

# Ask the Guy's Guy: How to Make Valentine's Day Work for You



By [Robert Manni](#)

**Valentine's Day is a day most of us dread.**

It's commercial, pressure-filled, exploitive, and most importantly— forced and unromantic. I'll leave all of that to next week's *other* Valentine's Day post. But there are two ways to look at V-Day as it gets pitched our way each and every year. Whether it's chocolate, flowers, jewelry, vibrating panties, weekend getaways, etc.—you name it and they're selling it in fire engine red. Here are a few suggestions for

how to not only cope, but to have fun and share the love. And that's the point. Valentine's Day should be about celebrating heart-felt love. Your Guy's Guy suggests that the best way to make this a special occasion is by *personalizing* it. That means making it all about your partner...and not about you.

**Related Link:** [Should I Date More Than One Person At A Time?](#)

*If love is in the air and you want to fan the flames.*

If you're a guy and you want to get intimate with a woman for the first time the tendency is to buy her lingerie, hoping that she'll wear it for you on Valentine's Day. Don't do it. She is more than aware that you want the show. If you consider my suggestions and it's meant to be, the show will open to rave reviews... and it will go on and on. Chocolates and flowers and cards and jewelry are always welcomed, but a Guy's Guy adds intimacy to her gifts that empower them as expressions of love. So instead of doing the expected and buying a printed card at Walgreens, buy her a card that allows you to craft your own special message to her. Remind her of all the things she does that make her special and why you want to get to know her better. [Pay attention](#) to the details the way a woman does. Believe me, she will notice and you won't have to buy her red lingerie. She'll bring on the black when the time is right and when she does you'd better fasten your seat belt. Other things to consider are attending events together like a sake tasting or a Broadway show that she mentions in passing. Sharing brings couples closer together.

*If you want to keep the fires burning.*

Again, it is all about personalization. If you buy her jewelry, have it inscribed with a special message. A former paramour once bought me a silver necklace with an understatedly elegant pendant. Nice. When I looked closer she inscribed the underside with, "Love Slave". Talk about marking

your territory. It [worked](#). Of course when my next girlfriend took one look at it, it came off instantly. If you show some effort to personalize your gift when you are in a long-term relationship or marriage, it makes your partner feel appreciated. How about writing down the twenty things she does that make her so special. Why is she so important to your life, what makes her sexy, funny, etc? Make her feel special. That is intimacy.

**Related Link:** [Ask The Guy's Guy: What Do I Do If I Have Trouble Opening Up To My Significant Other](#)

### *Wild Cards*

If you're going down the sexual path remember to make it all about your special someone. That's where the lingerie and crazy stuff like vibrating panties and sex toys come into play. All good. That said, you want to make sure that there is as much giving as receiving so that the festivities go all night long. I recently read about an "arousal gap" between men and women. A real Guy's Guy wants to make his woman happy. It's not a race to the finish line; the goal is to arrive at the same time so everyone wins. Remember that Valentine's Day is all about your partner, so have fun. And play safe.

**Are you making Valentine's Day all about your partner?**

Previously posted on [RobertManni.com](#)

Hope this helps,

Guy's Guy

Robert Manni

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# Ask the Guy's Guy: Can You Be Friends After A Breakup



By [Robert Manni](#)

Question from Carrolton Q. "My girlfriend and I broke up amiably 6 months ago and we are still friends. I think she still has feelings for me, and I don't know if it is best to give us space or should I just treat her as a friend and hope her feelings fade? "



# Is it possible to spending time with an ex after a breakup?

Hi Carrolton:

Great question about an issue many daters face. Having seen my share of committed relationships, I discovered that the end is not the end until both partners get on the same page. Breaking up is tough, and regardless of the circumstances, people are creatures of habit. That makes cutting the cord with your ex a challenge. And, if the sex was good, it makes it even more challenging. When you meet up with your ex, even as friends, it's easy to be tempted to return to old habits which are a short term fix rather than a long -term solution.

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So, I don't recommend post-breakup hookups. This can mess with your head on many levels. When a couple breaks up, it means at least one partner was dissatisfied and probably wants to date other people. How can you move on when you see your ex, and even under the auspices of a friendly drink, you end up in the sack? It's not a good idea. Here's an example.

I was in a committed relationship. Over time, we drifted apart partially due to travel for our jobs. Eventually, we broke up. She moved out and got her own place only a few blocks away. So, we got together a few times for a "friendly" dinner, and each time ended the night rumpling the sheets before she went home. This went on for a few months until I texted to see if she was up for a drink. This time she said no. She told me that the last time we got together she got busted by her new boyfriend (news to me) when she returned home with her blouse on backward. That was the end of that. Happily, the breakup turned out to be a gift. I licked my emotional wounds, moved on, and dated a number of amazing, intelligent, very

attractive women until I met my future wife.

**Related Link:** [Ask The Guy's Guy: How Can You Tell Red Flags From Online Dating?](#)

The lesson for me was that when it's over, it's over, and that means it's time to move on. In the rare instance that you both want to get back together, there is no better way to sort that out than spending time apart, without the temptation of post-breakup sex.

I hope this helps,

Your Guy's Guy

[Robert Manni](#)

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# Ask the Guy's Guy: Partner Verses Parents, How to Help Post-Holiday Stress?



By [Robert Manni](#)

Question from Emma B., "Hi Robert. I took my partner home for the holidays and things didn't go well. My parents and partner did not get along well and I was stuck in the middle. Do you have any suggestions of how to handle the aftermath and to keep the peace between all the people I care about? Thanks!"

**Post-holiday tension, how do I keep**

# the peace?

Hi Emma,

This is a great question about situations that often occur, but are rarely acknowledged as potential relationship deal-breakers. And unfortunately, there are no definitive answers when problems arise, because no two families or situations of this nature are alike. Every family has quirks we have to deal with, but for a relationship to flourish, it's critical that there are positive dynamics between our partners and parents. After all, when in a serious relationship, we're usually in contact with family on a regular basis.

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I've never had an issue with my partner's parents, but I did have a few relationships end due to underlying tensions between me and members of my partner's family. In one case, they drank and got high too often, even for my taste. On top of that, when they drank they had a tendency to become verbally abusive. Another time, my partner's brother pulled me aside at family gathering to threaten me if I did anything wrong to his sister. Unfortunately, at the time my partners became defensive and less than empathetic with me. Over time, both relationships ended. Looking back, I'm glad they did.

Without knowing the specifics of your situation, if your partner is not connecting with your folks, regardless of the reason why, you're caught in the middle which puts a strain on you and your relationships with both your partner and parents. You need to find out what happened. It could be bad chemistry, polarizing political views, cultural differences or your parents' perspective about the relationship. Get your partner's take and also broach the subject with your parents if they have not already talked about it with you. The issue could be the result of an innocent comment, or it could be

something more deep-seated.

**Related Link:** [Ask The Guy's Guy: If He Isn't Ready To Date, What Should I Do?](#)

Whatever the case may be, if you value your relationship, get to the bottom of things right away so any negative feelings don't have time to fester. If you do everything in your power to broker peace and things ultimately don't work out between your partner and parents, you'll have a choice to make. At least you'll know you did your best to find a way for things to work out between them.

I hope this helps. Good luck.

Your Guy's Guy

[Robert Manni](#)

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**Ask the Guy's Guy: Is the Turkey Drop Real and How Survive a Thanksgiving Breakup**



By [Robert Manni](#)

Question from Julie S. asks: "I've been dating my boyfriend for almost a year, and this is our first holiday season together. After reading an article about the Turkey Drop, I'm curious if you think it's real and if there are some signs that my boyfriend might do the same to me? Thanks!"

## Were you Turkey Dropped this Thanksgiving?

Hi Julie:

Regardless of the season, if your boyfriend is about to drop you, it will be more than obvious. Here are some obvious signs, though. He might seem more distant, he is not paying as much attention to you, and his eyes may be wandering. Maybe he does not respond to your texts as quickly and has become less



available during the week due to after-hours “meetings” and drinks with coworkers and his buddies. Or so he says... These are universal signs that he may be moving on, regardless of the time of the year. And, that’s the real issue.

**Related Link:** [Ask The Guy’s Guy: How Do I Get Through The Holiday Season Being Single?](#)

If you are in a tenuous or strained relationship, by the time November rolls around, all the holiday pressure and fanfare heading into the season make it a conveniently self-serving time to cut things off. Of course, no one likes being dropped, but in a way, escaping an unfulfilling relationship before the holidays can provide needed time to reset so you get a jumpstart on the new year which is only a month away.

Although it can be uncomfortable answering the same questions on Thanksgiving and other holiday get-togethers about why your guy isn’t with you, if things are not working it’s better to get this out of the way and enjoy the holidays on your terms. After all, during these hectic days, everyone is focused on their own affairs, not your relationship status. Plus, when you are newly single, holiday parties are opportunities to get back in circulation and make new connections while taking your mind off your ex.

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Let’s face it. No one likes getting dumped, especially at this time of year. However, if you’re a glass-half-full person, being “turkey dropped” allows you to enjoy the company of your squad and loved ones without worrying about your now ex-boyfriend’s intentions. After all, who wants to stay in an unsettling relationship simply because it’s the holidays? Sometimes sudden endings are gifts in disguise.

Love yourself and make your happiness top priority, regardless of the time of year. When you’re in the right relationship you



won't be concerned about looking for signs that he's going to dump you. You'll be too busy having a great time and feeling good about your relationship.

Hope this helps, Happy Thanksgiving, and drop that turkey if he's not treating you well!

Your Guy's Guy

Happy holidays and good luck!

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## Ask the Guy's Guy: I Want to Date More Than One Person, Should I?





By [Robert Manni](#)

Question from Dani P: “So I’ve only been on a few dates with two separate girls. They are both cool and fun to hang out with. I told one girl that I was seeing someone else (we’ve only been on a couple of dates) and she said I have to choose. I don’t know if I should choose between them. If I don’t I won’t get to see what things could have become though. I came out of a long relationship a year ago and don’t think I’m ready to be serious, but I really like this girl. What should I do?”

## **What are you really looking for in dating two or more people?**

Hi Dani,

It seems like you want to have your cake and eat it too, and fundamentally, there’s nothing wrong with that. After all, life is about finding joy and living your passion. So dating, which usually means seeing more than one person, is fine. However, life is determined by the choices we make, and it

seems like it's time to make some choices about what you want and who you want to spend your time with.

**Related Link:** [Ask The Guy's Guy: What Do I Do If I Have Trouble Opening Up To My Significant Other](#)

You are single and free and that's all good, but you need to decide what you want out of dating. From my own experience, I've met too many people who did not know what they wanted out of dating, and to a person, these singles always ran into problems just like yours. For every single person who is unsure what they want there is another who knows precisely who and what they want. In your case, it sounds like the woman who does not want you dating others either wants you all to herself because she really digs you, or she is pulling a power play. You'll have to do some work to find out which is true.

I suggest you take a step back and ask yourself what you want now that you're single again. It sounds like you want to play the field for a while. If that's true, then play the field and don't allow anyone to control what you do, especially when you're doing what say you want to do. If it feels too early to get serious with this person, tell her you dig her, but that you just got back into the single life and would like to take things slowly for now. If she does not accept that, this may be a sign of her future behavior and your freedom. Take note of how she reacts and her response.

On the other hand, you state that you like her and would like to see her again. Cool. Then tell her you like her and would like to see her again, but make sure she also knows that you are not ready to settle into a committed relationship at this time. If she's understanding and she really digs you, she will respect your feelings and behave accordingly.

**Related Link:** [Ask The Guy's Guy: If He Isn't Ready To Date, What Should I Do?](#)

The bottom line is you need to decide for yourself what you

want out of dating right now and then be honest and clear about how you feel with potential partners if the subject surfaces. After all, you are the priority, and if you are not sure of what you want or how you feel, it could send out indecisive energy that can lead to similar situations.

The good news is that you are happily single and free, you're dating, and people want to date you. You're in a better situation than many of your contemporaries and all you need to do is follow your heart, decide what works for you, and be crystal clear with your potential partners about where you stand if the subject comes up.

Hope this helps,

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## Ask the Guys’ Guy: How Do I Know My Boyfriend is Serious About Me?







By [Robert Manni](#)

Question from Amy K. San Jose, CA: “I’ve been wondering lately if my boyfriend really loves me. We haven’t been together that long, but how do I know things are serious? How do I know he REALLY likes me? Thanks, Robert!”

## **Is your relationship *serious*?**

Hi Amy:

With all the activity taking place in our lives, occasionally we slip into the dreaded “self-doubt” zone, whether it is about love, work, or who we are and our value as a human beings. Before tackling your specific question about love, always remind yourself that you’re a divine being deserving of love.

**Related Link:** [Ask The Guy’s Guy: What Do I Do If I Have Trouble Opening Up To My Significant Other](#)

Concerning your sense of doubt about your boyfriend’s feelings, start by asking yourself why you feel this way. Is

your intuition telling you he does not share the same feelings for you as you have for him? Or, is he not as emotionally available as you'd like and you simply want him to be more open about his feelings. If that's the case, ask yourself why he's not more open about expressing himself. Whatever the case, it sounds like you need reassurances concerning his feelings.

My advice? Ask him straight up how he feels about the relationship. Pay attention to the signals he provides in his response, both verbal and non-verbal. For example, if he's unsure about his feelings, he will probably act unsure when responding. You can also ask if he loves you, assuming that you have expressed this previously and simply need reassurance. If you have not had the "are we in love" conversation, that's a different story, but there is no reason why you should hold back on having this conversation. When couples are in the right relationship, it's easy talking about anything with their partner. Again, when someone is uncomfortable expressing their feelings, it's usually because they're unsure about how they feel.

**Related Link:** [Ask The Guy's Guy: Should I Follow My Boyfriend To Where His Job Is?](#)

As a guy, I can tell you that when a man is happy in a relationship, he doesn't say much about it. He simply enjoys being with his partner and it usually shows. When dudes have an issue on their mind, they usually bring it up to find out how their partner feels. Unfortunately, many guys (and women) who are unsure about their feelings often stay in relationships. It's not a good thing, but it often happens, so it's good to check in on how he is feeling on a regular basis.

The bottom line is if you want a sense of your partner's feelings, have the conversation, but do it in a casual way. When people, and guys in particular, feel cornered, they get defensive. That said, it's your right to know how he feels,

and regardless of the response, it's always better to get to the truth. After all, the truth, for better or worse, will set you free.

Hope this helps. Good luck.

Guy's Guy

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## Ask the Guy's Guy: Single Ready To Mingle, But How Do I Meet Guys?





By [Robert Manni](#)

Question from Sarah Q. Detroit, MI: "I've been single for a while and I don't know where to meet guys or how to put myself out there without going to a bar and waiting for someone to talk to me! How can I meet guys?"

## **Meeting guys when you just don't know where to start!**

Hi Sarah,

I understand your situation. These days being single can be daunting, especially for women. Unlike guys, although women are often the aggressors in relationships, most single women and relationship experts I've talked to agree that women prefer men to be men (in the best sense of the word) and make the first move. But it's tough to hang around waiting for random guys to approach, and it's not very empowering having to sift through guys who you are not be attracted to. That is unproductive and often unpleasant. So, what's a single woman

to do?

**Related Link:** [Ask the Guy's Guy: How to Win a First Date After Meeting Online](#)

I suggest two modes of action. First, do whatever it is you enjoy doing. Never change that for anyone. But, at the same time you want to fish where the fish are. That means opening yourself up to new experiences and opportunities where guys hang out. Every dude is different, but most guys like some type of sports, art, action-packed activities, learning new stuff, and having a few beers with their buds.

If you like watching sports, find a wingman or woman and hit a sports bar. You might be into working out and/or playing sports. You'll usually find guys running, playing water sports, skiing, golfing, or playing tennis, to name a few options. If you like arts and entertainment, consider attending a local film festival or night spot with live music. Or, take a class in martial arts, spinning, wine tasting, film, yoga, or learning a language. The key is getting yourself out there and doing things you like to do, while being open to new activities where guys congregate.

**Related Link:** [Dating Advice Q&A: Is It Okay to Start a Relationship via Social Media](#)

I'd reconsider online dating if you keep it low key. Why? Sure, we've all heard the horror stories, but we live in a digital culture, and a lot of couples have met online. It's worth a shot. My wife took a three day trial on Match and we were engaged within a year. It's all about being in the right place at the right time, and you can't do that if you don't try new things. Just don't fall into the deep end of the online dating pool and end up overbooking yourself and forgetting why you went online in the first place. This happens a lot.

The key to meeting guys is doing what suits you and being in



the same place as your target market. If you can find activities that meet both these criteria, you will be a happy camper, and happy campers often attract other happy campers. Finally, always love yourself, keep a positive attitude, and smile.

Hope this helps. Good luck,

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## Ask the Guys Guy: How Do I Live My Love Life Inside and Outside the Bedroom?





By [Robert Manni](#)

Question from Claudia F., Manchester, NH: “My partner and I have been together for five years. We’ve fallen into a routine and I don’t know how to liven up love life – inside and outside the bedroom. Any suggestions?”

## **Bring life back to your relationship – in and outside the bedroom!**

Hi Claudia:

In a [relationship](#), a lot can change in five years. Modern life is very stressful, so it’s easy to fall into routines after working hard all day; however, people evolve differently which can create issues. When one partner changes and is moving in another direction, their other half may be complacent. Your question is geared to livening up your love life, in and out of the bedroom, which sounds tactical, but underneath the

symptoms of boredom, there is always a cause.

**Related Link:** [Ask the Guy's Guy: What To Do If I Have Trouble Opening Up To My Significant Other?](#)

If you want to quickly spice up your love/sex life, consider dialing up whatever floats your partner's boat to the point where he can't get enough of you. If he goes nuts when you wear your black lingerie and heels, consider leather and thigh-high boots just for kicks. If he likes to relinquish control, handcuff him to the bedposts. Guys are simple when it comes to sparking things up in the bedroom. Give him more of what he craves and he'll pay attention. But ask yourself if that solves the bigger issues surfacing out of the bedroom.

**Related Link:** [Ask the Guy's Guy: Should I Stick Around to Feel the Spark Again?](#)

And what about you? Ask yourself what is making your love life feel predictable. Think of things you'd like to do to shake things up and make you feel alive. Consider taking a vacation together to an exotic destination or doing different things that come with a little risk, like deep water diving, traveling off the grid, or renting an airstream and driving west. Sometimes planning a trip together is all it takes in the short term. Often the symptoms of relationships feeling humdrum are because partners are moving in different directions and the relationship may have run its course. If you value your relationship and want to keep it going strong, take the initiative to think things through and take the necessary steps that will rekindle the passion for both of you.

Remember, you can't start a fire without a spark.

Hope this helps. Good luck.

Robert Manni

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Read more at [Cupid's](#).

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## Ask the Guys' Guy: Dirty Talk for Beginners



By [Robert Manni](#)

Question from Megan S: I'm not opposed to dirty talk, but I think I am terrible at it. Help!



# [Expert Dating Advice](#): How to Get Verbal in Bed

Hi Megan: Thank you for this provocative question. It gets me hot just thinking about it. Just kidding, but that ties into my response. Men and women get turned on by different things and every individual has his or her own set of turn-ons. Although there are generalities (men tend to be more visual and women are usually attracted to confidence and emotional intelligence) love and sex is often a crap shoot when it comes to what gets a particular partner hot.

**Related Link:** [Ask the Guys' Guy: How To Pick Up the Man You Like](#)

I was at a movie and my date swooned over the length of Daniel Day-Lewis's fingers. Go figure. When it comes to dirty talk, what might feel dirty and sexy to you might be bland or too tame for a guy or another woman. You just never know what is going to light up the scoreboard. But you have to be in the game to win, so take a deep breath and get ready to cut loose.

**Related Link:** [Ask the Guys' Guy: How to Win a First Date After Meeting Online](#)

Most guys like the direct approach and I would not be concerned about being too graphic. When it comes to dirty talk, the golden rule is to let your freak flag fly, hope for the best reaction, and, while you're at it, make sure you're rocking his world like no one else. Attitude goes a long way, so if you want to talk the dirty talk, make sure to walk the walk. You don't need to confine your sexy talk to the bedroom. Nothing turns a guy on more than when he is out on a date and his partner whispers in his ear what's in store for him when they get home. He'll probably immediately shoot up his hand and call out, "Check, please!".

The bottom line is to be confident and cool about your sexuality and not be concerned about the exact words you say. Get his attention, then relax and make things happen. If he does not respond to your dirty talk, don't take it personally. You can give it a shot another time. If he does not take the bait again, laugh it off and consider looking for a guy who craves everything about you, especially your sexy talk.

Good luck, and play safe.

Robert Manni

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### **More about the Guy's Guy:**

image:

<http://cupidspulse.com/wp-content/uploads/2018/11/Robert-Manni-300x200.jpg>



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## Ask the Guys’ Guy: How Much Is Too Much On Exes?





By [Robert Manni](#)

Question from Mia B: Talking about exes with a new partner is important. How do you know when it's the right time to bring up your past and how much information should you share?

## **Dating Advice: What You Should Tell Your New Partner About Your Ex**

I have a theory about exes. By definition, they are no longer involved in your love life and there are reasons why. Every relationship is different, but if you see a pattern of the same issues cropping up relationship after relationship, it's time to look inside and ask yourself if you are doing something to invite the same circumstances into your life. There is nothing wrong with a relationship that does not work out long-term. Breaking things off does not mean it was a failure. The way I looked at breakups is we had our time together and we moved on. In the long run, when you look back, it's almost always a good thing that you moved on.

**Related Link:** [Ask the Guys' Guy: How to Pick Up the Man You Like](#)

The point is, exes are exes for a reason. It is not necessary to discuss them and past relationships in detail. It's always better to start a new relationship or even a first date as a fresh start without baggage. If for whatever reason you need to discuss or rehash details of past relationships and why things did not work out, keep it short, be positive, and don't play the blame game. There is no bigger buzz kill to potential suitors than listening to a new partner trash their ex. Everyone who hears this will put themselves in the position of the ex and wonder if they will be judged the same way.

**Related Link:** [Ask the Guys' Guy: How to Win a First Date After Meeting Online](#)

Of course we all have a past, but my advice is to tread carefully when discussing former partners. You'll get better results by focusing on your new thing and the lessons learned from past relationships that went south.

Good luck.

Robert Manni

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# Ask the Guys' Guy: How to Pick Up the Man You Like



By [Robert Manni](#)

Question from Shaylin R: I'm all for making the first move on a guy I like. What are some tactics men like when a woman tries to pick him up?

# Best Ways to Make the First Move on the Guy You Like

Hi Shaylin:

Your question and suggestion is music to the ears of most of the men I know. Maybe it's because guys today are not sure how to make a real connection with a woman once they get past texting and swiping. Some guys are just plain lazy. Whatever the reasons are, most guys love it when women are proactive and make the first move and "pick them up." I'm not sure this is necessarily a good thing for women, but if you make the first move you will get a reaction, so it's worth a shot.

**Related Link:** [Ask the Guys' Guy: Online Dating for Beginners](#)

Women send subtle signals to guys they are interested in. The problem is, most men don't pay attention and therefore do not know how to read the signals of an interested woman unless those signals are overt. I am not suggesting that women simply take over the dating dance and ask the guys out. I believe in romance, seduction, and a man behaving like a man in the very best sense of the word. Guys need to put themselves on the line more, ask women out more, and plan the specifics of a date. If women let guys off the hook on these basics and do all the work, IMHO, guys will sit back and let you. So, be careful of what you wish for.

**Related Link:** [Ask the Guys' Guy: How to Win a First Date After Meeting Online](#)

That said, times are a-changing and no one wants to wait around until a guy finally gets the message that you are interested. If the guy you set your sights on is not responding to your subtle overtures, it's okay to make a move,

Here's an example: he's always talking about the Yankees. If you have a connection, you could say, "My company has a season box at Yankee Stadium. I have them next Thursday." If he does not take the bait, maybe you want to rethink the situation. You can also offer to meet up casually for beers to discuss an issue he's facing or meet up for some much needed post-workout hydration after spin class. The point is, make it feel organic and not like you are chasing him. Leave bread crumbs on the path and make him work.

If you don't feel like playing it that way, ask him out without an organic connection. This could be coffee, drinks, or whatever. If he's into you, he'll jump at the chance. Once things get underway though, I suggest putting the onus back on him to pursue you. After all, do you really want to chase the guy around? He should be chasing you. You're worth it, right?

Good luck.

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## Ask the Guys’ Guy: Online

# Dating for Beginners



By [Robert Manni](#)

Question from Samantha W: I'm new to the digital dating world and my friends keep recommending Tinder, but this app has the reputation for hook-ups. How can I find something more serious and filter out the booty calls?

## **Serious Online Dating for Beginners**

Hi Samantha,

Congratulations on entering the digital dating world. When it comes to dating, technology can be a blessing or a curse. It's up to you and how you play the online dating game. One key to success is always being yourself, the same person you are online as offline. That means maintaining your values and criteria for potential online dates just as you would when

meeting someone in person. If you're not into booty calls, don't waste your energy on apps that have a reputation for hook ups.

**Related Link:** [Ask the Guys' Guy: How to Win a First Date After Meeting Online](#)

There is a wide variety of dating websites and apps to choose from. Many are specific about the type of clientele they seek and who they cater to. When getting your feet wet in online dating, it's easy to dive into the deep end of the pool and find yourself treading water due to the amount of offers you'll receive. On most sites and apps, new people get lots of attention and it can be quite overwhelming if you are a smart and attractive woman.

**Related Link:** [Relationship Advice: Four Types of Men You'll Meet Online](#)

Before signing up or downloading an app, do your own research and talk to your friends, both female and male. When you have a clear sense of what the apps and sites are all about, I suggest choosing between one and three apps or websites to sample on a trial basis. That way you'll see the differences in what each service has to offer without spreading yourself so thin that you're constantly juggling dates instead of qualifying potential partners and making a real connection. I also strongly recommend looking inside and determining what experience you want to get out of the online dating game before signing up. If your goal is simply dating, you're in luck. If you want to go deeper, you'll need to set your personal parameters for qualifying the type of guy you're looking for and then stick to your plan.

The good way of managing the online dating process is by starting slow and keeping things simple until you get your bearings and a feel for how the online dating game is played. Remember, never lower your standards to match a service or an



app that does not represent the real you.

I hope this helps. Good luck!

Robert Manni

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Read more at <http://cupidspulse.com/131183/ask-the-guys-guy-how-to-support-my-mans-mental-health/#HKc5mKVWhmjk7xiy.99>

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## Ask the Guy's Guy: How Can I Support My Man's Mental Health?





By [Robert Manni](#)

Question from Alyssa B: “My relationship has gotten pretty rocky ever since my man’s mental health has started to decline. He’s always upset, but won’t ever talk to me. How can I help him past this?”

### **Helping a Partner Through Tough Mental Times is Hard**

Hi Alyssa:

Thanks for this question. When a guy is “struggling with his mental health,” it casts a wide net of reasons why, especially these days. Every situation is different and I want avoid generalizing. Regardless of the issue, your support is needed and appreciated, even if your man may not seem to be responding to your efforts.

**Related Link:** [Ask the Guy’s Guy: Should I Stick Around to Feel the Spark Again?](#)

The key here, as with most relationship issues, is being present and keeping the lines of communications open at all times. Men are protective of their feelings and often hold

things inside, rather than sharing with their partners. Some guys still think that talking about their problems is a sign of weakness. We know this is the furthest thing from the truth, so you have some work to do.

The challenge is getting him to open up and tell you what's going on. After all, how can you be supportive if you don't know what's up with your man? Find a time to get him to talk and do it in a non-threatening way. If he has issues, he probably does not want you to know how much he's hurting. He may even be embarrassed or ashamed.

**Related Link:** [Ask the Guy's Guy: What Do I Do If I Have Trouble Opening Up To My Significant Other?](#)

I've found that the casual, not too serious approach works best with guys. Take him to dinner, a movie, a ball game, a round of golf, a walk, or whatever you think will put him at ease. Afterwards, look him in the eyes, tell him he seems preoccupied, and ask if there is something he wants to talk about. Make sure he knows you are there for him in a non-judgmental way, whatever the issue. See how he responds. At this point, you've let him know that you're aware something's troubling him. As your partner, it's up to him to share his feelings and perspective. Go slowly, but don't let it pass without a response. And be gentle. Things could get worse if he clams up.

Again, every situation is different when it comes to "struggles with a man's mental health," so no one size or solution fits all. It could be something benign or he may have done something harmful to himself or the relationship. You'll never know if you don't take the time and put in the effort to find out what's going on.

I hope this helps. Good luck.

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# Ask the Guy's Guy: Should I Stick Around to Feel the Spark Again?



By [Robert Manni](#)

Question from Riley A, "I feel distant in my relationship. I feel like we're growing apart, but I want to grow together. I



don't know what to do. Should I end it, and maybe find the spark in someone else? Or stay and wait for the romance to come back?"

## Should you wait for the spark to come back? Or move on?

Hi Riley:

It can be challenging when you reach the point in a relationship when things feel stagnant and that special spark is missing.

It sounds like you want to keep things going so I suggest you take a step back and consider where your relationship began, where it has led you, and how you feel about it now. Ask yourself why things may have changed and what circumstances may have affected the current lack of sparkles. The answers are usually right there when we become still and look inside.

**Related Link:** [Ask The Guy's Guy: Should I Follow My Boyfriend To Where His Job Is?](#)

I also suggest broaching the subject with your partner. Ask him how he feels about things if he has any issues, and where he sees the relationship going. That will also provide context for where your relationship stands and its future possibilities.

Every relationship is different and every couple has to find their own ways to make things work if this is what they both really want.

Take the time to look inside, then trust your gut and intuition. Ultimately, this is about your finding the happiness and love you deserve.

Good luck.

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# Ask The Guy's Guy: Should I Follow My Boyfriend To Where His Job Is?



By [Robert Manni](#)

Question from Kaylee M: "My boyfriend and I have been together for a while now, and we both know we're going to end up together for a while. But, he might have to take a job that's 6 hours from my home, and that might be an issue for me. I'm very close to my family and not sure if this is a move I want

to do. What should I do?"

## Boyfriends moving away, should you go with him?

Hi Kaylee:

You have a lot of variables to consider before making a decision about this move. It's great that you have a strong bond with your boyfriend, that he has a great opportunity, and he wants you to join him. Now it's time to ask yourself questions. What are the opportunities for you if you join him? Do you have a career where you currently live? If so, can you get a transfer to the new locale or easily find a similar job there? Have you visited this location? Did you like it, and could you see yourself living there? Do you know anyone there? How difficult would it be to visit your family if you move?

Six hours by car is substantial, but it's not like moving across the country. You mentioned seeing yourself together with your boyfriend "for a while". How long is a while? Is it long enough to pick up and move your life, career, and away from your family? Only you know the answers to what's in your heart and what his intentions are.

**Related Link:** [Ask The Guy's Guy: What Do I Do If I Have Trouble Opening Up To My Significant Other](#)

I'm not trying to throw water on what could be a great opportunity for both of you. I'm suggesting you consider how all the variables of this move will impact you and your life, friends, and family connections. I'm also wondering what your boyfriend has to say about this opportunity as it relates to you. After all, you will be making a sacrifice since he already has a job set up. Was this opportunity a surprise or something he has been working towards? As you can see, there is a lot for you to consider prior to making a decision. You may discover that it can turn out great for both of you. Or not. Only you can get the answers you need to make a wise decision. After all, your number one priority and consideration is to yourself. Good luck!

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# Ask The Guy's Guy: What Do I Do If I Have Trouble Opening Up To My Significant Other



By [Robert Manni](#)

*Question from Rachel A, Riverhead, NY: "I have trouble opening up to my significant other. I don't know why I have trouble telling him how I actually feel! How do I fix that?"*

It's time to open up to your significant other!

This is an interesting question, Rachel, as more women than you'd expect are experiencing this issue. Unfortunately, for



both men and women, failure to share their feelings over time often results with the relationship ending. Some women I've spoken with are often reticent to instigate a conversation with their man when they have something important to share about their feelings. Often they dance around the subject or hold off on telling their partner exactly how they feel. Over time this can breed resentment in her if she believes her partner does not know how she feels. If not handled properly, it gets worse and can become a deal breaker.

**Related Link:** [Ask The Guy's Guy: How Do I Get Through The Holiday Season Being Single?](#)

Sadly, although men need to do a much better job of focusing on their partner's feelings, they do not mind readers. Guys are fairly simple when it comes to dealing with what's on their mind in a relationship. If they say nothing, it usually means that in their mind, everything is fine. When they have a problem, they often bring it up with their partner. Guys usually decide their next move based on how the discussion goes and their partner's response. There is not a lot of subtext in how they communicate. That's why it is important for women to open up to their guys, make sure they hear them loud and clear and are willing to also share their "feelings". I use quotes around "feelings" because we know guys often shut down when they think they're being herded into "the talk". Yes, more quotation marks.

**Related Link:** [Ask The Guy's Guy: If He Isn't Ready To Date, What Should I Do?](#)

My advice is to be sincere and use the direct approach. Tell your guy what's on your mind and in your heart. Find a time to do this when he is relaxed and open-minded. And I don't mean after sex. Take a walk after dinner, go to the park or the beach, or maybe to an outdoor cafe you both enjoy. Use your intuition to determine when the timing feels right to start the conversation and try to keep it light. I know this sounds like a lot of rules for expressing your feelings, but guys are not great at paying attention to their partners and often need to be informed how she feels in a direct, but loving way.

**Related Link:** [Ask The Guy's Guy: How to Win the First Date After Meeting Online](#)

Not knowing the details of your situation, I suggest that once

you've gotten him to pay attention and listen, determine in your heart if he is totally present and respectful of your feelings. If not, maybe give him a second chance at another time. Over time though, if you feel like he is not listening and being responsive and it's too difficult getting on his radar, it might be time to seek bluer skies elsewhere.

Hope this helps, Good luck!

Robert

*If you would like relationship expert Robert Manni to answer your online dating/relationship questions, please email [gillian@nvmediainc.com](mailto:gillian@nvmediainc.com)*

### **More about the Guy's Guy:**



Robert's podcast has been picked up by **KCAA Radio102.3 and 106.5FM, and 1050AM in So Cal on Wednesday evenings at 8pmPT, iHeart Radio, and Spreaker** along with iTunes, Blog Talk Radio, Stitcher and Tune In. Guy's Guy is growing!

Robert is the host of Guy's Guy Radio, featured on Blog Talk Radio and available on iTunes, Stitcher, and TuneIn. The weekly podcast features interviews with relationship coaches, entertainers, authors, wellness experts, spiritual teachers, sports personalities, and a weekly "Guys' Guy's Guide" exploring current guy-focused topics.

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Robert developed the Guy's Guy Platform to help men and women better understand each other and bridge the growing communication gap between the sexes. He continually creates a fresh, robust palette of timely Guy's Guy [content focused on life, love and the pursuit of happiness](#). Whether it's navigating the challenges of dating, relationships, friendship, career or wellness, Robert explores ways to help both men and women be at their best so that everybody wins.

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## Ask The Guy's Guy: How Do I Get Through The Holiday Season Being Single?





By [Robert Manni](#)

*Question from Meghan G from Babylon, NY: "It's hard being single during the holidays, what are some tips to help me get through being single? Or how can I find someone during this time?"*

This is a great question, Meghan. With all the hustle and bustle and last minute shopping during this time of year, it's easy to forget the true meaning of the holidays. Regardless of your spiritual beliefs, I think we can agree that this is a time for giving, gratitude, and love. Granted, this can be tough when you're single and see couples holding hands (some people still do that) walking along the bright and colorfully lit city streets.

**Related Link:** [Ask The Guy's Guy: If He Isn't Ready To Date, What Should I Do?](#)

Do your best to be grateful for what you have, especially if you are in good health. Then focus on your friends and loved ones. I believe that when we maintain a selfless mindset, good things come our way. Of course, there are no guarantees that you'll wake up on Christmas morning and find Mr. Right perched under your tree, but it's a good start for shifting your thoughts into a love-based mindset. I found that love comes our way when our heart is open. Use the

holiday season to practice making room in your heart for others, including a new partner. Finding love can often be that simple, and it has nothing to do with the time of year.

**Related Link:** [Ask The Guy's Guy: How to Win a First Date After Meeting Online](#)

Cherish your family and friends and be social. Attend parties you're invited to and spread the love you have in your heart. I believe when we radiate love, we receive love in return. And remember to be kind. What can be the most wonderful time of the year for many can also be a very stressful time for others less fortunate.

Happy holidays and good luck!

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## Ask The Guy's Guy: If He Isn't Ready To Date, What Should I Do?







By [Robert Manni](#)

*Question from Olivia MacBeth (Binghamton, NY): "What should I do if the guy I really like isn't ready to date yet? Should I keep waiting or should I move on?"*

## **Keep waiting or move on?**

When a guy says he "isn't ready to date yet" there are usually only two reasons for his hesitancy to go out with with a great woman like you. The first consideration is that he's coming out of a painful break up and needs time to lick his wounds before jumping back into shark-infested dating waters. If this is the case, I suggest you give him some time. Maybe let him heal for a month or so, but that's it. You both need to get on with your lives. If he needs a little time, make sure he's being truthful, then clock his behavior while his heart "heals" and watch how he handles the situation. Every guy gets dumped, but what often separates one man from another is how they handle challenging matters of the heart. Of course you want to date guy who's in touch with his feelings, but if he's still pining for his ex after a certain period of time, that a signal that it's time for you to move

on.

**Related Link:** [Ask The Guy's Guy: What to do if You Find Your Partner Using Online Dating Sites](#)

On the other hand, if a guy has not recently come out of a break up but is still hesitant about dating you, that's another story which does not have a happy ending. When a guy is single and available, yet remains non-committal about dating you, that means one of two things. He's either interested in someone else or he's just not that into you. If either is the case, take a deep breath, exhale, hold your head high, and move on.

After all, do you really want to wait around for a guy who is not jumping at the chance to date you? I doubt it.

Hope this helps. Good luck.

**Related Link:** [Ask The Guy's Guy: How to Win a First Date After Meeting Online](#)

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## **Ask The Guy's Guy: What to do if You Find Your Partner Using Online Dating Sites**





By [Robert Manni](#)

*Question from Anna B (Binghamton, New York): I recently found my significant other (who I met on online) using an online dating website when I was on it. What should I do next?*

## **Caught partner on online dating site, what should I do next?**

The irony to this question is that when you are checking up on your partner online, your profile must be active also. This happened to me a few times and like most singles, I pushed back by asking what she was doing online also. At the time, I thought it was a good idea to keep my options open and in case things did not work out. Truth be told, I was a bad boy and liked window shopping all the beautiful ladies still on the market. Was this fair? Of course not, but at the time I enjoyed meeting new women and did not think I wanted a serious relationship. But all that changed when I was taught a great lesson about dating by the woman who later became my wife.

**Related Link:** [Dating Advice Q&A: Should I Remain Friends With My Ex Online?](#)

When we met online, she'd just returned to the dating scene after a long-term relationship ended. She signed up for a free three day pass on Match and winked at me. I was the only guy she met. I was having fun dating randomly and thought I was in no hurry to settle on one partner. But when after three great dates she asked me why my profile was still active on the site, she was not accusatory and asked in such an innocent way that I thought she was more curious than snooping. It felt like she was honestly wondering why I kept my profile active on this dating site while we were going out.

**Related Link:** [Dating & Technology Q&A: Is It Too Soon For Me To Ask Him To Get Off Dating Sites?](#)

When I thought about it, I realized that I had been dating so much that I'd waded too deep in the online dating pool and forgotten why I was dating in the first place. I was having a blast dating, but deep down, like most singles, I wanted a partner. So, after she asked me this innocent, but loaded question, I told her I'd hide my profile. And it's stayed hidden. The more we dated, the more I liked being with her. She taught me that it was important to give new relationships a fair chance. If things didn't work out, we could reactive our profiles and get on with our lives. Without saying anything more about it, we began dating exclusively and never looked back.

**Related Link:** [Dating Advice Q&A: How Can You Tell Red Flags From Online Dating?](#)

The moral of the story is that if you find your partner's profile is still active online, ask him or her why and what their intentions are. Ask them if they want to date around or give the relationship a chance to grow. This way, you know where you stand without having to juggle partners and sneak



around. I found this to be a more honest way of dating. So, if you're feeling good about someone, consider giving your relationship the best opportunity to succeed by hiding or shutting down your online presence.

Good luck.

*If you would like relationship expert Robert Manni to answer your online dating/relationship questions, please email [gillian@nvmediainc.com](mailto:gillian@nvmediainc.com)*

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## Relationship Advice: 4 Types of Men You'll Meet Online





By [Gillian Lee](#)

In this week's Single In Stiletto's [dating advice video](#), founder and [relationship expert](#) Suzanne Oshima talk to [Robert Manni](#) about 4 types of men you'll meet online. Watch the video above and the article below for good dating tips in your life!

## Different Types of Men You Meet Online

**1. Newbies:** The first type of people you would run into are the "newbies." These men have just recently started online dating, and aren't positive what they are looking for in a woman. Manni explains to us women, "I would recommend to all ladies as a first question when you're with a guy to ask them what they think about online dating." He explains to us to beware of the newbies because it's an idea of "window shopping" for them. Don't forget these guys completely, but instead, keep seeing guys who have experience.

**Related Link:** [Relationship Advice: I'm Scared to Get Back There and Date](#)

**2. Jugglers:** These type of men or women are people who are using various dating sites, and who are "dating up a storm." These people are overbooking dates, and what usually happens is that they would cancel last minute, or ghost you. When you are dating this type of guy, make sure to look out for your heart because they would be balancing multiple people at once.

**Related Link:** [Relationship Advice: You're Scaring Men Off!](#)

**3. Lonelies:** These type of people are the ones who have been dumped a bunch of times, or their wife have just left them. They seek a companion through online dating, but they haven't yet managed their feelings. "These people might be a little needy, and might not know how to manage online dating...starting over can be really difficult for some people..." Manni says to

us.

**Related Link:** [Dating Advice: 3 Things Men Wished You Knew](#)

**4. Realist:** These are the type of guys that you want to meet because “they have confidence in their own skin, like to meet people offline...” This man will be able to show you a good time and be the type of guy you want to date. These men will have more relationship potential for women. But, you have to be careful if somebody is that comfortable in their own skin and have their game together that they won't turn into players, because it's pretty easy. Find a guy that has a cool head, and knows who he is and is respectable to women.

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

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

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## Ask The Guy's Guy: How to Win a First Date After Meeting Online





By Robert Manni

*Question from Gillian L., Manhattan, "Hey Guy's Guy, whats the best way of turning an online connection into a real date?"*

You have a match on your favorite dating app and the conversations online are taking off. You're up for hours talking to your match but you're nervous about meeting in person. How can you be sure to impress on a first date when you've already gotten to know each other? How do you make a successful transition from online to in person dating? Read [dating advice](#) from our [relationship expert](#) Robert Manni!

## **Score That First Date!**

We live in a wired world so these days connecting with new people often begins online. As a result, in business and dating, we need to develop an authentic, online voice that others like and can relate to. We make our connections online with a goal of meeting in person to close the deal.

When it comes to dating, after making a new connection online, scoring an in-person meeting can be challenging. With all the texting and emails we send each day, online communications are second nature for us. As a result, some online daters become nervous when it comes to leaving their comfort zone behind the keyboard and actually meeting someone new in person. But, it must be done because no matter how much texting or how many Facebook or Instagram posts you share, romantic connections only happen when you meet face-to face.

**Related Link:** [Can Technology Make Long-Distance Work?](#)

So, after you've made a potential online love connection how can you quickly and seamlessly move the process ahead? First, keep the online correspondence brief and always pointed towards the ultimate goal of meeting in person. What's worked for me is after exchanging a few brief texts or emails with someone new, I send my number and suggest a phone call. As a guy, this validates that I am who I say I am and is sharing my real phone number. It's a minor display of truth and vulnerability.

**Related Link:** [Is It Weird If He Doesn't Call Back After A Date](#)

If the woman is interested she would usually send her number. Then, I make the first call. The process may work a bit differently for women. If you are interested in a guy and he's dragging his feet, if everything else feels right send him your number or ask for his. The goal remains the same; exchange numbers and have a phone call. Energy is exchanged when you hear a person's voice for the first time and hold a conversation with them. A phone conversation is a qualifying step before you decide on meeting someone new.

**Related Link:** [Why Do Men Ask For Photos?](#)

I suggest keeping the call brief. It's easy to get excited and share too many personal details with someone new, but you also can waste a lot of time chatting on the phone with someone

that you don't feel the sparks for in person. Keep the call short and keep the process moving. If things feel right, before breaking off the call, casually suggest meeting up and continuing the conversation in person. Drinks, coffee, whatever feels right for a first "date". If the guy shows any hesitation and does not jump at the chance to meet a woman as dynamic as you in person, move on.

Hope this helps. Good luck!

*For more dating advice and to find out more about our dating and technology guru, click [here](#).*

*If you have any questions you would like answered by our relationship experts, please e-mail them to [cupid@cupidspulse.com](mailto:cupid@cupidspulse.com).*

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## **Dating & Technology Q&A: How to Win a First Date After Meeting Online**





*Question from Andrew L: It's easy to look good online. There's photo editing and time to plan what to say. When you finally meet someone in person after connecting online, there's only one chance to impress. How can I make sure a first date is a win?*

You have a match on your favorite dating app and the conversations online are taking off. You're up for hours talking to your match and find that you're both interested in each other. But how can you be sure to impress on a first date when you've already gotten to know each other? How do you make a successful transition from online to in person dating? Read [dating advice](#) from our [relationship experts](#) Suzanne Oshima and Robert Manni!

### **Dating Advice to Help You Successfully Transition from Online Conversations to a Killer First Date!**

[Suzanne K. Oshima, Matchmaker](#): Online dating can seem like a major convenience for people that are too busy to get out there and meet people, but technology can be a setback when it comes to actually meeting someone face to face. In order to win that first date after meeting online, it's important to be



the best version of yourself– both inside and out. When you're able to achieve that level of confidence and self-love, that's when the right man will ask you out.

Having high self-esteem, knowing your self-worth, and understanding exactly what you have to offer a man is key. If you believe it, then he will see it, too. You'll be on your way to that first date in no time! And if he can't see that an amazing woman is right in front of him, then he's probably the wrong man for you!

**Related Link:** [Relationship Advice: Can You Fall in Love Just By Chatting Online?](#)

[Robert Manni, Guy's Guy](#): There are so many dating apps and websites that today's singles often overanalyze things after making an online connection, sadly never scoring an actual date. When I was single and dating online frequently, I became comfortable approaching women online and responding to the ladies who contacted me first.

If I felt attracted to how a woman presented herself online, I'd send a short note and ask an open-ended question about her profile. If she responded, I'd send my digits. If the woman was still interested, she'd invariably send me her number and I'd make sure to call her by the next day. I'd keep the conversation short and, if things felt right, I'd suggest meeting. This usually led to a first "date" over a beverage. After that first face-to-face meet up things either moved forward or went nowhere. It was that simple.

So, if you see someone you like online, be cool, but make your move. Don't overanalyze. Trust your gut, but keep an open mind. There are a lot of cool people out there just like you. Remember, dating is a fun sport. Good luck.

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## **Dating & Technology Q&A: Should You Delete Pictures of a Long-Term BF?**



*Question from Mara S.: My ex and I broke up after having a long-term relationship. Should I take pictures of us down from*

*social media now that I'm seeing someone new or should the new guy in my life understand that my ex and I had a long history together?*

Technology makes it so easy to share with the world the things that matter to you. It's normal to post memories that you want to hold onto, but beware of what message your social media is sending. When you are interested in someone, you devour everything online about them in hopes of learning something new. That's true for someone interested in you. What do you want someone to learn about you from your photos online? Read below for [dating advice](#) from [relationship experts](#)!

### **Technology Dating Advice that Helps You Know When to Delete Pics of Your Ex**

[Suzanne K. Oshima, Matchmaker](#): While you and your ex had a long history together, it's time to take the pictures down and move on with your new guy. There's a great quote by T.D. Jakes that best sums it up, "You can't drive forward looking in the rearview mirror."

[Robert Manni, Guy's Guy](#): My answer is a resounding yes. When it's time to move forward, take down all photos from social media of you with your ex. If you want a new beginning, especially with someone new, you need to send him the right signals about your availability. The past has merit. We live, we love, and we learn, but there must be a reason your former boyfriend is now your ex. If you're having a hard time deleting photos of him off social media, perhaps you are not quite ready to move on. If you truly want a new beginning, then start fresh on social media and give your new suitors the opportunity to see who you are right now. If things work out, they could be the luck one in your pictures. Good luck!

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*relationship experts, please e-mail them to cupid@cupidpulse.com.*

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## **Dating & Technology Q&A: How to Use Technology to Prevent Your Relationship Going Stale**



*Question from Kirstie W: When my boyfriend and I first started dating, our texts were fun and exciting. When we saw each other at the end of the day, we still had a lot to talk about*

*even though we had been texting all day. After being together for six years, texting is non-existent and when we do see each other all we talk about is work. Conversation is getting stale; help!*

Long-term relationships face unique challenges. Conversations can be much more in depth because you know each other better. At the same time, conversations can run dry because you already know so much about each other. After awhile, talks are less about discovery and more about supporting each other. This [dating advice](#) from [relationship experts](#) Suzanne Oshima and Robert Manni will help bring excitement back into any relationship!

## **Dating Advice for When Relationships Go Stale**

[Suzanne K. Oshima, Matchmaker](#): Ironically, the effectiveness of our communication with our partners can be damaged by the technology that we surround ourselves with every day. When you're both busy and working throughout the day, it can be difficult to keep in touch and talk about work over technology. When you get home, try to make it a rule to only talk about work for the first 30 minutes of your conversation, and make sure it's about something you need advice or insight on from your spouse.

After that, focus on your relationship and the fun things about your life together, whether it be date nights, your love, or future plans. This way, you'll be able to foster an environment at home with your relationship as the focus without the noise and distraction of technology between you. Keep things real by engaging in face-to-face conversations, and you'll feel much more connected with your partner as a result.

**Related Link:** [Dating & Technology Q&A: How Do You Handle Dating Someone with an Internet Persona?](#)

[Robert Manni, Guy's Guy](#): The issue here transcends technology. It seems that your day-to-day relationship has become expected and you're counting on technology to solve your problem. Technology can be a helpful tool for keeping the connection strong, but it's a means to an end. I'm sure your partner would welcome fun and sexy text exchanges throughout the day, but the real issue is finding ways of maintaining true intimacy when you are together.

I suggest making it a priority to live in the moment when in each other's company. That means being present: verbally, physically, and even spiritually to maintain your loving connection. Try discussing more than your work when you meet up, even after a hard day. Make it a priority to share meals, drinks, physical intimacy, and your true selves on a regular basis. Technology provides a way of staying connected during the work day, but the most important way to keep the embers glowing is to make the most of your time when you are face to face. Good luck.

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