen Rosenberg](#), Oprah’s “Love Ambassador” and co-host of the revolutionary television show *Lovetown USA*, knows what it takes to find a lasting relationship and love. The relationship author has a method that inspires people to put aside their bad habits and find their true self – and she has proof that the dating advice works in many happy famous couples that she’s helped. Her new book, *Real Love, Right Now*, is a set of guidelines that focus on discovering what really matters in a romantic relationship. The dating expert touches upon physical, mental and emotional self-appraisal before explaining her 30-day plan to help singles succeed in their search for The One. *Real Love, Right Now* even comes with its own set of fun “homework” assignments to deepen its impact.

Dating Expert Opens Up

About New Book About Love

What inspired you to write this book about love and share your advice for finding your soul mate?

This was something that I've wanted to do for many, many years. Whether I was doing something on television or doing something with my clients, I continued to hear, "Oh my goodness, when are you going to put this down in writing? When are you going to get a book out so I can take what I'm learning and follow it in my path everyday?" And I was just so grateful that what I was doing was touching people and helping them move and shift their love lives in a positive way. It was definitely time, and I was really blessed with the opportunity with Howard Books to put this book together. I'm just hoping and praying that it really helps my readers.

Related Link: [Oprah's "Ambassador of Love" Kailen Rosenberg Tell Us How to Experience the Love We Deserve](#)

You start by discussing the importance of physical, mental, and emotional self-appraisal. Why do you feel that it's important to consider these three aspects of yourself before beginning to look for love?

I think so many people believe that, because they're single, they're ready for love. Most people actually aren't, which is why we end up hitting a lot of walls and get stuck in marriages that end in divorce. It's really crucial for us to ask ourselves why we want love in our lives. If we believe that we know what we want from someone else, then we must know what we have to offer to a relationship for it to be happy, sexy, and amazing. All of those things that we want from someone are things that the other person deserves as well. Many times we don't think about that, and it comes off as very one-sided. We need to really be in the best place that we can be in terms of our physical, emotional and spiritual states. Otherwise, roadblocks happen, and we unknowingly

sabotage our relationship.

You have “homework” assignments at the end of each chapter. How important is that work to your method?

Those assignments are really important because they get people in touch with themselves. They realize that maybe they were connected to the wrong truth, that maybe there’s a different self that they were meant to be. It’s one thing to just sit and read a book and kind of take it in. But if you take that time to do the homework and dive into who you were in the past, who you are today and who you want to be in the future, you start to become your own true friend in a way unlike ever before. You honor yourself, and those lessons learned really stick with you. I’m hearing from readers that, after they finish the homework, set the book down and enter the real world, something will remind them of the work they just did and the chapter they just read. It’ll make them realize, “Oh wow, I’m already moving and growing.”

Related Link: [Is He In It for the Long Haul?](#)

Relationship Author Gives Readers Her Best Dating Advice

So what’s the trick? What are people who have found love using your method doing differently from people who aren’t?

They are learning, for the first time in their lives, how to stop ignoring their inner voice, how to stop ignoring red flags and how to truly understand what they want. That’s one of the greatest ways that we can really love ourselves and honor our true value. We often end up abandoning ourselves more than we realize, and when we do, we end up with the wrong partner and in the wrong relationship. We need to really, really pay attention to that inner voice, that wisdom that’s there to guide us. It’s not there to hurt us, and it’s not

there to steer us wrong. I'm not kidding you – if everyone could learn to listen to it and to trust it, we would all be in such an amazing place.

And finally, as a relationship author and dating expert, what is your number one tip for people trying to make themselves ready for love?

You need to sit down and have a reality check with yourself. Who were you in past relationships? Who have you been? Are you proud of your behavior? Do you think you've been honest with yourself and those you've attracted? My number one tip is just to get raw and real with yourself and discover who you are and what you want. You have to be in that place where you're listening to your inner voice and where you know you will never settle due to desperation or fear. That's never a reason to stay in a bad relationship or start a new one.

You can purchase a copy of Real Love, Right Now on Amazon. To learn more about Kailen, you can view her biography on The Love Architects or check her out on www.facebook.com/kailenrosenberglovearchitect/ and Twitter @kailenrosenberg.

Dating Deal Breakers





By [David Wygant](#)

It happens all the time. Things are going really well in your relationship, and then all of a sudden – BOOM, like a guillotine coming down on someone’s head – something goes wrong. But this time, the guillotine is coming down on your head, and you’re facing another heartbreak.

You thought you knew exactly what he wanted; you read all the books and watched all the dating programs; and you did everything you could to make sure you were the perfect girlfriend. You even spoke for hours on end with the girls about what men *really* want and how to play the relationship game properly. Trouble is, it seems you still don’t know what men DON’T want in a relationship.

Related Link: [5 Ways to Stop Sabotaging Your Relationships](#)

Here are my top three dating deal breakers:

Don’t Play Games

If you play games with a guy, he’s not going to want to be

with you – it's as simple as that. If we call you and you don't pick up, call us back the second you get a chance. Returning our call a few days later doesn't turn us on; in fact, it turns us off.

Many men barely have the confidence to even make that phone call in the first place. They spend a lot of time thinking of what they should say, what type of voicemail they should leave, and how they can make you laugh. Sure enough, you hesitate; you wait and don't call him back. You want him to think you're cool and too busy to talk to him.

Well, guess what? Those kind of games are a deal breaker. He wants a girlfriend who's going to be responsive to his texts and phone calls. No guy wants someone who plays *too hard* to get.

Let's Get Physical

You tell him you want to wait, so he waits. Then, when you start having sex with him, you ration it. You start thinking if you give him too much, too quickly, he's going to leave. In reality, as long as you're dealing with a man and not a man-boy, once you start having sex, continue doing it. Don't cut him off. If he's showing he's committed to you, why would you stop it?

If you kill the sex, you kill the relationship.

Related Link: [4 Ways to Know You're Dating a 'Man-Boy,' Not a Man](#)

The Chronic Texter

Don't be the woman who's texting him non-stop. He's out with his friends, and you don't trust him. So of course, instead of telling him to have a great time, you text him all night long.

He doesn't want to be monitored, and he doesn't want to be constantly checking in with you. He wants somebody who will

actually allow him to go out with his friends and enjoy himself. Trust him, wish him a fun night, and then let him be.

These are just a few dating deal breakers. The bottom line is, if you've got a good man, stop overthinking everything and learn to go with the flow.

David Wygant is a dating coach and author of Naked and Always Talk to Strangers. For more relationship advice, you can follow him on Twitter @Davidwygant and facebook.com/therealdavidwygant

Solo Parenting: Reconsidering Your Ex





By Cynthia MacGregor for [Hope After Divorce](#)

You've been divorced a while—maybe six months, maybe more than two years—and nobody better has shown up to tempt you. What's more, parenting as a solo act has proven to be a heavy burden. And on top of that, the kids haven't given up pestering you about getting their dad to move “back home.” You'd think by now they'd be used to the new order of things, but no, they're relentless about wanting Daddy to return. And you're tired of hearing them “singing the same old song.”

The last time he came to pick them up, you looked him over and started remembering all of his good points—and forgetting all of the bad ones. You remembered how funny he could be, how good he was with the kids, how kind he was to your mother... and you saw how happy the kids were to see him.

Related Link: [The EX Word](#)

You remembered the night before, when you'd gotten home from work exhausted and still had to make dinner, supervise homework, get on the kids' cases about room-cleaning, nag

Jeffrey about walking the dog and Jennifer about changing the cat's litter box. You had to hassle them about bedtime, and once they were finally tucked in, you had to wash up the dinner dishes and start the first of two loads of laundry. By the time you fell into bed, you were too exhausted to fall asleep and had done *nothing* for pleasure or relaxation all evening.

Oh, how different it would be, you think, if you had a spouse, a partner, a man in your life to help shoulder the burden. (And what a heavy burden it seems at the moment to be.) What about your ex? He had his faults, but he was a good father. There's no taking that away from him, whatever else there is to say...

Stop right there! "Whatever else there is to say?" What else *is* there to say? Plenty, I'll bet, if you think back and give the marriage an honest appraisal! Why did you call it quits in the first place? Not on a whim, I'm sure. You had your reasons, and they were most likely valid ones. Remember?

Now, fast-forward in your mind. Imagine you've gotten back together with the man. Imagine how overjoyed the kids are. Imagine how relieved you are—at first—to have help with the kids and in general. Then remember all his faults or flaws, all the reasons you gave up on the marriage in the first place. What has changed? Probably nothing. Now picture yourself asking him to leave—again. Finally, picture the kids' reaction when Daddy leaves for the *second* time. Not a happy picture, is it?

Related Link: [Must We Remain Friends With Our Ex-Husband?](#)

So, is remarrying your ex the answer to your problems? In all probability, no. Is remarrying your ex going to make your kids happy? In the short term, sure, but in the long term, when he leaves again, definitely not! And thinking that "this time, things will be different" is almost certainly a fantasy.

Reconsidering your ex? Better think twice—not just for your own sake but for the kids’ sake too.



Cynthia MacGregor is a multi-published author. She has over 100 books to her credit. They include “After Your Divorce,” “Divorce Helpbook for Kids,” “Divorce Helpbook for Teens,” “Solo Parenting,” “‘Step’ This Way,” and others. Forthcoming books include “The One-Parent Family,” “Why Are Mommy and Daddy Getting Divorced,” and “Daddy Doesn’t Live Here Anymore.” She hosted and produced the TV show “Solo Parenting,” which was broadcast in

South Florida over WHDT. Cynthia writes for HopeAfterDivorce.org, FamilyShare.com and LAFamily.com. Contact Cynthia at Cynthia@cynthiamacgregor.com, and visit her website.

Relationship Expert Kailen Rosenberg Shares Dating Advice for Finding the Love We Deserve





By Whitney Baker

You may recognize relationship expert Kailen Rosenberg as “the love guru,” “the love whisperer” or, as Oprah Winfrey recently named her, the official “ambassador of love.” With her starring role on *Lovetown, USA* from the Oprah Winfrey Network/BBC Worldwide, she put her education and experience to the test: Oprah asked Rosenberg and Paul Carrick Brunson to transform Kingsland, Georgia, into a town filled with grace, kindness and open hearts. Of how she helped the community with her dating advice, she says, “What I look for isn’t necessarily what *is* working, but what is not. I seek out what is broken, the areas that sabotage relationships and love, and help each person to work through their pain and heal, so that they can experience the love and the partner they truly deserve.”

Relationship Expert Shares Personal Beliefs on Love and Dating Advice

While fans await news of season two of the hit show, Rosenberg is hopeful, recognizing that viewers and critics alike enjoyed

the first season. "Oprah's heart and intentions are completely pure. *Lovetown, USA* was meant to be a social experiment on love," she shares. "And it worked! It proved that, when one focuses on nothing but love, healing in the most broken places can take place."

Related Link: [How to Find Love Amidst Holiday Crazyness](#)

Of course, some heartaches are easier to mend than others. As viewers saw on *Lovetown, USA*, the relationship expert was tasked with helping two single dads find love. She approached it much like any other match. "What matters most is this: Is the person kind? Is he emotionally healthy and ready for love?"

Drawing from her own marriage, Rosenberg understands how tricky it is to find a partner that is a good fit for both you and your children. "My husband (who had never been married and had no children) is an amazing stepfather. We have a blessed family because of his genuine care for himself, me and my sons," she says. "It all depends on the values of the two people coming together."

As for how to know when you've found a relationship to last a lifetime, Rosenberg believes that it's just a feeling. She elaborates on this love advice and shares, "When you meet your soul mate, there's something inside of you that's different; you can't explain it. There's a piece of your new partner that challenges you to become a better human being. You grow and love more deeply because of that experience with each other."

Rosenberg, a master's-level certified life and love coach, is a successful matchmaker both on and off the show. She's helped over 400 couples find each other and credits this accomplishment to "teaching people to love and know themselves authentically and to heal what needs to be healed *before* getting into a relationship." Expanding on this idea further, she explains, "When people are able to listen to their inner

voices and are fully aware, they make for better partners and create better relationships and better marriages.”

Related Link: [E!'s Newly-Engaged Ashlan Gorse May Head Back to France for Wedding to Philippe Cousteau Jr.](#)

Kailen Rosenberg Talks Relationships and Love and Her Next Project

While Rosenberg’s impressive success rate may suggest otherwise, many people are choosing to remain single rather than look for love. In fact, the Census Bureau statistics show that more than 44 percent of adults 18 and over are unattached. Even so, she isn’t deterred; she even views this number as a positive thing. “Younger people want to take their time and are more sincere about love and marriage, wanting something different than generations before,” she says. “As much as people want to believe in marriage, I think they are more afraid.”

She then adds, “The good news is that they rarely give up on love, wanting to believe that it can still be real and wonderful.”

As for what’s next, Rosenberg doesn’t plan to slow down anytime soon. She is currently working on a book, which will be released by Simon & Schuster in fall 2013, and tells us, “It will focus on teaching both singles and couples how to find and experience real love.” Additionally, she has received offers to do her own television show to further teach people about love.

Even with her credentials, the dating expert knows just how difficult it can be to find love. For single women and men looking for a relationship, she offers this advice: “Know what is absolutely amazing about yourself, but don’t be afraid to

look at what isn't so lovely and great. Work on healing it and getting to a great place from within, so that when you find love, you can give and receive it at its fullest."

For more information about Kailen, please visit TheLoveArchitects.com. You can also follow her on Twitter at [@KailenRosenberg](https://twitter.com/KailenRosenberg).

Love Lessons Learned from Marilyn Monroe



By Amy Osmond Cook, Ph.D.

Marilyn Monroe had it all—fame, beauty, wealth, and some

powerful boyfriends—but the one thing she wanted most eluded her. She had three troubled marriages and a host of unfulfilling affairs, and she removed herself from all of them for various reasons.[1] Marilyn's unhappiness amidst spectacular success is nothing short of tragic, but we can learn from the path she trod in her short 36 years of life. From her brief comments about the unraveling of her marriages, here's the advice I believe she would give about how to learn from her relationships and find lasting love.

1. Find a guy you enjoy talking with:

Marilyn married her first husband, James Doherty, when she was just 16 years old. Her legal guardian was moving away from California and convinced the two young lovers to get married. The marriage was not a good fit from the beginning—he didn't approve of her modeling career, and he spent much of the marriage in the Pacific during World War II. But when Marilyn was later asked why they divorced, she said simply: "My marriage didn't make me sad, but it didn't make me happy either. My husband and I hardly spoke to each other. This wasn't because we were angry. We had nothing to say. I was dying of boredom." [2]

Love Lesson Learned: Be in a relationship that you enjoy.

2. Don't let jealousy get in the way:

Marilyn married baseball legend Joe DiMaggio in 1954, two years after they began dating. While they remained friends until the end of their lives, his jealousy of her fame and acting career contributed largely to the dissolution of their marriage. Tension grew, culminating in a verbal and physical altercation over the famed skirt-blowing promotional pictures for *The Seven Year Itch*. Marilyn filed for divorce shortly thereafter, citing mental cruelty. She stated before a judge that Joe was "cold and indifferent" to her and that days would go by when he wouldn't speak to her.

Love Lesson Learned: Don't waste your time with a jealous partner.

3. A "meeting of the minds" matters:

Marilyn's third husband, Arthur Miller, was a brilliant playwright who dazzled her with his sharp mind. Marilyn was an avid listener, but she was all too aware that she was not his intellectual equal. Regrettably, her fears were realized when she read in his journal that he had second thoughts about marrying her and considered her his inferior. After one particularly emotional conversation, she overdosed on sleeping pills, and the marriage ended.

Love Lesson Learned: Choose a partner that loves you for who you are.

Marilyn's untimely death was mourned by millions of fans, associates, and former flames. Joe Dimaggio placed roses on her grave every week for 20 years to remember her. But she was tragically unable to find lasting love in her three marriages. If she were here today, I believe her advice to us would be to find a partner that you enjoy being with, that isn't jealous, and that loves you for who you are. Only then may we have a shot at having the one thing that Marilyn desired most—a soul mate.

[1]

<http://www.dailymail.co.uk/femail/article-1210384/Joe-DiMaggio-wanted-Marilyn-Monroe-demure-housewife-posed-picture-beat-up.html>

1. [2] ^ *My Story* by Marilyn Monroe. ISBN 1-58979-316-1.
http://en.wikipedia.org/wiki/Marilyn_Monroe#cite_note-16

How To Break Up Without Breaking Them Down



By Melanie Mar

We've all heard of the phrase "I love you but I'm not in love with you." Hopefully it wasn't being said to you. It's a hard thing to let someone down, especially a person that cares for you more than you care for them. What does this phrase mean? Moreover, how can you express this sentiment to someone you care for deeply while causing the least amount of pain? We'll

explore some key ideas that can help you break the news as easily as possible:

Love: Humans need to give and receive love for emotional and physical reasons. In fact, there have been studies in orphanages that show physical contact is vital to well-being. Babies who are not held or nuzzled enough will literally stop growing, even if they are receiving proper nutrition. Literally loving one another is crucial to our overall wellness. Fortunately, mutual loving can be exchanged between close friends, family members and beloved pets. You don't have to be exclusively romantic partners.

Related Link: [Is it Okay To Dump Someone Via Text?](#)

In love: Being "in love" is a precious, euphoric experience. This is a deeper bond that goes beyond the boundaries of love as defined above. Your significant other's happiness and emotional needs are paramount to you. To be in love is a rare experience. Think of all the people you love and have loved in your life, then narrow that down to the chosen few that you were willing and hoping to spend forever with. I'm willing to bet that list shrunk considerably.

How do you tell someone "I love you but I'm not in love with you?": This is not easy to say. However, if you don't mirror someone else's feelings, then it's critical that you communicate it concisely and with compassion. It is incredibly important to keep it simple.

Related Link: [Dating After Being Dumped: How To Avoid Messy Rebound Relationships](#)

In a new relationship: It is easy to get caught up in that invigorating feeling when you meet someone new. Remember, that adrenaline rush could lead someone to mistake their intimate feelings for genuine love. If you don't feel the same way, you need to be crystal clear about it.

When having this conversation with someone, you should be as courteous as possible. First, you need to say “thank you.” It takes a great deal of courage for someone to lay themselves bare. If you acknowledge their courage, it might help soften the blow. Next, you should explain your emotions. You shouldn’t make excuses or act defensively, but you should make it clear why you don’t reciprocate this person’s feelings. Finally, you need to look forward and explore your options. Maybe there’s someone else that has your eye, or maybe you’d benefit from being single. The choice is yours, but keep moving forward.

In an established relationship: The sense of calm, peace and stability one feels with a long-term partner can quite often transfer to boredom and apathy for the other. If you’re the bored party, don’t drag it out! Gently tell your partner that you feel a disconnection. Ask them if they feel the same. Regardless of what the answer is, a decision needs to be made on how willing you both are to commit. If it becomes apparent that the flame is extinguished, you should move on. In situations like these, relationship therapy has worked for some couples. It can help assist in understanding the root of the problem. This can help you end your relationship amicably, or help you find a route to a solution that keeps you together.

Melanie is a relationship and life coach, as well as co-owner of the Millionaire’s Club International Matchmaking Agency for the U.K. and Europe. She is certified by the WANT Institute in Androgynous Semantic Realignment and a Transaction Analysis practitioner certified by the United States America Transaction Analysis Association. Visit www.melaniemar.com for more information.

Relationship Rescue: 7 Steps to Take Before Divorcing



By Tristan Coopersmith

Picture this: You are at the altar, on the brink of saying “I do” to your hunky fiancé. Your designer dress is stunning. The weather is perfect. You’ve never had a better hair day. It all seems so dreamy until the officiant tweaks the vows a bit instead saying, “til death do you part or you aren’t willing to work on your marriage anymore.” Naturally, you’d be awestruck. After all, such words certainly don’t channel those fairytale wedding fantasies. The fact though is that most marriages don’t end with one spouse six feet under; they dissolve because couples often try to rescue their relationship after the chance of survival window has closed.

Take Jennie Garth (our beloved Kelly from the original *90210*) and Peter Facinelli (the grown up *Twilight* hunk) for example. Together nearly TWO decades, this couple recently called it quits, reportedly after trying to work on their marriage. But as any marriage counselor will tell you, working on it may not be enough, especially if that work begins too late. So what's a couple in marriage distress to do? Before you say, "I don't anymore," follow these steps for a promising road to relationship rescue:

1. Accept that you've got issues... big ones. Just like in recovery programs, denial is not option if you want to see a brighter day. Challenges must be faced head on, recognizing that they won't just magically evaporate one day, but rather they must be worked through and seen as opportunities to grow.

Related: [Kim Kardashian's Divorce – A Reminder About Relationship Mistakes to Avoid](#)

2. Communicate. Chances are if you are strutting down divorce road, you've likely ceased communication, or at least communication of the healthy kind. Decide now, today that you will work diligently to express yourself clearly and respectfully, and that you will listen with a loving heart and open mind.

3. Nurture your relationship. Great marriages take a lot of deliberate TLC. Love fades when spouses don't routinely invest in each other. Daily tune-ups can point a broken relationship towards the path of healing. Try simple gestures like compliments, words of appreciation and intimate touch.

Related: [Newlywed 911 – Protecting Young Marriages](#)

4. Get help. Marriage counseling can work wonders, if you strike while the marriage iron is hot. Seek a counselor who you have chemistry with and who's philosophies and methods align with you. According to Pepperdine University Professor

of Marriage and Family Therapy's Mario DiSalvo, "Marriage counseling is usually unsuccessful due to couples seeking help six years too late," so don't wait!

5. Set goals. Without meaningful goals, any partnership will struggle and eventually fizzle. When it comes to a marriage, goals help couples get on the same page about the present and provide a roadmap for the future. Such goals can be co-created by a marriage therapist. They should be measurable and hold both parties accountable for their success. Be sure when developing goals that you acknowledge stepping stone successes along the way, and celebrate them!

6. Build a support circle. Turn towards trusted friends and better yet, couples who's marriages you admire, for support. When the going gets rough, enlist such sources to help you stay strong, focused and positive.

7. Take a trip down memory lane. Re-reading your vows, visiting the scene of your first date, or reenacting your proposal, all offer rich reminders as to why you got married in the first place. Oftentimes life can get in the way of love but a simple reminder of how and why you ended up together in the first place can do a relationship wonders.

Tristan Coopersmith works one-on-one, in groups, through e-courses, in workshops and taking listener calls on-air to uncover people's blocks to guide them towards healthy, fulfilling, sustainable, relationships through designing personal plans for success.

Drew Barrymore Is Not My Type



By David Wygant

I get emails all the time asking me, “You live in Hollywood. You must meet famous people, right?” Let me tell you a little bit about the way I think about famous people.

I don’t see them; I see dead people. Oops! That’s the wrong movie. That’s from “The Sixth Sense.” I really don’t see famous people. I mean, I do see them, but people have to point them out to me.

A few months ago when I was walking down the street with my black Labrador, Daphne, this cute blond was walking towards me with three other black dogs. She said, “Look at all the black dogs!”

I thought, ‘Wow, she’s observant. She is flirting with me.’

So I said, "Look at those three dogs! Are they yours?" The cute blond said "No, I'm working at the rescue place today."

The blond was wearing a sweatshirt, tennis shoes and a pair of jeans. She had no makeup on, and she had her hair pulled back. She looked really cute. The voice sounded really familiar. The face looked familiar. The only thing missing was E.T. What I realized then was that I was standing face-to-face flirting with Drew Barrymore.

So, we started talking. We talked for about 10 minutes about dogs, about birthdays ... It was a random conversation. She was really friendly, really cute, and really flirtatious, but I just wasn't feeling it on my end. Now, granted, it would have been fun to hang out with Gertie from E.T. I'm sure she had some great stories to share!

So here was the end of our conversation:

Drew: What's your name?

DW: David. [Then playing dumb] What's your name?

Drew: Drew.

DW: Oh, I thought you looked familiar. It's nice meeting you, Drew.

Then, I walked away.

It doesn't matter to me whether a woman is a celebrity or not. If I'm not feeling the chemistry on my part, I don't care who the woman is or what she does. I don't care if it's Drew Barrymore or Jennifer Aniston . . . well, maybe I'd care if it were Jennifer Aniston.

The publicity would have been great. I can see it now. Drew and I photographed by the paparazzi in Hawaii. Drew and I walking our dogs grabbing a couple Starbucks. I would finally make it into the "Stars Like Us" page in US Weekly.

Living here in L.A., I've had plenty of interaction with

celebrities. I've flirted with Naomi Watts. I have chatted up Dennis Quaid in line at a coffee shop. I sat for 20 minutes with Michael Richards from *Seinfeld* and had a conversation. I've even had some fairly famous clients from the entertainment business. Honestly, they are all just people like you and me.