

Relationship Advice: How to Stay Confident in a Long-Term Relationship



By [David Wygant](#)

In order to feel confident in a long-term relationship, you need to be in the *right* long-term relationship for you. If you're not safe and you don't feel like you're being heard, then you're in the wrong partnership. There's no way in the world you will ever thrive in a relationship where you feel judged and evaluated at all times. For me – and I've been in many long-term relationships – the ones that I always felt most confident in were the relationships where I was actually seen for who I am. If a woman is trying to change you, if she's trying to make you into someone you're not, you're never

going to feel confident.

Long-Term Relationship Advice from Relationship Expert David Wygant

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Long-term relationships are some of the most beautiful things you can ever experience, but the only way to have a successful one is to truly communicate who you are. As a [relationship expert](#), I believe that the beginning of a relationship is when you have the opportunity to be who you are and expose yourself. If you're going to give her a false version of yourself, then her expectations are going to run rampant. And when her expectations run rampant, you're not going to have a successful long-term relationship. That's the biggest mistake most people make.

Most people make this mistake because, over and over again, they think they need to misrepresent themselves to "get" the relationship. To me, I expose it all – *everything*. I reveal all my fears and insecurities because I'm looking for a real relationship, a long-term relationship where I'm able to grow.

A strong long-term relationship is a relationship that's a mirror. You literally reflect each other each and every day. By doing so, you will show each other exactly what you need to learn. A great relationship will reflect that right back at you. The best relationships are when you grow and when you get out of your own story and are able to create new stories together.

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So my best [relationship advice](#) for feeling confident is to be

ready to express yourself. If you're not able to talk about who you are and what you want, then you're not in the right long-term relationship. Now, I can sit here and write another 25 pages on this topic, but the reality is, in life, we need to keep things more simple. And the simple dating advice that I can give you today is that you need to communicate all your needs, your wants, and your desires at the start of a partnership to be fully accepted and heard. Once you do, you'll feel confident in your long-term relationship.

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

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

Expert Relationship Advice: Two Things That Make a Man Fall in Love & Commit





By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and [relationship expert](#) Suzanne Oshima talks to love and dating coach Jaki Sabourin about two things that make a man fall in love and commit to a relationship. Watch the video above for their best expert relationship advice!

Expert Relationship Advice to Make a Man Fall in Love & Commit

First, it's important to note that it's not really "things" that make a man fall in love and commit. "They're traits – traits that you can develop in yourself," Sabourin explains.

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1. The first trait is your high-value status: "It's your job to present and project and create this perception that you have a high value," the dating coach says. "And how you do that is to accept yourself." Don't turn over your significance

to a man – your personal value needs to come from within. She adds, “Of course, any man who is looking for a woman to spend his life with wants a woman who has a high regard for herself.”

2. The second trait is vulnerability: You need to balance your strong sense of self-worth with vulnerability to avoid coming across as too masculine, aloof, or conceited. “You have to create a space of openness with a man so he can come in,” Sabourin says. “Vulnerability is really about sharing things about yourself, not being afraid to show who you really are.” Tell him things that will inspire him to take care of you.

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What about a woman who thinks being vulnerable will make her appear weak? “Ladies, look at that, because that tells me you’re protecting your heart and you have a defense up,” Sabourin shares. “When you have a defense up, it’s like a wall, a fence, that keeps the love and relationship you want out.” There’s so much power in vulnerability: It shows that you love and accept yourself, that you’ve been hurt but that you’re open to something new.

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Relationship Advice: How to Emotionally Connect with a Man



By [Whitney Johnson](#)

On this week's Single in Stiletto's [dating advice video](#), founder and [relationship expert](#) Suzanne Oshima talks to love and dating coach Jaki Sabourin about how to emotionally connect with a man and get engaged at any age. Watch the video above for their best relationship advice!

Relationship Advice to Help You

Emotionally Connect with a Man

Here are three ways that women can connect emotionally with a man:

1. Be *interested* instead of interesting: The fastest way to connect emotionally is to be curious about your date. “When we’re trying to be interesting, we’re nervous and feeling self-conscious. We really fail to notice the man in front of us – who he is, the red flags, what he’s doing,” Sabourin explains. Being interested in him will encourage him to lower his guard and really tell you about himself. “Get curious!” Oshima adds.

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2. Be vulnerable: Be open and honest. Real vulnerability comes from a place of being able to accept yourself. “You’re going to be able to be vulnerable with a man directly proportionate to your ability to accept who you are,” the dating coach says. Vulnerability is very attractive because it’s real, and being as real as possible will create a connection right away.

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3. Be less agreeable: It’s a big turn-off when a woman just wants to please a man. “They want to know what your likes are, what turns you on, what gets you excited about life,” Sabourin shares. “Be a little more sassy and stand in your truth.”

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Dating Advice Video: What Men Want You to Know



By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and [relationship expert](#) Suzanne Oshima talks to relationship strategist and coach Cyndi Olin about three things that men want you to know. "There's a complete disconnect in what women think men want," Oshima reveals.

Relationship Experts Discuss What Men Want You to Know in Dating Advice Video

1. Men are actually very sensitive: Women often think men aren't sensitive, but that's just not the case. "In order to feel connected, they need to feel heard and needed," Olin shares. "And if they don't feel those two things from a woman, they're not going to be fully connected or engaged with her." As much as you want him to understand you, he wants to feel understood as well. "Be curious about him," Olin adds.

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2. Men want to feel needed: Expanding on the first secret about men, they also want to feel respectfully needed. "Allowing him to support you is something that fills *him* up," Olin explains. "It's so important for women to realize that, as strong and independent as we are, we love a man who can take care of things for us, who can handle things for us," Oshima says.

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3. Men want to feel appreciated: If he feels appreciated for the things that he does, he's going to do it ten-fold. "In fact, you won't feel like, in your relationships, you have to do all of the heavy lifting," the relationship coach explains. "He's going to do more and more." Plus, he'll continue to build you up and support you if he feels like you're doing the same for him.

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Relationship Advice: Kinds of People Most Likely to Get the Holiday Blues



By Dr. Sanam Hafeez

With the holidays upon us, it's easy for us to get caught up in the rush of it all. While we may be cooking, shopping, enjoying holiday events, there are others – many of whom are in our very own circles – having a tougher time. [Relationship](#)

[expert](#) Dr. Sanam Hafeez, a NYC based licensed clinical psychologist, teaching faculty member at Columbia University Teacher's College and the founder and Clinical Director of Comprehensive Consultation Psychological Services, reveals who are most likely to have the holiday blues, and how we can help them make it through.

If you think somebody in your life could be affected by the holiday blues, check out Dr. Hafeez's [relationship advice](#) below to help better understand your loved ones this season.

1. The newly divorced or widowed: Loss is a sad, life-changing event at any time of the year. However, it tends to be harder when everyone around you is joyful celebrating the holiday's and you feel it's an effort to get out of bed. If someone in your circles is going through a major loss and life transition, be supportive and understanding. "They are grieving and mourning and are especially sensitive around the holidays. It's important that they feel included but don't be offended if they choose to opt out of certain events," advises Dr. Hafeez. She suggests checking in and offering them the option to participate in whatever they want, when they want. Love them through it.

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2. The busy entrepreneur: The holidays could be stressful for small business owners because so much rides on the end of year. They may be fretting over their profits (or lack thereof), the goals they didn't reach, and the many things

still to do. They feel overwhelmed and when they are expected to shop, entertain and be present for their families, they may be short tempered and anxious. "The best way to help the busy entrepreneur is to make their life easier in any way possible. If they can't make it to a family dinner, tell them your door is open for dessert. Often times they feel guilty and obligated which only adds to their frustration," explains Dr. Hafeez. Also consider that these worker-bees are conflicted. When they are working they miss their families and when they are with family they are thinking of work.

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3. The caretaker of an elder parent or relative: Adults who are now caretakers to their elderly parents are incredibly overwhelmed and often overlooked. As a caretaker, they always have to consider the well-being of their parent. They can't just get up and go," explains Dr. Hafeez. Caretakers may feel resentful, isolated and stuck during the holidays which leads to conflicted feelings of resentment and guilt. They also believe they have to be hands on managing everything. It's important to lighten the caretakers load by offering support; even if it means asking them how they are doing. Be patient and ask the caretaker what they need. It could be something as simple as having food delivered to their home to free up time for other tasks, Dr. Hafeez recommends.

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4. The recovering substance abuser: Recovering from addiction is hard. Period. It's harder when holiday festivities are filled with friends and family drinking everything from eggnog to champagne. "Understand that those in recovery from substance abuse are hyper-sensitive about being judged. They feel as if all eyes are on them and that pressure may trigger the desire to use drugs or alcohol to soothe their anxiety.

When they aren't fully recovered, they may anticipate possible "landmines" and avoid them. They may choose to stay to themselves and observe more and participate less. They might opt out of larger family gatherings that are too overwhelming," cautions Dr. Hafeez. Offer an open invitation and remind them they are welcomed when they are ready. A balance of love, support and acceptance is what they are in most need of, suggests Dr. Hafeez.

5. The children of divorce: Divorce means two separate holidays at two different places, and kids feel overwhelmed having to double up. It's incredibly important for parents to agree on where the kids are going during the holidays and all logistical details. "Kids want to feel safe and secure. They don't want to feel as if they are the expected to be rushed here and there because their parents chose to divorce," says Dr. Hafeez. It could be unsettling to younger kids, and teens may isolate and rebel against any family events as they are sorting out their own emotions as they get used to a new normal. You really want to establish a game plan for the holidays and if possible, stick to it every year, advises Dr. Hafeez.

Dr. Sanam Hafeez PsyD, is a NYC based licensed clinical psychologist, teaching faculty member at the prestigious Columbia University Teacher's College and the founder and Clinical Director of Comprehensive Consultation Psychological Services, P.C. a neuropsychological, developmental and educational center in Manhattan and Queens. She works with individuals who suffer from post-traumatic stress disorder (PTSD), learning disabilities, attention and memory problems, and abuse. Dr. Hafeez often shares her credible expertise to various news outlets in New York City and frequently appears on CNN and Dr.Oz. Connect with her via Twitter @comprehendMind or www.comprehendthemind.com

Dating Advice Video: Stop Attracting Emotionally Unavailable Men



By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and relationship expert Suzanne Oshima talks to dating coach Jaki Sabourin about how to stop attracting emotionally unavailable men. Don't miss their [expert dating advice!](#)

Jaki Sabourin Shares Expert Dating Advice

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1. Stop yourself from being emotionally unavailable: As Sabourin explains, according to the Law of Attraction, like attracts like – so if you show signs of being emotionally unavailable, you'll attract a partner with similar qualities. Instead, start creating a sense of emotional availability when interacting with men. For instance, if you go out with a guy who's angry, don't withdraw from him. Show compassion and try to get him to open up by asking him questions.

2. Get past your own insecurities and take bigger risks: Ask him sensitive questions that will encourage him to open up to you. Oftentimes, the cause of a man's emotional unavailability is his own past and pain. Begin by asking him questions like, "What have you gone through?" and "Is there something that's holding you back from finding love?"

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3. Get over your fear of rejection: When we're afraid of getting hurt, it's easy to withdraw and disconnect ourselves from our partners. By talking to your partner with care and gentleness, you'll help him realize that he's truly missing out on love by putting up such a strong defense. Remember that there is no perfect man or woman. Relationships are all about relating to each other in ways that strengthen your connection.

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Expert Dating Advice: Beware of These Kinds of Relationships



By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and relationship expert Suzanne Oshima talks to dating coach Cyndi Olin about what types of relationships to beware of. Plus, they share their best [expert dating advice](#) for how to handle them.

Cyndi Olin Shares Expert Dating Advice

1. The “fast and furious” relationship: In this type of relationship, you have chemistry immediately and quickly go from one date to spending all of your time together. This guy moves from “zero to sixty.” As Olin explains, “What is common in these types of relationships is...the men who have them are inadvertently chemically attracted to women who are really wanting to feel loved.” While it may seem like a fairy tale at first, after six weeks to three months, the man unexpectedly puts the brakes on. He may disappear completely; he may stop calling you; he may tell you he’s not ready for a relationship.

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But why does he do it? “It starts to become real and isn’t just a fantasy anymore,” Olin shares. “In the beginning, he’s in a drunken haze – he’s enjoying his time with you, but it’s not based on reality.” The relationship never had an opportunity to build the strong foundation that it needed to last.

So ladies, it’s up to you to control the pace of the relationship. “It’s not a race to the finish line,” Oshima adds. Don’t let the fear of losing him keep you from slowing things down. Always make sure you’re comfortable with the pace of your relationship, and remember that taking it slow allows him to truly get to know you.

2. A relationship with a narcissistic, psychopathic man: It’s no surprise that this type of relationship can be very dangerous. These men can be very charming and alluring, but everything is always about them. “They will do all of the work until they get you hooked. They can be very patient with the right women,” Olin says. Women become so attached to these men

that they find themselves going back to them even though they know they're not good for them.

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Eventually, he will start to criticize you. Nothing is ever good enough, and you'll find yourself feeling confined, almost as if you're in a box. "Oftentimes, women will try to prove themselves in the relationship and start giving more than he is. The balance of the relationship becomes off," the dating coach explains. "The woman becomes unhappy, and he becomes more powerful and power-hungry."

Can either of these relationships ever work? For the first type of relationship, the answer is yes. As a woman, you can control the pace of the relationship, building a strong foundation of lasting love. For the second type of relationship, it depends on the man and just how narcissistic or psychopathic he is. If he wants to break his habits and truly find love, it is possible to have a happy partnership. It's important to remember that, for any relationship, a man has to be willing to work on himself.

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Dating Advice Video: How to

Find Love



By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and relationship expert Suzanne Oshima talks to [relationship expert](#) Iris Benrubi about her top three tips to help you find love.

Relationship Expert Iris Benrubi Shares Her Tips for Finding Love

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1. Know your own worth: This tip is especially important for women going through a break-up or divorce, as feelings of

resignation and desperation can cloud your perception of yourself. “When we own our value, we start to get clear on what it is that we’re looking for, and then, we become the chooser,” Benrubi explains. “And that gives us a lot of power.” It’s also important to build your self-confidence back up *before* you start dating again.

2. Trust yourself: Increase your ability to trust yourself by connecting with your intuition. “Our head can really play tricks on us,” the relationship expert says. But our intuition lives in our body, so dig deep and think about how certain things make you *feel*. Each person will have their own ways of understanding their intuition and how their body responds to a yes and a no. For instance, to get clear on your no’s, think about a recent ex and how he or she makes your body feel. Always remember that your intuition can’t point you in the wrong direction.

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3. Recognize when a man is emotionally unavailable: There are certain behaviors to look out for: He doesn’t follow-up or communicate between dates; he’s dismissive; he’s not interested in learning more about you. Don’t ignore these red flags! Instead, address them with him; doing so will help you determine if he’s truly capable of fulfilling your needs in a relationship. “Watch a man’s actions; don’t listen to his words,” Oshima adds.

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Expert Dating Advice: The Biggest Dating Pitfalls



By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and relationship expert Suzanne Oshima talks to relationship author Wendy Newman to discuss the biggest dating pitfalls and offer their best [expert dating advice](#). Newman shares the five dating pitfalls that women often fall into and how to avoid them.

Relationship Author Wendy Newman Shares Expert Dating Advice

1. Feeling obligated to please a man: Women often worry about hurting a man's feelings or displeasing him, but it's important to keep your *own* feelings in mind. For instance, say you meet a man on a blind date, and he lied about his age and appearance. Rather than accepting the lie and sitting through the date, reject him graciously. Explain that he lied and that you won't be staying. As Oshima explains, "The one thing you can never get back is your time."

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2. Approaching a man with too much information: When dating, it's tempting to lead with your end game: that you'll make a wonderful, loving wife someday. But for a man, that's too much, too soon. To start, he just wants to know whether or not you'll be a good friend. "Instead, say, 'This is who I am as an interesting person. Who are you?'" says the relationship author.

3. Dating only one person at a time: By limiting yourself to a pool of one, you're comparing that relationship to being alone. "And that's not good. It'll have us miss important things about them or not ask questions and dig in," Newman shares. Plus, dating multiple men at once gives you a better understanding of what you want from a relationship.

4. Dealing negatively with compatibility and chemistry: Chemistry is essential to a healthy, happy relationship, but it's not enough. It's easy to become distracted by a handsome face or a successful career, but don't make excuses for him if he's not the whole package.

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5. Trying to be someone you're not: According to Newman, this

is the number one mistake. Don't follow a set of rules or what you *think* you should do. Instead, figure out what works best for you as you're building a relationship and stick with it.

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Expert Relationship Advice: First Comes Love – Now What? Creating Intimacy Without Intercourse





By [Amy Osmond Cook](#)

The power of love can never be underestimated, but it is also often misunderstood. As one of the leading Google search topics, the matter of love and how it pairs with sex is on most people's minds. It's possible to have sex without love, but can love survive without sex?

Most people say yes. A [study](#) conducted at San Diego State University reported that couples who reported having a satisfying relationship also reported having less sex as the relationship progressed. In an era where sex is used to sell everything from perfume to bathroom cleaner, this study shows that people may be buying it, but they aren't necessarily "doing it."

Relationship Advice on How Sex Relates to Love

"Despite their reputation for hooking up, Millennials and the generation after them (known as iGen or Generation Z) are

actually having sex less often than their parents and grandparents did when they were young,” says Jean M. Twenge, the study’s lead author and professor of psychology at San Diego State University.

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Recognizing that romantic love and intercourse can be mutually exclusive is encouraging news for millions of people who are unable to “seal the deal.” Whether limited by emotional challenges or physical obstacles, these champions of celibacy are coming forward with candid conversations, new desires, and innovative ways to create satisfying relationships beyond the bedroom.

“While these people are unable to have intercourse, they still crave intimacy but are unable to open up about it,” says Laura Brashier, founder of RomanceOnly.com, a site that promotes and supports those seeking intercourse-free relationships for “whatever” reason. “I’ve discovered that people facing difficulties with sexual intercourse still want to show love and be loved in return.”

1. Connection: Successful connection requires recognizing the difference between love and erotic love. “Love proper is to do with the other person,” says [Olivia Fane](#), [relationship author](#) and sex therapist. “It is about the care, respect, and understanding of that human other. Love like this grows; it cannot help it. The more of yourself you invest in another person, the more you receive.” This connection unites two beings into one unit; their pain is your pain, and their joy is yours too.

2. Unconditional Caring: An authentic love says I care how you feel. But loving unconditionally doesn’t mean you have the responsibility to deliver everything the other person wants. “When we love people unconditionally, we accept them as they

are and how they aren't and contribute to their happiness as wisely as we can," says Greg Baer, MD., author of *Real Love: The Truth about Finding Unconditional Love & Fulfilling Relationships*. Connection happens when we genuinely care about the happiness of the person with whom we share our lives.

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3. Communication: It's one of the most common pieces of [expert relationship advice](#): Honest and open communication is an integral part of a healthy, loving relationship. For people struggling with sexual intercourse, the anxiety that accompanies being honest about their inability is hard to express. "Knowing what each party brings into a relationship and being able to own and acknowledge this can often provide a basis from which a couple can grow and improve together," says psychotherapist [Michael Betts, MSc, MBACP](#). Rather than viewing sexual intercourse as a deficit, people can emphasize other qualities that they can contribute to a relationship.

4. Intimacy: As noted earlier, intercourse does not equate to meaningful intimacy. In fact, in many cases, it is the total opposite. "Our cultural talent for commercialization has separated out sex from intimacy," says [Lori H. Gordon](#). "In fact, intimacy involves both emotional and physical closeness and openness. But we wind up confusing the two and end up feeling betrayed or used when, as often happens, we fail to satisfy our need for closeness in sex." Sharing time and experiences, engaging in meaningful conversation, being responsive to needs, cuddling, and enjoying non-sexual physical contact help a couple feel valued, cared for, and safe. And all of these factors contribute to feelings of intimacy.

To paraphrase lyricist [Jackie DeShannon](#), what the world needs now is not more sex, but love, sweet love. And not just for some but for everyone. For those suffering from sexual challenges—as well as those who don't—physical gratification

outside of intercourse, within a loving relationship, is an intimacy in a league of its own where both sides win.

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

Expert Dating Advice: The 5 Most Terrifying Words to a Man



By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice](#)

[video](#), founder and relationship expert Suzanne Oshima talks to relationship author Dr. Jed Diamond to discuss the five most terrifying words to a man and offer their best [relationship advice](#). Women are constantly worried about saying that right thing to men, and here, Dr. Diamond teaches you what *not* to say.

Relationship Author Gives Expert Dating Advice

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You've probably uttered them before, but you'll never want to use them again: "Honey, we need to talk." Oftentimes, women use these words because they want to feel heard and connected. You probably think that those five words will bring you closer together and help resolve any problems you may be facing. However, when a man hears those words, they are like nails on a chalkboard. He immediately feels like he's going to be reprimanded or criticized and is halfway out the door by the time you finish.

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So what's a better way to approach an important conversation with your man? You want to make sure your partner is open to whatever you have to say, but, according to Dr. Diamond's expert dating advice, you have to remember that men communicate differently than women. As a woman, you're nurturing and often want to sit down and talk face-to-face. But back in the days of hunters and gatherers, men were used to only one set of eyes on them: those of predators. So instead, ask him to take a walk and then start your discussion *without* using those five terrifying words.

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Dating Advice Video: 5 Biggest Turn-0ns for a Man



By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and relationship expert Suzanne Oshima talks to relationship author Tinzley Bradford to discuss the five

biggest turn-ons for men and offer their best [relationship advice](#). Bradford shares five tips for how to attract men and reveals once and for all what turns a man on.

Relationship Author Gives Dating Advice

1. Be confident: No one will be surprised by this piece of dating advice: If you know your worth and are proud of who you are, men will notice you. They'll be drawn to your positive energy. "I always say, confidence is so sexy in a man or a woman," Oshima adds.

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2. Be independent: Some men may be intimidated by this quality, but the right man will be attracted to you *because* of it. "I think a man just loves a woman who has her own," Bradford says. You don't want to run someone away with your independence, but it's important that you have your own life and own your own car, home, business – whatever matters to you.

3. Make an effort to look beautiful: "Men are always turned on by a woman who dresses good, smells good, and keeps herself looking good!" enthuses Bradford. Of course, you have days where you just don't have the energy to make an effort with your appearance, but don't get into a rut of wearing sweatpants and throwing your hair into a messy bun. Building off of the first two pieces of dating advice, there's nothing more attractive than a woman who takes care of herself.

4. Be smart and witty: Bring some fresh ideas to the table! Wow a man with your knowledge and what you bring to the relationship. "He looks at it as an added bonus: Not only is

she beautiful, confident, has her own, but she's smart, and she's bringing something new to the relationship," Bradford explains.

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5. Be polite: It's simple: Men like a friendly, approachable woman. Don't scare someone away with a bad attitude! Instead, stand out in the crowd by being vibrant, positive, and polite. "Always say thank you!" Oshima adds. "When a man takes you out, say thank you. A lot of people forget those two little words."

And a bonus tip: **Give compliments.**

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Expert Dating Advice: Flirting for Fun





By [Whitney Johnson](#)

On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert PJ Dixon to offer their best [dating advice](#) on flirting for fun. Find out how you can flirt as a women over 40 with the two dating tips below!

Expert Dating Advice to Help Women Flirt for Fun

1. Follow the “yes and” rule: Here, we’re taking a cue from improv comedy classes. Men like to banter and play, so by following the “yes and” rule, you accept what he’s doing (yes) and add to it (and). “Take his joking and continue to roll with it,” Dixon says. “This playfulness creates a sense of equality. In essence, you’re becoming partners with play.”

Related Link: [Expert Dating Advice: The 5 Stages of Love](#)

2. Use your senses: Focus on your five senses: sight, smell,

touch, taste, and sound. For example, use your eyes to stare at someone a little longer than normal and get their attention. If a man comments on your perfume, take his hand, spray a bit on his wrist, and say something like, “Now, you can think of me all day.” Touch him on his chest as a flirty way to tell him you like him. To use your sense of taste, share an appetizer or even feed each other. If you’re planning on kissing him, use a lipgloss with a subtle flavor. Lastly, soften your voice and slow down in your speaking to draw him in. “All of these senses are beautiful,” adds Dixon.

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

Most importantly, as Dixon says, “There are all kinds of ways that you can flirt and tease and be playful.” Have fun with it!

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

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Expert Relationship Advice: The Stages of Soulmates





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

We all want to believe in love at first sight and the fairytale ending, but that's not always the case. Relationships and love can grow and change with time. From your first hello to saying "I do," here are four stages you will go through to establish if the person you're dating is your soulmate.

Follow this expert relationship advice to determine if you're dating The One!

Attraction/Connection/Infatuation: The first stage of any relationship occurs when you initially meet someone that you're attracted to and it intrigues you. Whether it was one conversation, a date, or an evening together, after spending time with this person, you want to get to know them better and learn more about them.

Related Link: [Expert Relationship Advice: What To Do If Your](#)

[Partner's Family Doesn't Like You](#)

Relationship: The second stage occurs when, after dating and learning more about this person, you want to continue to spend time with them and commit by being in an exclusive relationship. This stage should be bliss! You want to spend as much time as possible with each other, and you begin to introduce each other to your friends and even family.

Open Communication: During this stage, you're able to argue in a healthy way and have open communication during tough times. Reality begins to set in as your relationship faces difficulties. It can make your partnership stronger, and it's a great time to establish your core values and see if they are in line with your partner's values.

Related Link: [Dating Advice: When To Say I Love You](#)

Commitment: Here, you decide to take your relationship to the next level and get engaged. In order to get to this stage, you have to open up to one another, trust each other, and be on the same page when it comes to your values and your future together. At this point, you should know that your partner is, in fact, your soulmate!

For more [expert relationship advice](#) from Project Soulmate, check out their [website](#).

Dating & Technology Q&A: Is It Too Soon For Me To Ask Him

To Get Off Dating Sites?



Question from Adrienne P.: I started dating this guy a few weeks ago, and everything is going great, but there's one thing that bothers me- he still uses Tinder. I know it's early in the relationship and I don't want to seem controlling but I'd still like him to stop. It just doesn't seem like that'll help us advance forward in this relationship. Am I being unreasonable?

Dating in the era of social media and cellphones can be difficult. Having many options is something daters expect in case things go wrong. With so many people playing the field it can be hard to find commitment. However do not fret, you can have a successful relationship even if your new partner is still on a dating website. Leave it up to our relationship experts who can offer their best [dating advice](#) on using technology the right way. Learn valuable dating tips from

Cupid's very own, matchmaker Suzanne Oshima and relationship expert Robert Manni. Here they'll answer your questions on whether you should ask your significant other to get off Tinder.

Technology dating advice on whether it's time to give up dating apps.

[Suzanne K. Oshima, Matchmaker](#): You've only been dating him for a few weeks, so you're still in the early stages of dating where you're only getting to know each other and determining if you want to take things further with each other. So, it's a bit premature to ask him to get off of Tinder. However, I do recommend asking him what he's looking for, as you will then find out if he's looking to just date around or if he's looking for a serious relationship. Then based on what he tells you, you can determine if it's worth it for you to invest your time into seeing how things go with him. And if things continue to progress on the right path, then you can have the conversation about getting off of Tinder at the appropriate time.

Related Link: [Dating & Technology Q&A: How Bad Is It To Send Nudes, Really?](#)

[Robert Manni, Guy's Guy](#): These days, daters like keeping their options open, and with all of the options available there's often a disconnect in how two people define a relationship. The only way to find out where things stand is by asking. Cushioning, maintaining side relations and a constant online presence are standard operating procedure. Tinder is generally viewed as a hook-up app, so if your guy is still active there and you want to move your new relationship forward, ask him if he's open to putting his digital dating presence on hold. If he really digs you, he'll agree. If he rejects the idea or skirts the subject, at least you'll have a

better idea where he stands. Since you've only been dating a few weeks, for now he may want to continue playing the field. That's not necessarily a deal breaker. Guys often take more time to "get serious." Regardless, it's better to find out what his intentions are before investing too much of your heart into the relationship. Good luck.

To find out more about our three dating and technology gurus, click [here](#).

If you have any questions you would like answered by our relationship experts, please e-mail them to cupid@cupidspulse.com.

Dating Advice: The Do's and Don'ts of Online Dating First Dates





By [Joshua Pompey](#)

Ready for your very first online date? No? Well, don't worry. If you're nervous about meeting someone for the first time or simply need some solid [dating advice](#), today, we are going to go over some fundamental first date information that you should abide by when you meet your next online match.

Online Dating Advice from a Relationship Expert

1. Do take the time to look your best: Whether you are meeting straight from work or have had long busy day with your kids and are trying to squeeze in a date, you can't excuse yourself from looking your best. Men especially are very visual, so you need to put in the effort to reveal your best self if you want to impress him. Approach a date the same way you would approach a job interview: Dress for the occasion and take the process seriously.

2. Don't sexualize the way you look: Looking your best doesn't

mean letting all your best assets hang out in all their glory. It's okay to show sex appeal – in fact, it's even good. But less is more. Do so in a classy way.

3. Do meet in a public space: Safety should be one of your biggest concerns when online dating. Bad incidents are very rare, but they do happen. Always choose a public place that is fairly populated. Bars, restaurants, parks during the day, and coffee shops are just a few of the many domains that will accommodate this concern.

Related Link: [Dating Advice: 5 Reasons You Should Consider Hiring A Professional Profile Writer](#)

4. Don't accept a ride: Remember, safety first! Meet your date at the initial location that you decide upon and don't accept a ride home on the first date, no matter what. Even if your partner is safe, it still might create an awkward situation at the end of the night. If and when you get to a second date, then you can start expanding your boundaries a little.

5. Do prepare some topics of conversation in advance: Nothing is worse than awkward silences on a first date. Even if you're getting along great, it's still common to have lulls in the conversation when you meet someone for the first time. Circumvent this problem by having a few topics ready to go in your emergency conversation bank.

6. Don't try to take over complete control of the date: Making suggestions is great; most people will appreciate this effort. But don't try to take control over every aspect of where you go and what you do, or you may accidentally create the impression of being controlling and high maintenance. Instead, being easygoing and open are always two of the most attractive qualities someone can have.

Related Link: [Dating Advice: 4 Reasons Younger Women In The City Struggle To Forge Meaningful Relationships](#)

7. Do touch your date if you are interested: Yes, you should touch your date. But before you jump on top of him in the middle of dinner, I don't mean in a sexual way! I'm talking about little touches on their arm or the small of their back when making a point. Small touches like that communicate interest and establish a physical bond that will make you feel less like friends and more like potential romantic partners.

8. Don't start pre-planning future dates: Sometimes, people get excited about how well the date is going and start suggesting future ideas about where the two of you should go on a second, third, or fourth date. Don't do this. You may accidentally scare off someone who was otherwise interested in asking you out again.

9. Do text your date after if you had a great time: If you enjoyed yourself during your date, let the other person know with a text and thank them if they treated you to anything. This small gesture will go a long way towards showing them that you're a good person who is appreciative when someone is kind to you.

Have any more questions? [Contact me](#) here at Cupid's Pulse, and I'd be glad to help out!

For more information from [relationship expert](#) Joshua Pompey, including six lessons he learned from the world's greatest online dating profile, please visit [this page](#) now.

Dating Advice: What You Don't

Know About Men!



On this week's episode of *Single in Stilettos*, founder and matchmaker Suzanne Oshima talks to relationship expert Robert Manni to offer their [dating advice](#) on how to figure out what men do and don't want in a partner. Learn how you can attract a lifelong partner with the following dating tips!

Dating Advice That Will Reveal Male Secrets

1. Want you to win. Men want to see women actualize their dreams in personal and professional settings. They're supportive and want their partner to be happy when it comes to love. Don't be misled by aloof behavior. If you're both in a

committed relationship, he cares about you more than you realize.

Related Link: [Dating Advice: Who Should Pay For a First Date?](#)

2. Sports win their heart. You can really get to know a guy when it comes to sports. Most men are interested in some type of sport, so get involved in his interests if you also like sports. If you can't bring yourself to enjoy sports, then give him time to engage in his own sport-like hobbies. Don't limit him from things that bring him joy.

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

3. Guys can't read signals. More often than not, men are blindsided by breakups. The reason for this, men are bad at reading signals of a strained relationship. Men aren't mind readers, so if you're unhappy, you need to express this at some point. This way your man can work with you to fix the problems you're experiencing.

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Relationship Advice: What To Do If Your Partner's Family Doesn't Like You



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

We've all been there: you're dating the man or woman of your dreams and then all of a sudden they suggest meeting their parents. *gasp* This can either go really well or be something of a disaster. When a loved one's parents don't like you dating their son or daughter, well, it can bring a lot of stressful elements into your relationship. Here is some [relationship advice](#) from VIP Matchmakers from Project Soulmate on getting through tough times with your "in-laws" – and how you can come out from it even stronger than before!

Relationship Advice That Will Help You Deal With Difficult Parents

1. Take A Second To Think: Before even talking to your

significant other's parents, take a second to decide how you feel. If you've met their parents, chances are things are pretty serious. However, if you've been having doubts about your relationship, this might be a sign of a deeper problem. If you decide that you are happy with your partner, then keep that in mind for the next few steps. Finding love in NYC can be hard enough, so if you've found it, hold onto it! Your love for them is what will make all the hardships of your relationship, including difficulties with their parents, worthwhile.

2. Talk To Your Partner: Once you've thought about your feelings, bring them up to your partner. Getting this awful feeling off your chest will ease your relationship and will open up true honesty between the both of you. By talking to your partner, it will give both of you the opportunity to express your true feelings and see what the next steps should be. Tell them how you feel and ask them to do the same. Chances are they may have noticed their parents behavior too! They might even have insight to help you improve your relationship with their parents. Keep in mind that they may need some time to think about what's going on, especially if they weren't aware of [relationship problems](#) in the first place.

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

3. Talk To Their Parents: Once you've talked to your partner, the two of you should take the discussion to their parents. A laid-back and open talk gives you and your significant other and their parents an opportunity to express and understand each other's feelings with compassion. Here's helpful relationship advice that will help you move forward during this talk:

- Start off by telling your S/O's parents what you've noticed tension and how it makes you feel. Focus on

yourself. Remember those “I” statements you had to learn in middle school? Bring those back. Tap into your own emotions and avoid blaming them.

- Come together as a united front. Make sure the parents know that you and your S/O have talked about this and are on the same page. Have each other’s backs, and support each other during the discussion.
- Listen to what their parents have to say. Maybe this whole thing has been a misunderstanding. Or maybe something you said when you first met your S/O’s parents left a bad taste in their mouth and they didn’t know how to approach you about it. Maybe they genuinely just don’t like you. You won’t know until you ask and listen to what they have to say.
- [Relationship experts](#) and NYC Matchmakers Jenn and Lori say that the most important step is to express your feelings towards their son or daughter. Tell them that you care about your S/O and want to have a better relationship. Also tell them that their actions will not influence your relationship with your loved one. You should be friendly when you talk with them, but don’t let them push you and your S/O around.

4. Move Forward, But Don’t Obsess: If the talk goes well, great! If the talk doesn’t go well, don’t worry! All is not lost! Remember what has grounded you throughout this experience: your love for your significant other. If you don’t think that your relationship with your boyfriend’s or girlfriend’s parents will improve, there’s nothing more you can do at this point to help the situation. Ultimately, you and your partner decide what’s best for the two of you. Dating in NYC can be tough, but just keep calm and focus on being happy with your cutie!

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

Dating Advice Q&A: Am I His Catfish?



Tammy J.: The guy I've been seeing is nice, but I'm not sure if he's really "into" me. He's also distant and secretive so that makes me anxious. He hasn't gone public with our relationship online but he sends pictures of us to his mother. I want to think this is a good thing, but it kind of feels like he's using me. Could he be catfishing his mom? We haven't officially called each other boyfriend/girlfriend, but I think that's what he's been telling his mom otherwise.

Dating has always been complicated. Add the internet, social media and electronic devices into the mix, and it can get

confusing real fast. However, do not fret. Leave it up to our relationship experts who can offer their best [dating advice](#) on using technology to navigate your relationships. Technology is here to stay, after all, so take advantage of these amazing tools! Learn valuable dating tips from Cupid's very own, matchmaker Suzanne Oshima and relationship expert Robert Manni. Here they'll answer your questions on determining whether someone is using you as their catfish.

Technology Dating Advice That Will Help You Find A Catfish

[Suzanne K. Oshima, Matchmaker](#): It's time for you to first get clear on what you want and need in a relationship. Once you're clear, then you need to evaluate whether he's meeting your needs. If he is, then just share with him that you're confused as to what you are to him, and just let him clarify things for you. If he's not what you want or need in a relationship, then it's time for you to move on to a guy who is into you and is proud to declare you his girlfriend to everyone.

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

[Robert Manni, Guy's Guy](#): Unless you know your guy and his mom well, it's not easy to have a clear picture of their relationship. So, instead of focusing on something you have no control over, have a chat with him about *your* relationship. Since you are not sure where this new "relationship" stands, this is a good time to ask him where he sees things going with you. Don't pressure him, but get to the heart of the matter. If he's into you, he'll let you know. If he wavers or his responses are vague, you might want to reconsider where you're investing your emotions. I doubt you want to be with someone who does not feel the same way about you.

To find out more about our three dating and technology gurus, click [here](#).

If you have any questions you would like answered by our relationship experts, please e-mail them to cupid@cupidspulse.com.

Dating Advice Q&A: Is It Okay to Start a Relationship via Social Media?



Question from Alex O.: A few weeks ago, I reconnected with a

friend from college on Twitter. We've been tweeting at each other since then and have plans to meet up this weekend. I feel like our flirtation is going to turn into something more – is it okay to start a relationship via social media?

Dating has always been complicated. Add the internet, social media and electronic devices into the mix, and it can get even trickier. However, do not fret. Leave it up to our relationship experts who can offer their best [dating advice](#) on using technology the right way. Online dating is here to stay, after all, so don't be afraid to jump in and catch up with the times! Learn valuable dating tips from Cupid's very own, matchmaker Suzanne Oshima and relationship expert Robert Manni. Here you'll have your questions answered on whether or not it's a good idea to start a relationship through social media.

Technology Dating Advice On Whether You Should Start A Relationship Using Social Media

[Suzanne K. Oshima, Matchmaker](#): Don't even think twice about starting a relationship via social media, it's totally the norm nowadays to meet and date someone who you met over Twitter, Facebook or Instagram. In fact, I know several people who have met the right man/woman that way, and they ended up marrying! And if this relationship turns into something more and you end up getting married, you will have a great love story to tell all your friends and family about how you reconnected with each other over Twitter.

Related Link: [Dating Advice Q&A: Why Do Men Ask for Photos?](#)

[Robert Manni, Guy's Guy](#): It's perfectly normal to begin a relationship on social media. My wife winked at me online and with that one digital exchange, we met in person and have been

together ever since. So, I highly recommend using social media for romance if you are mindful of who you are and what you want out of the relationship. In your case, you already knew the person from college, so reconnecting on Twitter was not technically beginning a relationship on social media. But, you are using your digital re-connection to move the relationship forward. And, that's great. Because, let's face it; no matter how well we text, tweet or craft our Facebook messages, a true connection can only happen when two people get together face-to-face in the "real" world.

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Dating Advice: 3 Biggest Online Dating Mistakes





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Carmelia Ray to offer their [dating advice](#) for those who are looking for love through online dating. Learn how to avoid these online faux pas through the following dating tips.

Dating Advice For Those Who Want To Communicate With Their Body

1. Don't give up. Some people are too impatient or call it quits after a bad experience. Give yourself time to find a quality date. It's not fair to write everyone off just because you bumped into one bad person.

Related Link: [Celebrity Interview: Reality TV Matchmaker Carmelia Ray Says, "Take Actions That Are Consistent With Your Commitments"](#)

2. Avoid misrepresenting yourself. The biggest complaint many have in the online dating community is coming across people who exaggerate or flat out lie about their qualities. Honesty

is the best policy, so don't build anything on deceit.

Related Link: [Dating Advice: Best Body Language Tips](#)

3. Choose a good photo. You need to be aware of how you're presenting yourself online. A bad profile photo can really hurt your chances when trying to find a match. Pick a flattering picture that shows who you truly are.

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

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Celebrity Couple Predictions: Mariah Carey, Prince Harry and Donald Trump





By [Shoshi](#)

In the latest celebrity news, three famous couples have caught the public's attention. In a sudden twist, wedding bells are not longer ringing for Mariah Carey and billionaire James Packer; while two other high profiled relationships seem to be going well between Prince Harry and Meghan Markle, and newly elected Donald Trump and his wife Melania. But who's stepping out this time around hand in hand? Join me as I look into the crystal ball of relationships and love. Below, I share my predictions for these [celebrity couples](#).

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

Mariah Carey and James Packer: As much as I was rooting for Mariah Carey to find love, my crystal ball told me that James Packer was not the one. That is not to say that Carey and Parker didn't have a good time together while it lasted. As

quickly as their relationship came together, it quickly crumbled. There are reports that Packer was jealous of a back up dancer while it has also been said that Packer dumped Carey, because she spends too much money. She is worth over \$500 million dollars, of course she spends a lot of money. This relationship has had a big “not gonna happen” written all over it from the start. Planning a wedding before getting divorced from other people tends to put a negative vibe on a relationship. The ink isn't even dry from Nick and Mariah's divorce while Packer is still married. Not to mention that Packer looks about as interesting as a blank wall. Carey is too much woman for him. Don't cry for Mariah, she will love again. I see her with someone a little bit younger. As for Packer, do we even care what happens to him now?

Related Link: [Celebrity News: Mariah Carey Turns to Her Dancer After Problems with Fiancé James Packer](#)

Prince Harry and Meghan Markle: The word on the British streets is that Prince Harry has a new love in his life and her name is Meghan Markle. Unless you are a fan of the show, *Suits*, there is a chance that you have no idea who she is. Everyone should just calm down a bit. Step away from all of the wedding talk. This celebrity couple is getting to know one another, taking it nice and slow. He's hot and she's gorgeous. It makes for a very good time, especially since they have similar interest. It was a smooth move by the Buckingham Palace to let the media know that it's not cool to keep pointing out that Markle is biracial due to her African American mother. Black women around the globe are rooting for Markle to add a touch a color to the royal family tree. Time will tell where this relationship ends up. Let's try to see if we can actually get a photo of them together before we say that they are picking out china patterns.

Related Link: [Celebrity Couple Prince Harry & Meghan Markle: Secret Toronto Visit](#)

Donald Trump and Melania Trump: I have stated several times that if Donald Trump didn't become POTUS, Melania would get divorce papers rolling sooner than later. I see that this whole election process has taught her a lot about her husband. It's one thing to know him as a shrewd business man, but ever notice how he would almost trample Melania to get out on stage for a round of applause. That's not much of a turn on. Also during most of the campaign, she looked like a deer caught in the headlights. Melania signed up for the money, but the White House is a whole other level. Everything that she does will be under a microscope. Within the next four years, she will feel very alone. She's not as clueless as the media makes her out to be. Maybe she will shine in her own way. Donald and Melania will be no where near was hot to watch as Barack and Michelle. The Trumpster will be too busy talking about himself, he will throw her a few compliments from time to time. Their celebrity relationship will continue to look like Beauty and the Beast.

Related Link: [Celebrity News: Melania Trump Calls Donald Trump's 2005 Comments 'Unacceptable and Offensive'](#)

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 Advice: What Your Type Says About You



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

Are you constantly striving for the tall, dark, and handsome guy? Or are you the type who goes for the cute guy you met at the bar, but after one night he never responds to your texts? Also known as the “douchebag boy.” Or is your type the genuine nice guy? With the following [relationship advice](#), we will reveal what your type says about you, and provide dating tips on how you can improve your love life.

Relationship Advice That Will Teach You About Your “Type”

The bigger, muscular, macho boy: If your type is the muscular, tall, handsome boy then our millionaire matchmakers suggest you may feel less secure in your own body. If you are

attracted to men who are taller and bigger than you, then you like the feeling of having a bigger guy because he makes you feel small and more secure in your own body.

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

The douchebag, or the one night stander: This is the type of guy you meet at a club, you really think you hit it off, maybe you switch numbers, and at the end of the night you end up going home with him. A few days roll by and you haven't heard from him in a while so you decide to text him, but he ignores you completely, and you end up alone on date night. It's easy to get attached to this cute type of guy because he makes you feel special. In the meantime, you think to yourself he's different- you guys really hit it off the first time you met. Well if this relates to you then you might have not experienced a lot of attention or love in past relationships. So the feeling of being noticed excites you even if it's only for the night. Our relationship experts recommend self-love before any guy can get to love you. You have to love yourself first. Treat yourself every once in awhile and don't fall for the first guy you meet at the bar. We go for guys who are assholes because they make us chase them. In our eyes it's a goal to catch that certain guy, because if we catch them it makes us feel better about ourselves. This isn't right at all but it can all relate back to society. Society always made females feel subjugated under men. By getting the guy you were trying to chase can make women feel empowered because they like the chase.

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

The nice guy: The nice guy is the one who goes unnoticed. He's lingering in the shadows and they're the ones who get friend-zoned instead of a date night. These are the guys who you don't really give a chance romantically. If you were willing

to step outside the box and try to explore your options, usually the nice guy is the one who you can feel most comfortable around. As an individual you start to feel yourself growing and maturing the more you spend time with this person. You never know what's out there but it's refreshing to try new things and meet different people. You never know when you'll find the one.

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.

Dating Advice: 4 Reasons Going Outside Your Comfort Zone Is A Good Idea





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

“For great things to happen– get out of your comfort zone,” that is the mantra of famous personalities like Danica Patrick- as she cruises through industry stereotypes to actors like: Charlize Theron and Jared Leto, who made a career out of avant-garde movie roles. Testing the boundaries of convention is the secret sauce for those hungry for change in their lives. But what about breaking out of your comfort zone in relationships? “When it comes to relationships, some feel it is best to date someone who has the same morals, taste, traditions, and beliefs as them,” wrote relationship expert and contributor Elizabeth Aguirre. “But rest assured it is quite okay to step outside of your comfort zone and explore someone from a different background as a potential partner.” If it’s been two weeks since the date with Mr. McDreamboat, and your texts have gone unanswered– again. Here are four reasons why going outside your comfort zone may be just what you need, and some [dating advice](#) to improve your chances in finding “the one.”

Dating Advice That Will Help You Experience Something New

1. You can reevaluate your “type.” Moving beyond your comfort zone draws attention to the type you typically chase. If those pursuits have proven unsuccessful, this is the time to evaluate why your type isn’t making you truly happy.

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

2. You can learn to take chances on other people. Now, don’t be reckless and start pursuing somebody who is clearly a bad influence, but try connecting with someone who breaks the pattern of your dating behavior. If you only date short women, try one that is tall. Have you ever dated a man with facial hair? Perhaps you should date someone with an interesting job or hobby.

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

3. You can become more self-aware. Dating outside your comfort zone may want you to change something about yourself or add another quality to your life. “There is something about challenging yourself, and doing something a bit different that gives you confidence, an edge, and a sense of accomplishment that does wonders for your personal growth,” wrote relationship blogger Monique A. Honaman. A self-examination may not result in a lifelong partner, but it will help you discover things about yourself that add zest to your life.

Related Link: [Relationship Advice: 5 Questions To Ask Yourself Before Saying “I Do”](#)

4. You can uncover hidden strengths or desires. “I never thought I would want a man who—” you can fill in the blank. The point is, dating outside of your comfort zone forces you to use skills or behavior traits that you haven’t used before,

including patience. Exploring new social territory means a possible match may be slow to materialize. Unlike your usual connections where the results are quick, venturing into unknown territory takes time to maneuver, but it could be well worth the wait. The good news is, once you find yourself in a happy, healthy relationship, the skills you developed while venturing beyond your comfort zone will stay with you long after you've left the dating scene. "I have seen the difference a good attitude and living a life with purpose can make on an individual's quality of life," said Jim Morrison, executive director of Redmond Care and Rehabilitation Center. "So if there's a secret to living a good life, it's loving the life you have and making the most of it every day."

So get out there and experience a different part of life with someone new. With the dating tips provided, you might just end up loving a person you never thought of giving a chance before!

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