

Dating Advice: 3 Tips to Turn Around Your Dating Life



On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Iris Benrubi to offer her [dating advice](#) to those that want to turn their dating life around.

Dating Advice To Improve Your Future Dates

1. Look for patterns. If you want to get different results, you need to determine what your type is and date people who are outside of that type. The qualities you think you like might just be the reason why things haven't worked the way you

wanted them to. The experts dating tip: Your type might not be the best type for you.

Related Link: [Dating Advice: The Secrets to Attraction](#)

2. Know your needs. Don't compromise on your important wants and needs. Being clear on what you want in the very beginning will weed out the ones who aren't right for you and save you from wasting time with those you aren't compatible with.

Related Link: [Expert Dating Advice: What is Love & How Do I Find It?](#)

3. Get feminine. Expert dating advice says to show that you're open and need someone. For men especially, it's important to show that there is a place for him in your life. Asking a man to contribute is one way to show that he is needed and will keep him interested since he'll know for sure there is a role for him in your life.

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

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

Relationship Advice: The Power of Touch





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

A dim room, calming oils, quiet music, two masseuses, you, your significant other, and a few hours away from the world: A couples massage sounds hard to beat. While couples massages are known for being a relaxing and romantic date idea, have you ever considered the real health advantages of them? It turns out the power of touch plays a very important role in massage therapy and health. Follow my [relationship advice](#) and learn how a couples massage can provide you and your love with real health benefits that can ultimately strengthen your relationship.

Relationship Advice: Strengthen Your Relationship Through A Couple's Massage

1. Physical touch. Physical touch is a vital part of any relationship. "Touch is important for sustaining a healthy relationship, but it's also necessary for our feelings

of connection, safety and overall well-being,” says Dr. Justin R. Garcia, Associate Director for Research and Education at The Kinsey Institute. Receiving a couples massage with your partner will not only satisfy a need for physical touch but also remind you both of the need for physical touch in your relationship. As a relationship expert, I always hear about couples who have been together for a long time, perhaps growing out of the stage of passionate love to companion love who tend to touch less. A couples massage presents an opportunity for you both to feel a renewed sense of satisfaction and peace. You can pick up on a few massage techniques to use on each other at home. Relationship advice: Take time to make touch a priority so you can become closer as a couple and give you both a greater sense of love and security.

Related Link: [Relationship Advice: 10 Tips for Couples from ‘The Energies of Love’](#)

2. An anxiety reliever. Every relationship goes through tough times, whether caused by a difficult life event or lack of communication. A couples massage can help alleviate some of this stress and anxiety. Regular massages can decrease cortisol while increasing frontal delta brainwaves, causing you to feel more relaxed. After a couples massage, you and your partner will not only feel less stressed but will also handle challenges better. Releasing anxious feelings together can bring you closer and set the tone for a better week.

Related Link: [Weekend Date Idea: Spa Day at Home](#)

3. Improved overall health. A healthy couple is a happy couple. Massage provides a variety of overall physical health benefits, including heart health. “Studies show massage therapy can immediately lower blood pressure, decrease heart disease risk, and improve circulation,” said Dr. Candice Hall, D.C., an expert in Functional Medicine with Next Advanced Medicine. “We often use massage therapy to help our patients

control anxiety and common digestive disorders.” If you and your partner are looking for ways to become healthier together, this is the perfect solution. Another added health benefit of a couples massage is how well it accompanies chiropractic care. Whether you or your partner have chronic back pain or are just in need of some TLC, massages can be a great way to get the most out of your chiropractic appointments. While a chiropractor can adjust your joints, massage therapy can help relieve stiffness and discomfort. If your loved one is suffering from back or joint pain, offering a couples massage is a great way to show you care. When you both feel good, you’re less likely to be irritable and more able to enjoy spending time together.

A dating tip for this weekend? Surprise your significant other with a couples massage and you’ll not only enjoy spending quality time together but could leave feeling healthier and more relaxed than ever.

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

Dating Advice: Use The Law of Attraction to Attract the Right Man





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert David Steele to give his [dating advice](#) for attracting the right man using the laws of attraction.

Dating Advice On How To Attract The Right Man

1. Be ready. When approaching a relationship, in order to avoid relationship problems, make sure you're ready to transition from single to dating. To find the love of your life you need to be available in order to meet him.

Related Link: [Dating Advice: The Secrets to Attraction](#)

2. Don't settle. Accepting less means you'll get less. Settling for someone you know isn't right for you is setting yourself up for failure much like a self-fulfilling prophecy.

Related Link: [Expert Dating Advice: What is Love & How Do I Find It?](#)

3. Take risks. You have to put yourself out there and take a chance. The experts dating advice is that getting out of your comfort zone will expose you to much more. Strictly sticking to what you're used to can be limiting.

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

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

Celebrity Couple Predictions: Drake, Eva Longoria and Lea Michele





By [Shoshi](#)

In the latest [celebrity news](#), three famous couples have caught the public's attention, whether it be Drake and Rihanna's rumored celebrity relationship, Eva Longoria's third celebrity wedding, or Lea Michelle's next shot at love. Who's stepping out in Hollywood 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

Drake and Rihanna: It seems like nobody believes that Drake and Rihanna are just friends. Who doesn't twerk their booty on a friend any chance they get? It's time to let this rumor go! They aren't a secret couple, contrary to the anonymous sources that keep popping up in the press. Recently Drake was asked point blank if he was dating RiRi and his answer was that they

are just friends. That is not to say that they do not practice being friends with benefits from time to time. Why shouldn't they? They are both attractive adults, so why not help each other maintain pleasure when necessary? It would be nice to see these two in a relationship with each other, or with whoever makes their heart skip a beat. It looks like Drake and Rihanna aren't making time for romance, though. They are both working, traveling, and involved in their careers. However, look for Rihanna to be in the relationship by the end of the summer.

Related Link: [New Celebrity Couple? Rihanna & Drake Spotted Getting Cozy at Concert Afterparty](#)

Eva Longoria and Jose Baston: Looks like the third time's the charm for Eva Longoria. She walked down the aisle with Jose Baston, President of Televisa, Latin America's largest media company. This is Longoria's third marriage and it looks like her last. The celebrity couple was married in Mexico in front of A-list guests. It would seem Longoria has hit the jackpot with Baston. He sees her as his equal and loves that she is a strong and passionate woman. After two failed marriages, Longoria knew exactly what she was looking for in a partner. She has definitely found the right one this time around. Before the wedding, they had already been calling each other husband and wife. I see a new dog in their future and a discussion about children. Right now a baby is a possibility, but if Longoria is not pregnant by next year, more than likely the couple will not have children together. Either way, they will continue to be just as happy as ever.

Related Link: [Eva Longoria Marries Jose Baston in Romantic Celebrity Wedding in Mexico](#)

Lea Michele and Robert Buckley: Lea Michele has not been so lucky in love. That is not to say that she isn't trying. She dated that so-called model/actor and ex-gigolo Matthew Paetz, who allegedly broke her heart. Then there was her boyfriend

and *Glee* co-star, Cory Monteith, who died of a drug overdose. Most women would have locked up their heart and thrown away the key. Despite these negative experiences, Michele is currently dating actor Robert Buckley, and says that she is very happy. That's definitely good news. It's nice to see her find love again. Where is it all going? That remains to be seen. Michele wants to be married with kids but not necessarily right now. It looks like it's on her mind. Buckley may not be the guy she walks down the aisle with, but he is getting her ready for when the time is right.

Related Link: [New Celebrity Couple: Lea Michele Is Dating 'One Tree Hill' Star Robert Buckley](#)

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: How To Handle Single-Shaming





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

For one reason or another, there is an undeniable stigma that is attached to being single. As relationship experts, we know that sometimes your friends and family constantly ask why you're still single and nagging you to meet someone. During times like those, dating can become more of a chore. Here are 3 dating tips to handling single-shaming. Our [relationship advice](#) will help you focus on yourself, surround yourself with single friends, and dress to impress.

Relationship Advice On How To Handle Single-Shaming

1. Focus on Yourself. Use this time that you're single to be a little selfish and focus on yourself. Whether it is finding a new hobby, getting in shape or even searching for a new job – use this time to find your happiness. In order to find love, you have to be happy and secure with yourself. Once you're feeling your best, your new-found confidence will help you go

out there and meet the right person. Our relationship advice is to love yourself before you can find love.

Related Link: [Relationship Advice: When to Share Your Passwords](#)

2. Change Crews. If all of your friends are in relationships or married, it might be time to get out there and meet some new friends. When you're single, it's important to have a few single friends who can go out for a night on the town with you. The reality is that prince charming is not going to show up at your doorstep, so going out and being social with a few girlfriends is a great way to meet people. Even if you are going out with the intention to just have a girls date night, going out and having fun is a must when you are single. Plus you never know where you will meet your soulmate!

Related Link: [Relationship Advice: Keep Your Relationship Strong When You Share Home and a Workplace](#)

3. Dress to Impress. Being single is a great excuse to revamp your look. Sometimes change is a good thing, use this time of being single to experiment a little...with a new hair color, lipstick or even just nail polish. And no matter where you're headed put a little effort into your look. Even if you're not looking to meet someone at the moment, everyone wants to feel pretty- it will boost your confidence.

Embrace being single and use this as your time to focus on yourself and have fun with your girls. Dating should be fun, not something that you're forced into from your family or friends. And when you love yourself and feel the most confident, the right person will come along.

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.

Relationship Advice: Managing Your Adult Child's Return To The Nest



By Toni Coleman, LCSW, CMC for [Divorce Support Center](#)

It's that time of the year when young adults are graduating from college, returning home for the summer break, or have decided they want to step back from their lives and return to their parent's home to rethink their options and future direction. During their absence parents often have a nice rhythm going and fear their life and relationship may be upended and they will end up back in parenting mode now that

their adult kids will be under their roof again. If you are facing this challenge right now, the following [relationship advice](#) and parenting advice could help you transition to this new adult-to-adult relationship and avoid falling back into old ruts, conflicts, or dysfunctional dynamics.

Relationship Advice On Managing Your Child's Return Home

1. Start with an open and frank discussion. As the custody battle between [Madonna and ex-husband Guy Ritchie](#) concerning their teenaged son, Rocco, rages on, their circumstance illustrates this relationship advice that you need to be upfront that this is your house, and you will have the final say on what is acceptable and appropriate. Your child is being given permission to live with you, and they will need to adapt to your way of doing things and not the other way around. This does not necessarily mean they will have no input or say or that there will be no room for negotiation around differences. It just means that after talking everything through together, and hearing them out—you will make the final determination on any issue in dispute. In order to avoid relationship problems, you need to be clear that their acceptance of this is a contingency of their living with you.

Related Link: [Relationship Advice: Telltale Signs Your Relationship Is One of Convenience](#)

2. List your expectations upfront. This is how we handle relationships with peers, isn't it? Therefore, when you speak directly and candidly with your adult child, you are saying that you see them as a peer now and will treat him with the same expectations as you would any other adult. Expectations regarding the handling of household chores, finances, shopping, cooking, and the usage of common space should be aired with the goal of reaching a firm agreement on each.

Anything that is shared by or impacts all members of the household would apply here.

3. Discuss boundaries and any rules you want in place. As a relationship expert, I know that boundaries are necessary and important to healthy relationships. Within all households, there are subset relationships—such as parents, children, children and significant others, and any extended family that may be members of the household. Each subset needs to have a boundary around it that distinguishes it from the others. When your young adult comes home, they will need to respect your couple time and privacy, and you will need to acknowledge and respect theirs. If they have a significant other who visits, establishing rules for where and when they will interact in your home will be important to your privacy and theirs, and if not addressed, disharmony and resentment can flourish. If you are concerned about late night noise and arrivals home, it may be necessary to establish a curfew if these disruptions can't be handled in another way.

Related Link: [Dating Advice: Gifts For the Heart](#)

4. Don't forget they are adults and need to be treated as such. Don't treat your young adult like you would a minor child or younger teenager. This includes how you speak to them, avoiding attempts to control or dictate their behavior, or making threats about what you will do if they don't comply with your expectations/rules. Instead, present your expectations and any rules in a direct and non-confronting manner. Remind them that it is their choice to live under your roof and that your expectations are a part of that decision and that they are free to change their mind at any time.

Remember that the adjustment to returning home will be as much of a challenge for your adult child as it is for you. Therefore, it is important to remain focused on their feelings and needs along with your own. After all, you put a lot of effort and care into raising them and want them to be well-

adjusted and competent adults, right? Helping them to handle this important step towards adulthood may be the last hurdle and one that if handled successfully could pay great dividends for all of you down the road.

[Toni Coleman](#), LCSW, CMC is an internationally known psychotherapist, relationship coach, and founder of consummate relationship coaching. As a recognized expert, Ms. Coleman is the featured relationship coach in The Business and Practice of Coaching, (Norton, September 2005.) In addition, she authored the forward for Winning Points with the Woman in your Life, One Touchdown at a Time, (Simon and Schuster, November 2005.) among many other achievements.

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

Dating Advice On Why Men Pull Away





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Cyndi Olin to give their [dating advice](#) on what to do when men pull away.

Dating Advice On What To Do When Men Disappear

1. They need to reevaluate. In every relationship, a man will pull away after the honeymoon phase in order to reevaluate and make sure they want to go to the next level with you. Expert dating tip: Give them their space and time to evaluate, then when they come back be happy and receptive.

Related Link: [Dating Advice: Online Dating Tips To Find Your Soulmate](#)

2. There's something going on in their life. They're evaluating a crisis at work, or something is going on with their friends or family. Maybe they're scared or not able to take the relationship where they want to go. Be happy and

accepting if this happens.

Related Link: [Dating Advice: The Secrets to Attraction](#)

3. They're done. For some reason or another, they've decided they aren't interested anymore. The experts dating advice is to not pursue him because you aren't desperate.

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

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

Dating Advice: Online Dating Tips To Find Your Soulmate





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Dr. Diana Kirschner to give their [dating advice](#) on the secrets of attraction.

Relationship Experts Talk Online Dating Advice

Trying to find your soulmate is rough, especially after experiencing bad break-ups or relationship problems. But have no fear, because the experts say that everyone has a soulmate. Your soulmate has to be willing to grow and meet the basics. Try online dating if you want to find someone who has the same value system, wants the future you want, and feels like it's coming home.

Related Link: [Dating Advice: The Secrets to Attraction](#)

In order to find love online, there is simple dating advice that you could try to find great guys. First, your online profile should feature a great photo. Men are visual, so

pictures count. Wear red, smile, make eye contact with the camera and wear moderate makeup. Also, be proactive about messaging men online, especially if you're not getting the responses that you want.

Related Link: [Dating Advice For Women: What Are Men Attracted To?](#)

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

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

Dating Advice: How A Masculine Guy Can Get In Touch With His Soft Side





By [David Wygant](#)

Are you one of those guys who thinks getting in touch with your soft side makes you a wimp? Do you feel like you're a wussy if you get in touch with your soft side and actually show people that you have a heart? Well, let me tell you something: I've been the masculine guy my whole life and I can honestly say I've got a soft side. I'm proud of it. Now granted, I'm probably not the guy who's going to go and build the barbeque grill, put furniture together, or say, put a car up on jacks and change the oil myself. But, I've always been a man. I don't really cry at anything. And when I do cry at a sappy movie, I make sure no one sees me doing it. Without our soft sides, we're really out of balance and when we're out of balance, a woman's not going to show up in our life. Have you ever heard the term 'being a big mush'? Well, in my experience as a relationship expert, being a big mush is actually a pretty good thing. I like to be a big mush. I think being a big mush is really important. And if you want my [dating advice](#), I think a lot of people need to really start understanding that that's what a true, masculine man is all about.

Dating Advice: Embrace Your Soft Side to Make Deeper Connections

When I'm with my daughter, I'm a big mush. I'm very connected to her. I'm connected to her and understand her needs, wants and desires. When I'm out with a woman on a date night and I'm listening to her, I tend to be a big mush. I want to hear what she's all about. But I do so in a very masculine way. I do it so she feels safe, secure, protected and honored. So how do you go about getting in touch with that soft side? Well, it's simple. My dating advice: You allow yourself to feel. It's a good thing to feel. It's great to admit that you feel something.

Related Link: [Dating Advice: Chivalrous Acts For The Modern Man](#)

It's great to admit that you feel connected to the sensitive side of yourself. I strongly suggest that you spend some time really thinking about what makes you emotionally happy, and spend some time trying to really understand that it's good to feel. Spend time looking at your kids, if you have them. Spend time looking at the people in your life, right down to things that really make you feel. It's not good just to be a masculine ape, over and over again. It will cause you many relationship problems. That's what I think about opening yourself up and being a more sensitive kind of guy.

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](#).

Dating Advice: 5 Steps To Securing A Second Date



By [Joshua Pompey](#)

You've met the man of your dreams. He was tall, handsome, fun, and somehow managed to avoid making you question the male species. A true dating rarity these days. You can't wait to have another date night. The question is, how do you secure that coveted second meeting once the first date is over? As a relationship expert, I have some [dating advice](#). Below are five steps to take to ensure a second date.

Dating Advice On Securing A Second Date Night

Step 1: Send a thank you text after the date. If you had a good time, don't keep it to yourself. Text your date an hour later that you had a good time and thank him for taking you out. Men who are serious about finding a relationship will not be scared off by this. They will like you that much more if they know you have a good heart and are a kind person.

Step 2: Don't play games. In an era of unlimited distractions and short attention spans, playing games will put you on the fast track to being forgotten. These days everyone carries their phone on them twenty-four seven. Avoiding contact for long periods of time after a great date won't come across as playing it cool, it will just come across as rude or disengaged. If you like a man, do all the things you did prior to the first date. Stay interesting, fun, and don't be afraid to flirt a bit over your texts.

Related Link: [Dating Advice: Does A Man Really Have to Call?](#)

Step 3: Don't come across as *too* eager. There is a fine line between showing interest and acting as if you are suddenly his girlfriend. No, you don't want to start playing games. But you also don't want to start hitting up his phone around the clock asking trivial details about his life. Play it cool and just go with the flow.

Step 4: Never send a panic text. If he goes a few hours without answering your text, don't send a follow-up text that wreaks of desperation and insecurity. He may have just become busy, but that doesn't mean he is no longer interested. However, if you send an unwarranted panic text, he may just lose the interest he previously had. My dating advice: If it gets to a point where a day has passed and he clearly isn't responding, he may have simply just forgot about the text. It

happens. So shoot him a new text the next day as if nothing ever happened. Don't comment on him ignoring your previous text.

Related Link: [Dating Advice: Moving Your Relationship From Online To Face-to-Face](#)

Step 5: Attempt to meet sooner rather than later. If you are asked out for a second date with a really great guy, don't put off the date because you have a yoga class or made plans to meet up with your friends later in the week for happy hour. We all get busy these days, but when you run into potential love, that needs to take precedence in your life, as nothing is more important. My dating tip: Postponing a date for more than a week for trivial reasons will quickly cause the momentum to fade.

Want more information from Joshua Pompey? For more information from Joshua Pompey, please visit this [link](#) where you can receive a free profile evaluation. Or visit [here](#) for free profile writing advice. Check back for more dating 101 tips from the relationship expert!

Dating Advice: The Secrets to Attraction





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Jaki Sabourin to give their [dating advice](#) on the secrets of attraction.

Dating Advice: Relationship Experts Reveal Secrets of Attraction

The expert dating advice is simple. Practice, practice, practice. Check out their dating tips below.

1. Eye contact and smiling. Women don't realize how important this is! Hold eye contact and smile, it makes you approachable.

Related Link: [Dating Advice For Women: What Are Men Attracted To?](#)

2. Tone of voice. Sometimes women come across as bossy and demanding, even when they don't mean to. Take a breath, soften your voice, slow down.

3. Confidence in body language. Throw shoulders back and bring the energy down into your body. Lean back into things instead of leaning into them.

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

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

Dating Advice Q&A: Is It Weird If He Doesn't Call Back After A Date?





Question from Luci M.: I met a guy online who seems really great. We went on a date and everything went well! We even planned our second date. It's been three days but he hasn't called me yet. Is it weird if he hasn't called yet? Should I call or text him?

Online dating isn't always easy, especially when it comes to the etiquette of calling back. Leave it up to the relationship experts who have [dating advice](#) that may provide some comfort.

Dating Advice: When Should He Call Back?

[Suzanne K. Oshima, Matchmaker](#): It really depends on when the second date is planned for. If it's next week, then I don't think it's a big deal that he hasn't called you yet. But if the date is tomorrow, then that could be an issue. The most important thing to know is that if a man is really interested in you, he will pursue you. My dating advice: You shouldn't have to call or text him. He will call or text you and he will make proper arrangements for the second date. If he's not

calling/texting you soon after the first date, he might just see you as a “filler.”

Related Link: [Dating Advice Q&A: Is He Hiding Something When He Turns His Phone Off?](#)

[Robert Manni, Guy's Guy](#): When a guy is interested in a woman he's just met, he'll get in touch with her ASAP to see her again. Let's assume this one time there were extenuating circumstances that prevented this guy from contacting you. It could be work or a personal situation. There is nothing wrong with texting or calling him once. If he's interested, you will definitely hear back. If he doesn't respond, my dating tip is that it's probably time to move on.

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.

What's your best piece of dating advice when it comes to a man calling back after a date? Share in the comments below!

Dating Advice: Gifts For the Heart





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

Most would agree that Seattle Seahawks Quarterback Russell Wilson is the picture of good health. When paired up with his beautiful fiancée, Ciara, they are the image of a healthy celebrity couple. Finding the perfect gift to celebrate your loved one, however, never gets any easier, even for famous couples. Do you go with chocolates or flowers? How about a fancy dinner? When you do find the perfect token of love, it will most likely cost you a pretty penny to celebrate your beautiful mate. With summer love heating up, my [dating advice](#) is to make your heart the focus of your enduring love. Here are five ideas that stem from the heart – for the heart.

Dating Advice: Making Your Heart The Focus of Your Relationship

1. Adopt a heart healthy diet as a couple. By incorporating fresh fruit and vegetables, lean proteins, whole grains, and limiting your fat intake, you are taking healthy steps toward a loving and lasting relationship. According to the Mayo

Clinic, "Limiting how much saturated and trans fats you eat is an important step to reduce your blood cholesterol and lower your risk of coronary artery disease." My dating advice is to put your heart where your mouth is and make healthy food choices that will create long-term benefits for you and your loved one.

Related Link: [Dating Advice: Spring Cleaning For The Soul](#)

2. Exercise for Deux. "If you don't make time for walking together, you'll never work it into your busy days," warned relationship expert Sheri Stritof. We all can benefit from daily exercise. A great way to stay motivated to exercise daily is to share your exercise routine with your sweetheart. Creating a daily walking ritual with your loved one is a great exercise for your heart, and the emotional connection that can come from daily conversations is good for the soul.

3. Learn CPR. According to the American Heart Association, sudden cardiac arrest is the leading cause of death in adults. When an individual is able to start CPR, the survival rate increases to over 40 percent. By contrast, each minute that treatment is delayed, the chance of your loved one surviving reduces by 10 percent. For information on CPR training, you can contact your local branch of the American Red Cross, or you can contact city hall for information on community courses. By learning CPR, you just may give the best gift of all to those you love—the gift of life.

Related Link: [Relationship Advice: Telltale Signs Your Relationship Is One of Convenience](#)

4. Follow up on physical exams. Both males and females are encouraged to undergo physical exams every year. Experts agree a key to overall good health is prevention. One way to prevent disease is to build a comprehensive medical history. Early detection of common diseases is a strong defense should disease occur. According to Health Contributor Treacy Colbert,

we should have cholesterol checked every five years, blood pressure checked every two years, and mammograms and cancer screenings every year. While you are focusing on your internal health, don't forget your cover. Colbert reported that the rates of melanoma continued to climb in the United States despite increased awareness of the dangers of skin cancer. "Check your skin every month for moles that have changed or look abnormal," wrote Colbert. "You should also look out for sores that won't heal. Have your doctor check your skin thoroughly as part of your physical— melanoma is highly curable when diagnosed early."

5. Share expressions of gratitude. For the United Health Group, good health is more than just measuring pressures or pounds: "It means taking an integrated approach to well-being that includes not only our physical health but our emotional health, our sense of purpose, our connections to our community and our overall quality of life." Experts say when you vocalize positive phrases and express appreciation to your loved one, it has a positive impact on your health as well as the mental well-being of your loved one. You will always avoid a few relationship problems. So share your feelings about your sweetheart. Tell him how much he means to you.

When you find someone you want to spend the rest of your life with, why not share gifts that are meant to last as long as your love for that person endures? With gifts such as a better diet, exercise, learning CPR, physical exams and phrases of gratitude, your gifts from the heart can be good for your heart. I "heart" that idea.

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

Dating Advice For Women: What Are Men Attracted To?



On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Tripp to give their [dating advice](#) on what attracts men.

Dating Advice On Attracting The Right Man

Tripp has worked with thousands of men to help them find the woman of their dreams. Now he gives his dating advice to women so they can avoid relationship problems and find the man of their dreams. Below are the top 10 things that men are

attracted to in a woman.

1. A man is attracted to a woman who's not "crazy."
2. A man is attracted to a woman who's emotionally stable.

Related Link: [Relationship Advice: How to Find Real Love](#)

3. A man is attracted to a woman who is independent.
4. A man is attracted to a woman who can take care of herself but still needs a man.
5. A man is attracted to a woman's feminine energy.
6. A man is attracted to a woman who is put together.

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

7. A man is attracted to a woman who has a life
8. A man is attracted to a woman who he's attracted to physically, but every guy is different
9. A man is attracted to a woman who takes care of her body
10. A man is attracted to a woman with confidence

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

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

Dating Advice: How to Deal with Heartbreak



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

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House gives dating advice on how to get over a heartbreak and move on from your ex and those relationship problems.

Dating Advice On Dealing with Heartbreak

1. Write down why he or she is a jerk. Don't fantasize about your ex. Dating tip: Remember why you broke up in the first

place.

Related Link: [Relationship Advice On How To Fall In Love](#)

2. Burn the fantasy. Literally, write down your fantasy and burn it. Instead, do something for yourself. Take yourself out, show yourself love.

3. Would you date yourself? If you wouldn't date yourself, then get a life. Take control of your life again. Find yourself, go back to your passions, go back to your old friends.

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

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

How do you handle heartbreak? Tell us in the comments below!

Relationship Advice: How to Find Real Love





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Michelle Marchant-Johnson to give their [relationship advice](#) on how to find real love, even if you've been in the dating world for awhile.

Relationship Advice on Finding True Love

1. Clarity. It's important to have clarity about what you want in terms of a relationship in your life. One dating tip: This doesn't mean having a huge list, but there is a power in being able to say what you want.

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

2. Conviction. The experts relationship advice is to have conviction and belief that finding love is possible for you.

3. Compassion. Have compassion for yourself and recognize that

all you've been trying to do is get one of your deepest needs met. Also, approach potential dating partners with compassion as well.

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

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

Celebrity Couple Predictions: Megan Fox, Trai Byers and Selena Gomez





By [Shoshi](#)

In the latest celebrity news, these famous couples have made headlines, whether it be Megan Fox's rumored divorce, the *Empire* stars secret wedding, and Selena Gomez's not-so budding relationship. Whose stepping out in Hollywood this time around hand in hand? Check out my predictions for these three [celebrity couples](#) and find out what's next in their love lives.

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

Megan Fox and Brian Austin Green: When Megan Fox started showing a baby bump, the press went crazy speculating over who the "baby daddy" could be. Since Fox filed for divorce from Brian Austin Green last August, technically, the baby could be anybody's. But I never doubted that the baby was Green's. This famous couple has been on a roller coaster ride since they got

together. Fox and Green used to break up and get back together all the time before they got married. The new addition to their family was not planned, but they say all is good, they're happy now and plan to see where it all goes. Neither one of them were dating anyone else and they still lived in the same house. My prediction is that Fox and Green will not file for celebrity divorce. It may be bumpy between them every now and then, but their spiritual connection remains. My relationship advice to Fox is take a month or two vacation from Green every so often. That seems to do the trick when it comes to rekindling their love.

Related Link: [Celebrity Baby News: Megan Fox Reveals Third Pregnancy](#)

Trai Byers and Grace Gealey: Two stars from *Empire*, Trai Byers and Grace Gealey, got married in a quiet ceremony in the Cayman Islands. You could say that it was a whirlwind romance since they had a short and quick courtship. Will they last? Right now it looks good. The Hollywood couple have the same ideals when it comes to marriage and family. Around their fifth year of marriage will be a time of make it or break it. Oddly, none of their co-stars from *Empire* were invited to the celebrity wedding, because they wanted to keep the wedding small. That lets me know that the rumors are true. Byers is not happy to be on the show and there have been rumors circulating that he wants to quit. By the end of the year, let's say around November, there will be celebrity news that the pair is expecting their first child. They will have two kids together, a boy and a girl. After *Empire*, Gealey will focus on being mother and wife while Byers brings home the bacon.

Related Link: [Celebrity Divorce: Terrence Howard Splits from Wife No. 3](#)

Selena Gomez and Charlie Puth: Anytime Selena Gomez talks to anyone of the opposite sex, it causes a stir. This time around

she is being paired with Charlie Puth. Puth does not have nearly enough swagger for Gomez. She likes bad boys and men with an edge. Puth is as wonder bread as they get. He's talented but a bore. Gomez needs a guy that matches her fire and passion. If anything is going on with Puth, it's simply a friends with benefits situation. This rumored relationship has no steam. I actually see Gomez involved with an actor a little bit older. This new celebrity couple should blossom during the summer. Puth will keep having make out sessions with starlets.

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

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

Dating Advice: Spring Cleaning For The Soul





By J'Nel Wright for [Divorce Support Center](#)

The last trace of snow has finally melted as we transition from winter to spring. For many, the realization that spring is officially in the air symbolizes the end of a long, dark winter filled with unrealized goals, baggage left over from the holidays, and the end of winter blues. Take my [dating advice](#): This is the perfect time to shake out the dust and shadows trapped in our minds and bodies and welcome renewal. The process of reinventing ourselves isn't a new concept. Many celebrities have transformed themselves in ways that reinforce their place in the annals of super-stardom. Jamie Foxx could have remained a one-act comedian – he is certainly funny enough. Instead, he reinvented himself as a musician and an actor and emerged triumphant in both areas. We can enjoy that same sense of renewal in our lives.

Dating Advice: Spring Into Action This Season

1. **Get off the couch.** Your New Year's Resolutions may have bit

the dust a long time ago, but it's never too late to reignite an exercise routine. Spring is the perfect time to explore different exercise routines or experiment with new gear. "Short-term goals will help you make physical activity a regular part of your daily life," reported The National Institute on Aging as part of their Go4Life campaign. "For these goals, think about the things you need to get or do to be physically active. For example, you may need to buy appropriate fitness clothes or walking shoes. Make sure your short-term goals will really help you be more active."

Related Link: [Relationship Advice: Telltale Signs Your Relationship Is One of Convenience](#)

2. Toss out the negative thoughts. This spring season is the perfect time to throw out the self-criticism and negativity you've been carrying around all winter long. Are you still haunted by the offhanded remarks from the last family gathering or the critical comments from a co-worker? Maybe your significant other wasn't as supportive as you needed him to be during a stressful time. Chances are, you are giving those remarks more thought than they are. You know your capabilities as an employee, and you know you are a good person, so it's time to shake the negative remarks out of your head and move on.

3. Throw out the critical relationships. Much like we sort through the clothing that no longer fits or feels comfortable, the same sorting process can be used to sift through the relationships that no longer benefit us. "It could be that you've grown apart and don't share the same goals and values," wrote relationship expert Debra Rogers. "Or you've both simply become unhappy. If you're wondering where you're headed, it's straight to no-where-ville. Sail to a new shore and find a better man for you." If you're having relationship problems and growing tired of defending your actions, enduring unfair criticism or playing down your accomplishments for the sake of sparing the feelings of an insecure friend or partner, it's

time to clean out your contact list. You need people in your life who will support you, celebrate you, and make you feel good about yourself. My dating advice? Try signing up for help from a professional matchmaker to help you through this process.

Related Link: [Relationship Advice: How Your Relationships And Love Impact Your New Year's Resolutions](#)

4. Sort through personal goals. Spring is the ideal time to refocus on lost goals or eliminate self-defeating habits. Do you still procrastinate? Is the novel you have been working on since college still gathering dust on the shelf? Perhaps now is the time to start eliminating personal debt or build up a savings fund for an upcoming trip. The key is to try new things and embrace new challenges that help us grow. "You probably don't think about how bad habits sabotage your life in so many areas. Many of those habits are things that you waste time doing that cause you to lose sight of the big picture and become consumed with whatever is right in front of you," wrote Dr. Michelle Callahan, a psychologist and author. This is the time to recommit to those goals and reinvent ourselves.

By committing to a daily exercise routine, eliminating negative thoughts, people, and other destructive baggage from our lives, and renewing our focus on personal goals, we are ready to "spring" into action with a new determination to make a fresh start in renewing our best selves.

[J'Nel Wright](#) is a lifestyle writer who dabbles in relationships and wellness. Her writing has appeared in both regional and national publications addressing a variety of topics ranging from human interest and literature to business, interpersonal behavior, and health issues.

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

Dating Advice: How To Attract A Man Through Your Body Language



On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert and author of *The Power of Women Over Men and How to Use It* Nick Karson to talk expert [dating advice](#) on how to show a man you're interested in him through your body language.

Dating Advice On Attracting A Man Through Your Body Language

Dating is not easy, but expert dating advice says one of the best ways to show a man that you're attracted to him is through your body language. Experts say your body language can say more to a man than you ever could. Their three best dating tips are to smile, hold eye contact, and lean into his personal space a bit.

1. Smile. One of the biggest things you can do to show a man that you're interested, is to smile. It's a green light because men are so nervous and want to say hi, but don't always feel comfortable. If you can hold his gaze and give him a sweet smile, it makes you approachable.

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

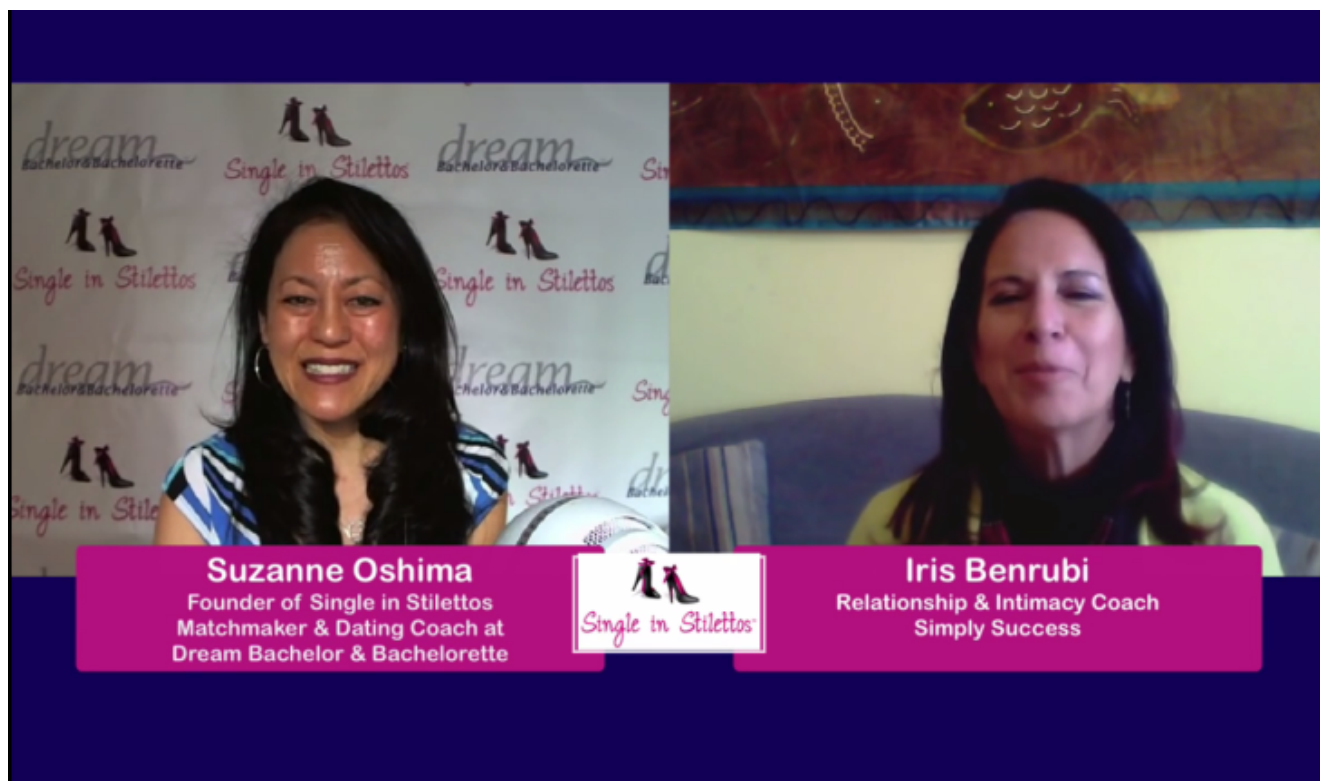
2. Holding his eye contact for 2-3 seconds. Doing this shows that you're listening and are engaged in the conversation.

3. Lean in. Go into his personal space a beat and lean in when you're talking to him. When women do that little hair toss, it shows men that you like them.

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

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

Relationship Advice: When to Share Your Passwords



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

Is there ever really a right time to share your password? Is there a bad time? Most people don't know, and that is completely understandable because sharing passwords is kind of an awkward situation. Sometimes people believe sharing a password means taking the next step in a relationship, and allowing oneself to be completely open with their partner. Other times, people feel like they should never have to give out their password because it is an invasion of privacy, and they figure "why does my partner need it anyways?" Both are totally logical, and lead me to the [relationship advice](#) that the relationship experts at [Project Soulmate](#) have, which is

that there is never a *right* time to share passwords, but there can be a *wrong* time.

Relationship Advice On Sharing Passwords: How Soon Is Too Soon?

If you are trying to show your boyfriend a picture or video and your phone locks in the middle of him looking at it, then by all means tell him your password. Sometimes people just take the idea of sharing a password too far, when in reality it is not a big deal at all. Often times people are scared of sharing their password simply because they feel like they have something to hide. My question is if you really have something that secret to hide from your significant other, then why are you dating your significant other? In a [healthy relationship](#), there is no particular day that you both agree to share your passwords, it just happens naturally. It happens when the password is needed to do something, not needed to “snoop” on something.

Related Link: [Relationship Advice: Keep Your Relationship Strong When You Share Home and a Workplace](#)

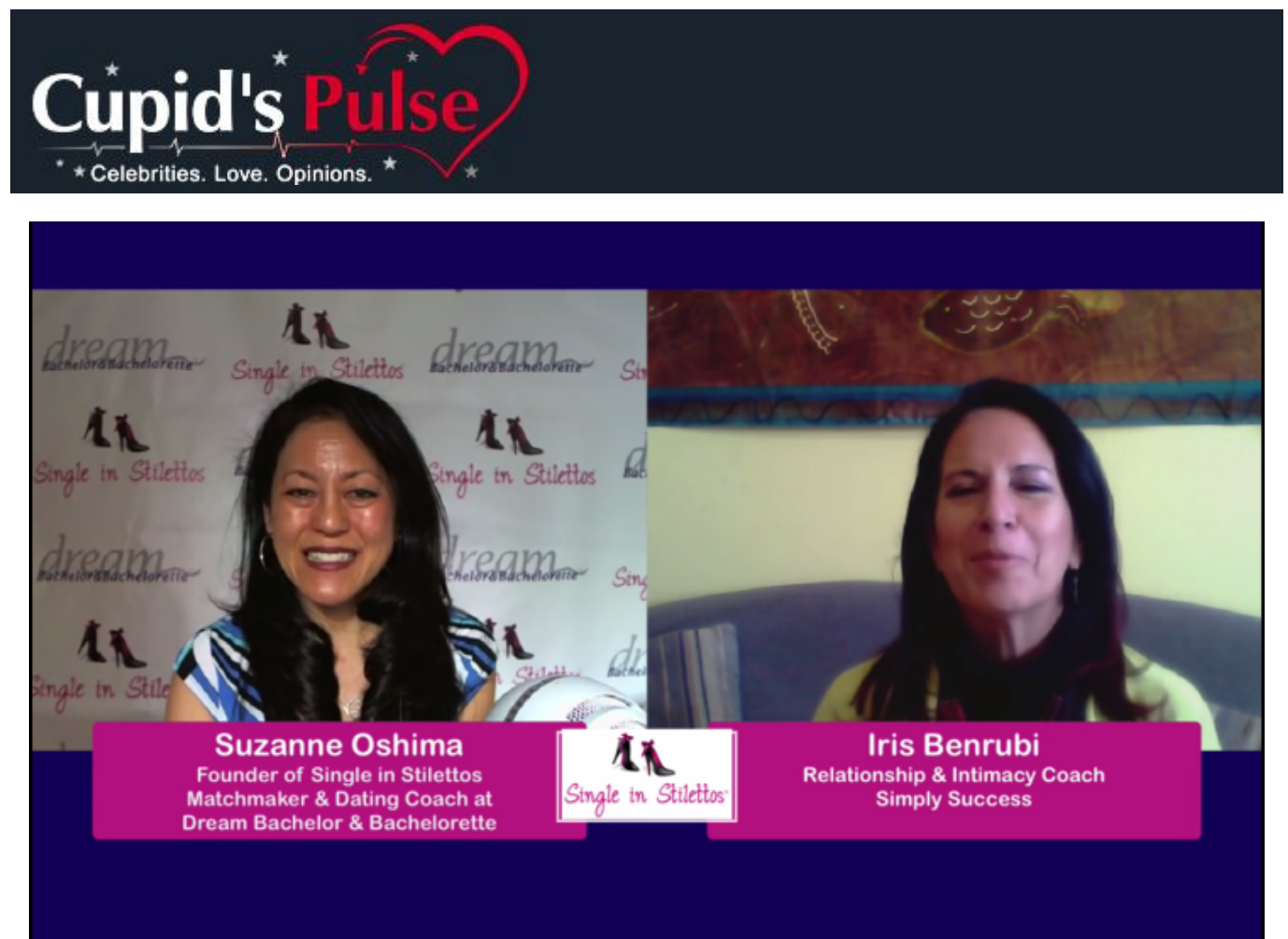
When your partner requests your password simply because they feel like you are being unfaithful, our relationship advice is not to give it to them, because that is the *wrong* time to share your password. This makes the whole password sharing moment have a negative connotation behind it and should be avoided. If your significant other is worried you are cheating, or vice versa, then you are having bigger relationship problems than simply not having shared passwords. Relationships should be built on trust, and without that trust, the love will be lost. Sharing your password won't bring the love back, it will only lead to more and more distrust, and more and more “snooping” of each others stuff.

Related Link: [Expert Dating Advice: Why Using a Matchmaker is Better Than Dating on Your Own](#)

Our dating tip: Share your password when the time naturally comes up, not the time that someone just wants to snoop.

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: Chivalrous Acts For The Modern Man



By [David Wygant](#)

People say that chivalry is dead, but as a relationship expert, I know that's not true. Chivalry never dies because these days, there are modern twists on how men can be chivalrous in dating. Here are some quick dating tips and [dating advice](#) for any man who wants to win a woman over on a date. These things will actually make her decision to go out with you again a no brainer.

Dating Advice On How To Act Chivalrous

1. Pick her up. When you pick her up, walk to her door, knock on the door, and walk back to the car with her. Hold the door open for her, wait for her to get in, and shut the door. Repeat the same thing after dinner, after a movie, after anywhere you go with her. Always open the door for her and always be chivalrous that way. Too often nowadays, people just go and meet one another at a set location. They go in separate cars. Actually picking her up is a little dating advice of mine that makes a big impression.

Related Link: [Expert Dating Advice: When It's Time To Say The L Word](#)

2. Don't look at your cell phone on a date. This is a modern version of being chivalrous. If your cell phone goes off, ignore it. As a matter of fact, put the cell phone on vibrate. Don't have the ringer buzz, ring, or do anything that will disturb your date night because you want to give all of your attention to her.

3. Guide but don't be pushy. When you walk into a restaurant, put your hand on the small of her back and allow her to go in first as you slowly guide her with your hand. At the end of the night, especially on your first date, give her a hug and maybe a little kiss on the lips and that's it. No heavy-duty

makeout session, no trying to get in there and have sex.

4. Text her afterwards. If she met you on a date, text her when you get home or tell her to text you when she gets home so you know that she's home safe and sound. If she didn't meet you on a date and you actually dropped her off at home, text her when you get home and wish her sweet dreams; tuck her in via text. These are old fashioned and new fashioned tips that will let her see you in a much different light. Simple little things like following up with a phone call or a voicemail message the day after a date. Setting the next date after a first date so she knows you're interested in her. And, let's not forget one of the most modern chivalrous acts I can think of: If you met on Tinder or Bumble or Match or any other dating site, put your profile on hiatus after you meet somebody you really connect with. That way she'll know that she's met somebody who is serious about dating her and only her.

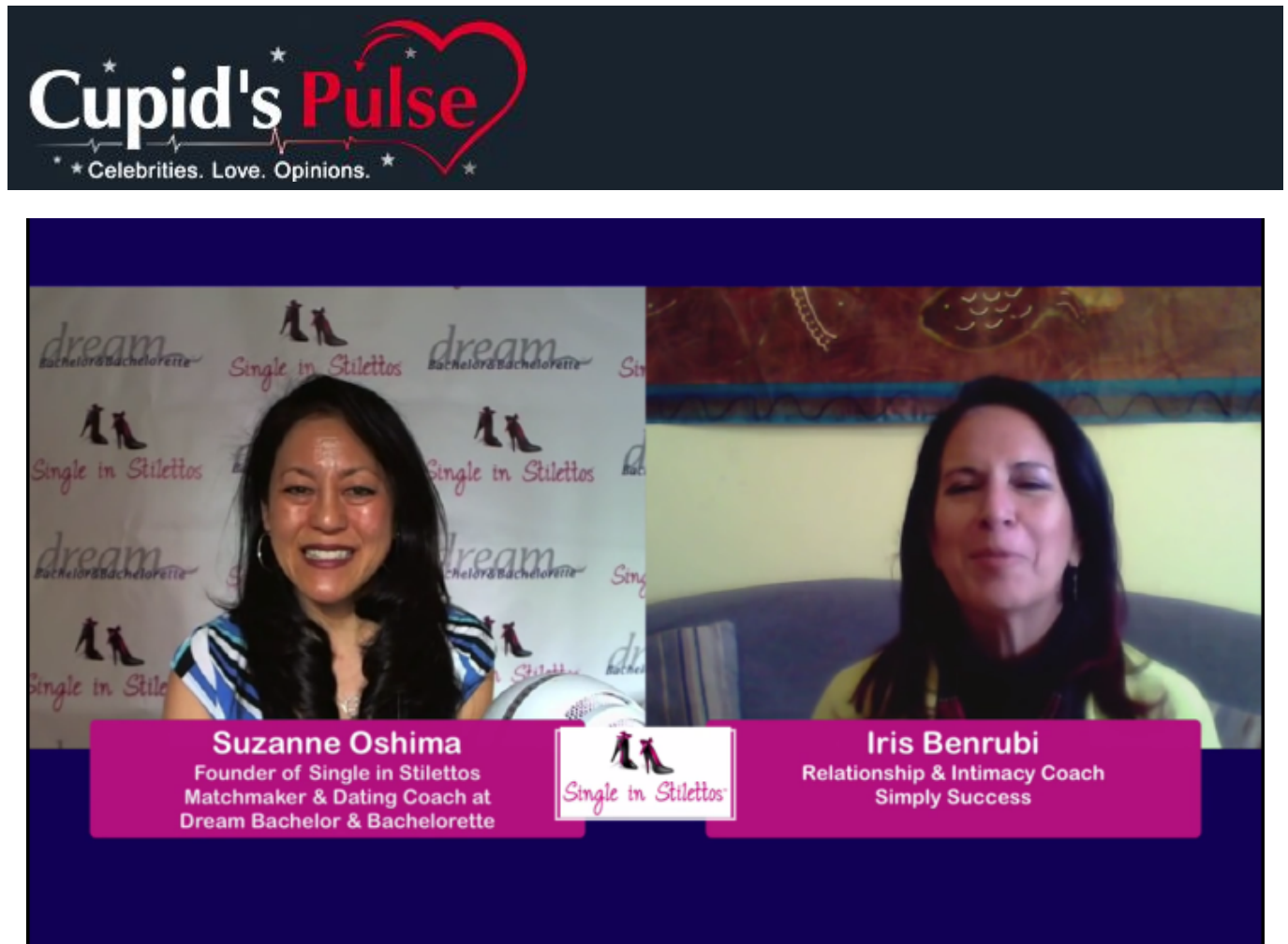
Related Link: [Relationship Advice: Is Long Distance Worth It?](#)

Chivalry is not dead. It's just changed so much in today's modern world. If you follow these simple tips, these little things, it will get you to the third and the fourth dates. You want her to think of you as a future boyfriend, not as a guy who just came to meet her for the sake of convenience.

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](#).

Dating Advice: Does A Man Really Have to Call?



By [Joshua Pompey](#)

You have an amazing date night. He's fun. He's charming. He says and does all the right things. You kiss goodnight, agree to meet up again at some point, and eagerly await a call from him. But that call never comes. Text after text after text, until finally a few days later, he asks you out...via text. The question is, should he have picked up the phone to call you? Isn't that what a "good guy" who is serious about a relationship would do? The answer is yes, but only if you're trapped in a time warp where the two day rule still exists and

the Kardashian's don't plague our lives on a daily basis. My dating tip is that you need to face the facts. Times have changed tremendously over the past decade. When it comes to the courting process, phone calls are starting to go the way of the Arch Deluxe and Pepsi Clear. Remember those? Neither does anyone else. If a man doesn't pick up the phone to call you, it doesn't mean he isn't serious about you. It just means he's playing by the dating rules of the era that he is currently living in. Take this [dating advice](#) from a relationship expert!

Dating Advice: How to React When a Man Only Texts

Today the majority of social interactions take place via text message, even more so than face to face interactions and this isn't just limited to dating. Texting often dominates work, friends, and family connections as well. For better or worse, most men simply don't feel the need to make phone calls when they can get out a quick message via text.

Related Link: [Dating Advice Q&A: What Does Texting on a Date Say to Your Partner?](#)

We also live in a generation where men and women alike live much busier lives. Work hours are longer than ever, social obligations are never-ending, and by the time most people finish all their responsibilities for the day, it's almost time for bed. Text messaging is just more practical and convenient on every level. "But if he really likes me. Wouldn't he make the time to call me?" Not necessarily. Men are also calling or texting based on their own perception of how they *think* they are expected to act. We live in a day and age where the majority of women also prefer texting to phone calls. This makes calling you a big risk. If he calls you and gets the machine, now he has to suffer through an agonizing

waiting game. This is mental torture, even for us men. With a text message he knows that he will probably hear back from you relatively quickly.

Related Link: [Dating Advice Q&A: How Harmless is Sending Pictures Via Text?](#)

Finally, phone calls come with much higher stakes. Calling you means he has to be charming, witty, and on his A game. This may not be true, but he still may feel this way. On the contrary, text messages are a pressure free situation. With all that said, if a man likes you, he will eventually call you. But this usually doesn't come until after a few dates, when he feels as if things are progressing to a relationship. But during the courting phase, my dating advice is to not be alarmed not to hear a man's voice on the phone. If you are dismissing men based on this notion, you may just be waiting a very long time for someone to come along.

Want more information from Joshua Pompey? For some advanced text messaging tips from Joshua Pompey that will keep men from disappearing, visit this [link](#). Or click [here](#) to learn more about Joshua's online dating profile service. Check back for more dating 101 tips from the relationship expert!

Dating Advice: First Date Do's and Don'ts





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert and author of *121 First Dates* Wendy Newman to talk expert [dating advice](#) on first date do's and don'ts.

Dating Advice: First Date Tips

Dating experts acknowledge that it can take awhile to find the man of your dreams, but they have some dating tips on how to act on a first date.

- 1. Show up natural.** Be yourself and don't have an agenda. Throw away that checklist and don't prequalify the person you're dating.
- 2. Get to know each other.** Show up and try to get to know who the person is. Find out what they love and what they're passionate about.

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

3. Be clear if you don't like him. Be gracious and pleasant, but don't act happy and flirty only to say no to a second date or dodge his calls.

4. Don't be negative. A first date is not the time to complain about your day at work, your parents, your friends, or even an ex. Be positive and pleasant to be around.

5. Don't talk about the long term future on a first date. Women think they're serious and that men date for sport. But it's just the way that you approach dating that's different. Men realize that a first date is just a first date. It's a baby step. Expert dating advice: Don't go into it trying to find your husband. Just try to get to know each other.

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

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

Relationship Advice: Telltale Signs Your Relationship Is One of Convenience





By Toni Coleman, LCSW, CMC for [Divorce Support Center](#)

Relationships and marriages differ in many ways. What works for one couple would not be right for another. Therefore, there isn't one specific set of attributes or descriptors that could be used in a premarital checklist designed to ensure any marriage will be a successful one. However, there are certain traits that are commonly found in relationships that couples describe as happy and satisfying. These often have to do with specific dynamics and qualities that impact how they relate and communicate from day to day. When these are absent or lacking in some way, it can point to a union that continues due to convenience rather than emotional, spiritual, and physical attachment. Here's some [relationship advice](#) that will help you classify your relationship as convenient or sent from Cupid.

Expert Relationship Advice On How

To Tell If You're In A Relationship Out Of Convenience

1. You decided to marry because of your age, a desire for children, and/or social pressure to do so. People get married for many different reasons that can include peer or family pressure, age, a desire for children, practical concerns involving money and lifestyle, and/or a fear of being alone or never finding someone as good as one's partner. All of these are more about convenience than emotional attachment and love—even though both can be and are present in many relationships. If relationship problems, such as missing emotional attachment exist, couples often find that over time they feel restless, unfulfilled, and bored. These are major contributors to increasing alienation and emotional and physical infidelity because they may seek to meet their emotional needs outside of the relationship.

2. Your daily lives are more parallel than intertwined. This is when two people live essentially as roommates—sharing household responsibilities and interacting when needs or issues arise that require them to do so. As a relationship expert, I see that these couples may share coffee or the occasional meal, attend social and other events together, but they function as individuals rather than as a unit, lacking the cohesiveness and intimacy that is enjoyed by those with an intimate connection.

Related Link: [Celebrity News: Scott Disick Admits to 'Making Decisions That Weren't Great' About Kourtney Kardashian](#)

3. Your conversations consist of topics related to scheduling, household coordination and or issues with finances, future planning and the children. When all of your conversations are pragmatic and skin deep, there is something missing. It's that tone in your partner's voice, the sharing of feelings and desires, those discussions about nothing or everything during

which you feel close and connected.

4. You value the material and social benefits of your marriage over the relationship itself. If someone were to ask you why you like being married, what would you say? Would your thoughts immediately go to your home, material possessions, nice vacations, social status, friend group, household help, financial security, and/or the ability to choose work over staying home? If so, the glue that holds you together may be one of practicality and security, rather than emotional and physical affection and attachment.

5. You seek out others to meet your needs for friendship and companionship. Do you feel lonely at home? Do you actively seek out friendship with others because you and your spouse don't share this? Do you hate date nights? Are double or group dates the only ones you go on? Marriage to the wrong person can be very lonely, even lonelier than being single, as many singles have strong social networks that sustain them and help meet their needs. However, if your marriage is more of an arrangement, you will be spending most of your free time with someone you feel little in common with and/or have little or no desire to interact with.

Related Link: [Celebrity News: Iggy Azalea Responds to Nick Young Alleged Cheating Scandal](#)

6. Sex is rare or non-existent, and you see it as your duty. Everyone's sex drive ebbs and flows over the course of a long-term relationship. We can't sustain the initial excitement and highs we experienced when it was new, nor should we expect to. However, when we have an emotional connection with someone there is a desire for closeness, touch, and yes, sex. We also want to meet that other person's intimacy needs and therefore it doesn't feel like a chore. If it does, something critical is missing.

Related Link: [Celebrity Couple News: Faith Hill & Tim McGraw](#)

[Share Steamy Kiss at AMC Awards](#)

7. A slippery slope—using alcohol to escape. If you feel the need to numb yourself, find ways to get distance, and/or use alcohol or other substances to escape your day to day reality—your relationship is in trouble. When we feel connected to our partner we seek more closeness. The sound of their voice, that feeling we have when they walk in the room, that little thrill we feel when they reach out and offer a hug or a caress are all signs that a relationship is strong and that the intimate connection is there.

If the above signs resonate with you—you have a choice to make. You can choose to continue in a union that satisfies your needs for comfort, predictability and security; or you can ask your partner to sit down with you and have that long overdue talk about how you are both feeling and how the relationship is or is not meeting your intimacy needs. This conversation would be an ice breaker and only the beginning of more discussion about what each of you wants that you aren't getting from one another and from your relationship. From there, my relationship advice is to establish goals and identify resources to help you work and grow together as a team. This would require a willingness to be open and vulnerable, and seeking out professional help may be essential to helping you get and stay on track. Success will rest on the strength of your joint commitment and ability to make the relationship one of your top priorities.

[Toni Coleman](#), LCSW, CMC is an internationally known psychotherapist, relationship coach, and founder of consummate relationship coaching. As a recognized expert, Ms. Coleman is the featured relationship coach in The Business and Practice of Coaching, (Norton, September 2005.) In addition, she authored the forward for Winning Points with the Woman in your Life, One Touchdown at a Time, (Simon and Schuster, November 2005.) among many other achievements.

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