

# Expert Dating Advice: What Men Want & Why They Cheat



On this week's episode of [Single in Stiletto](#), founder and matchmaker Suzanne Oshima turns the conversation over to relationship expert and author of "The Problem With Women...is Men," Charles J. Orlando to talk expert [dating advice](#) about none other than men, what they want, and why they cheat.

## Dating Advice On What Men Want & Why They Cheat

Men want women who are confident, intelligent, energetic, honest, and supportive. Men respond to women who bring

confidence to the table, but that is not to be mistaken with being a bitch. “Confidence is knowing who you are, it’s knowing where you’re going, and it’s knowing who’s going with you,” Orlando said. He also wants someone he can talk with, not talk at. Sometimes a woman’s intelligence can be troublesome to men if it’s greater than his own. When women are smarter men have to be comfortable with that. Some men don’t know their place as anything other than being a protector/provider, so it forces them to find their new masculine. But Orlando did note, a man doesn’t open a door for a woman because he thinks she’s incapable, he opens the door because he values you. Men also want someone who is energetic and spontaneous, so Orlando’s dating advice is to bring excitement to the relationship. He wants these things to remain throughout the relationship. Spontaneity is often the first to go, Orlando said, but men want to keep it.

**Related Link:** [Dating Advice: Get Inspired by Childhood Fun](#)

Men cheat for a variety of reasons, but Orlando said, “before physical act of betrayal, the relationship has already broken down.” There is something missing in the relationship even before the inception of an affair. But what is it exactly that compels men to cheat? One, the opportunity to have sex without getting caught, which also caters to physical/sexual gratification that is emotionally detached. Two, he wants to have sexual variety. He’s curious about being with someone he found physically attractive. Three, for the thrill of the chase. He misses that challenge and wants to know he’s still got it. And finally, the desire to feel important or feel special. He wanted a ego boost because he wasn’t getting it at home. “For any wife who won’t there’s a neighbor who will,” Orlando said.

**Related Link:** [Relationship Advice: 4 Ways to Break Up With Your In The Nicest Way Possible](#)

*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 He Hiding Something When He Turns His Phone Off?



Question from Charlie S.: I've noticed that my boyfriend turns his phone off at random times – during a lunch date in the middle of the week, during a Sunday night football game, etc.

*Should I be worried that he's hiding something from me? What's the best way to ask him about it?*

If that moment when he locks his phone and slides it in his pocket is unsettling, leave it up to the relationship experts who have [dating advice](#) that may provide some comfort.

## **Dating Advice: Is He Hiding Something?**

[Suzanne K. Oshima, Matchmaker](#): Try not to jump to negative conclusions about your boyfriend turning off his phone. Did you ever think that maybe he just wants to enjoy watching the game or lunch without constant interruptions with phone calls and texts from people? Believe it or not, there are some people who aren't as attached to their phone and need it on 24/7. So, unless you're seeing any other red flags or have any other relationship problems that seem like he's hiding something from you, then I highly recommend giving your boyfriend the benefit of the doubt. Because a sure fire way to kill a great relationship is to accuse him of doing something he's not.

**Related Link:** [Relationship Advice: How and Where to Meet Men](#)

[Paige Wyatt, Reality TV Star](#): When your guy is turning off his phone at random times it most likely means he'd like to unplug and enjoy his time without a phone buzzing in his pocket. If he is turning off his phone during dates or quality time with you it means he wants to be with you without distraction, and that is great! If he was hiding something from you, he would be turning his phone off around you all of the time, not randomly!

**Related Link:** [Dating Advice: Is Spring the Time For a New Fling?](#)

[Robert Manni, Guy's Guy](#): I suggest asking yourself why you

believe your boyfriend's turning off his phone is a problem or a sign he is attempting to hide something. Many women would be thrilled if their boyfriend shut his phone off when he's with them. That usually means he is paying attention and more available for conversation. You may have trust issues with your boyfriend and believe his turning his phone off is to shield himself from other women contacting him when he's with you. If so, my dating advice is to simply ask him why he turns his phone off. How you gauge his answer will either assuage your concerns or bring the issue to the surface. You be the judge. 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](mailto:cupid@cupidspulse.com).*

**What's your best piece of dating advice when it comes to your partner turning off his phone? Share in the comments below!**

---

## **Relationship Advice: How and Where To Meet Men**







On this week's [Single in Stilettos](#) video, matchmaker Suzanne Oshima and dating expert Marni Kinrys give [relationship advice](#) on how and where to meet the man of your dreams.

## Relationship Advice On How To Meet 'The One'

Meeting 'the one' can seem like an impossible task, but this expert love advice will have you dating someone new in no time. To start, the experts say that you have to put yourself out there. Having a social life requires work and effort. Delegate one day a week where you will do something that will put you in a position to meet a man. Whether that be having a dinner party for singles, going to a bar, going to a singles event, joining a running club for singles, or online dating, there are so many places to meet someone new.

**Related Link:** [Expert Dating Advice On How To Handle Dating A Player](#)

Remember, it's important to be active and do more than two

things to meet someone. Men (and women) are everywhere, it's just a matter of opening your eyes and looking around. Women: Don't be afraid to approach a man and just say hi. If he's interested, he'll take the lead from there. The biggest confusion and misconception is that people don't want to be approached.t

**Related Link:** [Expert Dating Advice On How To Flirt With Men](#)

You can even start a conversation with someone on the subway or at the grocery store. Just opening yourself up to any and all opportunities will help you find the man of your dreams. Follow this relationship advice, because the only way you can have people in your life, is to be open to it.

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

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

**How and where did you meet the man of your dreams? Tell us in the comments below!**

---

## **Expert Dating Advice: What is Love & How Do I Find It?**





By Debbie Ceresa for [Divorce Support Center](#)

Have you ever wondered how [Tom Hanks and Rita Wilson](#) make their celebrity marriage work? How about [Sarah Michelle Gellar and Freddie Prinze Jr.](#)? You're not alone. Most singles wonder if they should wait for that magical attraction to happen. In our quest to solve this mystery, we often turn to expert [dating advice](#). We Google. We write, and we do research. However, the question remains: **What is love?** The question was even the hottest search phrase on Google in 2014.

Musicians have also ventured into love's mystery. John Lennon and Paul McCartney attempted to provide us with an answer with "All We Need Is Love." The lyrics say, "Love is everything." However, we are still searching for the answer to this elusive question. Is it because, if you don't have love, you have nothing? The prospect of nothing is a little scary.

**Related Link:** [Dating Advice: Love the Way You Search for Love with Online Dating](#)

The ancient Greek philosophers broke down the word *love* into six categories: *Philia*, the deep bond between family and close



friends; *Ludus*, the playful affection when flirting or joking around; *Pragma*, mature love found with couples who have been together a long time; *Eros*, our sexual desire and passion; *Agape*, one's love for humanity; and lastly, *Philautia*, the love we have for ourselves. You're lucky if you have all six. Some of us may only have one or two.

**But maybe, just maybe, we're looking for love in all the wrong places. Let's go back to the basics and take some dating advice from the experts.**

According to [Dr. Brené Brown](#), a relationship expert and research professor at the University of Houston, "Love is that intangible connection between two people that feels exceptionally good." She further states that the strength and depth of this connection is determined by the self-acceptance, openness, and honesty of the two individuals and how exposed each is willing to be.

**Related Link:** [Expert Dating Advice: The Help You Need to Find Love](#)

Although not logical, love is both easy and mysterious. Couples who have been together for years often confess that they aren't really in love with each other. Don't feel hopeless! You're not on this quest alone.

A love map that gets you from one stage to the next doesn't exist, but there are two important questions to ask yourself.

- 1. What are you looking for?** Once you understand your desired qualities, make a checklist.
- 2. What do you think your future partner would want from**

**you?** Always keep in mind that no one is perfect. Recognize your imperfections and understand your future lover may have a few flaws too.

## **Once you've answered these two questions, follow my love advice below to find The One.**

**1. Love yourself first:** You are the only *you* in the universe. Work on being the best you that you can be by taking care of your mind, body, and spirit. Do you have characteristics about yourself that you dislike? You're not alone – we all have them. Our disliked imperfections become our trigger buttons. How we deal with our buttons is the answer. Now is the time to start accepting your imperfections and reminding yourself that no one is perfect. Taking this first courageous step will help lead you to discovering your own special qualities. Loving your whole self will lead to loving another.

**Related Link:** [Dating Advice: 4 Signs He's About to Say 'I Love You'](#)

**2. Let your hair down:** Openness is a key ingredient to have in your relationships. We have different types of love in our life: sexual, mature, family, friends, and self. Think about some of the people in your life who you are close with – maybe your partner or a friend – someone who has seen you at your very best and worst. They've seen you laugh and cry, be strong and weak. They were given permission by you to see the real deal. The totally exposed you is comfortable sharing yourself with a shared connection. Once you feel comfortable, you have the connection. And then, you have love.

*Debbie is a Certified Grief Recovery Specialist® and the author to the #1 bestselling memoir A Beautiful View, available on amazon.com. A Beautiful View documents her*

*journey through her husband's battle with cancer, which ultimately ended with his death. She has experienced grief firsthand and is well equipped to aid others in the recovery process, whether with death or divorce. For more information about Debbie and how to recover from your loss, please visit [debbieceresa.com](http://debbieceresa.com).*

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

## Dating Advice: How To Flirt With A Little Touch



In this week's [Single in Stiletto](#)s episode, founder and matchmaker Suzanne Oshima talks [dating advice](#) with Patty Contenta, founder of Sensuality Secrets, about how to get sensual with a little touch. Professional ballroom dancer turned relationship expert, Contenta adapted her smooth moves from the dance floor to the playground of dating to turn heads and even get an encore in the form of a date. "I was this really sultry, mysterious, alluring woman and I wondered if I could be this in everyday life and if that would help me in my dating scenario," Contenta says.

## Relationship Experts Talk Dating Advice On Flirting

**1. Touch any item on him you enjoy.** It can be his watch, tie, even the lapels on his jacket, Contenta says. Acknowledge these things and compliment them. Perhaps even get him to share the story behind these items. But touching rather than simply asking will leave an imprint.

**Related Link:** [Expert Dating Advice on How to Flirt With Men](#)

**2. Touch his extremities.** A great dating tip from Contenta: Extremities are a safe zone. His shoulder, arm, wrist, hand. The simple physical connection between your hands can calm him, make him feel comfortable, and it shows that you appreciate him and what he has to say.

**Related Link:** [Expert Dating Advice: Mastering the Nonverbal Cues of Flirting](#)

**3. Touch his lower back.** Touching a guy's lower back as you walk by is a great way to make him remember you. Contenta shares the dating advice that the higher back is safer than the lower, but this touch will come naturally as the chemistry develops.

**Related Link:** [Kris Jenner Gives Her Best Dating Advice](#)

For her best piece of dating and relationship advice, Contenta says: Eye contact, smiling, self touch. "I'm here, I'm

present, I'm in my feminine, and I'm with you," she adds.

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](#).

**Have a tip on how to flirt with a little touch? Share your experience in the comments below!**

## Relationship Advice: Is Long Distance Worth It?





By [David Wygant](#)

A long distance relationship is probably the biggest challenge that you could ever try to face. I travel a lot. I've been all around the world. I've met some amazing, beautiful women, and I really wish that I had been able to connect with them and see them on a regular basis. I tried long distance and even though I'm a relationship expert, it has never really worked for me. It's not that it's impossible, it's just not very realistic. And I'm going to explain why with some [relationship advice](#).

## **Relationship Expert Gives Relationship Advice On Long Distance**

Long distance relationships take so much work. It is a constant battle to truly stay connected to someone. Alright, granted, in today's society we text and communicate with one another incessantly. You can actually communicate with somebody non-stop throughout the entire day. In a long distance relationship this can give you a feeling of connecting with someone, a feeling of getting to know them. But a relationship is a day-to-day grind, and I don't mean grind in a negative way. It's a day-to-day exploration of getting to know one another in everyday situations. Even when we do communicate with someone over a long distance, it's usually through texting or social media. We hardly ever even use the phone anymore. In order to avoid relationship problems, there needs to be communication on a scale that's difficult to get other than seeing someone face-to-face. There's things we just can't learn about them, as individuals, any other way.

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

## [L Word](#)

For instance, how does this person act when they're with their kids? Or *your* kids? What are they like after a stressful day of work? How are they when they're super busy? Do they have time for you? What are they like when they interact with their friends, their family? Long distance relationships are all about creating an illusion of closeness. You set up a time to meet one another. You spend a weekend together and you're on the best behavior possible. They come and visit you the following month. You're still on your best behavior possible. Everything is exciting in a long distance relationship because you're not seeing each other on a regular basis, so the sex is always off the charts. The things you do are always fun. But, it's like being in an artificial relationship; everything is fun all the time but not really in touch with reality. Everything is great, but you're missing the day-to-day grind, the reality of knowing someone in a real way.

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

Long distance relationships will only work if the two of you have an end goal. My relationship advice: The relationship needs purpose. The relationship will eventually need the day-to-day grind. You will both need to decide whether or not it is worth moving away from the illusion that the distance can create. The two of you will have to decide to be flexible enough so that you can close that distance and be together in a set amount of time. For some people this will never be realistic. For instance, if both of you are single parents, you're not going to move your kids anywhere. So, a long distance relationship would be pretty unreasonable. Some people can make this kind of relationship work. If your relationship is made up of two people who are willing to be mobile, two people who are able to go and explore the world, then a long distance relationship has hope. As long as you

determine when one of you will spend real, significant amounts of time with the other person. That could even be a month living together, being with that person, and getting to know them on a daily basis.

**Related Link:** [Relationship Expert Discusses How To Know When It's Time To Call It Quits](#)

This also means having an end goal that you're willing to go and move to another state, or willing to go and move to the city where your partner lives. Love can come from anywhere in this world. Love can come from anywhere on this whole planet. But, my dating tip is that you've got to be able to follow the very distinct guidelines to make it work. When you do that, you actually have a chance. You have a chance to be able to love.

*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 Dating Advice: Signs That He's Not Interested in You**



On this week's [Single in Stilettos](#) relationship advice video, founder and matchmaker Suzanne Oshima talks to dating expert Tinzley Bradford about signs that he's not interested in you. Don't miss their expert [dating advice](#)!

## Is He Interested in You? Use This Dating Advice to Find Out

Here are three signs that he's just not into you:

**1. He doesn't call, text, or hang out with you:** It's simple: He'll pursue you if he likes you. "If you're dating a man and he's interested in you, you don't have to keep begging him," Bradford says. Oshima also encourages you to be wary of guys who disappear after a night together; they're just using you as a "filler."

**Related Link:** [Expert Dating Advice: How to Be a Smarter Dater](#)

**2. He uses a dry, dull tone:** There's no engagement when you're talking. He may even be short with you. "There's going to be laughter... There's going to be fun times," the dating expert says of someone who's interested in you. And if he's on his phone while you're together? That's another red flag!

**Related Link:** [Relationship Advice on Finding True Love](#)

**3. You haven't met his family or friends:** Be careful if the relationship is one-sided. "You don't know anything about him...because he hasn't told you anything about him," Bradford explains. If he likes you, he'll bring you into his world.

*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](#).*

**How do you know if he's interested in you? Tell us in the comments below!**

---

## **Dating Advice Q&A: Is It Ever Okay To Go Through Your Partner's Phone?**







*Question from Carrie F.: My boyfriend and I have been dating for over a year, and lately, I've been worried that he's talking to an ex behind my back. Is it okay if I look for proof on his phone before I confront him? I don't want to say anything to him unless I'm 100 percent sure.*

If you're looking for [dating advice](#) about whether or not it's ever okay to go through your partner's phone, keep reading to find out what our relationship experts advise!

## Dating Advice About Going Through His Phone

[Suzanne K. Oshima, Matchmaker:](#) While no one wants to find out that their boyfriend is still talking to his ex, a sure-fire way to kill your relationship is with your insecurity. If you think he's still talking to his ex, ask him in a curious and non-confrontational way. Then, watch his reaction. If he doesn't have anything to hide, he may mention that he keeps in touch with her in a non-romantic way. If there is something going on, he'll probably get defensive and try to cover things up. Either way, if you want the relationship to last, it's

important to be able to trust each other and have open communication.

**Related Link:** [Relationship Experts Q&A: Does Social Media Stalking Create False Intimacy?](#)

[Paige Wyatt, Reality TV Star](#): After a year of dating, you and your partner should be able to communicate truthfully and openly, so if you're feeling uncomfortable about him keeping in touch with his ex, talk to him. Snooping in his phone might make it worse, as he may get defensive and angry, which will put you both in a bad spot. If you don't feel comfortable speaking with him, it's time to reevaluate the relationship and see if it's worth the confrontation.

**Related Link:** [Relationship Advice: 5 Ways to Know Your Partner is Lying to You](#)

[Robert Manni, Guy's Guy](#): The answer is no. Successful relationships are built on trust, honesty, and clear communication. Snooping in a partner's phone is a breach of trust on your part. I doubt you would approve of his perusing your personal correspondence behind your back! If for some reason you're concerned that your guy is still in touch with his ex, just ask him. You will get a response. Then, you can decide if what he says is acceptable or if a deeper conversation about your relationship and expectations from one another is necessary. Above all, approach the process from a position of respect for your partner, your relationship, and, most importantly, yourself.

*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](mailto:cupid@cupidspulse.com).*

**What's your best piece of dating advice when it comes to going**

through your partner's phone? Share in the comments below!

---

# Relationship Advice: 8 Creative Ways That Older Couples Can Keep the Romance Alive



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

Despite what the tabloids may say, not all celebrity relationships go down in flames. Joanne Woodward and Paul Newman were happily married for 50 years; Michael J. Fox and

Tracy Pollan found lasting love; and Tom Hanks and Rita Wilson are still going strong. It may take a little extra effort to keep the love alive through the years, especially if you and your significant other have forgotten how to connect or are stuck in the same routine. But with some [relationship advice](#), the passion is sure to ignite again!

## Consider the relationship advice below to add a little spice to your love life:

**1. Get back to the basics:** As an experienced couple, you know what makes your love tick. It could be surprise kisses, breakfast in bed, watching the sunset together, or enjoying old movies. The relationship advice that I encourage you to consider is to think back to the little things that made your partnership exciting over the years. Even holding hands or taking the time to express specific things you love about one another can make a big difference.

Leslie Stubenvoll, director of social services at [Palm Terrace Healthcare and Rehab](#) in Laguna Woods, CA, said, “The couples that shine the brightest are the ones that make the effort to hold hands, be extra nurturing, and pay attention to the other’s needs.” Sometimes, the most romantic thing you can do is give simple reminders and signals that they’re on your mind.

**2. Go on a walk together:** Quality time is a must when it comes to romance. Walking is the perfect way to spend quality time, share meaningful conversation, and even do some of that hand-holding! You’ll have the opportunity to reconnect, get some exercise and fresh air, and take a break from your usual routine.

**Related Link:** [Enjoy a Secret Sunset on Your Next Date Night](#)

**3. Plan a photoshoot:** Over the years, you've probably taken many family photos with kids, grandkids, and a wide range of color-coordinated outfits. Try doing a photo shoot of just the two of you. Dress up in your favorite clothes, drive to your favorite spot around town or in nature, and have your photos professionally taken. Not only will this be a fun way to spend time together, but it'll also give you romantic photographs to hang up around your home. Not to mention, during the photo shoot, you'll be reminded of how her eyes sparkle or how his smile makes your heart skip a beat!

**4. Take a road trip:** Your favorite tunes, good food, new sights, and the endless road add up to one great date idea. A road trip could be just the trick you need to rekindle your romance. Try adding a little excitement by making the destination unknown or researching a bed and breakfast where you two can spend the night.

**5. Go on a scavenger hunt:** This romantic idea is a fun twist on a road trip. Map out all the places that are significant to your relationship, including favorite restaurants, places you love to walk, or locations of good memories. You can design it as a scavenger hunt with the final location being somewhere new to both of you. By the end of the day, you'll both be reminded of the history that's made your relationship strong.

**6. Focus on intimacy:** Some couples struggle with intimacy as they grow older. A [healthier](#) sex life between you and your partner could be the key to your romance struggles. If your relationship is lacking in this department, trade in a date night for a weekend getaway. For an even simpler idea, light some candles to set the mood. Intimacy is essential to connecting as a couple and can often be a romantic experience for both parties.

**Related Link:** [Date Idea: Enroll in a New Class](#)

**7. Explore new hobbies:** Learning something new is a great way



to bond and make exciting memories with your loved one. Take up golfing or attend an art class. The two of you will have something new to share while spending meaningful time with each other. This kind of experience can help shake up the routine and reignite the romance.

**8. Learn about your love language:** Sometimes, the best way to increase romance is to learn how you and your partner want to be loved. One of my favorite books is [The 5 Love Languages](#). The book outlines the five possible ways most people want to receive and give love. Understanding how your partner wants to be loved, whether it's through acts of service or words of affirmation, will help you connect and feel the love on a deeper level.

It's never too late to turn up the heat in your love life. Try out some of these tips, and the flame of your romance will be reignited!

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

**How do you and your sweetheart keep the romance alive? Comment below!**

---

## **Expert Dating Advice: Mastering the Nonverbal Cues of Flirting**





By Jared Sais

I have written a lot of articles over the years offering [dating advice](#), but perhaps none as special as this. This is what my new book (still in the works) is all about. I won't give away all the secrets I have, you'll have to read the book to get them yourself, but I will give you a few nonverbal cues to be on the look-out for and tips on how you can master them yourself. The truth is, if you were to perfect these flirting cues, you just might have lines of people waiting to get to know you. Some of these cues may seem overly simplistic, you may even say "oh come on, give me something I don't know." Yes, you may know how to smile, but for how long? Do you show teeth or not? Is your head tilted to the side or down? What are you doing with your hands as you smile? Are you looking at the person you're smiling at? Did you just smile for too long? Does that make it creepy now? This, I must teach you.

**Expert Dating Advice: Nonverbal**

# Cues of Flirting

If I asked what the first way people greet one other is, you may say with a wave, a smile or a handshake. Would you be surprised to learn that all of these are wrong? Maybe you'll be the first few to know that it is via eye contact. You may know that eye contact is important, but how long do you look for? Are you looking into the eyes, lips and or body? Not so easy, is it? Yet, it is so important. Eye contact is the first thing I observe that will tell me if two people will be a strong match. People will gaze into each other's eyes and not even consciously know. I know the exact amount of time that looking into someone's eyes means uninterested or extreme attraction. What would you do with this gift? I have helped a countless number of clients find true love, I have used it to find true love myself, and now I am using this gift of dating advice to write a book to help the masses. You can read my other posts about relationship and dating advice on CupidsPulse that tell you how to smile, how to spot a real versus fake smile, or how to give good eye contact, so I'll skip these things.

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

**1. Lick lips/attention to your mouth.** You have to understand that there are nonverbal cues that will trigger reactions from us. We stand no chance to this trigger. Putting attention to your mouth, such as a lick, a bite or nipping at a straw will trigger a response from the person you are targeting. Think of it like this, if I were to ask you "how are you" you would probably say "good, and you?" Now, you may not be good but that's what you say in response to that question; it's an automatic response. So by drawing attention to your mouth, you are creating an automatic response, triggering your target to approach you and start a conversation. If you want attention from that special someone, make your lips the focal point.

**Related Link:** [Expert Dating Advice on How to Flirt with Men](#)

**2. The trifecta.** Slightly tilt your head down (chin closer to your chest), look up at your target and perform a slight smile. The smile should be closed mouth when the head is down, but when you pick your head up you can open your mouth to show teeth. If you are a woman, you can pull your hair back or tuck it behind your ear. This is a three step nonverbal cue that will bedazzle your person of interest. It sends a strong message that you're interested and are willing to have a conversation. It should not look creepy or forced, so before you go out, try it out. I tell my clients to practice this nonverbal trifecta in the mirror and to break up the trifecta into steps, then mash it all together. This can be quick, lasting a few seconds in time.

**Related Link:** [Body Language to Create Instant Attraction](#)

**3. Separate from group.** Almost no man will approach a big group of women and rarely in America does the woman approach the man. As the woman you need to separate from the pack and make yourself approachable. Also, you may want to leave behind your wing-woman/wing-man if that person is the "mother hen." The mother hen tends to be a bit over-protective; men don't need a background check when first approaching you, don't let "mother hen" send him away from you. Instead, go alone to the bar and get a drink or take a friend who is fun and can create conversation to help the flow of your first meeting.

If you can perfect these dating tips from a dating expert, you will see just how quickly people will approach you. Have fun.

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

---

# Expert Dating Advice On How To Flirt With Men



In this week's episode of [Single in Stilettos](#), founder of the [dating advice](#) site and matchmaker Suzanne Oshima sat down with dating and flirting expert, Tracey Steinberg to share tips on how to flirt with men.

## Dating Advice On Flirting With Men

Civil litigation attorney turned dating expert, Steinberg knows a thing or two about men, love and how to get him to fall in love by the power of flirting. "Flirting is one of

life's greatest pleasures and if you're missing out on it that's a shame," Steinberg says. "As women it's our right to flirt, let's not give that up." Below are a few of her tips on how to flirt with men!

**1. Eye contact.** Flirting is about nonverbal language and your inner voice shines through your eyes. Show him you're interested in him by making strong eye contact, while keeping the spoken conversation light and fun.

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

**2. Complement freely.** Confident men love to be around women who make them feel confident and who support what makes them so confident. A great piece of dating advice: men love being complimented just as much as women. Steinberg said men swoon over compliments about features like their biceps, because they work out routinely waiting for a cute girl to notice.

**Related Link:** [Expert Dating Advice About Dating Traps to Avoid](#)

**3. Align yourself with his passions.** If you're talking about what he loves, he's going to love talking to you. Maybe the conversation will continue to a second date at a fancy restaurant (we like the way Steinberg thinks!). If you find yourself wanting to have this conversation, but getting lost in it, be honest and have him teach you a thing or two. He'll love it.

**4. Let him feel confident that you're interested.** The relationship expert said even the most confident men fear rejection. If you really want that date with him, make it clear to him that you would go on a date with him. Men need to be built up just like women do.

**Related Link:** [Relationship Advice: 10 Emotional Stages of Being in a New Relationship](#)



**5. Light conversation.** This is not your therapist you're talking to, in fact he's hardly more than a stranger: do not spill your problems out on the table. Keep the conversation light and silly; keep up the enthusiasm and talk about things that make you feel confident. And never forget to be the authentic woman you are!

These dating tips should help you land your first date with your new, big-biceped guy and once you do put Steinberg's best piece of dating and relationship advice to work: "Treat him like royalty."

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

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

**What's your best piece of advice for how to flirt with men? Share with us in the comments below!**

---

## **Celebrity Couple Predictions: Rob Kardashian, Miley Cyrus and Keisha Knight Pulliam**





By [Shoshi](#)

Join me as I look into the crystal ball of relationships and love. Below, I predict the future of three new [celebrity couples](#).

## Shoshi's Predictions for these Celebrity Couples

**Robert Kardashian and Blac Chyna:** It's always amazing when two people who are a hot mess get together in the name of love. Then again, can we really call Rob and Blac Chyna a celebrity couple? If memory serves me correctly, a few months ago, Blac Chyna was in love with the rapper Future. Her love was so deep, she had his name tattooed on her hand. Now with the celebrity news that Blac Chyna and Kardashian might be together? There's something about this relationship that makes me give it a side eye. I just don't see this as the real deal. It appears to be all for show. Blac Chyna is desperate for attention and this is the best way for her to get it. It's a shame that Kardashian has seemed to just let himself go. He just doesn't care about anything at all. Kardashian needs love

and affection from somewhere since his family does not seem to be giving him any at all. Looks like Blac Chyna is the only one filling the void. This relationship will be just as dysfunctional as all of the Kardashian relationships. It will run its course, because Blac Chyna's heart has the attention span of a high school student.

**Related Link:** [Celebrity Couple News: Rob Kardashian Resurfaces with Beard and Blac Chyna](#)

**Miley Ray Cyrus and Liam Hemsworth:** It's now safe to say that Cyrus and Hemsworth have quietly gotten back together. Cyrus has put her engagement ring back on. Wouldn't you? Don't look for an invitation to this celebrity wedding just yet. They have a habit of breaking up and getting back together. My crystal ball says they are on a trial basis. Basically, giving it another go round to see if they can make their relationship work. Hemsworth probably did cheat on Cyrus the last time they were together. When someone cheats it's a sign that something is wrong in a relationship. It looks like both parties are acknowledging their part in the breakup. If they can repair what was broken, there's an opportunity for them to be one of the hottest couples in Hollywood. We just may see a much tamer Miley Ray. Time for her to keep that tongue in her mouth. One of two things will happen, either they will get married or they will end their relationship for good this time.

**Related Link:** [Celebrity Couple Rumors: Is Miley Cyrus Engaged to Liam Hemsworth?](#)

**Keisha Knight Pulliam and Ed Hartwell:** Keisha Knight Pulliam best known as Rudy on *The Cosby Show* announced that she was engaged in December. Less than a month later, she announced on her podcast "Kandidly Keisha" that she married Ed Hartwell, a retired NFL player on New Year's Eve. This came as a surprise to a majority of her fans since no one knew that she had broken up with Big Tigger, who she had dated for three years. Right now this couple is doing just fine. Will they be

together for the long haul? That's questionable. Most people don't think this marriage will last. They will have a baby or two and some projects together. I see trouble in their marriage around the third year. If they can get through that, they should be fine.

**Related Link:** [Relationship Advice: Love the Second Time Around](#)

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

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

---

## **Expert Dating Advice About Dating Traps to Avoid**





On the latest episode of the [Single in Stilettoes](#) show, matchmaker and dating coach Suzanne Oshima talked [dating advice](#) with David Steele, a marriage and family therapist, relationship coach and founder of the Relationship Coaching Institute. Through his experience professionally and personally, Steele had an epiphany: “Singles become couples, that’s absolutely where we need to start.”

## Dating Advice On The Worst Dating Traps

**The Scarcity Trap:** The fear that there is not someone out there for you often takes the reins and drives you into an undesirable relationship and love. You then settle and find yourself in a state of greater unhappiness than before. Fear, desperation, and the need to survive in the dating world all set in. “We believe we have to settle for less or be all alone, that what we really want is not out there,” he explains. Steele’s expert dating advice is that what’s in your mind is destined to become reality, and it may not be the destiny you’re after.

**Related Link:** [Dating Experts Give Dating Advice to Attract a High Quality Man](#)

**The Attraction Trap:** The dating expert says that we may be attached to a lot of things: our favorite clothes, ice cream –especially after a relationship rough patch, I might add – and people. However, that does not necessarily mean we love them. Oftentimes, we mistake attraction and chemistry as love. “We tend to interpret these strong feelings as love – it’s meant to be – because we’re feeling it so strongly, so we really have to balance our heads with our hearts,” Steele says. When dating, we need to be clear about who we are, what we want, and what we need.

**Related Link:** [Dating Advice: 7 Guys You’re Probably Not Going to Marry](#)

**The Rescue Trap:** ‘I Need a Hero’ may have been a hit, but entering the dating realm with that mantra will be a fail almost every time, as per Steele’s relationship advice. When we are unhappy or struggling, we often think that a relationship or another person will solve all of our woes, yet this is the wrong reason to choose a relationship. “If we’re not happy, we’re going to attract more unhappiness in our life,” Steele says. “Success breeds success, and misery loves company.”

**Related Link:** [Expert Dating Advice: Top 4 Places to Meet Mr. Right](#)

On a very real note, relationship expert Steele adds, “A relationship won’t solve all your problems. It won’t cure your depression. It won’t make you happy all by itself. You’re just basically going to get more of what you already have that you don’t want.” And this is why you must find your own happiness before looking for it in others!

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



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

What's your best piece of love advice for avoiding dating traps? Share with us in the comments below!

---

# Expert Dating Advice: Why Using a Matchmaker is Better Than Dating on Your Own



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

It's no secret that relationships are not always easy. In some cases, going to a professional matchmaker might be better than dating on your own. Consider our [dating advice](#) on how to know when it's time to get an expert involved and everything they can do for your love life. This love advice may save your troubling love life!

## Relationship Experts Give Dating Advice On Using A Matchmaker

So let's first see why you might need a matchmaker. Below are five scenarios which may indicate your relationship and love life would be better off with the help of a relationship expert. Warning: If you identify with the below scenarios do not panic. There are **professional matchmakers** just waiting to provide you with dating advice to solve your dating woes!

**Related Link:** [Top 10 Things to Know About Hiring a Matchmaker](#)

1. Your friends pick guys they like, but not necessarily a guy you would like.
2. A bar is great for finding a hook-up, but you've come to realize it's not so great for finding **love in NYC**.
3. Meeting and falling for a guy at work has led to way too many negative consequences.
4. You've tried dating sites, but get exhausted with all of the options and questions and usually just give up.
5. You finally get asked out on a date with a semi-attractive person, but you have no clue what to talk about.

**Related Link:** [11 Ways to Meet Your Next Date](#)

Do any of these issues seem like you? Yeah? I thought so and that is exactly why using a **professional matchmaker** is an

essential step for you. Take a look at some of the benefits a **top matchmaker** like [Project Soulmate](#) can bring you. Don't swoon just yet, the best is yet to come!

1. **Matchmakers** have the time to look at a wider range of options. They know how hard it is to find **love in New York**, but they have their own networks filled with quality people looking for love who they're just waiting to match you with.

2. Matchmakers don't get tired. Trust me, matchmakers *can* and *will* spend every waking moment looking for the right match for you; they genuinely care about finding you love.

3. Your matchmakers have your best interest in mind, and by that we mean they perfectly match you based on your interests, not just your looks. You'll never be at a loss for words on your first date because the similarities between you two will just keep flowing.

**Related Link:** [Top 5 Secret Celeb Matchmakers](#)

4. Your matchmakers are with you every step of the way. Once you and your match cross the line into dating, your matchmakers don't disappear. They're always there to give you feedback and expert dating advice. Your matchmakers are **relationship experts**, who go far beyond just finding the guy; they will make sure your new relationship will **last a lifetime**.

5. When you fall, your matchmakers pick you right back up and resume the mission. After all, the first match will not always be *the one*; the second and third may not be either. Although you may feel like you want to give up, your matchmakers never will. They know love is out there and they won't stop until they've found it for you.

*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 Experts Give Relationship Advice To Attract a High Quality Man



On this week's [Single in Stiletto's](#) post, founder and matchmaker Suzanne Oshima talks expert [relationship advice](#) with love coach Nicole Moore on finding your next relationship and love. They're not talking how to attract just any man, but a high quality man. "You want to be an energy of 'I am the prize,'" Moore exclaimed.

# Author Gives Relationship Advice To Help You Find The Right Man

Here are Moore's three best pieces of expert relationship advice to help you be magnetic to a high quality man:

**1. Be present in your body, not your head.** When you are present in your head, you are dating from your insecurities and fears, but when you are present in your body, you transition from thinking to feeling. The dating experts say that men are constantly thinking they want a woman who will make them feel. A high quality man will love the energy you emit when you are totally present in the date and not in your own head.

**Related Link:** [Dating Experts Reveal How To Attract the Right Man](#)

**2. Do not hate men.** Women often hold negative notions of men: they cheat, they lie, all they want is sex. But here's some love advice: If these thoughts are in your mind, he can read them in your energy and when he does he is not going to feel safe or comfortable with you. When you love and appreciate men, they will flock to you because your energy makes them want to be around you.

**3. Be confident in yourself and what you have to offer.** High quality men know they have options and they want to be confident in making their choice, but first they must feel confident about you. If you act confidently in front of him, he will be confident in your presence.

**Related Link:** [Expert Dating Advice: How to be a Smarter Dater](#)

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

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



[channel](#).

What's your best piece of love advice for being a smarter dater? Share with us in the comments below!

# 'The Truth' Author Neil Strauss Gives Relationship Advice – Even When It's Uncomfortable



**Suzanne Oshima**

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

**Charles J. Orlando**

Relationship Expert &  
Best Selling Author  
The Problem with Women...is Men

[www.SingleinStiletto.com](http://www.SingleinStiletto.com)



By [Rebecca White](#) and Myesha Cobb

It's no secret that relationships and love are hard to navigate sometimes. It's easy to become unsure of ourselves and not know how to deal with questions surrounding things like monogamy and faithfulness. Fortunately, author Neil Strauss tackles these tough topics in his new book [The Truth: An Uncomfortable Book About Relationships](#). He addresses issues that couples face on a daily basis and shares his own journey along the way. In our exclusive author interview, Strauss talks about the inspiration for his autobiography, the lesson he hopes his readers learn, and his three best pieces of expert [relationship advice](#).

## Expert Relationship Advice from Author Neil Strauss

**To start, we love the premise of *The Truth: An Uncomfortable Book About Relationships*. Why did you decide to write an autobiography?**

I write my books because I want to use my personal experiences to solve a problem in my own life and to help others. So I wrote *The Truth* because I felt like I had a real issue with intimacy and connection. I found a solution for it, and I felt like what I discovered could make a difference for my readers.

**Related Link:** [Going from 'It's Complicated' to Monogamy: 5 Tips Every Woman Should Know](#)

**After writing the book, what were your final conclusions? Is it natural to be faithful to one person for life?**

The main conclusion is that a relationship and love has almost nothing to do with the other person. It really has to do with *you* and the way that you choose to relate to them. The first thing I found was that the healthiest thing to do for your

relationship is to work on yourself.

As for whether or not it's natural to be faithful to one person for life, I think the answer to that question is different for everyone. First, get healthy. Then, do what feels right, whether that be monogamy or not. Do what you like. I think that the ideas in our culture about relationships are actually counterproductive.

**Did you have any personal revelations while working on *The Truth*?**

The biggest revelation I had was about my parents. By having a needy, smothering, and anxious parent of the same sex that I was attracted to, I began to recoil anytime I was with a partner who got needy. It set a template in my heart for being distant in a relationship.

**What do you think will surprise your readers the most about your new book?**

I think a lot of these experiences, in the world of open relationships and non-monogamy, were not what I expected them to be or what other people would expect.

**You previously said that you're not the "hero in this tale" and that you are the "villain." Why do you feel that way?**

It's just true. The book begins with me cheating on my girlfriends! I tried to figure out how I could do that to someone I love. Throughout my story, I start to care about why would I cheat, why would I hurt them, why would I betray my own value system.

**Related Link:** [Find Out If Your Partner is Undateable with 'The Cheat Sheet'](#)

**Relationships were a challenge for you, especially coming out of the "seduction community." Do you have any advice for our visitors who are also struggling to maintain a serious**

## **relationship?**

My relationship advice is to stop trying to change the other person and really start looking at yourself and your patterns. Recognize that we're often attracted to people who possess the worst traits of our parents of the same sex. Then, we try to get them to change to heal our childhood wounds through a subconscious level. If we recognize that, then we can start to do something about it.

It's also important to understand the stages of a relationship. Usually, a relationship starts with projection, where you don't truly see who the other person is; you just see who you want them to be. The next stage is disillusionment, where you see who they really are and not your fantasy. That's why people break-up in that three to nine month window – because you're seeing who they really are. Then, there's a power struggle or conflict. If you get through that, there's a relationship. If you can recognize the baggage you both bring and unpack that baggage, you get to have a relationship that's ten times better than the fantasy.

**Now, we'd like to ask some personal questions. You got married in 2013 – congratulations! What made you become a one-woman man?**

It was really the work I did on myself. I recognized if I didn't change, every relationship I had would fall apart. I really worked hard with really, *really* deep therapy, not just talk therapy. I treated my childhood wounds like cancer, so I could have control over them. And Ingrid as well – she worked on her abandonment issues.

**And how did you know that your wife was The One?**

You never *really* know. Asking that question can be detrimental. To me, I just asked myself over and over again, "Am I really, really happy?" And the answer was always yes. She lights up my life.

**You also welcomed your first child earlier this year. How has it been from transitioning from seduction community to husband to father? Did becoming a parent change your marriage?**

That's just how life works. You're young and want to date a lot. Then, maybe you want to build something bigger and build a life with someone. Then, you think we're happy and maybe we should have a baby. So the transitioning is very natural. All the work we did on ourselves allows me and Ingrid to be the best, healthy, and nurturing parents we can be, so our child doesn't have the issues we had.

Becoming parents made our relationship better. Our relationship is still important; we still have that connection time. I was initially scared of marriage because of my parents, but sometimes, what you're scared of is what you should be doing.

**Related Link:** [Relationship Advice: 5 Questions To Ask Yourself Before Saying "I Do."](#)

**Lastly, what's the best relationship advice you've ever received?**

It's really different than what you might read about or what you're expecting, but I really wanted to share these with everyone. I have three pieces of love advice:

1. Unexpressed expectations are pre-meditated resentment. People build up resentment in their relationship by not communicating.
2. A relationship is not about finding the right person; it's about *becoming* the right person. Become that person yourself, and you're bound to attract someone at your level of emotional maturity.
3. Only when your love for someone exceeds your need for them can you have a shot at a genuine relationship with them. Sometimes, you need someone more than you love them, and that shouldn't be the case.

You can learn more by purchasing *The Truth: An Uncomfortable Book About Relationships* from [Amazon](https://www.amazon.com) and also visiting his website [NeilStrauss.com](http://NeilStrauss.com).

---

# Relationship Advice: How Your Relationships And Love Impact Your New Year's Resolutions



By Toni Coleman, LCSW

Now that we're closing in on February, it's a good time to take inventory of how your New Year's resolutions are

progressing, or not. Have you made adjustments to your environment, created a specific plan, tweaked your schedule or set aside time for following through on the short-term objectives that will get you there? If you have done even one of these, it's a real start. However, if you draw a blank when reading this, you may have already lost your resolve or even forgotten about your goals altogether. If this is the case, and you want to get back on track—it is important to examine where you got off course and what factors may have influenced it.

As a relationship expert, I notice that one variable people may overlook, but that carries a lot of weight, is how much support you get from your relationship and love. In assessing this, it's important to pay attention to what they do more than what they say. There are many subtle ways that a partner can sabotage your efforts, especially if he or she fears it will impact your shared lifestyle, threatens him in some way, or upset the status quo in general. If you believe this is occurring, consider talking to your partner about what you see happening and ask for help. My [relationship advice](#) is to look at the following eight behaviors to assist you in pinpointing and articulating your concerns and then moving toward a productive discussion on how you can best support one another.

## **Relationship Advice: How Partner's Can Sabotage New Year's Resolutions**

**Your partner resists changes that support your goals.** For example, you might need to eat an earlier dinner as part of your weight loss goal or you might find that early morning is the best time to work out, but it will mean your partner will then need to cover things at home. Perhaps you have found a class one evening that is just what you need to make an eventual career change, but it's during a time that would then require your partner to adjust their schedule. All of these



are potential scenarios that people face when attempting to make changes and a supportive partner will try to make accommodations whenever possible. Sometimes it just isn't possible and alternative solutions will need to be considered.

**Your partner insists on activities and interests that set you up for failure.** Maybe you have a long-standing tradition of eating take-out on Saturday nights in front of the TV that you follow-up with a decadent dessert. However, you need to make dietary changes that will support your goal for better nutrition and health. Maybe most of what you have always enjoyed together has been sedentary in nature, such as going to the movies, out to dinner, drinking with friends at a local pub, or hanging out in your bathrobes and reading or watching TV. While there is nothing wrong with doing any of these some of the time, if you have set a goal to be more active during leisure hours, these will need to be cut back in order to create time for something new. My relationship advice is to make sure your partner isn't insisting that everything stay the same. If they do this and pout, it will undermine your efforts and force you to make a choice between your relationship and your goal.

**Your partner makes negative comments about your changes.** Statements like, "You're no fun anymore," or "It doesn't look like it's making any difference," can lead to you feeling bad about yourself or losing resolve due to a concern that the potential downsides to making the change outweigh the benefits. What you need instead is a cheerleader who offers encouragement, finds positive things to focus on—and lets you know they support you, no matter what.

**Related Link:** [Relationship Advice: Why Your Dating New Year's Resolutions Fail](#)

**Your partner behaves punitively when he doesn't get his way.** Change is hard for everyone. Your partner might feel bad about losing his drinking or eating buddy. She might feel some

resentment about making changes in her schedule or to giving something up to accommodate your new needs. He might be feeling nostalgia for some things you used to do together and with others that you now need to refrain from. These feelings are natural and understandable, but your partner should bring them up with you in a non-defensive way instead of acting out. You might be able to come up with compromises that meet both of your needs while allowing your partner to hang on to some of the things that are most important to them.

**Your partner throws temptations in your path.** An all too common scenario is the one where one spouse decides to give up sweets or alcohol, and her partner begins bringing home a lot of what the other is trying to abstain from, and encouraging them to try just a little bite or sip. There are many reasons for why this behavior is so common, but none of them are good ones. If this is happening to you, my love advice is to address it immediately by making a gentle request for “free temptation zones” in your home.

**Your partner lacks awareness of how your changes are threatening her.** It can be difficult for your partner to see you working towards a goal that he or she feels they should also be working toward. If you have always been overweight together, having a spouse who suddenly loses weight and feels good about her new appearance could be threatening, especially when other people of the opposite sex take notice. If you give up drinking, he may feel judged when he reaches for a beer, glass of wine or a cocktail; even if you don't indicate that you have an issue with it. Should he begin to act threatened by a change you are making that he or she believes they also should be working on, consider bringing up your observations gently with them. Remind him that this is a choice that you have made for yourself and that he is free to do the same or not, depending on his needs and wants.

**Related Link:** [Dating Advice: New Year's Resolutions To Rekindle Your Relationships and Love](#)

**Your partner creates a competition between you.** This one dovetails on the one above—you are not in competition, you are (or should be) on the same side. Being on the same team means you support one another's success, cheering each other along on the road to accomplishment. If your partner starts bean counting, it will undermine the relationship as this causes division and an attitude of me first, me only. If two people are focused on their needs and wants, the couple cannot function as a cohesive unit, which is the foundation of a healthy and mutually satisfying relationship.

**Your partner sees changes as meeting your needs vs. meeting his needs.** A supportive and happy relationship is not an "either, or" one. When problem-solving becomes a contest where one spouse is designated the winner and the other the loser, both people in the relationship lose. There is a very wide continuum between those two ends, and somewhere along the way are points at which a compromise can be found.

**Related Link:** [Expert Dating Advice: How to Rebound from a Solo Holiday Season](#)

Negotiation and compromise are essential to the health of every relationship, as is getting the kind of support that will help you stick to and achieve your resolutions. When you win, your partner also wins—and vice versa.

*[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 Q&A: What Does Texting On A Date Say To Your Partner?



*Question from Julia Y.: Because of my job, it's important that I always keep my phone handy so I can be available in case there's an emergency. Will a new guy get the wrong impression if I text during a date?*

If you're looking for [dating advice](#) on what texting on a date says to your partner, then keep reading to see what our relationship experts had to say!

# Dating Advice On Texting On A Date

[Suzanne K. Oshima, Matchmaker](#): Texting or taking a phone call during a date is a big “no, no!” because it sends the wrong message to the person you’re out with. He may think that you’re really not that interested in him or that you’re texting another guy. That being said, the only exception to the rule is if there’s an emergency. Here’s my love advice: A good way to avoid him thinking the wrong thing, is to tell him up front that you usually don’t text on dates, but because of the nature of your job sometimes emergencies come up and you may need to handle it while you’re on the date. He will most likely be understanding, but you should really try to avoid this from happening on a regular basis, otherwise he’ll probably start to get annoyed and lose interest in you.

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

[Paige Wyatt, Reality TV Star](#): It’s a little rude to be glued to your phone during a date and will definitely give off a bad impression. But if you absolutely must respond for a work emergency, just make sure you tell your date that it is an emergency. Also, make sure to step out, so that he’s not just uncomfortably staring at you while you text! It’s the 21st century, we all understand if a message just can’t wait.

**Related Link:** [Love Advice Q&A: Is It Weird That My Man Always Texts Instead of Calling?](#)

[Robert Manni, Guy’s Guy](#): When dating someone new, it’s important to make the person sitting across the table feel special. That means giving them your undivided attention. My dating advice is if you’re on a date and expecting an important call from a client or your boss, let your date know. We’ve all been there. Then discreetly place your phone off to the side and have fun. If your job keeps you in a perpetual emergency mode where you can never disconnect from the office,

it's says something about your choices. Your career is important, but so is your relationship and love life. And guess what? You can have it all if you prioritize your needs and balance your work and personal life.

*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](mailto:cupid@cupidspulse.com).*

**What do you think texting on a date says to a partner? Share your dating advice with us in the comments below!**

---

## **Will I Ever Find Love? Dating Advice for Women Over 40**







In this week's [Single in Stilettos](#) relationship advice video, founder and matchmaker Suzanne Oshima talks to relationship expert and intimacy coach Iris Benrubi about her best [dating advice](#) for single women over 40. If you're wondering if you'll ever find a relationship and love, check out the video above!

## Three Tips to Help You Find a Relationship and Love

Here are three pieces of expert dating advice to help you meet The One:

**1. Do something different:** Look at what you've been doing in your search for love and try something new. "If you're not meeting the right man and the same thing keeps happening in the dating scene...you need to start doing things differently," Oshima explains. For instance, if you haven't had any luck at a bar, head to the park or coffee shop.

**Related Link:** [Expert Dating Advice on Why You Shouldn't Give Up on Finding the Right Man](#)

**2. Handle your anxiety:** There are a lot of risks when it comes to looking for love, and it's important to handle the anxiety that comes with that risk in a healthy way. "Learn to soothe yourself so you're not depending on a man to soothe you," Benrubi shares.

**Related Link:** [Dating Experts Reveal How to Meet the Right Man](#)

**3. Learn to acknowledge men:** "They need to know that you admire and respect them," Benrubi says. It's important that he knows how he makes you feel. It's *that* simple!

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

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

**What is your best dating advice to meet the right man? Tell us in the comments below!**

---

## Dating Advice On How to Date an Introvert





By [Jared Sais](#)

As a relationship expert, I understand that dating an introvert is a different experience than dating an extrovert. If you need a quick how-to, then follow my [dating advice](#) and these three main rules when dating an introvert.

## Dating Advice: Dating An Introvert

Rule #1 – Keep it simple. The date should focus on getting to know each other. But simple does not mean boring; in fact introverts have the right idea. They would rather the fun come from the person than the venue. The idea is sound. Introverts want the person to bring at least 80% of the entertainment, the rest should be venue related (at least at first). The idea is this: If you can hit it off at a quiet bar with almost no music or dancing, and you can laugh together, talk non-stop for two hours and make a seemingly boring venue seem like the most fun place in the world then you're worth their time, commitment and devoted trust. Introverts are not boring, so though they focus on the individual more than the venue it's

your responsibility to spice things up. Come up with a few date ideas like creating games and asking questions. It's okay to push them a bit out of their comfort zone but ease into that. The goal is to be intimate, fun and to get to know each other.

**Related Link:** [Expert Dating Advice: How Do I Know If a Guy is Into Me?](#)

Rule #2- Tell the truth and be yourself. Introverts are less forgiving than extroverts when it comes to lying and pretending to like or dislike something. Introverts want to get to know the real you. If you're an extrovert who likes dancing that's fine, but don't lie about it. Introverts hold dear to being yourself and honesty. Again, they want to know the real you. If you fake who you are or lie then chances are you won't be held in the best light. Be yourself and tell the truth and they will love you. Just because they're introverts doesn't mean they want to date an introvert. So if you're like me and a big extrovert, its okay. They will love you if you're kind, honest, and trustworthy.

**Related Link:** [Dating Advice: Body Language to Create Instant Attraction](#)

Rule #3 – Take your time. You don't need to rush when dating an introvert. Getting to know each other is the best part so no need to rush the relationship and love. Introverts may take longer to warm up to you, but that's okay. Once again they have it right. Relationships need time to develop and mature, so the more time you invest the better and stronger your relationship will be. Though it takes longer, introverts are as loyal, trusting, and caring as they get. My dating advice is that if you open up to them and take your time in getting to know them they will be by your side forever.

[Jared Sais](#) is the co-author of the website [The Non-Verbal Game](#), where you can find free downloadable content. He is a

*relationship expert in non-verbal communication, who specializes in dating advice about body language, micro-expressions, and lie deception.*

---

## Dating Advice: New Year's Resolutions To Rekindle Your Relationships and Love



By Debbie Ceresa for [Divorce Support Center](#)

Has your marriage lost that lovin' feeling? The same old New Year's resolutions of getting into sexy shape by going to the



gym won't rekindle the once burning embers in your relationships and love. Now is the time to reignite your relationship flame. It's important to remember that you did find the right person, but somewhere along the way you lost yourself. Think back to the time you fell in love. Not long ago, you could look at each other and instantly know each other's thoughts or just the memory of your loved one made you smile. You can be that right person for each other again. As a relationship expert, my [dating advice](#) is to start by conjuring up those lost memories while you work on the five following commitments.

## Dating Advice On Rekindling The Lovin' Feeling In Your Marriage

**1. Respect:** Aretha Franklin knew it was worth spelling out. You know respect when you feel it. It's an inner sense we all have. If you want to be admired and held in high esteem, know that your spouse is looking for that same feeling. Respect is essential in a successful marriage. Often it manifests itself in small gestures such as the endearing name that makes you feel loved or expressing thanks for the cup of coffee your spouse makes for you every morning. These are little gestures, but how about the bigger ones? Talk to each other when making joint decisions, whether it involves accepting a dinner invitation or making a huge purchase. Recognize each other's strengths and weaknesses and encourage rather than belittle your partner. Make a conscious effort to bring back your secret looks, kind acts, and loving nicknames.

**Related Link:** [Relationship Advice: Why Your Dating New Year's Resolutions Fail](#)

**2. Teamwork:** "I'm on your side," should be your motto to each other. Author and marriage and family therapist [Tina B. Tessina](#) shared in her book, *Money, Sex and Kids: Stop Fighting*



*about the Three Things That Can Ruin Your Marriage*, that instead of dwelling on who's right and who's wrong, the focus should be on solving the problem that the two of you are facing together. Her dating advice emphasizes on talking about your challenge long enough to understand it. Then you can move on with mutual solutions. Working together to find a joint solution will add motivation to continue working as team players both during challenges and good times.

**3. Love:** I love you. This phrase never goes out of style. It's a powerful statement to each other that can't be said enough. We all enjoy being loved. Love is sharing, appreciating, and admitting our mistakes. Have you heard the saying, "You attract more bees with honey than vinegar?" The more love energy you send out, the more your spouse and others will want to be around you. Write down a few date ideas, initiate a date night and spend time being a couple. Incorporate your teamwork skills to schedule a special event without your cell phones, kids or friends. It's always fun to think outside the box and try a new activity, such as visiting a museum or a unique restaurant.

**Related Link:** [What Can We Learn From Celebrity Divorces?](#)

**4. Commitment:** "When people say they are committed to his or her relationship, they can mean two things," said Benjamin Karney, a professor of psychology and co-director of the [Relationship Institute at UCLA](#). "One thing they can mean is, 'I really like this relationship and want it to continue.' However, commitment is more than just that." A deeper level of commitment, the psychologists report, is a much better predictor of lower divorce rates and fewer problems in marriage. "It's easy to be committed to your relationship when it's going well," said senior study author Thomas Bradbury, a psychology professor who co-directs the Relationship Institute. "As a relationship changes, however, you must say something like, 'I'm committed to this relationship, but it's not going very well – I need to have some resolve, make some

sacrifices and take the steps I need to take to keep this relationship moving forward.”

**5. Forgiveness:** You were the one who was harmed and feels bad—why should you forgive? Forgiveness doesn’t mean you excuse the hurtful behavior, but it does mean you can let go and move forward. Here’s the benefit: After you forgive, you’ll feel better. Your ability to forgive gives you a feeling of empowerment and the power to take charge of your happiness. Holding onto old disappointments, arguments, and hurt is a waste of your time and energy. Forgiveness will keep you healthy both physically and emotionally.

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

So if your relationship has lost that lovin’ feeling—take five. By focusing on mutual respect, teamwork, love, commitment, and forgiveness, you will find the keys to a new and improved relationship just in time for the New Year.

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

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

---

# Expert Dating Advice About Why You Shouldn't Give Up on Finding the Right Man



On this week's [Single in Stilettos](#) relationship advice video, matchmaker Suzanne Oshima talks to dating expert and family therapist David Steele about why you shouldn't give up on finding the right relationship and love.

## Dating Experts Encourage You to Keep Looking for Mr. Right

According to this expert [dating advice](#), you shouldn't let your frustration and anger discourage you. Steele shares three important tips:

**1. Believe in yourself:** “Believe that you are wonderful, that you deserve to love and be loved, and that there’s the perfect person out there for you,” he explains. “You have to believe that.” Remember that, while you’re looking for your soul mate, they’re also looking for you.

**Related Link:** [Expert Dating Advice: Top Four Places to Meet Mr. Right](#)

**2. Practice conscious dating:** That means being aware of who you are and what you want and then using dating strategies to get your ideal relationship and love. “It can feel like finding a needle in a haystack, but it doesn’t have to,” says the dating expert, who met his wife in just three months (after 200 dates!). Say no to everyone who isn’t the right fit for you.

**Related Link:** [Relationship Advice: How to Get Engaged in a Year](#)

**3. Be the chooser:** Make the choice that is right for you. If you don’t see a future with someone, don’t say yes to that second date!

Watch the video above for more great expert dating advice!

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

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

**Got any tips for someone ready to give up on their search for The One? Tell us in the comments below!**

---

# Celebrity Couple Predictions: Katie Holmes, Gigi Hadid and Miranda Lambert



By [Shoshi](#)

If you're looking for the latest celebrity news on Hollywood romances, you've come to the right place! Below, I consider the future of three new [celebrity couples](#).

## Shoshi's Predictions For These Celebrity Couples

**Katie Holmes and Jamie Foxx:** If you believe the media, Foxx

and Holmes are secretly in love with each other. The thought of that makes me giggle. I always think that Tom Cruise has sent Foxx in to be his spy to find out what Suri is up to. While they would be a weird couple, it could also work. Foxx has always been tight lipped about who he's dating and Holmes never reveals if she's dating anyone. Both of them seem to spend more time with their children than anyone else. Could they be the perfect pair? I don't see Holmes and Foxx in a steady relationship. However, I do see friends with benefits. They're both sexy and single. Why not participate in some extracurricular activities from time to time? Don't believe the media hype, but just know that we'll be the last to know if they are officially a couple. Neither of them are going to talk.

**Related Link:** [Celebrity News: Jamie Foxx Celebrates 48th Birthday with Katie Holmes](#)

**Gigi Hadid and Zayn Malik:** All media eyes are on model and personality Gigi Hadid and former One Direction singer, Zayn Malik. It even looks like they spent New Year's Eve together. At least, that's what their photos would lead us to believe. Isn't that what "couples" do? With all of the time they've been spending together, we should file them in the couple category. At least for now. Hadid has the attention span of a gnat when it comes to her relationships and love. She is fickle, but she's perfectly entitled to be that way. She's young, hot, and figuring it all out. If I were her, I would do the same thing. This relationship will run its course soon enough. Hadid doesn't have time for a serious relationship since she tends to be busy modeling and hanging with the Jenner's. Right now she's having fun causing a stir on Instagram with Malik. Guess they don't have anything else better to do.

**Related Link:** [New Celebrity Couple Alert! Gigi Hadid & Zayn Malik Are Dating](#)



**Miranda Lambert and Anderson East:** We all know that Blake Shelton is currently dating Gwen Stefani. But it looks like his ex, Miranda Lambert, is now seeing Anderson East. A photo on Instagram captured the two of them cuddling with the caption, "The snuggle is real." As if we needed the clarification. Just who is this Anderson East? A rhythm and blues singer from Alabama. I had never heard of him until Lambert's selfie. By the looks of it, this new relationship is the most interesting thing about him. When I look at this new celebrity couple, I don't see much to the fling. I predict the main reason that she's seeing him is to keep up with Blake and Gwen. The celebrity exes are playing a game of who can move on quicker. The media is falling in love with *The Voice* co-stars as they go on adventures around the globe. The last thing Lambert wants is to look pitiful and brokenhearted. Blake is all over the place having fun, it's time for her to start posting her own "moving on" pictures. That's not to say that she isn't generally into East, I'm just not fooled by her calculated move. Lambert will move on when she finds someone better. If the rumors about her are true, East shouldn't get to attached to her. As soon as someone better comes along Lambert will move on.

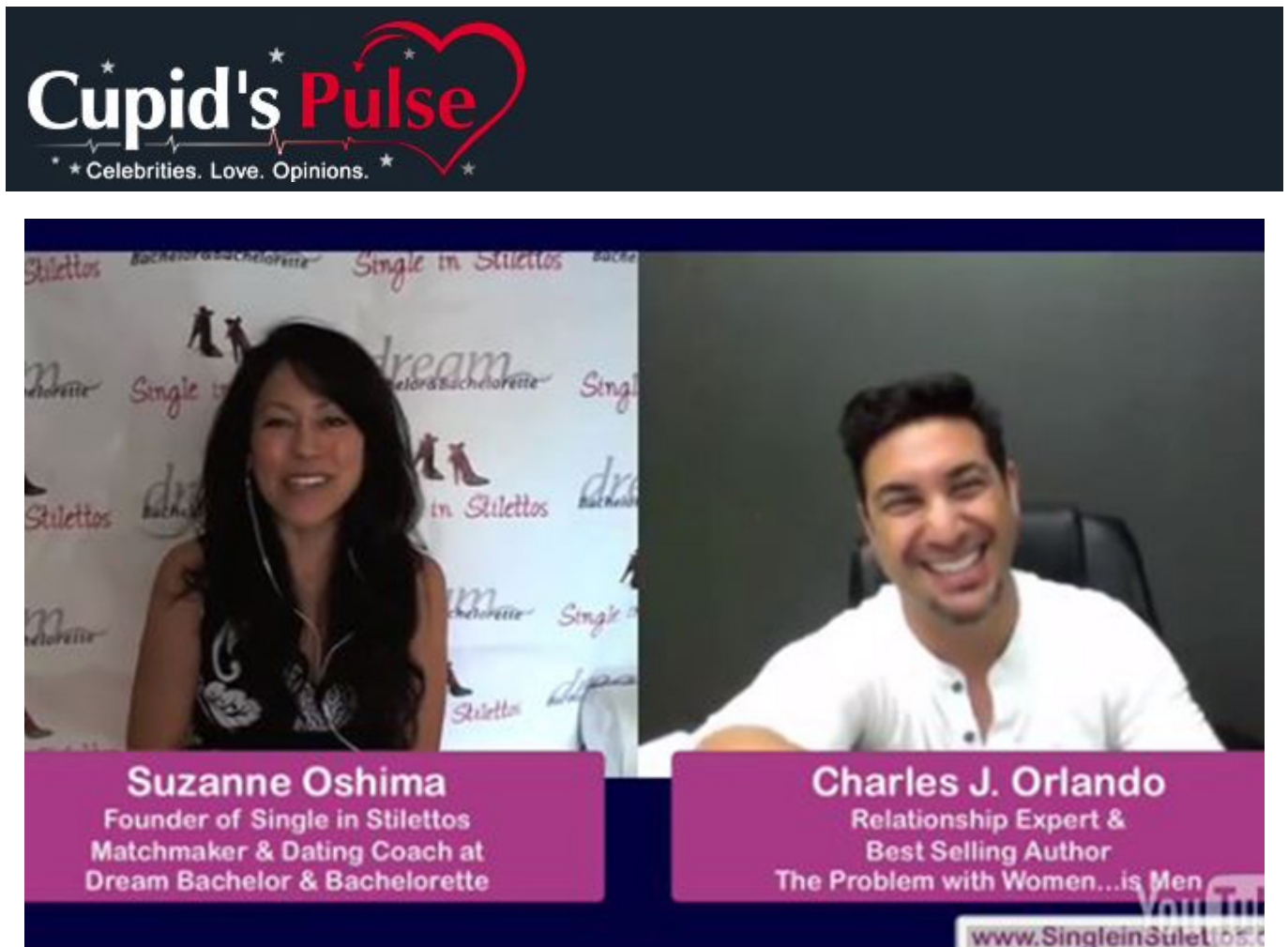
*For more information on Shoshi, click [here](#).*

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

---

**Dating      Advice:      How      To  
Approach      A      Man      Without**

# Seeming Desperate



On this week's Single in Stilettos [dating advice](#) video, matchmaker Suzanne Oshima talks to relationship expert Matt Adams about how to approach a man without seeming desperate.

## Dating Advice On Making The First Move

If you're single and looking for your next relationship and love, then you know how hard it can be to approach a man without appearing desperate. Desperation is about neediness and we all know that isn't attractive. Check out the expert dating advice tips below on how to approach a man.

**1. Give value.** Dating experts reveal that you need to have the

mindset that you need to give the guy something. The first step to approaching a man is to bring something to the table, like being funny or having something interesting to say.

**Related Link:** [Dating Experts Reveal How to Attract the Right Man](#)

**2. Compliments.** Give out sincere compliments, because men love them and it feeds their ego. Again, you want to give the man good feelings.

**Related Link:** [Relationship Advice: How To Get Engaged In A Year!](#)

**3. Social touching.** Don't be afraid to touch him. Touching is the next phase of acceptance, so if you touch his forearm, it lets a guy know that you're accepting him into your space. Maybe even touch his triceps and compliment his strength.

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

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

**What's your advice on approaching a man without seeming desperate? Tell us in the comments below!**