

What Can We Learn From Celebrity Divorces?



By [Project Soulmate](#)'s Business Director Samantha Cohen. Contributors: *Project Soulmate Matchmakers* and *BRAVO TV's Love Brokers* Lori Zaslow and Jennifer Zucher

From [Jennifer Aniston](#) and Brad Pitt to Jennifer Garner and [Ben Affleck](#), we have seen many of our favorite Hollywood couples unexpectedly split. The reason for their [celebrity divorces](#) may vary, but many of the underlying issues are the same. While celebrities may seem to have a perfect relationship and love to an outsider, they all deal with real-life marital issues and temptations like everyone else. The main difference is that they're constantly being dissected by the media and have pressure to maintain a certain image. Keep reading for our relationship advice on what these celebrity divorces can

teach you.

Relationship Advice: What Celebrity Divorces Can Teach You

It's no secret that marriage is work. As we go through life's obstacles our relationships often turn into an emotional roller coaster, full of highs and lows. As a result, we like to turn to celebrity couples to give us hope for a perfect, flawless relationship. But the truth of the matter is that we're being deceived by the media portraying a perfect couple and celebrities are really just like us. Over the years, we have seen our favorite Hollywood couples crumble as they're forced to deal with real life marital issues such as infidelity, deceit, neglect and hardships. The main difference between celebrities and the average person is that they're forced to deal with their divorces in a very public manner where all of the details of their divorce become public knowledge. This can be detrimental for their kids, family, friends and of course, their image.

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So the question remains: What can we learn from celebrity divorces? The answer is simple. We can learn that celebrities are just like us and that there's no such thing as a perfect marriage. Instead of looking at celebrity couples as a goal for your marriage, you should focus on improving the issues in your own love life. Because the truth is that there's no perfect relationship and every partnership has its own unique struggles. While you may admire or even envy your favorite celebrity couple like Kim and Kanye, you need to realize that a relationship isn't always as perfect as it may seem from the outside. You don't want to set unrealistic expectations of a perfect marriage based on a façade.

Just like your favorite celebrities are altered to look skinny and flawless, their lives and relationships are often attuned in the public eye to look perfect. But the truth is there's no such thing as perfection, and every person and relationship has its flaws. And while life's bumpy ride may bring couples closer together, sometimes there's no other route but divorce and moving on. It can be hard to watch your favorite Hollywood couples fall apart, but one of the benefits of celebrity divorce is that the stigma that was once attached to ending your marriage has nearly disappeared. And celebrity couples that have made the move to publicly get divorced could be the influencing factor that gives someone the strength to move on from their unhealthy marriage and get a divorce.

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Celebrities, just like you and me, aren't exempt from the struggles in life and maintaining relationships. And when they're able to move on from marital issues, despite the fact that they might be judged or criticized by the media, they become good role models. Maybe then we'll be able to find the strength to do what will make us happiest in the long run.

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: Authors

of 'Marriage Boot Camp' Reveal How To Build A Rock Solid Relationship and Love



By [Rebecca White](#)

Relationships and love are not easy to maintain, especially if you've been married for years. In the new self-help book by reality TV stars Jim and Elizabeth Carroll, the couple shares their best [relationship advice](#) on defeating the top 10 marriage killers and building a rock solid relationship. Their book, *Marriage Boot Camp: Defeat the Top 10 Marriage Killers and Build a Rock Solid Relationship*, will help you reignite the flames in your love life. In this exclusive author interview, the duo talks about their love advice to save your marriage.

Relationship Authors Open Up On Best Relationship Advice For Married Couples

To start, we are so excited for the *Marriage Boot Camp* book to come out! How will the book be like your program and reality TV show? And how will it be different?

Jim: It's like the reality TV show in that it takes the reader through many of the exercises and the purposes behind them. People learn when they do things. This book makes the reader apply the tools. It's different in that this book is written so couples avoid conflict, while the TV show enhances the conflict because we have a controlled environment.

Elizabeth: The *Marriage Boot Camp* book takes the top 10 sources of conflict in marriage and gives you a step-by-step action plan for couples to work together. It starts with a case study of one of our couples who struggled with this particular topic. We then give you all of the background information and research needed on the topic so that you can be completely informed. Finally, we end each chapter with a do-it-yourself exercise that you can complete with or without your mate. The book is similar to the TV show in that the readers, like the celebrities, participate actively in the work. It is different from the TV show in that all of the behind-the-scenes teaching and applications are available to the reader.

Related Link: [Arielle Ford Gives Relationship Advice in New Book 'Turn Your Mate Into Your Soulmate'](#)

Can you tell us about the top three marriage killers? What's your best tip for helping couples overcome them?

Jim and Elizabeth: Communication – Learn to “mirror.” This is an active listening technique that requires the listener to

close his mouth and open his ears. You use the phrase, “What I heard you say is...” and you mirror back what the speaker just said. The hard part is that you have to put your own thoughts, opinions, and feelings on hold temporarily and be open minded to your mates point of view. **Sex** – Understand the very real differences between male and female sexuality. Have a very frank conversation with your mate about what you want from your sex life and what you’re willing to do to make that happen. It’s also important to discuss your earliest sexual experience and understand how this makes an imprint that affects you even today. **Money** – Know that money is often just the tip of the iceberg with the “real” issue lurking below. Spouses need to spend some time digging into their own psyche and understand their own financial personalities. Money can mean love, power, control, status, or freedom. Each of us leans more toward spending or saving. And you also have a unique family culture. Each of us needs to know what money means to us and then communicate this to our partners. Then get started on a budget!

During the writing process, did you have any profound moments or epiphanies about your own marriage?

Jim: We created a new drill, called “cycles,” that we used in our own marriage.

Elizabeth: Jim’s and my marriage is the lab for many of our Marriage Boot Camp drills. In chapter 9: Wrestling With Past, both of us had many “ah ha” moments where we came to a deeper understanding of the impact the past has on our present. We are currently working on a drill called “cycles” or “circular conflict” because we have seen a pattern when we get gridlocked and it took quite some time to untangle. We definitely want others to learn from our mistakes.

Related Link: [Find Your ‘Clutch’: Relationship Advice from Author Lisa Becker](#)

In your program, you have a lot of drills and exercises for the couples to do. Which one do you believe is the most beneficial and why?

Jim: The forgiveness drill is always the most powerful. It releases people to grow and move forward.

Elizabeth: Every exercise in our program is important but if you could only pick two areas to focus on we would suggest chapter 1 (Communication) and chapter 10 (Forgiveness). With good communication you can solve virtually any problem, but with poor communication it's almost impossible to solve even the smallest. Chapter 1 covers a concept that we call the Marriage Boot Camp ABC's and Jim and I use this almost every day. A is for Action, B is for Belief, what you believe about the action and C is for the Consequence of your beliefs. We often say, "I think we have different B's" when we're each reacting differently to a situation, which could potentially cause conflict. Chapter 10 covers the need to forgive. As hard as we try, none of us can avoid hurting the other when you live so closely together. The only solution is to make amends and forgive anytime we fall short, but this is much deeper than you would imagine.

To shift gears, I'd love to ask you for some relationship advice! What message do you have for readers who are struggling to keep the spark alive in their marriage?

Jim: My relationship advice is to go to a marriage retreat. It is so much better than sitting around getting counseling and then fighting after every appointment.

Elizabeth: Nothing kills the spark like a root of bitterness. In over 20 years of Marriage Boot Camp I have never seen a spouse who said they were no longer in love with their mate who didn't carry some deep, unresolved resentment. Once you dig that out, we take couples back to the moment when they fell in love and rekindle the flame that started their

journey. It works every time. It is relatively easy for people to fall in love again, but it takes discipline to constantly scrub the little viruses out.

Related Link: [Author Jennifer Scott Shares Timeless Lessons of Poise and Dating Advice in New Madame Chic Book](#)

What are the top dating New Year's resolutions for 2016?

Jim: Everyone always says they're going to work on their relationships and love in the next year but...why waste time making resolutions just to fail again? Better to get off your butt and get online and do something for real.

Elizabeth: Instead of trying to find Mr./Ms. Right, *become* Mr./Ms. Right. Chapter 5: Personality Differences is a great place to start. Find out who you are first, then you'll know the type of mate that would be a good match for you. Get involved in community. Find people with like interests and values. Get involved with a volunteer organization. This is a great way to meet people and more importantly it will make you a more interesting person. Take online dating seriously. This is a great way to be exposed to a sizable number of people. Be open, be kind and wonderful things can happen! That's how Jim and I met!

Lastly, do you have any other upcoming projects or anything else you'd like to share with our readers?

Elizabeth: We have several more seasons of *Marriage Boot Camp* ready to be filmed and the concepts and casts are unbelievably exciting! The Marriage Boot Camp seminars continue for anyone who wants to have an exciting interactive experience of growth and healing. Co-director Ilsa Norman and I are also blogging on celebrity relationships. Finally, Ilsa Norman recently launched the Marriage Boot Camp Retreat for couples who want to keep making memories and continue to grow, while bringing fresh life into their marriages.

Marriage Boot Camp: Defeat the Top 10 Marriage Killers and Build a Rock Solid Relationship is available now on Amazon. For more from Jim and Elizabeth Carroll, visit the Marriage Boot Camp website, www.marriagebootcamp.com/ and read Elizabeth's blog at <http://www.mbcmotherdaughterduo.com/>.

Relationship Advice: Why Your Dating New Year's Resolutions Fail



By Toni Coleman, LCSW

Once again it's time for that honored tradition of setting and then breaking our New Year's resolutions. Year after year we tell ourselves that this time it will be different; then armed with a renewed feeling of determination and optimism, we prepare to say goodbye to our bad habits, unhealthy lifestyle choices, and/or dead end job or even our relationship and love. Then at the beginning of February, we find that much of our resolve has been replaced with a feeling of defeat and a resignation that our life probably won't ever be what we want it to be. As a relationship expert, I know it's hard when your dating goals aren't met. Keep reading for my [relationship advice](#) on why you're dating New Year's resolutions are failing and what to do about it.

Relationship Advice On Your New Year's Dating Resolutions

1. Avoid the number one reason for failed resolutions. Essentially we set ourselves up for failure every year. We do this by setting unrealistic goals, having too many goals, and not having a concrete and reasonable plan for how we will work toward them. This especially happens in the dating world. When we don't make any progress, our self-esteem and confidence take a hit, we feel defeated, and we abandon our plans. Our defeat contributes to a belief that this goal is just not possible for us, and if we do this year after year it becomes a self-fulfilling prophecy.

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

2. Set a maximum of one or two achievable goals. These don't have to be major goals; they can be smaller objectives that will lead to bigger changes that can happen further down the road. By approaching change in small and manageable steps, you will help ensure your success, which will provide you with

continued motivation and a boost of self-esteem along the way. It's also important to think about your core need or desire—in other words, what is the key problem or desired change you want to address. By correctly identifying this and tackling it first, you will find that most other issues you think require a separate resolution are connected to the core need, and will be impacted by addressing it.

3. Write down how and when you will take your action steps. Unless you have a concrete plan for working on your resolutions, they will not get acted on. Your calendar contains a record of work obligations and tasks, social events, and other life priorities so you won't neglect or forget them. Can you imagine what would happen if you never wrote anything down? Many things would slip through the cracks, and you would be hopelessly off track. The same problem presents itself when you make an agreement with yourself to work on a resolution—if it isn't put into your schedule, it simply won't happen. My dating advice is to set small goals like making an online dating profile, going on three dates, etc.

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

4. If a goal proves unrealistic or unattainable, tweak it until it works. This seems to be a hard one for many people as they equate stepping back with failure. However, this is no different from when you are involved with any project that presents unforeseen issues or challenges and requires you to make adjustments and changes along the way. If you are cutting a piece of wood for a home repair project and find it is too long or short, you will either have to shorten it or start with a new piece. If you are completing a work document and find omissions or errors, you go back and change, correct and/or delete until it is correct. Applying this same approach to achieving a resolution will work in much the same way, keeping you engaged until you are satisfied with the outcome.

5. Celebrate every small win—this keeps momentum going. It's hard to sustain ourselves through long, dry spells when we aren't receiving any feedback on our investment of time and energy. This is why using short-term objectives as building blocks to success is a great way to keep up the momentum. If you resolve to lose 5 pounds over 3-4 weeks as opposed to losing 40 pounds over 6-8 months, you increase your chance of success. At the end of those few weeks, you can congratulate yourself on achieving that first objective and get a boost to your self-esteem, which will help you to remain positive and more confident that you can continue achieving your ideal weight.

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The people who are successful at realizing their New Year's resolutions do not have more self-control or discipline than you. They don't succeed because they are lucky, and many or most aren't blessed with more resources or a special talent that gives them an edge. What they do have is a clear and strong desire for change, a written and well thought out plan, and a willingness to be flexible with their process and open to making adjustments along the way. My relationship advice is to do the same thing.

[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](#).

Relationship Advice Video: Dating After a Divorce or Break-Up



On this week's [Single in Stilettos relationship advice](#) video, matchmaker Suzanne Oshima talks to My Own Diva founder Marianne Jordan about looking for love after a divorce or break-up. Jordan knows about this challenge from first-hand experience: She married when she was 26-years-old and found herself divorced in her early 30s. The dating expert launched her company when she realized there was no support for younger women dealing with the end of marriage, and now, My Own Diva also caters to those going through a tough break-up or the

loss of a loved one.

Post-Divorce Relationship Advice

Related Link: [Looking for Love? 5 Things That Belong on Your Must-Have List](#)

Here are some of the love advice questions Jordan answers in the video above: How long should you wait after a divorce to look for a new relationship and love? How hard is it to take that first step into the dating world? And what do you do if you get scared? Plus, she reveals her five best tips for how to open up your heart again.

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 love advice for someone dating after divorce? Tell us in the comments below!

Relationship Advice: 10 Holiday Date Ideas For Long Time Couples





By [David Wygant](#)

Ho ho ho, merry Christmas...politically incorrect as that might be. To tell you the truth, I miss the days when Rudolph and Santa reigned and everybody wasn't as PC by saying "happy holidays," but it's the perfect season to put the focus back on your relationship and love. Even though the magic might be fading in your LTR, I have some great date ideas and [relationship advice](#) that will wake up the romance and bring the naughty and nice back into your sleepy, long term relationship.

Relationship Advice For The Holiday Season

1. Nothing's sexier than dressing as his sexy little elf. A little bit of lingerie and Santa's cap will go a long way. As a relationship expert, I strongly suggest surprising him with very naughty red lingerie and a red Santa's cap, letting him play Santa to your naughty little elf.

Related Link: [This Holiday Season, Stop Dating Your iPhone!](#)

2. Go for a walk together and take in the holiday spirit.

Considering that most of the country is bathed in balmy spring weather right now, it's nice to go out at night and just walk around and see the Christmas lights. They will bring back romance from yesteryear and today. It's almost like visiting the ghost of Christmas past and seeing the ghost of Christmas future. Hold hands, reminisce, get new ideas...then go home and have some fun!

3. Hot chocolate. Nothing is more fun than sitting by a fireplace with your honey and drinking some hot cocoa. Find a little cafe where you can sit, watch the fire, sip on hot cocoa, and people watch. You will quickly realize how grateful you are to still be a team. It's wonderful when you can reminisce and remember how great things are and can be.

4. Bedtime stories. Read him a Christmas bedtime story and it'll remind you just how magical the night can be. Couples need to reconnect, and when you reconnect to your youth, you reconnect to easy feelings of when things were fun and open.

Related Link: [Relationship Advice: Four Reasons To Be Thankful For Your Partner](#)

5. Take a sleigh ride. Even in Southern California, there are places that you can go sleigh riding. Once again, doing something that children love to do will awaken that spirit in you. These are the most exciting things to do when it comes to dating during the holidays. So take a sleigh ride together.

6. Go caroling. It might sound cheesy, but my relationship advice is to go caroling because of the closeness you'll feel with your partner. Singing songs in a group of people enables the inner child to come out and play. When a relationship gets stale, it's like old bread, or even old cookies, that even Santa's reindeer would reject. It's wonderful to just go and sing and be a kid all over again.

7. Watch *A Christmas Story* together. One of the best holiday movies out there. It's a movie that will remind you of when things were fun and easy. It's also a little spooky and life affirming. Great for cuddling.

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

8. Watch some holiday movies. What would Christmas be without *A Wonderful Life*? So get some good holiday movies, watch *Harry Met Sally* and *Sleepless In Seattle*. Movies that will remind you of Christmas, maybe *Home Alone*. Have a marathon and make some popcorn.

9. Get a Charlie Brown Christmas tree and bring it over to her house. Or if you're living together, bring it home one day and decorate it with Christmas songs playing in the background. Wrap a little blanket around the tree and put up those ornaments.

10. A gift a day, goes a long way. There are 12 days of Christmas. Everyday give each other a little gift. A gift that reminds you of how much you love one another. Make it something simple and fun, even if it's just a card or a candy cane.

*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 dating advice from David, click [here](#).

Arielle Ford Gives Relationship Advice in New Book 'Turn Your Mate Into Your Soulmate'



Interview by [Rebecca White](#). Written by [Emma Malefakis](#).

One thing that can be even harder than finding “The One,” is staying with them. In her new self-help relationship book, New York Times best selling author Arielle Ford shares 16 simple yet exciting steps to reignite the flames in your relationship and love. In her new book *Turn Your Mate Into Your Soulmate*, Ford says that you can reinvigorate your love life no matter how extinct you may think it is. In this exclusive author interview Ford opens up about her own marriage, talks about

her favorite celebrity relationships, and gives her best date ideas and [relationship advice](#).

Arielle Ford Shares Best Relationship Advice and Dating Tips

How would you say you became a better partner in your own relationship?

The first thing I really had to do was learn how to communicate. I grew up in a home where everyone yelled at each other, which I didn't realize is actually a really ineffective way to get your needs met. There was so much I didn't know. I thought love was just a feeling, but love is also a behavior, decision, choice, and commitment. There will be days you are with your beloved and you don't like them very much, but that doesn't mean you don't love them. When you're not feeling the love the assumption is that something is wrong, but the better assumption to make is that this is normal. There are studies that say every couple has a minimum of 9 irreconcilable differences. So you really need to learn how to communicate. You have to realize what the issues are and be vulnerable enough to share them with each other. What I hope this book does for people is get them to see that in order to have a really healthy, happy, long lasting relationship, you need more than just chemistry.

Why do you think people put so much pressure on themselves to find a soulmate? Do you think it's really *that* important?

I think we're designed as human beings to share our lives with another person and I think it's possible for everyone. If you have a desire for something, that in itself is proof that it's meant to be yours. The thing that gets in the way for most people is their beliefs. They believe there is only one soulmate for everyone, which isn't true. There are hundreds of

potential soulmates for everyone, but you have to open yourself up, become vulnerable, and understand that it's a process. I talked to one woman who did online dating for 3 years and said she went on 79 first dates, until she had 'the one.' I asked her if it was all worth it and she said absolutely, she never thought she could be that happy. So many people give up when they just didn't get to the finish line yet. Maybe the timing wasn't right. Maybe the guy who is right for you is in the middle of a divorce, or a big move, or going through big business pressures – but he's out there, I know he's out there.

Related Link: [Most Popular Girl In New York City Shares Online Dating And Relationship Advice in New Book](#)

***Turn Your Mate Into Your Soulmate* includes 16 fun ways to reignite the passionate spark. Do you have a favorite one?**

Well when you're in love with somebody it can literally be measured by a CAT scan by which parts of your brain light up when asked about your partner. So the chemicals are always there whether or not you're feeling them. If you get to the point where you're not feeling them at all, one thing you can do is get your partner and mutually decide to do something together that you both perceive as life threatening, like skydiving, zip lining, or a scary roller coaster ride. Do something that is going to give both of you a big adrenaline rush, and that will instantly kick start your brain chemistry to make you feel more in love and more passionate again.

What are some good date ideas that can reignite the flames of a long-term relationship?

I would say anything that is new and different. I believe that you should have a regular standing date night that is non-negotiable. And I believe you should make dates for sex. Date night is about just the two of you getting out of the house, doing something new, and having the time to talk. Sex dates

can be short. They don't have to be a big ordeal. I think you should have a sex date even if you don't necessarily want to, because it's kind of like riding a bike. You may not feel it or be in the mood to have sex, but one of you does, so for the health benefits for your partner show up anyway, and once you get into it, you'll end up enjoying it. The other thing I would say is approach your mate with curiosity. Don't assume you already know everything about them. Ask them things you haven't asked them in years.

What would be your best piece of relationship advice for someone struggling to find the perfect partner?

In quantum physics there's something called the unified field. In the unified field, past, present, and future all exist at one time, and everybody and everything is already connected molecularly. There is nothing and no one to whom you're not connected. So you are already connected to your soulmate on the unseen level. You don't know their name, you don't know who they are, you don't know when you're going to meet them, but you can start the relationship right now today. That's what I did with Brian. Even though I didn't know him, I decided to start the relationship in my mind, talking to him everyday and sharing my life with him in my imagination. That's why I believe that when we met on the physical plane it was this instantaneous recognition. It's something I call love before first sight. So if you're living like it's not going to happen for you, it's not going to happen. But if you are willing to use your imagination and trust, know, and believe your soulmate is not only out there, but also looking for you too, you can pull them in much faster.

Related Link: [Relationship Author Dr. Tara Fields' Love Advice: "The Happiest Couples Don't Necessarily Have More Or Less Conflict"](#)

What is your best dating tip to help your readers establish healthy romantic relationships?

Practice kindness. Be as loving, generous, kind, and compassionate to your partner as you can possibly be. We are all doing the best we can. Kindness goes so much further. If you're angry and upset, it's impossible for your partner to be happy, especially if he is a masculine male. Happiness is an inside job. It's about personal responsibility. Your soulmate can add happiness to your life, but they can't make you happy. Only you can make you happy. To be a great partner you have to take care of yourself first.

Can you tell us which famous couple you think demonstrates a good example of a healthy partnership and why?

Michelle and Barack Obama definitely, politics aside. They have tremendous love for each other. All you have to do is look at pictures of them together, and it is evident that they love, respect and support each other. I think they are terrific role models. In the Hollywood scene, the celebrity couple I really admire is Tom Hanks and Rita Wilson. I think they are the real deal as well. Celebrities have a hard time because you can only have one rock star per couple, so with two big egos in the same relationship there is a give and take dynamic, and only one really gets nurtured.

Are there any upcoming projects that you'd like to share with our readers?

I'm starting my book tour in a couple of weeks so I'll be in New York at the Open Center January 12th doing a workshop. I've also got a ton of free bonuses for people who buy the book. There are also some videos on the MateToSoulMate.com from other experts on the topic, so check it out!

You can purchase [Turn Your Mate Into Your Soulmate](#) on Amazon. For more about author Arielle Ford, visit her website ArielleFord.com

Dating Experts Reveal How to Attract the Right Man



On this week's [Single in Stiletto's](#) expert dating advice video, matchmaker Suzanne Oshima and dating expert Nicole Moore discuss how to attract the right man and find a lasting relationship and love.

Expert Dating Advice to Meet Someone Special

If you're ready to meet The One, consider these three pieces of [dating advice](#):

1. You have to stop hating men: Grab a friend or a journal and clear out all of the negative thoughts in your head. Remember that “good men really want women who love men because that makes them feel safe,” Moore says.

Related Link: [Five Ways to Get His Undivided Attention](#)

2. You must have confidence: Every single man wants confidence in a partner. “When you’re confident in yourself, he’s going to trust that he’s making a good choice in you,” she shares. “And men want to make a good decision. They hate to fail!” To channel your inner confidence, make a list of 30 reasons why you’re a great catch.

Related Link: [Celebrity Couples: What True Love Looks Like](#)

3. Believe that you can attract the right guy: “It doesn’t matter what the dating field is; it matters what *you* want,” Moore says. “Hold in your mind, ‘I’m the woman who only attracts high-quality men.’” Be firm and strong in that positioning.

As the dating expert explains, “I believe love is a skill, and if you learn it, you can really make it work well.” We couldn’t agree more!

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

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

Dating Advice Q&A: How Harmless Is Sending Pictures Via Text?



Question from Carolyn R.: I've been texting this guy, and he's really nice, but he keeps asking me for pictures – not nude pictures, just pictures. It seems a bit weird to me, and I don't know if this means he's going to ask for more revealing ones in the future. Am I just being paranoid, or is this as weird as I think it is?

Keep reading to see what [dating advice](#) the relationship experts had for Carolyn!

Dating Advice: When Is It Okay To Send Pictures?

[Suzanne K. Oshima, Matchmaker](#): If you don't feel comfortable sending him photos via text, then just tell him to friend you on Facebook where there are a lot of great photos of you. If he still keeps pressuring you to send photos and he takes it one step further where he asks you to send him nude photos of yourself, then just remember you have choice. Don't let him pressure you into doing something that you don't want to do. No matter how nice he is, if he keeps up the pressure to send nude photos, my dating advice is to move on, because it's obvious he's only interested in one thing.

Related Link: [Dating Advice Q&A: How Do I Tell My Friend She Shares Too Much About Her Relationship And Love On Instagram?](#)

Paige Wyatt, Reality TV Star: When a guy asks you to send him photos of you, revealing or not, you should know that he's very interested in your looks and maybe only your looks. If a guy asks for one or two photos of you, it may be his harmless way of wanting to put a face to the person texting him. If he is constantly asking for photos of you, he may only be interested in your looks instead of forming a relationship and love. If you really like him, my relationship advice is to tell him to add you on Facebook and creep on photos there!

Related Link: [Love Advice Q&A: How Do I Show My Interest In Someone Online?](#)

[Robert Manni, Guy's Guy](#): Without knowing for sure the kind of photos your guy is asking for, my guess is that he is most likely seeking provocative pics of you, not the ones you share on Facebook and Instagram. If so, you need to decide if this is something you're comfortable with. In the interim, I suggest spending more actual face time with him versus FaceTime, to get a better sense of his true character

and intentions. If he is more interested in photos of you than being with you, that, of course is a problem and reason to move on. 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.

Do you think it's appropriate to send pictures via text? Share your dating advice with us in the comments below!

Relationship Advice: 5 Questions To Ask Yourself Before Saying "I Do"





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

In light of John Legend and Chrissy Teigen's exciting pregnancy announcement, I couldn't help but take a look at when John knew he was ready to propose. In an interview with Oprah, the gushing celebrity couple gave the inside scoop on their relationship and love and John recounted exactly how he knew it was the right time to propose. Check out the [relationship advice](#) below for what questions you should ask yourself to see if you're ready for your man to put a ring on it and start a life of bliss together.

Related Link: [Celebrity Pregnancy: John Legend Says He's Always Been Attracted to Pregnant Women](#)

Dating Expert Shares Relationship Advice On What To Ask Yourself Before Saying "I Do"

1. Do you love him? First and foremost, it's important to be honest with yourself and your significant other about your

feelings in the relationship. Remember that being in love doesn't mean you think he is perfect or you never fight. It does mean you're able to talk openly with him, care about his dreams and ambitions in addition to your own, and feel a deep connection with him emotionally, mentally, physically, and intellectually.

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

2. Do you see yourself living with him? After the big 'I do' comes getting a new roommate! Do you know if you're compatible with your man's living habits? While a dirty sock on the floor is nothing to freak out about, it's important to notice how he treats his space. It's best to know this *before* you move in together so you can talk about living preferences and make any necessary compromises. Also remember that moving in together means you'll be seeing a lot more of each other. Are you ready to see each other everyday when you wake up and every night when you go to sleep, or does it feel too early in the relationship to take that step?

3. Do you want to spend forever with him? He may feel like the love of your life right now, but do you see him in the picture years down the road? As a dating expert, I know that growth and change are inevitable aspects of life. If you see yourself growing and changing with him, then you're headed in the right direction! It's important to talk about where you see yourselves in the future and make sure you want the same things.

Related Link: [Expert Love Advice: How To Tackle That Nagging Seven-Year Itch](#)

4. Do you want to have kids with him? Asking this question is a great way to decide whether or not you have a future together. Do you want this man to raise your sons and daughters? If you envision him by your side as you play with and teach your children, then you've got a good thing going.

5. Does it feel like the right time or do you feel pressured? In the interview with Oprah, John Legend said, “She didn’t pressure me, she didn’t say, you know, it’s time to put a ring on it...I felt like ‘it’s time for us to put a ring on it.’” It’s important that the two of you are thinking about marriage because you both *want* to get married. If one of you feels unhealthy pressure, whether it’s from you, him, or your parents, then you need to think long and hard about whether it’s something you really want.

Related Link: [Relationship Advice: How Do You Know When Prince Charming Is Actually Prince Alarming?](#)

Choosing whom you marry is a big decision. It’s important to feel confident about your choice before you say yes. My relationship advice is to ask yourself these questions inspired by John Legend will help you decide whether to say yes to the love of your life or wait until you’re more sure of your feelings.

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

Expert Dating Advice: How Do I Know If a Guy is Into Me?





By [Jared Sais](#)

“I found out that a guy liked me, and I liked him too. I tried to talk to him more and set up a casual date, but he stopped responding. What gives?”

As a relationship expert, I hear about this story happening a lot. It’s like the person just vanishes. You thought they liked you back. You were talking a lot, and then suddenly, you never hear back from them. This phenomenon is called “ghosting,” and the idea behind it is simple: It’s easier to ignore the situation instead of facing it head on.

Related Link: [Expert Love Advice: 10 Signs He’s Just Not That Into You](#)

Relationship Expert Shares His Thoughts on “Ghosting”

People ghost as a way to say they’re not interested in you. It sucks, I know. It hurts, and you’re left with a bad taste in your mouth. Things may even feel unresolved. I hope you take

comfort in the fact you're not alone. People everywhere are wondering the same question. What the heck is going on?

Ghosting is the new way of saying, "It's not you; it's me." Technology has been integrated into the dating world and the process of forming new relationships and love. Ghosting is how people are using (or not using) it to end their partnerships.

As part of my expert [dating advice](#), I've said before that people don't have the same social skills they used to. They text instead of talking face-to-face. I remember when texting was considered the "cheap way" to break-up with someone. Back then, someone would be so offended if you called it quits via text! Now it's standard, and ghosting is becoming less and less taboo.

So if the person just vanishes into the night with no response, chances are he's ghosting you and isn't interested in continuing what you already started. But why, right? You want answers!

Related Link: [Relationship Expert Talks About What's Wrong with Men in the Dating World](#)

The first thing that comes to mind is that they might have been dating other people at the same time and felt they had more in common with the other person. A second possibility is that, while they aren't seeing someone else, they didn't feel that chemistry with you, causing them to ghost you. A third option – one that's very cliché but could be true – is that they're a workaholic and simply don't have time for a relationship. Regardless of why, they're ignoring you instead of being an adult about things and just talking to you.

Here's what you need to remember: If someone is truly interested in you, they'll want to see you, talk to you, and spend time with you. That's how you should be treated: with kindness and respect. How someone starts or ends a

relationship shows a lot about their character. If someone is ghosting you, they probably aren't ready for anything serious. It's time to move on!

[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.

Expert Dating Advice: How to Rebound from a Solo Holiday Season





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

Does Christmas have you singing the blues? The holidays are supposed to be about good times with family, friends, and traditions. Yet, many of us dredge up old feelings from divorce, job loss, money, or even the death of a beloved pet. December has more stimuli than other times of the year, sparking memories that are both happy and sad. The many holiday sounds, traditions, and smells take us down memory lane, but often that road runs two ways, lined with both cherished and painful memories of what once was part of our lives.

Dating Advice for Rebounding From a Solo Holiday Season

While the sparkling lights, decorations, and songs may leave you with an emptiness that magnifies your new single status, here are three pieces of expert [dating advice](#) to help you avoid an unhealthy rebound relationship and love and bring the ring back into the holidays and throughout the coming New

Year.

Related Link: [Moving On After a Divorce](#)

1. Follow your heart: We all need a connection with someone. However, before beginning a new relationship, make sure your heart is telling you it's right. If you can't fully commit emotionally to moving forward, you may still be grieving over a previous loss. Resolving feelings following a failed partnership or divorce takes time.

Instead of getting involved with someone, step back and evaluate your unresolved grief. Many of us don't give ourselves credit when it comes to our instincts. The pain of loss is sharp and lingering, but awareness of your feelings can help you avoid a rebound relationship that will surely complicate your ability to move forward and hurt the other person involved.

2. Take your life on a vacation: That's right. Take a vacation. Instead of thinking and rethinking your new marital status, start planning a life vacation. Think about how motivated you are while planning a trip! Most of us have so many tasks to get done before leaving, so try looking at your life this way.

Social psychologist Erica B. Slotter, Ph.D. calls it looking for the silver lining. "Focus on the good things that may come out of the end of your relationship and love. Perhaps now you feel you can cook foods your partner never liked or finally take that pottery class," she writes in the article, "3 Ways to Take Care of Yourself After a Breakup." "Maybe you can simply feel grateful that a painful relationship is over, and in the future, look for a better one."

Focus on a to-do list of how you can improve your situation, however small or large, and write it down. Look at your list daily, and promise to check off one item each day. Channel thoughts from past trips that improved your well-being and

feel confident about taking this emotional vacation.

Related Link: [Dating Advice: Create the Person You Want to Be](#)

3. Love yourself: You are a wonderful human being! Take a few minutes every day to remind yourself of the many good things you've done in your life. "When relationships end, people tend to be very hard on themselves," writes Slotter. "Stop it. Self-compassion involves viewing yourself with kindness and acceptance, not being overly focused or identified with negative emotions, and acknowledging that many others in the world have likely been where you are now at some point in their lives."

If you want to listen to my expert dating advice, you should add meditation to your to-do list. It works wonders for your well-being. Along with meditation, a great daily exercise is to tell yourself you're a good person and deserve to be happy. Think about the many things that would make you feel whole again and concentrate on the positive.

By following your heart, using personal accomplishment and growth to help heal, and remembering to love ourselves, we can all have beautiful views in our lives, one needs only to step back and look.

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

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

Find Your 'Clutch': Relationship Advice from Author Lisa Becker



By Samantha Vlahos

Being a single gal gets difficult from time to time. There are only so many failed date ideas one can endure before wanting to give up on the idea of finding the one. Lisa Becker's hit new romance chick lit, titled *clutch: a novel*, follows protagonist Caroline Johnson as she endures many dating misadventures. The single purse designer compares her unsuccessful relationships and love to different styles of

handbags, and with her best friend by her side, she wears her heart on her sleeve and continues to search for her “clutch,” that special someone that she wants to hang onto.

In our exclusive author interview, the dating expert gives us a glimpse behind the evolution of *clutch* and reveals her best [relationship advice](#) about online dating and having the courage to find true love. And the best part? If you’re still searching for the perfect gift this holiday season, the Takashi bag by Harper Avenue is a must-have holiday item. Use the discount code below for 20 percent off!



The Takashi bag by Harper Avenue.

Relationship Advice to Help You Find Your Clutch

We’re so excited to read your fourth book *clutch: a novel!* What inspired you to write about Caroline and her dating misadventures?

I'm a sucker for a good love story and enjoy creating fun and engaging tales that are filled with lots of heart and humor.

Why did you decide to compare men to handbags?

When I was writing the *Click* trilogy, (*Click: An Online Love Story*, *Double Click*, and *Right Click*), I was obsessed with *NCIS* re-runs and would have the show on in the background as I wrote. There was an episode when one of the characters mentioned that men were like purses: something useless to hang on a woman's arm. I started thinking about that, and the idea grew from there. I believe that everyone deserves a happily ever after and would like to think there's a "clutch," or someone worth holding onto, out there for everyone.

Related Link: [Clicking to Find Love](#)

What surprising revelations about love does Caroline learn throughout the novel?

Throughout her handbag-themed journey to find her "clutch," Caroline learns a few important lessons. Most notably, she realizes that being able to talk honestly with your partner is the cornerstone of a solid relationship. Also, there's never anything wrong with being with someone that makes you happy.

What is the main message that you hope readers take away from your book?

Sometimes, the love you want, deserve, and need is right there in front of you all along. You just need to be open to it.

You've been married for over 10 years. How does that influence or help shape your writing?

I never thought I would get married, so some days, I still pinch myself that I've got a loving, hilarious, and intelligent husband. Writing these books reminds me of how lucky I am to have met him.

What suggestions do you have for women who repeatedly find themselves on unsuccessful dates or are searching for the courage to find love?

In the modern classic film, *The Shawshank Redemption*, Tim Robbins' character, Andy Dufresne, says, "Get busy living or get busy dying." That quote comes to mind when I think about searching for the "clutch." If you feel like it's not going to happen, then my relationship advice is to just give up. You heard me. GIVE UP! Surrender to that notion that you'll end up alone. If that's truly the case, do you want to spend the next 30, 40, or even 50-plus years wallowing in misery? Sitting around and lamenting your singleness? Or are you going to get busy living? Buy your own home. Travel to all of the places you want to visit. Adopt a child. Write that novel. Engage in hobbies and activities that bring you joy.

Chances are, when you start focusing on *what* will make you happy – not *who* will make you happy – you *WILL* be happy. Happiness is evident and infectious. Happiness makes you more interesting and more attractive to someone else. And when that happens, you're more likely to meet the right person who's going to complement the amazing life you've created for yourself.

Related Link: [Four Dates and a Wedding](#)

You met your husband through an online dating site. What is your best tip for our readers who are struggling to get past the creeps and find a genuine guy?

Connecting with the right person online starts with you. When writing your online profile, be honest. Don't say you're an exercise junkie if you're really a couch potato. Don't post a photo from 10 years earlier. Don't downplay your intelligence or success because you think men will be intimidated by the real you. While you might garner a lot of interest early on, the truth will eventually come out. Nothing stunts a budding

relationship and love more than deception and lies.

Also, my love advice is to let your personality shine through and be specific about the things that make you special, including hobbies and interests. It's your chance to make a positive first impression while being in complete control of the messages you are delivering.

The main character in my novel, *Click: An Online Love Story*, writes in her profile: "I cry at Hallmark commercials, sing (sometimes off key) with the radio while driving, own more pairs of black shoes than should be legal, and my fear of flying is rivaled only by my love for chocolate." My relationship advice is to tell someone who you *really* are, including your sense of humor, interests and confidence level. Be creative!

You balance working and writing with being a full-time mom – not an easy task! Any advice for other working moms?

Organization is key! I have a master to-do list that I update weekly to keep track of school projects, sports practices and games, and after-school activities as well as all of my personal deadlines and appointments. I also use a spreadsheet to map out meals for the week along with groceries needed so that I never have to worry about what to make for dinner or spend time making multiple trips per week to the store. Shopping online is also a big time saver. If I'm writing and enduring a bit of writer's block, I can quickly click over to Amazon and order things I need.

What would we find if we looked in your handbag right now?

Aside from the standard wallet, keys, sunglasses, and hand sanitizer, you'll always find snacks for the kids. Never (ever!) leave home without snacks for the kids.

Related Link: [Looking for Love is Like a Job Search](#)

If you were given an offer to turn *clutch* into a movie, who would you want to see playing the roles of Caroline and Mike?

I think Eloise Mumford, who played Kate in *Fifty Shades of Grey*, would make an outstanding Caroline. She has the right mixture of warmth, gumption, vulnerability, and beauty to bring this character to life. I still can't decide on who would play Mike, although I know I'd love to sit in on those casting sessions.

Do you have any other upcoming projects or anything else you'd like to share with our readers?

clutch actually started out as a screenplay that was under option at a major studio, but it fell out of development. I turned it into a short novel so I could share this charming and hilarious tale. I'm eager to see if there's interest from someone else on bringing this fun and quirky story to the big screen. So if you happen to be a well-to-do movie producer looking to make a new romantic comedy, please get in touch!

*Purchase *clutch*: a novel on Amazon. You can use the discount code **cupidandclutch** for 20% off of your total purchase at Harper Avenue and free shipping through December 24th. For more on Lisa Becker, visit her site and check her out on [Twitter](#) @lisawbecker, www.facebook.com/ClickAnOnlineLoveStory/?ref=hland and www.pinterest.com/lisawbecker/.*

Expert Dating Advice: Top

Four Places to Meet Mr. Right



In this week's [dating advice](#) video from [Single in Stilettos](#), founder Suzanne Oshima and relationship author Duana Welch discuss the top four places to meet Mr. Right.

Consider This Expert Dating Advice If You Want to Meet Mr. Right

To follow this expert dating advice, the best places to meet Mr. Right are listed below:

- 1. Look for your future in your past:** Welch says that 10 percent of women have a "lost love." If you broke up because of outside circumstances, like moving away or a background difference, it's worth reconnecting. These couples "often know

within one hour that this person is The One for them,” explains the relationship author. “And their divorce rate is *two percent.*”

Related Link: [Duana Welch Says Living Together Doesn't Prepare You for More](#)

2. Ask your friends and family to set you up: Statistically, most people meet their significant other this way. It's so successful because it capitalizes on familiarity and safety. “It's an informal matchmaking process that works really well,” says Welch.

3. Get online: Between 2002 and 2008, according to the Harris Survey, one in three new marriages were between people who met through online dating – and those couples were slightly happier than pairs who met another way. “That's my story,” the relationship author of *Love Actually* shares. “I met my husband online.”

Related Link: [How to Ditch Your “Better Than Nothing” Relationship and Love](#)

4. Use the Law of Proximity: You're most likely to marry someone you've met in person (duh!), and therefore, the single biggest predictor of a life partner is geographic nearness. “You need to put yourself next to this person,” Welch says. “Let's say that you're taking a couple of college classes, and there's a really attractive guy in that class...You need to sit *next* to him.”

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

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Where is the best place to find true love? Tell us in the comments below!

Relationship Advice: Four Reasons To Be Thankful For Your Partner



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

Leaves are falling and frost is here, which can only mean one thing: the holiday season is here! Thanksgiving is a time to be thankful for the things in your life that you may not stop to appreciate on a daily basis. But most importantly, Thanksgiving is a time to be thankful for the *people* in your life. As relationship experts, we know that it can be

difficult to take the time to appreciate your significant other as often as you probably should. Aside from birthdays and anniversaries, Thanksgiving is the perfect time to show the person you love why you care about them. But before you do, our [relationship advice](#) is to realize why you're thankful for them.

Relationship Advice: Be Thankful For Your Partner This Holiday Season

Here's 4 reasons you should be thankful and appreciative of your partner this Thanksgiving:

1. It's the holidays. Who doesn't love holidays? Holidays bring food, friends, family, and most importantly love. The Thanksgiving spirit in and of itself should give you a reason to celebrate your relationship and love a little extra this week. Spend some time cooking together or watching a game of football. Listen to our love advice and whatever the tradition is, share it together.

Related Link: [Taking Your Partner on a Family Vacation](#)

2. They put up with you. Okay, this is a big one. If nothing else, you should appreciate your significant other because they have to put up with you on a regular basis. Sure, we all think we're great and have no flaws, but the fact of the matter is that we do. Thanksgiving is meant to ignite a sense of gratefulness for the people you care about, so be grateful that he/she puts up with you during your best and worst moments.

Related Link: [Expert Dating Advice: How to Get Over "The Little Things"](#)

3. It's the season of giving. Relationships live and thrive through compromise. The ever-changing cycle of give and take is what makes a relationship tick and function properly. Only you and your significant other know your system of give and take, but consider giving a little extra this holiday because it's good-natured and it even feels good too. If you know he/she likes their potatoes made a certain kind of way, consider making their favorite dish this Thanksgiving to put a smile on their face and satisfaction in their stomach. The little things go a long way, so consider what they love and try to give them what you can this Thanksgiving.

Related Link: [Love Advice: What To Do If Your Friends Don't Love Your Partner Like You Do](#)

4. For all the times you didn't say thank you. We're all guilty of taking things for granted, but it's important to stop and appreciate who you have every once in a while. There probably has been countless times that your partner has done something for you that you didn't notice, like hanging your keys up in the same spot so you don't forget them. Again, it's the little things that count. It's okay to forget a thank you here and there. Thanksgiving is an opportunity to tell the person you love how you truly appreciate every time they do those little things, even when you may not say it every time. It's the perfect time to say thank you for all the things that typically go unnoticed. Our relationship advice is to spread thanks as generously as you spread your gravy and your holiday is bound to be a success along with your relationship.

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 On Finding True Love



On this week's Single in Stilettos [relationship advice](#) video, matchmaker Suzanne Oshima and dating expert Tinzley Bradford reveal how to find relationships and love that will last a lifetime!

Dating Experts Give Relationship Advice On Finding True Love

Check out the video above for the best relationship advice on how to find true love.

1. Be with someone who wants to be with you. The person you're dating should be able to tell you, without hesitating, that

they're looking for the same things you are. The relationship experts revealed their dating advice that you need to watch out for the man who will pursue you one week and disappear the next.

Related Link: [Relationship Advice: How To Get A Ring On The Finger!](#)

2. Be a lovable person. Even though you may have had bad experiences in the past, don't be critical or downgrading of the man you're dating currently. That negatively isn't good for either of you!

Related Link: [Dating Advice: Balancing Your Career & Relationships and Love](#)

3. Be patient. Don't let the fact that you're single consume you. Hang out with friends and family and do things to keep you occupied. Just enjoy life as you are, have fun, do something different, and flirt. The worst thing you can do is stress over being single.

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

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What are your tips for finding true love? Tell us in the comments below!

Relationship Advice: Is

Friendship After Divorce Possible?



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

Headlines are filled with photos of happy celebrities vacationing in remote places with their children in tow. It's a picture perfect story—almost. For some celebrity exes such as Miranda Kerr and Orlando Bloom and Mariah Carey and Nick Cannon, the marriage ended long ago, but the family unit remains. It's not uncommon to hear stories of former couples vacationing together, living by each other and spending family time together. With such a high-profile breakup, how can co-parenting be such an easy transition for them? My [relationship advice](#) for you is to emulate these famous relationships because the success largely depends on the parents' ability to move forward.

Relationship Advice Navigating Friendship Post-Divorce

Though the success of co-parenting is largely dependent on the circumstances of the split, these celebrity couples are proof that children can still grow up with the positive influence of both parents, even after the marriage or longtime relationship and love has ended. Here is my relationship advice for how to successfully transition from a married household to shared parenting between two households.

1. Focus on long term. A swift dose of reality should remind you that carrying anger or other negative feelings won't change the outcome. Your marriage died. Mourn the loss of that part of your life then move forward to create a new future for yourself and children. "I am always impressed when I see couples who manage to stay friends, as it takes strength in character and an understanding of the bigger picture to rise above the hurt," wrote Seth Myers, Psy.D., in the article, *Stay Friends After Divorce: Why, Coping, and Moving On*. "While we can't do much to change the state of affairs in other couples, you can reflect on your own relationship." Recognize that your former partner must make the same effort. This often means a new relationship—and you need to be okay with that.

Related Link: [Expert Dating Advice: Moving On After a Divorce](#)

2. You are not defined by your divorce, so don't allow it to dictate your actions. Your role as a spouse may be over, but your parenting role continues. Don't allow the end of your marriage to overshadow the positive, future memorable moments you owe your children. By making the choice to fill your life with positive and hopeful plans for the future, you'll have a solid base on which to build new relationships. But, you do need a plan. A personal strategy will lessen the potentially negative effects if you witness your partner moving forward. It will also remind you to stay focused on the plans you have

prepared for your progress. This transition requires a great deal of discipline and compromise since you're putting your feelings aside for the sake of contributing to a positive parenting environment for your children. A large part of this growth is recognizing that was then, and this is now. Your actions will be a lasting example for your children. What message do you hope they remember? Whether positive or negative—it'll make an impact.

Related Link: [Relationship Expert Talks About Being Friends With Your Ex](#)

3. Relationships are life's classroom. Seth Myers described it best when he wrote, "Too often, men and women end relationships and feel that they made a mistake in choosing the partner they committed to in the past because the relationship didn't work. But such a perspective betrays the bigger picture that relationships are one of life's greatest classrooms and it's within this context that we figure out what we need and learn how to move closer to true fulfillment." Instead of focusing your energy on changing the result of your ended marriage by making him pay for what he did, recognize your role in the demise of that relationship and make it a goal to learn from that experience. Feelings of resentment and revenge do nothing to change the outcome. All it does is affect those you still fully love—your children. "Barring cases of abuse," added Myers, "learning to forge a friendship with your ex after divorce can be a truly healing experience and allows for an important integration of your past with the present."

By staying committed to long-term goals, maintaining a positive and hopeful attitude on your future, and viewing your relationship as a learning experience, you're set to develop a surprisingly supportive relationship with the one person who used to know you best and that's a winning strategy for you and your children.

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

Dating Advice: Balancing Your Career & Relationships and Love



On this week's [Single in Stiletto](#)s relationship advice video, dating experts Suzanne Oshima and CupidsPulse.com Executive Editor [Lori Bizzoco](#) reveal three [dating advice](#) tips on balancing your relationships and love with a booming career!

Dating Advice On How To Balance Your Love Life & A Booming Career

If you've ever wondered, "Can I really have it all?", these relationship experts are here to tell you that you can. We may not be able to have it all at the same time, but you can balance your career and love life with these tips below.

1. Prioritization. Make sure you set priorities for yourself so you're happy with what you've accomplished, whether it be at work or in your personal life. Also, communicate what's important to you with your significant other and even your boss.

Related Link: [Dating Advice: First Date Tips For Women!](#)

2. Time management. Need some dating advice? Start devoting time to your relationship the same way you do with work. Set boundaries and make sure you're not working 12-14 hour days, because that's not healthy. If you make a time commitment to someone, be there, whether it's with your friends or your partner.

Related Link: [Relationship Advice: How To Get A Ring On The Finger!](#)

3. Communication. Take interest in your partners day and ask about their coworkers, while sharing details about your own job. You'll feel connected and it will help you unwind after a stressful work day. But limit job chit chat, so it doesn't consume the relationship.

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 advice on balancing a career and your love life?

Tell us in the comments below!

Dating Advice Q&A: How Do I Tell My Friend She Shares Too Much About Her Relationship And Love On Instagram?



Question from Mary Kate K.: I have a friend that has been dating this guy for almost 2 years. It seems like every other day she's uploading a picture of the two of them with some caption like, "the love of my life and I enjoying dinner at

our favorite restaurant” or “look at the flowers my boyfriend gave me after a hard day!” I’m happy for her...but I’m also sick to my stomach. How do I nicely tell her to tone it down?

Read on to see the relationship experts [dating advice!](#)

Dating Advice: How To Deal With Too Much PDA

[Suzanne K. Oshima, Matchmaker](#): While it can be annoying when a friend posts too much about their relationship and love on social media, it’s not really your place to tell your friend how much she should or shouldn’t post on Instagram. I think the bigger issue is, you really need to ask yourself why it really bothers you so much? Her posts aren’t vulgar or offensive by any means, however if her posts are making you physically sick to your stomach, then you have a choice to follow or unfollow her. If you follow her, then just be a good friend and be truly happy for her. And if you can’t be happy for her, my love advice is to stop following her.

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

Paige Wyatt, Reality TV Star: Telling someone to stop posting about their relationship is a conversation that will never end well and will also make you seem a bit jealous. Simply unfollow her on so you don’t see her posts unless you search for them. Telling someone to tone down their happiness online will make you seem unsupportive of their relationship and stir up trouble.

Related Link: [Love Advice Q&A: How Do I Show My Interest In Someone Online?](#)

[Robert Manni, Guy’s Guy](#): For whatever reason, you’d prefer not to see your friend’s parade of Instagram posts with

her boyfriend of almost two years. Here is an easy solution: My dating advice is to stop following her on Instagram. It's not appropriate to ask her to stop posting what makes her happy. After all, it's her account. The question you might ask yourself is why. Are you being good friend and concerned about the guy, fear your friend is setting herself up for an embarrassing fail on social media? Or could you be a tad jealous of her good fortune? Ouch. In our Kardashian world where anything and everything is exposed on social media, I'm not feeling why your friend's Insta-bragging is such an issue. Respect and good luck, Mary Kate.

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.

Do you think it's appropriate to tell a friend to tone down the PDA on her social media accounts? Share your dating advice with us in the comments below!

Dating Advice: First Date Tips For Women!





On this week's Single in Stilettos [dating advice](#) video, matchmaker Suzanne Oshima talks to relationship expert Matt Adams about what turns a man off on a first date.

First Date Dating Advice From Relationship Expert Matt Adams

On a first date, the biggest turn off for a man is when a woman talks about her relationship goals right off the bat. Yes, men want to know if you want to get married and have kids, but not in the first meeting. Wait to share your relationship and love goals, so that your date can get to know you and assess what role you'll play in their life.

Related Link: [Dating Advice: How To Get A Man To Call You Back](#)

Listen to this expert dating advice and take the pressure off yourself on the first date. Go out, have fun, and meet new people. Make sure you aren't being negative, either. People don't want to hear about your bad day or why your previous relationships haven't worked out. The experts share their love advice to spin everything into a positive, so you can present

your best self first.

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 are your first date tips? Tell us in the comments below!

Relationship Advice On How To Fall In Love



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

In this week's [relationship advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) gives relationship advice for how to fall in love. Check out the video above for more details!

Relationship Advice from E!'s *Famously Single* Dating Coach On Falling In Love

Have you ever thought of falling in love as a decision, rather than the spontaneous, exciting chemistry that's often shown in the movies? Most people haven't, however, relationship expert Laurel House shares that people need to stop waiting to fall and instead make the decision to open your heart and let your guard down. The simple act of falling in love is called chemistry, which is actually a drug, and it fades. The dating expert featured on *E!'s Famously Single* reveals that chemistry shows itself in the brain in the same location as cocaine and even shows similar attributes.

Related Link: [Expert Dating Advice: How To Find The Good Guys Sexy](#)

While the high of falling in love feels good, it also fixes blinders to your face that makes it hard to see the warning signs that would prove that your relationship and love won't lead you to happily ever after. If you want to truly experience love, House's relationship advice is to make the decision to open your heart and date smart. With a clear head and minus the facade, you can make the decision to find love. The decision includes being vulnerable because if you aren't, you won't feel their love and you won't love them either. Watch the video above to find out how to fall in love correctly!

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

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

Do you think falling in love is a decision or a feeling? Tell us in the comments below!

Dating Advice: Body Language to Create Instant Attraction



By [Jared Sais](#)

Instant attraction happens all the time. As a relationship

expert, when I go out to research at a venue, I can spot this phenomena in a split second. However, people who share the nonverbal cues of instant attraction don't usually know it at first. Their bodies seem to be on a different wavelength than the conscious mind. It's as if their souls were meeting before their actual bodies were. The body subconsciously understands this connection, yet the individual people lag behind. Well not me. I see it first hand as fast as it happens. And this is my secret on what I look for. My [dating advice](#) is to look for three main nonverbal cues to identify instant attraction.

Dating Advice On Nonverbal Cues For Instant Attraction

1. Eye contact with a delayed neck turn lasting about two full seconds. This is a hard nonverbal cue to look for yourself. As you walk into a crowded place full of people you're taking in more information than you can actually fully handle. You're in a stage of information overload. So, when your body chooses to take a longer-than-average look at someone, that tells me they're more important than the other people you decided to mentally block or purge. When the eye contact is reciprocated for an equal time of two seconds, that's the first sign of instant attraction. The neck will slowly turn away instead of quickly whipping to the next target or person. This occurs because the eyes want a longer look at the person you're interested in. Now, this happens so fast that your body keeps moving and your mind may not fully recognize the chemistry that just took place. Take my love advice and try to capitalize on those moments.

Related Link: [Expert Love Advice: 10 Signs That He's Just Not That Into You](#)

2. A comparable physical attraction match. One thing I've noticed is that usually instant attraction takes place with

people of close or equal attraction level. Meaning, if you wouldn't normally be attracted to that person, you won't form instant attraction to that person. Chemistry and survival make up a big part of this instant connection. Your body is saying that person would be a good match for you, as matching with them would lead to a good looking baby. Chemistry also plays a role as the force trying to make that happen. Hormones and pheromones are released and the two bodies start trying to push you two together. I'm not saying people won't find love in other forms, such as personality, wits, stability, or economics. But we're speaking about instant attraction and that is almost 100% based on looks or in this case, senses.

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

3. The five senses create a liking.

- Sight/Looks. The obvious one. If you look good, more people will form an instant attraction towards you. This attraction isn't always reciprocated back but if the two people are close or equal levels of attraction, it will be.
- Smell. Sure, we can say pheromones and hormones need to match up but the truth is if you smell nice, people want to be around you longer. If you smell bad, people will run away. Think of bees to a flower. Try and be the flower. Make sure you smell nice so you can keep the company surrounding you longer. Also, smell is a powerful tool. People remember smells long after other senses.
- Taste. No, you're not eating the person. Well I hope you're not. But taste does play a role when speaking about instant attraction. The Luncheon Technique is a persuasion tool that states if you give someone a tasty meal and ask for something, such as money, they'll be more likely to give you what you want. So, if you approach someone in a nice place, as they're eating and

having fun, they will be more likely to respond favorably towards you. Now, not everyone likes to eat in front of strangers, or even be approached by one as they're eating. But the idea is sound and there are specific ways to approach people in times like this that won't create a sense of awkwardness.

- Touch. Touch is a powerful tool. It lets people know if you're interested, strong, caring, friends, lovers or family. Touch is how we connect as humans and animals to show feelings and emotions. Based on touch, we can determine if someone will be or is instantly attracted to you on where they're touching you. If a person (though in my findings a woman will usually perform this nonverbal action) puts a flat hand on your chest, that is a sign of trust and complete affection and lust. Hands on bicep, thigh, knee, side of the neck, cheek, hand and lower back are all attraction cues. The forearm can be a sign of attraction but can also be a sign of friendship. Depending on where you are and who is doing it and how it's being done.
- Hearing. The sound of a voice can trigger a sense of attraction. How someones voice impacts your ears will send a sign of pleasant or unpleasant, adding to the force of instant attraction. If you like the way they sound, find it comforting or attractive and their voice matches their appearance, you'll be more attracted to that person.

Related Link: [Relationship Expert Talks What's Wrong With Men In The Dating World](#)

I see people show nonverbal cues of instant attraction all the time. It happens everywhere such as on the street, at a bar, in a restaurant or at a friends party meeting new people. I hope when reading this you'll be more open to observing this happen to you and will be able to capitalize on it and find the relationship and love to last a lifetime. So, my dating

advice is to put away your phones and look into peoples eyes and see if you find what you've been looking for.

[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.

Relationship Advice: Top 6 Contributors to Infidelity



By Toni Coleman

We read celebrity gossip about infidelity all the time. Sometimes, as in the cases of Debra Messing or Claire Danes, it's a part of their dating behavior. But what compels a partner to cheat? And why are the perimeters of commitment such a mystery to them? In this article, relationship expert Toni Coleman, LCSW, gives [relationship advice](#) and explores the hidden meanings behind infidelity and what we can do to secure our relationships and love.

Relationship Advice On Infidelity

When infidelity occurs, it often leads to a lot of blaming that focuses on the violation of trust and a realization that one's partner isn't the person who they believed them to be. There's a clear distinction made between victim and perpetrator. While this is certainly true to a point, it ignores the dynamics that left the relationship vulnerable in the first place. And it leads to a simplistic and erroneous conclusion that nothing could have prevented the infidelity except for the wronged spouse to have picked someone else to marry. Remaining stuck in this thinking is a sure way to end up in divorce court. My relationship advice to healing is that both people need to take an honest look at the state of their marriage prior to the cheating, what each contributed to their problems, and how they could work together on building an infidelity proof union. Identifying which of the following issues played a role in their marital breakdown is the first and most important step. Below are the top 6 contributors to infidelity.

- 1. A breakdown in communication.** A "problem with communication" is the number one reason couples give for seeking relationship help. It has a broad interpretation but essentially boils down to having difficulty connecting through daily conversation, misunderstandings and hurt feelings due to an inability to express feelings and needs clearly, conflict

when discussing sensitive topics or issues they disagree on, and/or withholding through silence. Any of these can contribute to increasing distance, which leaves a void that one partner might attempt to fill by going outside the relationship. This is of course a poor choice, and one that can bring the couple to a place there is no coming back from.

Related Link: [Gwen Stefani Drops New Music Video About Her Celebrity Divorce](#)

2. A decrease in emotional and physical intimacy. There is a lot of emphasis placed on a couple's problematic sexual relationship as the cause of marital unhappiness. However, this is only one facet of what they share and though it is important, addressing it alone will not offer a complete solution for repairing their broken bond. Emotional intimacy provides fuel and is foreplay in a relationship—and unless two people share a strong friendship and good intellectual chemistry, their physical relationship can become another chore that is best avoided or handled quickly and without wasting any of the little emotional energy that their relationship has left them with. One partner might make the poor decision to reach out to someone who they can laugh with, who listens to them and seems to really get them, and who challenges them and inspires them in a way their spouse no longer seems to have any interest in doing.

3. Unaddressed stressors related to family and job. Couples encounter many challenges on the long road through commitment, marriage and family life. Sickness, loss of a job, an ill or handicapped child, unexpected financial problems, and the day-to-day struggle to find balance in a too-crowded life all lead to stress. For many people, this is something they try to ignore or just push through, thinking that in time, things will get better on their own. Then, one day, they realize they are completely overwhelmed and experiencing physical and emotional symptoms that contribute to an “every man for himself” mindset. When this happens, the marriage is often put

on the back burner and the individuals hunker down, focused on getting through another day, unable or unwilling to add to their own burden, even for the well-being of their partner.

Related Link: [Celebrity Divorce: Source Says Halle Berry and Olivier Martinez 'Both Have Major Tempers'](#)

4. A negative or hostile home environment. When a couple stops communicating, puts their focus on their own needs, and withdraws due to overload—the environment often becomes charged with negative energy and feelings of resentment and anger. The tension is often palatable as one or both seek a way to escape through watching TV, going online, spending time alone in different rooms and parts of the house—and seeking companionship and dialogue with others outside of the relationship/family. Essentially the negative energy pushes them further and further apart until home is not a comfortable or happy place to be, so they look elsewhere for that lost comfort.

5. Stressors related to physical or mental illness. This is the “in sickness and health” part that is contained in the marriage vows. For many couples, naiveté contributes to that feeling of invulnerability that many start out their marriage with. Sickness happens to other people, but won't happen to them. Then when something bad strikes, it feels completely unexpected and can have a sudden destabilizing impact on a relationship. Even if the couple can quickly put resources and supports in place to deal with the crisis, it can be a game changer, depending on the type, severity, and chronicity of the illness. Physical and emotional exhaustion, draining or depleted resources, lack of down time and fun, and the potential for a large shift in how the couple interacts and relates—can push one or both people over the edge. If one individual ends up in a caregiver role for their partner, it shifts the dynamics in a way that can leave them unable to get their own needs met—and they may feel resentment and a desire to escape this new life they had not planned on. Even if the

illness is not chronic and can be eventually resolved, the stress can alter how two people relate and lead to emotional and physical distance that leaves a void of unmet needs.

6. Financial problems. Money problems are often said to be the root cause of marital conflict and discord. Difficulty managing joint finances, agreeing on a budget, keeping secrets about purchases and debt, and conflicting values regarding saving and spending are some of the common issues that arise. If these are not addressed quickly, they can lead to a loss of trust, and respect, and an unwillingness to be open and candid regarding important financial decisions that could have a long-term impact on their family's security and well-being. When this happens, some people are vulnerable to thinking about what it would be like to be with someone else, to have a partner that offers financial security and someone who wants what they want for their future.

Related Link: [Relationship Advice On Financial Infidelity](#)

No wonder the marriage vows include the phrase "for better or worse, for richer or poorer, in sickness and in health..." Marriages are tested by all of these, and if a couple doesn't work together, they will slip apart—and the space that is left is what a third person moves in to fill.

Toni Coleman is a licensed psychotherapist, certified relationship coach and internationally recognized dating and relationship expert and founder of consum-mate relationship coaching. She is frequently quoted in many local and national publications and top ranked dating and relationship websites and has been a guest on a number of radio and TV programs seeking to provide their listeners with her cutting edge expertise. She is a regular contributor to Hope After Divorce and HealthyLiving.care.

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

Relationship Advice: Living Together Doesn't Prepare You For More



In this week's [relationship advice](#) video, matchmaker and dating expert Suzanne Oshima talks to relationship author Duana Welch about why living together doesn't prepare you for more. Check out their [dating advice](#) in the video above!

Relationship Advice On Moving In

Together

Although it might be quite shocking and contrary to popular belief, surveys show that moving in together actually won't benefit your relationship and love. It might even make it suffer. The experts say that those who move in together before marriage are more likely to get divorced and cheat on each other.

Related Link: [Dating Advice Reveals What Men Really Want In A Woman](#)

Experts say women may need some relationship advice that when a man asks you to move in, he isn't asking you to marry him. Without that commitment to marriage, men are less likely to propose and more likely to have an affair. If you end up moving in together before marriage, or before you've set your wedding date, you might end up playing at commitment, instead of fully committing.

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

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What do you think about moving in together before marriage? Tell us in the comments below!

Celebrity Couple Predictions:

Khloe Kardashian, Olivia Munn and Ciara



By [Shoshi](#)

Want the latest [celebrity news](#) and romance gossip? Recently, these famous couples have made headlines for their relationships and love, whether it be Khloe Kardashian's rekindled celebrity marriage, Olivia Munn's soon-to-be troubled romance, or Ciara's new beau. Check out my predictions for the three celebrity couples below and find out what's next in their love lives!

Celebrity Gossip Around These Celebrity Couples

Khloe Kardashian and Lamar Odom: I was not surprised that Kardashian and Odom put their divorce on hold. I called it before Odom woke up. According to the ladies at the Love Ranch, Odom didn't sleep with either one of them. Maybe he was too busy popping pills? There's so much criticism online because Kardashian has decided to take him back, especially since he happened to be in a brothel. But remember, it's not like he slipped out of the house to go to the Love Ranch. They were in the process of a divorce so he was doing his thing and she was doing hers. Will this celebrity couple last is the biggest question circling around them. At this moment, when I look at their relationship the answer is yes. There's a different energy around Khloe and Lamar than when they were married the first time around. Right now, it's about two people who love and need each other, money and celebrity status aside. I hope that they make it. There is no reason why they can't have a healthy relationship. For it to work, these two will have to keep things private. That includes keeping Kris Jenner out of their business. This time around I see that Kardashian is strong enough to tell her mother to stay out of her business. She knows what her life is like without Lamar and she would prefer to have him in it.

Related Link: [Khloe Kardashian and Lamar Odom Are Throwing Out Celebrity Divorce Case](#)

Olivia Munn and Aaron Rodgers: This is an interesting relationship, one that looks a bit unbalanced. Rodgers credits Munn for supporting him and putting some of her goals on hold for him. Meanwhile Munn credits Rodgers for helping her to be in better shape. It's good that they're aware of their dynamic. Right now things are okay between these two, but as time goes on, there will be friction. Rodgers is getting more out of this relationship than Munn, which will eventually

become a sore point. At the beginning of a relationship is when you set the stage for the give and take. This will not be an equal relationship when it comes to career. There is also something shady about Rodgers that will come to light in the long run. It looks like he has marriage on his mind as does Munn. Sometimes a woman gives things up to get a ring, which is her choice. Hopefully that decision doesn't eventually cost her a booming career and a relationship.

Related Link: [Aaron Rodgers Gushes Over Celebrity Relationship with Olivia Munn](#)

Ciara and Russell Wilson: When Ciara and Wilson were seen together there were whispers of it not being a real relationship. It was suggested that the two were only together for the cameras. Now that it has been more than a few months, the fans are not happy about Ciara being in the picture. The Seattle Seahawks haven't been having the best football season, which has the fans saying that Ciara is nothing but bad luck. Sports teams have always been superstitious, which is why most of them have a psychic on call. While Ciara is probably not the reason the Seahawks can't get it together on the field, she should fall back a bit at the games. She should stay in the box seats away from the stands and the fans. It might even be good if she just watches the game at home. Since players are superstitious when it comes to games, it would be a shame if Wilson starts believing what people are saying. These two have similar values and want the same thing in a relationship. This relationship has a good chance of ending up in marriage if they continue in the direction they're going in.

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

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