

# Q&A: Should I Delete or Unfriend My Exes on Social Networks?



*Question from Shelby F.: Whenever a guy and I breakup, I always wonder if I should completely delete him from my life. A part of me thinks it's a good idea because then I won't be tempted to see if he's tagged in any new photos with new girls, but the other part of me doesn't want him to think I'm so bitter or immature that I can't stand him coming up on my newsfeed. What should I do?*

**Answer from Our Love Experts:**

[Suzanne Oshima, Matchmaker](#): When it comes to social media and

an ex, there really isn't a clear-cut answer. It really depends on how the relationship ended and how you feel about him. If the relationship ended amicably and you feel you can still be friends with him, then it's fine to stay connected to him on social media.

However, if the relationship ended on a bad note, then why would you want to torture yourself by seeing him with his new girlfriend? Unfriending him or deleting him really isn't about being bitter or immature; it's more about your well being and moving on with your life. What he thinks about it shouldn't really matter to you, as you are no longer together.

[Paige Wyatt, Reality Star](#): It's totally understandable if you feel the urge to check up on your ex every once in a while, but know that it's not healthy. Keeping an eye on him will never give you the chance to completely get over him and move on, especially if he posts pictures with other girls. Seeing him having fun or with another woman will drive you crazy, even if you tell yourself you're happy for him!

The best thing to do after a break-up is wait until things have settled and neither of you are upset, which might take a few weeks. Then, unfriend him. This way, he won't think it's you taking a stab at him, and he will more likely realize you're just working on getting over him, which is exactly what you're doing!

[Robert Manni, Guy's Guy](#): This is a personal decision that is entirely up to you. A lot depends on the individual circumstances of how things went down with each guy. If you had an amicable split and somehow managed to remain friends with your ex (it *can* be done), then keep your social media lines of communication open. However, if you experienced an uncomfortable break-up that left behind some emotional residue, it might be best to sever your social media ties with him, so you're not reminded of a bad situation.

Notice I have not mentioned or factored in what he thinks. That's because this is *your* decision, and what he thinks about your social media doesn't really matter. And if it does, then maybe you still have feelings for him.

For more information on our three dating and technology gurus, click [here](#).

If you have any questions you would like answered by our experts, please submit them on our [Contact Page](#).

**Do you delete or unfriend your exes on social networks? Tell us in the comments below!**

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# **Single in Stilettos Show: 5 Ways Women Sabotage Themselves with Men**





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to dating expert Robert Manni about five ways that women sabotage themselves with men when it comes to dating. Ladies, the biggest mistakes that you tend to make include: always being "plugged in" and never letting go of your smartphone; not fishing where the fish are; traveling in groups; sticking too closely to your checklist of must-haves in a guy; and breaking up with him too soon. If you want to find true love, stop sabotaging yourself and learn how to avoid these pitfalls!

**Related Link:** [5 Things Men Wish Women Knew About Them](#)

For more information about Single in Stilettos shows, click [here](#).

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

**Ladies, what's the biggest dating mistake you make? Tell us in the comments below!**

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# Q&A: Is It Bad to Double-Text a Guy?



*Question from Kelsi W.: I've been texting back and forth with a guy I recently met. We'll be having a good conversation, but occasionally, he won't respond to something I say. Is it bad to text him again later on about something else, or should I always wait until he texts me back?*

**Answer from Our Love Experts:**

[Suzanne Oshima, Matchmaker](#): In the early stages of dating, it's a push/pull dynamic, so if you keep trying to pull him towards you, he might start to push you away. If you have a



great conversation and he doesn't respond to something you say, then just leave it be. If you text him again, it may come across as a little desperate, and his response might be to ignore you even further.

Trust me, if a guy likes you and is interested in dating you, he will pursue you and text you. But if you're doing all the pursuing...then how can you ever really be sure that he's interested in you?

Robert Manni, Guy's Guy: Not knowing the context of your texts or how many you're sending each day, I sense a bit of insecurity here. Unfortunately, texting has replaced real conversation and meaningful dialogue between two potential partners. I'd give the guy a pass if he doesn't respond to each and every one. He may read them and mentally acknowledge your message before returning to whatever he's doing. If you feel a need to close the loop on each text, I suggest picking up the phone or meeting him in person.

Don't take it personally if you find out that not every guy has the time or the desire to text back and forth until closing each thread. That said, you deserve his respect and shouldn't allow him to blow you off if that's what he's doing. But keep in mind that texting is only one part of getting to know someone. A phone call or a glass of wine are great ways to better connect. And wouldn't you prefer to hear your partner's voice and see his smiling face rather than read his text message?

Paige Wyatt, Reality Star: When it comes to texting, people are often hard to read, especially someone you've just met. Try to get a sense of how he feels about you from the texts you do receive. Does he seem enthusiastic and interested in you? Or is it more of a bland, boring conversation?

If he seems really into you, then he's probably just busy and might not be able to respond. If that's the case, you should

shoot him a sweet and simple text just to say you were thinking of him and ask him to text you when he can. If he isn't very into the conversation or seems distant, you may want to wait until he texts you again.

Remember that every guy is different when it comes to texting. Some love to talk all day, while others hate it. It's all a matter of getting to know him and his style of communication.

For more information on our three dating and technology gurus, click [here](#).

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**Cupid wants to know: Do you think it's okay to double-text your crush?**

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## **Q&A: When Is It Appropriate to Send an Event Invite via Facebook?**





**Question from Amanda G.:** *My college roommate just invited me to a wedding reception via a Facebook “event”. While I understand the family’s need to save money, I find it classless and tacky. So when is it appropriate to send an event invite via Facebook? Should I let her know that I didn’t find this appropriate?*

**Answer from Our Love Experts:**

[Suzanne Oshima, Matchmaker](#): While I’m not an etiquette expert by any means, if she sent you a Facebook event invitation to the wedding ceremony, that would be quite inappropriate. However, this is an invitation to the wedding reception. While a formal invitation to the reception would have been ideal...let’s face it, wedding receptions are very expensive. Apparently, she’s on a tight budget, so I’m sure she felt this was one of the ways she could cut back on expenses.

It is her wedding, so try not to be so judgmental about something so trivial as an invitation. And just try to be a good, supportive friend who is happy for her about her wedding – I’m sure you would want her to do the same for you!



[Robert Manni, Guy's Guy](#): Being invited to a friend's wedding is an honor. Although you wouldn't choose a Facebook event for your own wedding invitations, this is a personal decision, and it isn't *your* wedding. If you feel strongly about her choosing to use Facebook for the invitation, you can always decline...via the Facebook event page.

If you decide to attend her special day, leave your judgements at home. After all, you don't know why she elected to use Facebook events for her wedding invitation. It could have been a financial issue, and if so, as a friend, you have to respect that and have the tact not to make her feel bad about it.

[Paige Wyatt, Reality Star](#): Finding new, innovative ways to make a wedding – and the wedding planning easier – is important to every bride-to-be. That being said, a Facebook invite may be a little inappropriate for a wedding, but there is no point in bringing it up to your roommate since it's already been sent. Everyone has their own style and vision for their wedding, and maybe the reception invitation was less important to her than the other factors.

An appropriate event to send a Facebook invite for would be much more casual soiree, like the housewarming party *after* the wedding.

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**When do you think it's okay to send an event invite via Facebook? Share your story below!**

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# Q&A: How Can I Ask My Friend to Stop Being Dramatic on Twitter?



**Question from Emma P.:** *My best friend is a Twitter addict, and although I find her tweets hilarious, whenever her and her boyfriend are having issues, my timeline turns into a soap opera. How can I get my friend to stop the dramatics?*

**Answer from Our Love Experts:**

[Suzanne Oshima, Matchmaker](#): When it comes to social media, you're always going to have a friend or two who are complete drama queens and feel the need to publicly vent about their love life for the whole world to see. While you can tell your

best friend to stop being dramatic with the public soap opera, I have to warn you that you run the risk of it negatively affecting your friendship. She probably won't want to hear it from you, even though you may be right.

If you really enjoy her humorous tweets when she's not having issues with her boyfriend, then I highly recommend you accept what you can't control...which is her life and how she chooses to tweet. And if you just can't accept it, then you should stop following her on Twitter because that's something you *can* control!

[Robert Manni, Guy's Guy](#): One of the challenges we face with so much technology at our disposal is that people no longer confront their problems face-to-face or even by phone. Texting, e-mail, Facebook, and Twitter are great ways of conveying digestible snippets of information, but using these mediums to deal with emotional issues can be problematic. After all, it's hard to make an emotional connection in 140 characters or less. Your friend's tweeting as a way of dealing with her boyfriend is, ironically, probably exasperating what's wrong with her relationship. Instead of tweeting it out, she'd be better off talking things over with her boyfriend.

You can't address your timeline issue by tweeting back. Instead, reach out to her by phone or meet up in person to make a real connection where you can tell her how you feel. If she thinks that your getting together is "interrupting" her life, you might ask yourself is she really worth having as a friend.

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**Have you dealt with a friend who shared her relationship drama**

on Twitter? Share your story below!

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## Q&A: Can I Ask My Boyfriend to Delete Facebook Pictures with His Ex?



**Question from Stephanie K.:** *My boyfriend dated his high school sweetheart throughout college and they broke up two years before he met me. I just realized he's tagged in pictures with her from college. Is it wrong of me to be jealous about that? How do I ask him to remove those pictures?*

## Answers From Our Love Experts:

[Suzanne Oshima, Matchmaker](#): While no one likes to be reminded of their current boyfriend's ex's, the fact is everyone has a past relationship history. Your boyfriend does, and you do too. He was tagged in those photos well before you started dating, and it wasn't an issue until you realized that they existed. I'll bet that he has completely forgotten that he was tagged in those photos, and if you bring it up now, it's going to appear to him that you were "snooping" around in his stuff and that you're really insecure and jealous about the relationship. If your boyfriend is a great guy who treats you well in all other ways possible, then why let something so trivial as old photos bother you?

Paige Wyatt, Reality Star: Seeing pictures of your boyfriend with his ex is always weird, and it's totally normal to be jealous. Sure, the pictures are nice memories for him, but they make you think that he's not over his past relationship. It is completely appropriate for you to ask him to take these photos down, but you have to do it in a way that won't make you seem controlling or jealous. When bringing it up to your boyfriend, you need to make him understand that the pictures bother you because it feels like the memories you make with him have to compete with the memories he had with her. Another way to explain it to him is to say that you want to be the only girl he thinks about and these photos make you wonder if he's still into his ex.

[Robert Manni, Guy's Guy](#): If it's simply about photos on Facebook, here are my thoughts: If, after two years, your boyfriend still keeps photos of his ex on his Facebook page, it's reasonable to ask him to take them down. As far as his being tagged with her on other people's pages, I suggest leaving that alone. However, from my experience, relationship issues are never that simple. Could it be that your concerns with his tagging are symptomatic of other looming issues or



insecurities about your relationship? Is it because things are not working out the way you had hoped and the concern with tagging is really about your fear that “he’s just not that into you” or that he’s cheating? It’s time to ask yourself what’s your hesitation in speaking to him about this issue. It might be helpful to explore your own feelings before having “the talk.” In any case, if he hesitates to take the photos down, that’s a red flag. Remember that you deserve better.

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**Did you ask your partner to delete photos with their ex on Facebook? Share your story below!**

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## **Giveaway: How to Run an Ad Campaign to Get More Dates**





*This post is sponsored by Robert Manni.*

By Robert Manni

In my novel, *The Guys' Guy's Guide to Love*, our main character, Max Hallyday, writes a column for a women's magazine doling out regular guy-style sagely advice to the ladies. He advises them about how men think and how to get them eating out of your hand. He takes a tough love approach, but he is honest and well intended. As a result...well, you'll have to pick up a copy of the book to find out what happens.

Let's follow Max Hallyday's lead and find out how to successfully advertise yourself in order to find lasting love.

Whether you're selling love or mayonnaise, the same rules apply. Here are five steps:

### **1. Know your target market.**

Men and women spend a lot of time trying to figure each other out, but they may not take the time to explore what is going on within the culture of the opposite sex. For example, do you think guys know that today's women have different needs?

In the past, relationships had major financial implications. Guys paid. Today, women are self-sufficient, so guys need to address a woman's other needs. For guys, this is a very good thing as long as they are interested in fun, friendship and really getting to know a woman.

## **2. Know your brand.**

Look at how challenging it is for people to draft an online dating profile. There's so much going on around us that many folks do not take the time to sort out who they really are and what they really want. They usually want a lot of things, but a lot of it is reactive and propagated by the media. Do you really need hair like Jennifer Aniston or a booty like Kim Kardashian?

**Related:** [New Dating Apps to Manage Your Love Life](#)

## **3. Know what your target wants.**

Yes, that means that it is not all about you. That may be news to some, because many women and men feel entitled to the object of their desire, just because. C'mon, you've been there. If single men and women shifted their focus to what their prospective paramour really needs, there would be a sea change in dating. This is an area that is most often overlooked.

## **4. Be fresh and fun.**

It's easy to fall into line and continue following the same routine. Everyone is crazy busy, and who has the time to be creative anymore? You do. When you start thinking out of the box, your prospective partner will know and appreciate that you went the extra mile for them, whether it be a picnic for two in the park with a bottle of their favorite Chardonnay or tickets to the Met. Going the extra mile is noticed and appreciated. I still remember all the good things about a past relationship because of that stained glass window she had

custom-made for me featuring a seascape since I have a place near the ocean. That was cool.

**Related:** [Date Idea – Inspire Your Date with Art](#)

## 5. Ask for the order.

If you feel that you've done your homework and know who you are and who he or she is, and you still think that there is a chance that you'll avoid a battle to the death over who gets the iPad, then go ahead and let him know that you are available and that you've got what it takes to rock his world. Most likely he'll be more than appreciative. He'll be yours.

*Robert Manni is the author of The Guys' Guy's Guide to Love and is a successful advertising industry veteran who has experienced the NYC single life first-hand for many years. His book offers an insider's look at New York's cutthroat yet alluring agency and media world, as well as a Madison Avenue perspective on how to use one's "creative selling" skills to seduce, date and sustain a relationship in a city full of savvy men and women.*

~~**GIVEAWAY ALERT:** Cupid's Pulse has teamed up with Robert Manni to give a copy of The Guys' Guy's Guide to Love to one lucky reader! To enter, comment on this post below. Please be sure to use your real email address so we have a way of contacting you if you win — don't worry, your address won't be shown. If your email is not included, you will automatically be ineligible to win. This giveaway will run until **11:59 PM EST on Wednesday, November 30.** Good luck!~~

**This giveaway is now closed.**

**\*Contest restricted to residents of USA/CA**