

# Antonio Sabato Jr. on His 'DWTS' Journey So Far: "I Have a Passion with Everything I Do"



By [Sarah Batcheller](#)

Impressed doesn't even begin to sum up the fan's opinion of Antonio Sabato Jr.'s Bollywood performance during partner switch-up week on ABC's *Dancing with the Stars*. While viewers missed his dynamic dancing with partner Cheryl Burke, he and Allison Holker really turned up the heat with kicks, jumps, and stunts. Much to Sabato's pleasure, judge Julianne Hough noted his passion and said he was "most improved." Find out more from the *Fix It and Finish It* host in our [exclusive](#)

[celebrity interview](#) below!

## **Exclusive Celebrity Interview with Antonio Sabato Jr. About 'DWTS**

**What was running through your mind when you found out you were dancing Bollywood?**

**ASJ:** Excitement! I was very excited because I love Bollywood. I knew it would be fun and was very happy to get to do it.

**Allison mentioned how high energy this dance is. Was it harder to learn than past dances because of the quick pace?**

**ASJ:** In some ways, it was, and in some ways, it wasn't. The good thing is that I felt really comfortable in it from the beginning. Actually, I'm feeling more comfortable with dancing as a whole. Some weeks, it's hard, and some weeks are easier, but I love all the challenges. I think I had more fun learning Bollywood because it's a happy kind of dance, and that made it a fun challenge.

**Related Link:** ['DWTS' Star Antontio Sabato Jr. on Switch-Up Partner Allison Holker: "I Couldn't Ask For Anyone Better!"](#)

**How did your chemistry with Allison compare to it with Cheryl? Did you agree with the judges when they noted the disconnect between the two of you?**

**ASJ:** It's about the dance and what we tried to do. There's a chemistry when you dance with a great partner, and it worked with Allison as well as Cheryl. They're both amazing dancers, and I'm fortunate to dance with Cheryl and to work with Allison. I've never danced before, so I'm learning as a student and come in with no expertise.

No, I didn't agree with the judges. That was their opinion as judges. I know that I had a great time in the dance. They are

supposed to judge, and it didn't take away from what we did on the floor.

**We love that Julianne commented on how passionate you are each week – that had to feel good! Where does that passion come from?**

**ASJ:** I have a passion with everything I do. When I do something, I want to do it the best I can. I take pride in the life I have and the choices I make. I'm blessed to be on a show like *DWTS*. I guess the passion is in my blood – the passion to work hard on something. I'm Italian, and we are a very passionate people.

**Julianne also called you “most improved” on *Good Morning America* last week. We'd love to know your thoughts on this sweet comment!**

**ASJ:** HUGE compliment coming from her. I totally respect her as a dancer, a performer, and now a judge. As soon as I see her, I will thank her and let her know how grateful I am for what she said.

**What was it like watching Cheryl dance with Alfonso Ribeiro? Any jealousy?**

**ASJ:** Nah, I was happy for both of them. They were so good. Alfonso has been dancing his entire life, and I've been looking forward to watching people that know how to dance get to dance. It's so fun to watch. I was very supportive of both of them, especially Cheryl.

**Is there anything you learned from Allison that you'll be using during training this week?**

**ASJ:** I'm learning so much from every dance I do, and I enjoy every different move and song. I learned with Bollywood to relax even more and to have more fun. I've learned to pay attention to every step and to loosen up. That's what I'm

going to take with me this week as I do the Salsa with Cheryl.

**Related Link:** ['DWTs' Pro Tony Dovolani on Betsey Johnson: "She's Never Felt Pretty in Her Life"](#)

**When we first spoke with you, you mentioned your family would be in the audience each week. What sort of feedback have they been giving you?**

**ASJ:** My family is being very supportive of me. They love the show; they love to dance; and they love to get to see me dance. We're always there together, and it's a blessing. They love it. All my friends come and see me and support me, and it makes it so special.

**Lastly, you're still shooting *Fix It and Finish It* while you're competing. How is Louisville?**

**ASJ:** We had our last shoot there on Friday, and now, our crew moves to Cleveland. I really love the city a lot, and hopefully, I can run into LeBron!

*Follow Antonio Sabato Jr. on Twitter @antoniosabatojr. Watch him on Dancing with the Stars on Mondays on ABC at 8/7c!*

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**10 Films About First Love  
that Make You Want to Fall in  
Love All Over Again + A  
Giveaway!**



*This post is sponsored by The Best of Me.*

By [Sarah Batcheller](#)

It's not hard to remember being a teenager, curling up on the couch with your mom, your best girlfriends, or your first boyfriend, hitting the lights, and watching a movie about first love. In those days, the stories of the star-crossed, wild-at-heart, or shy lovers were peepholes into what you hoped would be your own love story one day. They inspired you to see the potential for love in each day and to be wholly devoted when you found it yourself. Even though you're a bit (or a lot) older now, you may find yourself in a situation and still think, "Oh my gosh, this is just like that scene from *The Notebook*!"

It's no surprise that film adaptations of novels by Nicholas Sparks have received widespread acclaim for portraying loves of the century. This Friday, yet another of these Sparks

stories is premiering on the big screen: *The Best of Me*. Cupid was inspired by the new movie to bring you a list of our favorite films about first love (in no particular order). Spoiler alerts ahead!

**1. *The Notebook*:** We had to start our list with *The Notebook*. In the film, Allie and Noah meet as teenagers. Noah lives in a small town in South Carolina where Allie's family vacations in the summer. They are torn apart when Allie's parents, who despise Noah for his lower-class status, force their daughter to go home early. The ups-and-downs they endure through the years – both together and apart – make for an epic love story. The most beautiful part is that the tale is being told by an elderly Noah to his wife Allie, who has dementia. Cue the tears!

**Related Link:** [5 of the Sweetest Movie Moments](#)

**2. *The Girl Next Door*:** This one you probably didn't watch in your pre-teens, but it's still a pretty epic love story. Matthew, a high school student looking to attend Georgetown University, falls in love with Danielle, the girl who moves in next door. Matthew finds out from his friends that Danielle is an ex-adult film actress and accidentally insults her for it. He wins her back but not before an intense encounter with her ex-boyfriend.

**3. *Never Been Kissed*:** Josie Geller, a writer for the *Chicago Sun-Times*, poses as a high school student in order to write a piece meant to inform parents on their kids' behavior. Josie, who was a nerd in high school, is forced by her boss to become one of the popular kids in order to beat out other newspapers with the more interesting stories. While working on the assignment, she falls in love with her English teacher Sam. She nearly loses him when he discovers her true identity but hopes that her newspaper article will win him back. You'll have to watch and see what happens!

**4. *A Walk to Remember*:** This Nicholas Sparks tale is the tear-jerker of all tear-jerkers. Landon and Jamie first meet when Landon is being punished for playing a horrible prank on a classmate. Despite teasing from Landon's friends, they become close when Jamie begins helping Landon with his lines for a school play. They begin a beautiful relationship, and Landon helps Jamie achieve her list of things to do in her lifetime, a lifetime that will be cut tragically short by terminal leukemia. He stays by her side as she battles her illness, and true to his dedication to help her achieve the items on her list, he marries her in the same chapel her parents were wed. Ultimately, his first love changes Landon for the better.

**Related Link:** [5 Best Steamy Movie Kisses](#)

**5. *The Best of Me*:** This film, being released this Friday, October 17th, has been widely anticipated by Nicholas Sparks fanatics and romance movie junkies alike. The story follows Dawson and Amanda, who were high school sweethearts. Twenty years after their split, they reunite in their hometown to attend the funeral of a close friend. Amanda is now married and a mother, but the passionate love she once felt for Dawson ignites again. We can already see ourselves curled up on the couch with our besties, rooting for these characters to find their happy ending (although we know better than to think that with Sparks at the wheel!).





A young Dawson and Amanda in 'The Best of Me'. Photo courtesy of Relativity Media / Mammoth NYC.

**6. *Sweet Home Alabama*:** Melanie and Jake fell in love as kids and eventually married. When Melanie left him to pursue a career as a fashion designer in New York City, Jake refused to sign their divorce papers. Melanie, who has hidden her Southern roots with a fake last name, travels home to Alabama upon becoming engaged to the mayor's son Andrew and hopes to end her first marriage. While in Alabama, she remembers what she loves about her friends and family. Soon enough, Andrew shows up and discovers the truth about his fiancé. What happens next is anyone's guess!

**7. *Like Crazy*:** Jake and Anna meet in college in Los Angeles, where Anna is an exchange student from London. They immediately fall in love, but as soon as graduation hits, her student visa expires. Anna's legal troubles continue, and the couple has to fight even more for the love they share.

**8. *My Girl*:** This tragedy is particularly heart-wrenching. Vada struggles with understanding life – because of her father's profession as a funeral director, because she lives in a



funeral home, and because she blames herself for her mother's death, which occurred shortly after she gave birth to Vada. Her best friend Thomas accompanies her everywhere, even on her frequent visits to the doctor's office (living in a funeral home has made her a hypochondriac). A tragic loss causes Vada to struggle even more but not before she discovers what true love is.

**9. *Grease*:** We all know the lyrics to this upbeat soundtrack, don't we? Sandy and Danny fell in love over the summer, but sadly, Sandy has to return to her home in Australia. Suddenly, though, her parents decide to stay, and Sandy heads to Rydell High School, where Danny attends. Danny, who is a greaser, tries to keep up his macho act in front of his friends, upsetting good girl Sandy. Of course, thanks to music, the two eventually end up back in each other's arms.

**Related Link:** [From Bestseller to Film comes 'The Fault in Our Stars'](#)

**10. *The Fault in Our Stars*:** Hazel and Augustus meet in a cancer patient support group in Indianapolis. Augustus's illness caused him to lose his leg, while Hazel's cancer is slowly destroying her lungs. The two become close and agree to read each other's favorite novels. They track down the author of Hazel's nominated book down in an effort to find out answers regarding the sudden, mysterious conclusion of the book. Based on a true story, their journey is sure to tug at your heartstrings!

These wonderful movies can really help you understand what all different types of love can look like but even with hundreds of movies out there, it is sometimes extremely hard for a man [to know when a woman is attracted to you sexually](#) if there are no clues or signs. Hopefully, these movies will give you some tips and clues.

~~**GIVEAWAY ALERT: One lucky reader will receive a *The Best of***~~

~~Me prize pack, including a branded hoodie, branded lip balm, branded tote bag, branded Kleenex box, branded coffee mug, The Best of Me book by Nicholas Sparks, a soundtrack from the film, a mini poster, and a \$25 Fandango gift card. To enter our giveaway, email cupid@cupidspulse.com with your full name, address, email, and daytime phone number BEFORE 5 p.m. EST on October 30th. In the subject line, please write "The Best of Me Giveaway." You can also enter [via Facebook](#). You can enter the contest only once. Good luck!~~

Giveaway is now closed. Thank you to all who participated!



Photo courtesy of Relativity Media  
/ Mammoth NYC.

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# 'Lucky Dog' Host Brandon McMillan Shares Dating Advice: "Plan Your Moments For and With Each Other"



By [Sarah Batcheller](#)

Coming from a family of circus animal entertainers, [Brandon McMillan](#) was introduced to the world of animal training at a young age. Beginning with wild animals like tigers and moving

on to household canines, he has a long-running love for adrenaline and has mastered the art of command and diligence. On his CBS series *Lucky Dog*, the animal lover shows off his training skills: Beginning by adopting lonely dogs from shelters, he brings them back to Lucky Dog Ranch to be trained. He then finds homes (often with owners for whom the dog can provide service) for the lucky dogs. In our exclusive celebrity interview, the television star opened up about season two of his hit show and his best [dating advice](#) to consider before bringing a furry friend home.

## Exclusive Celebrity Interview with ‘Lucky Dog’ Host

The canine transformer reveals that the current season of *Lucky Dog* involves having a lot more fun and says, “I like to outdo everything I’ve done before.” He mentions that he will even be teaching an eight-year-old doberman mix to stand on a paddle board, joking about the adage, “You can’t teach an old dog new tricks.” Plus, he shares that there will be a lot more service this year as well; for example, he trains a dog to assist an injured war veteran.

**Related Link:** [‘Lucky Dog’ Host Brandon McMillan Says, “If I Can’t Laugh Constantly with Someone, It Won’t Work Out”](#)

The Lucky Dog Ranch owner wants his viewers to remember “never to underestimate the power of a shelter dog.” He explains, “There’s an old myth that shelter dogs are damaged goods, when in reality they’re just as trainable, if not more trainable, than breeder dogs.” The circus veteran says that, as a teenager, he wanted to make all the money he could training animals, and now, at 37, he wants to make all the difference he can.

# Dating Advice for Couples Who Want to Adopt a Pet

McMillan advises couples who are looking to rescue a pet together to remember to compromise. For example, if one partner likes smaller, fluffier dogs, and the other likes bigger dogs, they'll have to find a way to meet in the middle. He encourages them to "spend week after week at the shelter rather than going off of an immediate reaction or face value. It's important to remember that a dog's personality is more important than how aesthetically pleasing he is." Once the couple does have the dog, he suggests the more patient person train him, while the more energetic one exercises him.

If you already have a pet who's not quite sure about your new boyfriend, you may want to take your dog's reaction seriously. The *Lucky Dog* host humorously recalls that women he knows often utilize a golden rule of, "If my pet doesn't like you, then I don't either." He laughs about this dating advice, saying, "If a woman says her cat hates a man she's seeing, then that man is toast!"

As far as his own love life goes, the animal trainer is single, attributing his relationship status to the fact that 23 hours of his day are dedicated to *Lucky Dog*. "Unless a person can dedicate 51 percent of their time to another person, they're not ready to be in a committed relationship," he shares in our exclusive celebrity interview. Even though training dogs for service is his priority now, he can see himself settling down with someone special in the next couple of years. So be on the lookout, ladies!

**Related Link:** [Dating with Dogs: Picking Out a Pet Together](#)

The adrenaline junkie's first love was the thrill of training wild animals, and in his opinion, if two people's interests are too different, then the relationship is a no-go. He feels

like his thirst for adventure and desire to do activities like skydiving or swimming with sharks has been incompatible with partners in the past and therefore a deal breaker.

The busy trainer's dating advice for those with careers that cause them to travel often, like his does, is to make sure every minute is quality time. "No sitting on the couch watching trash television! Really plan your moments for and with each other. Saying 'I'm too tired' leads to trouble," he believes.

*Fans can keep up with Brandon on Twitter @BrandonMcMillan. Be sure to catch Lucky Dog weekend mornings on CBS!*

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## **'DWTS' Star Antontio Sabato Jr. on Switch-Up Partner Allison Holker: "I Couldn't Ask For Anyone Better!"**







By [Sarah Batcheller](#)

Antonio Sabato Jr. is still impressing fans with what seems like natural-born talent on *Dancing with the Stars*. Last week, judge Carrie Ann Inaba called him “the heartthrob of the season” after he performed the Samba with partner Cheryl Burke. He also won over the audience by dedicating the performance to his mother and paying tribute to the year his family came to the United States. This week bares new possibility, as Sabato and the other contestants switch partners. The *General Hospital* actor is looking forward to dancing Bollywood with new pro Allison Holker – read our [celebrity interview](#) below to find out more about their training!

**How did learning the Samba compare to the other dances you’ve done this season? Do you have a favorite so far?**

**ASJ:** They’re different in technique, but to me, they’re all new, so they’re all challenging. They are a lot of fun and having Cheryl teach me has made the challenge that much more enjoyable. Right now, I don’t have a favorite one. So far,

each one has been unique in its own way – it's hard to say!

**Related Link:** ['DWTS' Star Antonio Sabato Jr. on Dancing with His Wife: "It Will Be So Special for Us Both"](#)

**We love that you dedicated this week's dance to your mom. Anything you can share about the support she's given you during *DWTS* so far?**

**ASJ:** My mom comes from the dancing world, so her guidance has been invaluable. She advises me on how to relax more and gives me tips for my posture. She's been amazing, explaining to me how to attack a dance through feeling the music and through your body. Those things have been very helpful, and I am so indebted to her for her support.

**How did it feel when Carrie Ann called you "the heartthrob of the season"?**

**ASJ:** Hey! I was flattered. Anything coming from the judges is helpful and very kind. I take it as compliment from her, as beautiful as she is.

**You looked a bit disappointed when the judges shared their scores. What were you thinking in that moment?**

**ASJ:** Obviously, you want to earn the highest score possible, but honestly, that's not what my reaction was about. The disappointment wasn't related to the scores but for my own mistake in the dance. You probably wouldn't see it on TV. I knew it, and Cheryl knew it, but I didn't want to let it get to me.

**Related Link:** ['DWTS' Star Antonio Sabato Jr. on His First Week: "I Do Everything Cheryl Tells Me To!"](#)

## **Antonio Sabato Jr. on Bollywood**

# Dance in Celebrity Interview

**Tonight is the switch-up. We know you were disappointed to leave Cheryl for a week! What can you tell us about training last week?**

**ASJ:** I've been paired with Allison Holker, and we're doing Bollywood, which is full of color. I'm not wearing any shoes, completely barefoot. We're working really hard, putting the hours in to make it as fun for everyone else as it will be for us.

I've known Allison and her husband, and she's another person I can learn from. I'll take what I learn back to Cheryl and continue to grow. I couldn't ask for anyone better, but I do miss Cheryl.

**And lastly, what's been going on this week with *Fix It and Finish It*? Where are you currently filming?**

**ASJ:** We're still in Louisville, a beautiful town with beautiful people and projects. We just finished up three projects this week, and we have three next week. Then, we're off to Cleveland.

*Follow Antonio Sabato Jr. on Twitter @antoniosabatojr. Watch him on Dancing with the Stars on Mondays on ABC at 8/7c!*

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## **'DWTS' Pro Tony Dovolani on Betsey Johnson: "She's Never**

# Felt Pretty in Her Life”



By [Sarah Batcheller](#)

Tony Dovolani has been a professional dancer on ABC's hit show *Dancing with the Stars* since season 2, and he finally won the coveted mirror ball trophy when he was paired with Melissa Rycroft during season 15. This year, he was partnered with fashion designer Betsey Johnson, and they were a fan favorite to say the least. Beginning the season with the notorious boa mishap, the pair climbed the rankings and became an exquisitely entertaining team for audiences to watch. Sadly, Dovolani and Johnson were eliminated during week four. Still, the pro is in high spirits as he gushes about his strong relationship with Johnson and his beautiful family in our exclusive celebrity interview.

# Exclusive Celebrity Interview with 'DWTS' Pro

The *DWTS* veteran says that what keeps him coming back to the show every season is his love for teaching, his passion for fitness, and his desire to live a happy life. His partnership with Johnson is proof of these wholesome intentions. He fondly recalls asking her about the most important thing that she learned from him, and her answer was, "The love for people you have." According to Dovolani, she added, "You don't just care about my dancing; you care about my well-being, and you want me to go on to live a good and healthy life." As if it weren't difficult enough for us to deal with their elimination already!

**Related Link:** ['DWTS' Pro Tony Dovolani on His Marriage: "My Wife is My Queen"](#)

Dovolani took the chivalry up a notch by designing Johnson's dresses and picking out her hair and makeup each week. The fashion legend expressed to him that "she's never felt pretty in her life. I thought, 'That's so sad.' Here is somebody who has made so many people feel so beautiful for so many years," he explains. "I wanted to give it back to her, and I was honored and humbled to be given that opportunity. I wanted to make her the center of attention instead of her always making other people the center of attention!"

The fitness guru says that what was most unique about their relationship, that's never been true with any of his previous teammates, is that Johnson had more to offer than what meets the eye. He was able to "get to her" and show America who she really is. "If I could describe her in one word, it would be joyful," he added.

Dovolani was surprised when the pair was eliminated, especially given that his golden gal showed such an

improvement. “I don’t know what happened; I think people thought we were safe,” he admits. “But we had a glorious, glorious journey each week.”

## Tony Dovolani Talks Celebrity Marriage

The pro dancer’s loving nature extends to his home life as well. He happily boasts that he and his wife Lina dance together often. She even takes dance lessons at his studio in Connecticut. “I don’t teach her though – if I did, she wouldn’t be my wife anymore!” he says with a laugh. When it comes to being active with his three children, they especially love using the giant trampoline that he built for them in their backyard.

**Related Link:** [‘DWTS’ Star Antonio Sabato Jr. on Dancing with His Wife: “It Will Be So Special for Us Both”](#)

To keep the spark alive in his [celebrity marriage](#), Dovolani recognizes the importance of taking time away from bills and other responsibilities. It could be going to the movies or taking a simple walk in the park, but he believes you need that opportunity to connect with one another. “Take time to celebrate each other and see how your partner is doing,” he advises in our exclusive celebrity interview.

Given his passionate attitude, it’s no surprise that he gushes about how wonderful his relationship is. “I couldn’t even imagine not being married,” he shares. “When I look at the way my wife takes care of the kids, the house, and me, I think she’s a more powerful woman than any man could ever be. Lina gives me strength; she gives me confidence; she gives me everything.”

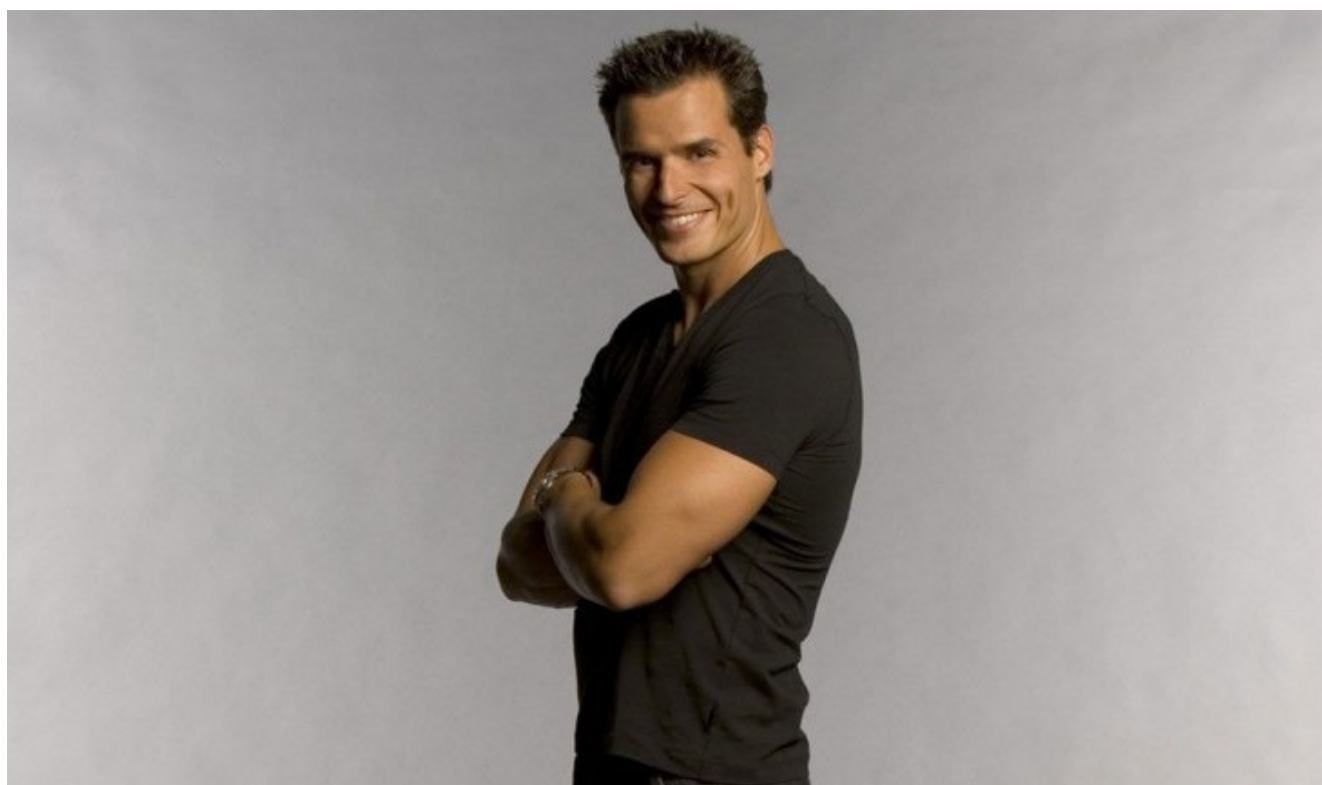
*You can keep up with Tony on Twitter @TonyDovolani. Tune in*



*for Dancing with the Stars on Mondays on ABC at 8/7c!*

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## **Bobbie Thomas on Date Night Fashion: “If You’re Looking to Have a Good Time, Don’t Be Uncomfortable!”**



By [Sarah Batcheller](#)

Style and beauty expert Bobbie Thomas knows a thing or two about fall fashion. First, that there's no need to feel like

you have to redo your entire wardrobe for the season. “There’s something for everyone,” Thomas explains in our celebrity interview. “I really like that seasonless style is around, where you can take a spring or summer item – like a bright color or floral pattern – and winterize it.” Of course, the best tip is always confidence. “You need to walk into a situation with...a mission to actually like what you see in the mirror instead of already assuming you’re not going to like that,” she shares.

**Related Link:** [Brad Goreski Predicts Oscars Fashion](#)

## **Bobbie Thomas Shares Fashion Advice in Celebrity Interview**

This time of year, the one must-have for every girl’s closet is boots. “Riding boots happen to be my personal favorite because they just look so polished. You could be in leggings and a sweater, and they give you just enough heel, but they’re still so comfortable,” she says.

Thomas shares [love advice](#) too and encourages practicality for your date night looks. “If you’re looking to have a good time with someone, don’t be uncomfortable!” she reveals. “Make sure you can move around and wiggle in your clothes. You really want to wear something that you’ll be so comfortable in that you’ll be able to be yourself on that date.”

**Related Link:** [Blake Lively’s High-Fashion Style](#)

Just like you want to find a loyal man, the *TODAY Show* style editor also encourages you to look for a loyal retailer. She’s teamed up with Kohl’s for their Yes2You rewards program. “In order to really expand your wardrobe, you want to shop smart,” she says. “That’s why I think it’s a really great idea to have a retail relationship as well as a real life one!”

*You can keep up with Bobbie on Twitter @BobbieThomas. Check*

*Kohl's for the best fall fashion finds!*

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

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## **‘DWTS’ Star Antonio Sabato Jr. on Dancing with His Wife: “It Will Be So Special For Us Both”**



By [Sarah Batcheller](#)

*Dancing with the Stars* duo Antonio Sabato Jr. and Cheryl Burke have stopped at nothing to climb to the top tier of dancers on this season of the hit ABC show. The former soap opera star attributes their success so far to his partner's excellent teaching ability. Although they ended up in jeopardy at the start of last week's show, their performance during week three – a flirty Foxtrot – solidified their status as worthy competition to the other pairs. Meanwhile, Sabato's DIY show, *Fix It and Finish It*, has brought the two to Louisville, Kentucky, to rehearse for this week's sultry Samba. Luckily, in this week's celebrity interview, we were still able to catch up with the star and get the lowdown on last week's episode and his hectic schedule! Plus, we asked him about his [celebrity marriage](#) to wife Cheryl.

## Celebrity Interview with 'DWTS' Pro

**What was your first thought when you found out you were in jeopardy on last Monday night? Was it harder to focus on the Foxtrot knowing it might be your final dance?**

**ASJ:** No, my mind was actually just focused on the dance, and I didn't let it affect me. When I get put in that position, I take it as I go in order to be positive for the dance. I concentrate on what's coming up and don't worry about anything else.

**During training last week, you said the most important thing to you is having fun. So tell us: What's been the most fun part of this experience so far?**

**ASJ:** Having a trainer like Cheryl teaching me all kinds of new dances and just *how* to dance. She's so great at explaining everything to me. I've never danced before and never as much as I do now. She's great at teaching me about different music and different styles of dance.

**Related Link:** ['DWTS' Star Antonio Sabato Jr. on His First Week: "I Do Everything Cheryl Tells Me To!"](#)

**We agree with Erin – we thought this was your best dance yet! How did you feel about the judges' comments and scores?**

**ASJ:** I take the judges' comments back to the training and use it to motivate me to do better next week. They know what they are doing, and I don't let it ruin my night. I take it as advice and move on.

**Anything you can reveal about this week's dance? Have you changed anything about your approach during rehearsals?**

**ASJ:** There's nothing I can say about this week, but be sure to watch! My approach has been to work as hard as I can doing my two jobs at the same time: *Fix It and Finish It* and *DWTS*. I only get a limited amount of time to rehearse, which has allowed me to focus. I'm used to getting into the hectic schedule of traveling from Los Angeles to cities like Louisville, where I am now, along with the daily schedule of hours of training.

## **Antonio Sabato Jr. Opens Up About Celebrity Marriage**

**In our first interview, you mentioned using your newly acquired dancing skills with your wife Cheryl. Have you practiced any of your moves with her yet?**

**ASJ:** Not yet, because I haven't been home. As soon as we're done each Monday, I'm off to shoot *Fix It and Finish It*. When we have the time, we will have our dance, and it will be so special for us both.

**Related Link:** ['DWTS' Contestant Antonio Sabato Jr. Reveals His First Dance: The Cha-Cha!](#)

As always, we want to check-in and see how *Fix It and Finish It* is going. Do you have a favorite episode or moment during this season so far?

**ASJ:** There are just so many to mention because we've done 61 shows and not one is better than another. All the people and families we help are so giving and happy when the job is done. I have to say that all 61 episodes thus far are my favorite!

*Follow Antonio Sabato Jr. on Twitter @antoniosabatojr. Watch him on Dancing with the Stars on Mondays on ABC at 8/7c!*

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**Ashley Tisdale Talks  
Celebrity Marriage: "He  
Inspires Me in So Many  
Different Ways"**







By [Sarah Batcheller](#)

In a recent interview with Wonderwall, newlywed Ashley Tisdale gushes about the love she shares with husband Christopher French. The actress says she just knew that it was right and that he inspires her every day. The rocker's loyalty is second-to-none, a quality that Tisdale highly regards in her [celebrity marriage](#). The *High School Musical* star also dishes on how she and former *HSM* co-stars have kept in touch over the years, raving especially about her friendship with Vanessa Hudgens. Read on for the details from her adorable celebrity interview!

## Ashley Tisdale Opens Up About Her Celebrity Marriage

**WW:** Did falling for your husband open your eyes to a new kind of romance or love story?

**AT:** “Definitely! Obviously! He definitely inspires me, for sure. It’s one of those moments where, in the past, everything

else was just kind of forced or not right. Then, finally, when you are in the one that's The One, you are like, 'Oh, wow! This is how this is supposed to be.' So it's natural and nice. It's one of those moments that you just know."

**Related Link:** [Ed Sheeran's New Girlfriend is Taylor Swift Approved](#)

**WW: How does he inspire you in your celebrity marriage?**

**AT:** "He inspires me in so many different ways, just to be a better person. I never really had someone guy-wise who was a loyal person, so it's really nice to have someone be as loyal ... I hold loyalty and respect really high. So it's like 'Oh, there's someone who is giving back as much as I'm giving.'"

**WW: What is your idea of a romantic encounter?**

**AT:** "I think it's that first connection. You just feel it. It's an exciting time, I think. It's the first spark where you go, 'Oh my God, this is so great.' I definitely can relate to that moment for sure. You always remember it too, that moment."

**WW: What's your idea of a romantic evening?**

**AT:** "For the first couple of dates, I'm definitely someone who likes to be more casual. When it's super romantic, it's a little bit of pressure, and you're like 'Oh my God, this is nerve-racking.' I'm one of those girls that you can just take to dinner and not have to romance completely. I'm someone who likes the idea, but I'd rather go to a cool restaurant that's not so dark. For me, romance is the smaller things. I'm definitely someone who is adventurous and spunky."

**WW: Are you a hopeless romantic?**

**AT:** "Yeah! I definitely am. I'm someone who loves romantic comedies: *My Best Friend's Wedding*, *Just Married*, and *How to Lose a Guy in 10 Days*. And I listen to Taylor Swift's music

all of the time.”



Ashley Tisdale and Christopher French on their wedding day. Photo courtesy of Ashley Tisdale's Instagram.

## Celebrity Interview with Ashley Tisdale

**WW:** You recently had a *High School Musical* reunion. How was that?

**AT:** “Monique [Coleman] does this charity where she was giving away a dinner with the cast. So there was a winner a couple of months ago, and she was finally able to get us in one area to do it. It was the best time. We were just talking about anything and everything. [The winner] was so a part of it because we hadn’t seen each other in so long. It’s been years since we’ve been all together like that.”

**Related Link:** [Lea Michele Kisses Boyfriend on Boat in Italy](#)

**WW:** You and *High School Musical* co-star Vanessa Hudgens have really stayed close over the years. How has your relationship grown?

**AT:** “We will always have this connection of something we’ve been through together. Over the years, though, she’s really grown up and is such a beautiful person. It’s nice to grow together and lean on each other in moments that we’ve needed it. It doesn’t matter how busy we both are; if I pick up the phone and call her, she’s always there. So to have that kind of friendship has been awesome.”

*For the rest of the celebrity interview, visit [www.wonderwall.com/entertainment/ashley-tisdale-my-husband-inspires-me-everyday-1840127.article](http://www.wonderwall.com/entertainment/ashley-tisdale-my-husband-inspires-me-everyday-1840127.article). You can keep up with Ashley on Twitter @ashleytisdale.*

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## **‘Blood, Sweat and Heels’ Star Brie Bythewood on Departure**

# From Reality TV and Celebrity Pregnancy



Interview by [Lori Bizzoco](#). Written by [Sarah Batcheller](#).

Bravo's *Blood, Sweat and Heels* reality TV star Brie Bythewood has it all: an impressive career, a devoted man, and soon, a little girl to call her own. CupidsPulse.com Executive Editor Lori Bizzoco spoke with the real estate developer at the *OK!* Magazine New York Fashion Week event on September 10th to get some insight on her celebrity pregnancy and the upcoming season of the hit show. However, this week, there have been rumblings that Bythewood won't be returning to *Blood, Sweat and Heels*, so we followed up with her and got the full scoop on her plans for the future. Here's what we know:

# Bravo Star Talks About Reality TV Show

The mom-to-be spoke to us about the recent rumors of her departure from the reality TV show, “It was a decision made months ago,” she reveals in our celebrity interview. “For me, my pregnancy is, and has been, my focus.”

**Related Link:** [‘Blood, Sweat and Heels’ Star Brie Bythewood on Baby Announcement: “There Won’t Be Any Pregnancy Scenes on the Show”](#)

When we asked Bythewood if there were any new projects brewing or if she would be taking a break, she said that instead of slowing down, her schedule has actually picked up, and she has a new project in the works, hinting, “That will be something everyone will have to wait to see! I can’t really get into the details about it quite yet, but it will be very different from what you saw on *Blood, Sweat and Heels*.”





Brie Bythewood is thrilled about having a baby girl. Photo: Alicia Bythewood

## **Brie Bythewood Dishes on Her Celebrity Pregnancy**

The Emerson alumna describes the father of her soon-to-be daughter as her “heartbeat” and gushes that he’ll be an amazing dad. She goes on to say, “He’ll be the first man [our daughter] ever loves, and she doesn’t know how amazing of a person that is to have as a first love.”

While speaking of the gender reveal party she and her longtime boyfriend hosted, Bythewood reflects on the day their doctor called to announce the sex of their baby. She appointed her mother as the keeper of the secret, as she wanted the news to remain a surprise so she could share the moment with the rest of her loved ones. So when the party came around, the original Mama Bythewood filled a box with pink balloons, and when the couple opened it, they rejoiced at the news of a baby girl on her way.

**Related Link:** [‘Blood, Sweat and Heels’ Star Brie Bythewood Says, “I Don’t Know How to Be Anyone Other Than Me”](#)

It was difficult to meet up with a few of her former castmates to tell them the news of her [celebrity pregnancy](#), and she regrets that they read the story in the press first. She states, “We couldn’t get it together, so I said, ‘You know what, you’re going to read some news; I wanted to tell you first.’ But I refused to tell them over the phone.”

We’re sad that there will be no pregnancy and celebrity romance on the second season of *Blood, Sweat and Heels* – we’ll miss the class and sophistication that the mama-to-be brought to the small screen!

*You can keep up with Brie on Twitter @BrieBythewood!*

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

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# Psychologist Breaks Down

# Relationship Fears in New Book, 'Love Me, Don't Leave Me'



Interview by [Whitney Johnson](#). Written by [Sarah Batcheller](#).

It's safe to say that psychologist and author Michelle Skeen is an expert when it comes to addressing fears. In her new book, *Love Me, Don't Leave Me: Overcoming Fear of Abandonment and Building Lasting, Loving Relationships*, she provides readers with powerful, enticing tools to handle a multitude of relationship fears, specifically that of abandonment, and details the ways in which these fears stem from early experiences. Thought-provoking and inspiring, Skeen encourages readers to realize what's holding them back in order to reach their full potential as a partner.

## **Why did you focus on the fear of abandonment?**

I chose to focus on the fear of abandonment because it's a primary fear that affects a lot of relationships. I think it exists in multiple scenarios: women stay in relationships that aren't healthy for them because they're afraid of being alone, they avoid getting into relationships because they fear being abandoned, or they behave in ways that cause them to be abandoned.

**Related Link:** [Are You Dating Someone with Narcissistic Personality Disorder?](#)

## **Do you think that every individual carries a little bit of this fear with them in some way?**

Absolutely – we're born with it! If we're abandoned when we're babies, we die. I think it's hardwired in us, and I think that it can get reinforced with early childhood or adolescent experiences or trauma, like the death of a parent, a traumatic divorce, or the death of a sibling or a friend. I think that the groundwork is laid in the beginning of our lives for our fear to either be increased or maintained at a lower level. One of the primary purposes of the book is to develop the awareness of what's going on. With awareness you can make change, so it's about identifying the problem.

You know, we all have a story, and most of the time, when people are having difficulties in relationships, it's related to them being stuck in their story, their story being their past experiences. If they're not in the moment and evaluating their present experience based on what's going on in the now, they are making predictions based on their story. So part of it is identifying your story and then distancing yourself from it.

## **How should someone react if their partner begins to push them away out of fear?**

Well, I think that a lot of times what's happening when we push people away is that we've already predicted what's going to happen, so we're taking control of it. We're having a difficult time dealing with the uncertainty and ambiguity of whatever is going on in the relationship at the time, so rather than sitting with that and feeling really uncomfortable, we would rather take control and reject it before we can be rejected.

As a partner, if you have the ability to identify the reasoning behind your significant other's behavior – for example, "You're doing this because you're afraid that I'm going to do it to you" – then I would suggest you make the effort to move *toward* the person. Try to bring them into the present moment, what is truly happening between the two people and not the memory of something that's happened before that's getting in the way.

Something we all need to work on is mindfulness. Mindfulness is such a game changer. It allows us to recognize, "I'm having these painful thoughts and emotions, and I need to get rid of them because this feels horrible."

### **How can our readers work on mindfulness?**

Well, there are so many great mindfulness resources. What I found is a lot of people are intimidated by the idea of mindfulness. They think they need to sit with their legs crossed and keep their mind completely clear. That's not what you need to do at all.

Mindfulness is about recognizing that every experience, thought, and emotion you're having is a temporary state. It's going to pass through you. You just need to *be* and think, "Oh, I'm having this thought that I'm going to be left, and I'm letting that go." You've got to accept all of your thoughts, whether they're helpful or unhelpful. There are a lot of great mindfulness exercises which I introduce in my book, like a

mindful walk or adding this mindfulness piece to your morning cup of coffee or tea.

**Related Link:** [Top 3 Mistakes Women Make in Relationships](#)

**What are some long-lasting skills and insights that people are left with once they discover and address their fear?**

Well, I think it's important to identify the behavior that isn't working. Behavior is one thing we do have control over. In a world where we're constantly looking for control, we can't really control our thoughts or minds; they just happen. We can control our behavior. We can't control anyone else's behavior, but if you're engaged in helpful behavior, it will result in the other person adjusting their behavior.

So I think identifying unhelpful behavior, recognizing what situations trigger these thoughts of abandonment and fear, and looking at your typical reaction to that fear is where you have to start. Then, you have to stop reacting that way and look at ways that *will* be helpful in getting you closer to what you want.

Pick up a copy of *Love Me, Don't Leave Me: Overcoming Fear of Abandonment and Building Lasting, Loving Relationships* today!

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## **Celebrity Interview: 'DWTS' Contestant Antonio Sabato Jr. Says His First Dance is The**



# Cha - Cha !



Interview by [Lori Bizzoco](#). Written by [Sarah Batcheller](#).

Hailing from Rome, Italy, Antonio Sabato Jr. first grabbed America's attention as an underwear model for Calvin Klein before playing Jagger Cates on the popular soap opera *General Hospital*. Now, he's impressing us with even more talent, as he takes on two new roles: DIY expert on *Fix It and Finish It* and contestant on season 19 of *Dancing With the Stars* (DWTS). The busy father of two found some time to chat with us as he enthusiastically tackles both endeavors while on the road!



# Antonio Sabato Jr. Talks Current Projects in Celebrity Interview

In our celebrity interview, the TV host says that taking on two projects at once is something he can definitely handle, and he clearly intends to succeed at both, stating, “Challenges are something that I love confronting face on – and *Fix It and Finish It* is a huge challenge! We’re doing 150 shows in a year across the country; it’s a lot of renovations, demolitions, and things like that.” His wife Cheryl will be helping with the building projects as well.



Antonio Sabato Jr. on ‘Fix It and Finish It.’ Photo courtesy of Bellum Entertainment / Photographer: Andrew Doyle

Then, Sabato got the call to do *DWTS*, which he describes as a “blessing.” The family man didn’t originally intend to put his dancing shoes on though. “My first thought was that I couldn’t do it. It’s up to my producers and my team because *Fix It and Finish It* was my main priority. They all worked it out, and now, we have a busy, seven-day schedule each week,” he explains. “*DWTS* is something that I considered for a long time. My fans and my family are so happy that I’m doing it.” His daughter, who will be in the audience each week with his wife and other kids, is especially excited about the show, being that she is the real dancer of the celebrity family.

**Related Link:** [Brooke Burke-Charvet Says ‘Dancing With the Stars’ is “Unpredictable and Evenly-Matched”](#)

## Reality TV Star Opens Up About *DWTS* and Celebrity Marriage

Sabato says that his greatest sources of support are his “two Cheryls,” one being his wife and the other being his *DWTS* partner, Cheryl Burke. Of his [celebrity marriage](#), he says, “I can’t wait to dance with my wife! I’m definitely picking up some stuff, and hopefully, I’ll be somewhat of a dancer relatively soon. Then, I can take those moves and have a nice time with her.” We can’t wait to see more of this celebrity relationship on both of Sabato’s shows!

When it comes to Burke, he shares, “When they asked me who I wanted to dance with, I said Cheryl – and I got her! She’s everything that I need and then some. She’s tough and kind. I like to push myself, and she just pushes me to another level.”



Antonio Sabato Jr. on 'Fix It and Finish It.' Photo courtesy of Bellum Entertainment / Photographer: Andrew Doyle

It's clear that the actor believes life is about embracing new experiences. "It's about taking chances, trying new things. I don't like to follow the herd. I do whatever I feel like doing," the reality TV star says in our celebrity interview. "I feel like doing things that come my way, and I just take it one day at a time. *DWTS* is another opportunity to do something that is quite amazing, actually, in such short amount of time. You can't refuse that!"

**Related Link:** ['DWTS' Pro Tony Dovolani on His Marriage: "My Wife is My Queen"](#)

As for his first dance, he reveals that he'll be doing the Cha-Cha on tonight's episode. "I'm looking forward to learning

any dance since I don't have any dancing background. We've been rehearsing for about a week and a half now," he explains. "What a challenge – it's mental, physical, and emotional. But you have to make life interesting!"

It's no surprise that his longtime fans are a great source of encouragement. He knows that he's "still Jagger to them" and gushes, "It's incredible. They keep everything going. They supported me from day one. They're still supporting me now. Doing *DWTS* is for them as well. I have the best fans in the world."

*You can keep up with Antonio on [www.facebook.com/Antonio-Sabato-Jr-38146293272/](http://www.facebook.com/Antonio-Sabato-Jr-38146293272/). Don't forget to tune in to Fix It and Finish It each weekday – check local listings for times and stations in your area. You can also catch him on Dancing With the Stars, which premieres on ABC on Monday, September 15th at 8/7c!*

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## Khloe Kardashian Says French Montana is Too Needy





By [Sarah Batcheller](#)

Eight months into what has been somewhat of a controversial relationship, Khloe Kardashian and rapper boyfriend French Montana are taking a break, according to [UsMagazine.com](#).

Montana was previously scrutinized by Khloe's family and fans when he admitted he was capitalizing on all the attention he began to receive when he started dating the youngest of the Kardashian princesses. Now, he is apparently behaving in too much of a needy and dependent fashion, as Khloe has decided to take a breather from their intense relationship.

**How do you know when you need to step back from a relationship?**

**Cupid's Advice:**

**1. You've been having the same arguments repeatedly:** If you and your boo are continuously arguing over the same topics, it may be time to clear your head, and find out if these arguments are even worth having. If you're always entangled in the same issue, you probably don't even know where your

feelings and/or opinions stand anymore, so you definitely benefit from some “me time”. That way, you can step back into the relationship with a reinvigorated sense of self, and determine whether or not your love is worth fighting for.

**Related:** [Dating Deal Breakers](#)

**2. You never have time for the rest of your loved ones:** If your partner is constantly nagging and guilt-tripping you into seeing them, and you’re sick of not spending time with anyone but them, you may need to give them a reality check by asking to not spend time together for a while. It’s unhealthy to not spend quality time with family and friends, especially when the cause is that you’re being choked to death by your significant other. If you’re losing the rest of your life over a relationship, re-examine your priorities.

**Related:** [How to Move On After Heartbreak](#)

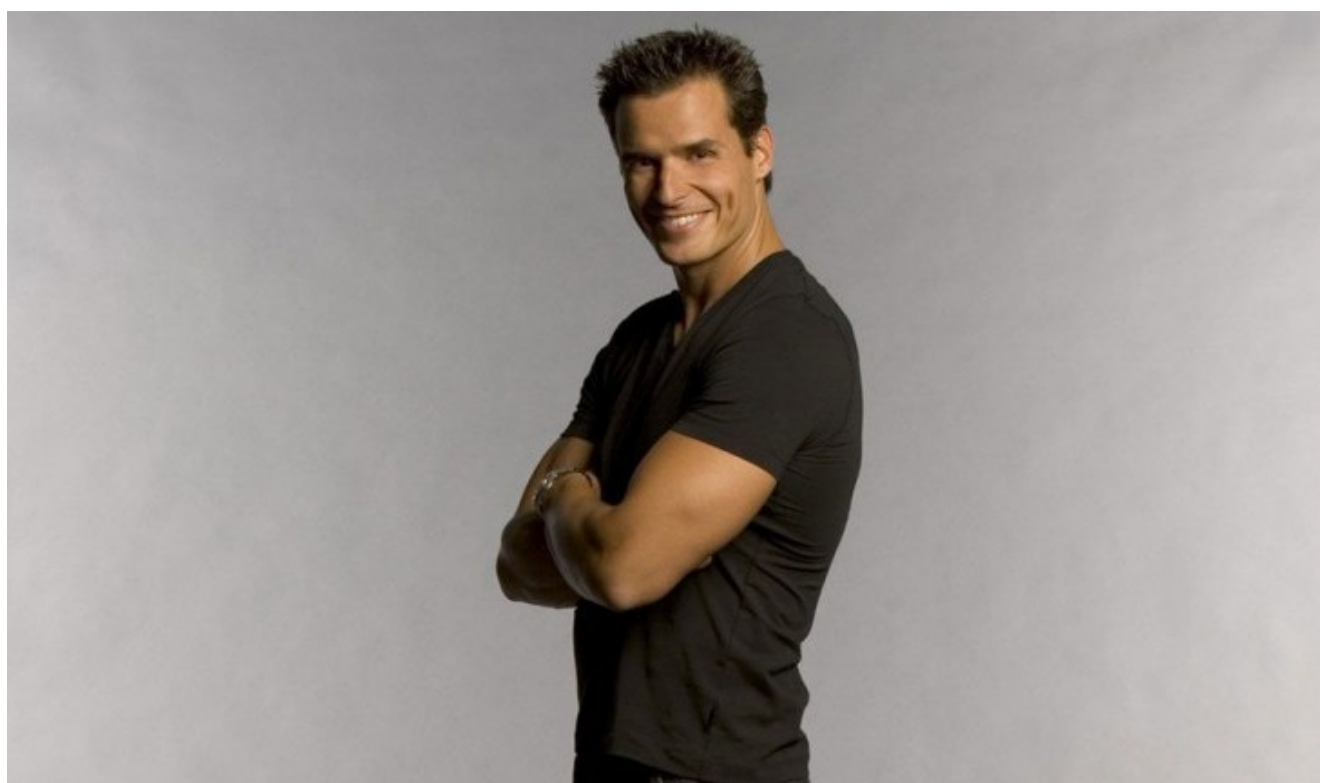
**3. Your lover never has time for YOU:** We are all all-too-familiar with the agonizing pain of staring at a phone screen with an unanswered text, or going two weeks without going on a date with your partner. If you feel you’re not getting the time with them that you deserve, you may want to take a break to see what it’s like to not expect anything from them. This way, you may either realize that you both just have busy schedules you need to manage, or that you don’t matter to them much after all. Either way, only some time to yourself will provide you with the clarity you need.

**What are some other tell-tale signs it’s time to step back from your relationship? Share your comments below.**

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# Learn the Stages of Lasting Love in Linda Carroll's New Book 'Love Cycles'



By [Sarah Batcheller](#) and Shannon Seibert

Linda Carroll has accumulated an abundance of knowledge when it comes to the meaning of true love and how to find it. The Oregon native has utilized her Masters of Counseling in therapy and group settings throughout New Zealand. She now travels with her veterinarian husband around the world to counsel couples and offer her advice through retreats and seminars. She teaches people how to effectively communicate with one another so a complaint doesn't mature into a criticism or a misunderstanding doesn't deter the relationship. In her third book, *Love Cycles: The Five*



*Essential Stages of Lasting Love*, she depicts love as a process with many everlasting cycles. CupidsPulse.com was able to catch up with the author about her recent release!

**We love your idea that love is a cycle and not a straight and narrow path with one destination. Can you describe to us one of the most important stages?**

The first stage is when we fall in love; I call it Merge. In our culture, this is what we think of as romance. We are struck by a love drug that is so powerful that we ignore everything that could be a warning sign or red flag. We get this high that knocks out the 911 center of our brain. Your heart is totally open. You don't necessarily make good decisions because you're under a spell and you only see the best.

**What's the second stage Doubt and Denial like? How is this considered a normal part of love?**

You start to feel like something is wrong. You are more conditional. Women fear disconnection, and men fear being incompetent and criticism – and for good reason. Typically, men become more disconnected and women become more critical. The things we fell in love with start to annoy us, because you finally see the other side of things.

**Now, let's get more specific. What are some silver linings of Doubt and Denial?**

You get to learn about your own senses. To get to real love, I need to find myself, see my own defense, learn my own triggers, and discover empathy. It's easy to be generous in the Merge but hard in Doubt and Denial. It requires you to work with yourself and to become more wholehearted as a human being. You have to balance yourself.

**Related Link:** [Couples Therapy: A Way to Rebuild a Struggling](#)

## Relationship

**Continuing on, tell us about the third stage. How is this different from the first two stages of love?**

Stage three is Disillusionment and is much like stage one but a different trance. Everything had been perfect in the first stage, and now, everything is imperfect and wrong. You're quick to jump to conclusions and are critical. At this point, there is a gridlock, and this is usually where people have affairs and get depressed. There are a lot of exits, not where you necessarily leave the relationship but where you create distractions to escape all of the time.

**How do you leave this stage and move forward?**

This point brings one of four decisions. The first decision is no decision; you just sweep everything under the rug. The second option is to split. Or three, you become different; you stay together but run on parallel lines and give up intimacy. Or the fourth decision is you commit to doing the work, which is to identify what is going on.

**Tell us about the ultimate goal, the final stage of Wholehearted Love.**

This happens when you've gone through a whole lot together, and you're resilient as a couple. You know yourself; you know how to manage the trouble; you have more empathy; and you are less into being right. Humor comes back into the relationship, and you know that it isn't going to stay perfect. You're able to discover the seasons in a relationship and weather them out. You can find a way back to each other after tough times.

**Related Link:** [10 Signs That You're in Love](#)

**What are some ways couples can intensify the positive parts of the love cycle?**

How couples manage conflicts is the number one indicator of

good relationships. Acts of generosity are another part of strong partnerships.

My husband is not my other half; he is his own person. Together, we make a third person where we overlap. We can have a good time away from each other, but we stay connected. We are two whole people together, which is better than half and half. Even on the days we don't like each other, he brews me a latte, which is an act of generosity.

**In what ways does our society contribute, positively or negatively, to the way people interpret their own relationships?**

It's our focus on romance. We emphasize romance as a really great love, but it's not perfect. To have a relationship that is good enough is different than having a relationship that is perfect. After all, humans are not perfect!

*Order your copy of Love Cycles today! Check out her websites [www.lovecycles.org/](http://www.lovecycles.org/) and [www.lindaacarroll.com/](http://www.lindaacarroll.com/).*

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## **Holly Madison And Husband Pasquale Celebrate Wedding Anniversary in Disneyland**





By [Sarah Batcheller](#)

[UsMagazine.com](#) has reported that Holly Madison, husband Pasquale Rotella, and their daughter, Rainbow Aurora, returned to Disneyland this week, where the couple was married, to celebrate their wedding anniversary. Madison says that since the couple both love Disney, it wasn't cheesy, and she posted various pictures on Instagram of the family having fun, with the clever caption, "Returned to the scene of the crime..."

**What are some out-of-the-box ideas to celebrate your wedding anniversary?**

### **Cupid's Advice:**

Your wedding anniversary is monumental, so why not make the occasion a unique one to remember? Your spouse is so special to you that you should do something equally as special to celebrate the fact that your love and hard work have groomed an unbreakable marriage. Here are Cupid's out-of-the-box wedding anniversary ideas:

**1. Go sailing:** The horizon is limitless, you're withstanding

rough water, you're together without anyone else in sight, it's all pretty metaphorical! Sailing is a great getaway because you're leaving your natural element to explore something mystifying and a little dangerous. Who better to undergo such an adventure with than your one-and-only? And what better occasion than the celebration of the day you were joined in holy matrimony?

**Related:** [Lance Bass Proposes to Michael Turchin Again on Anniversary of Engagement](#)

**2. Write letters a year in advance, every year:** On each anniversary, write letters to each other to be exchanged at the next anniversary. Reflecting on the past is just as important as planning for the future, and there's no better way to do this than to remind each other of how everlasting your love is. Every year you'll be reminded of the time that has just passed, and what started it all- your wedding!

**Related:** [Cupid's Weekly Round-Up: Celebrating Your Relationship](#)

**3. Travel:** Each year, choose a new place, either abroad or within the country, to visit for the first time. Every new destination represents the milestone in your marriage. Because marriage itself is a journey, choose to go on actual journeys each year. A road trip or plane ride also provides a good amount of quality time to be spent together with nothing to do but talk, laugh, and enjoy each other's company.

**What fun ways do you celebrate your wedding anniversary? Tell us in the comments below!**

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# Kate Middleton And Prince William Have Announced Their Second Baby Is On the Way!



By [Sarah Batcheller](#)

Prepare for your heart to explode inside your chest in 3...2...1! Kate Middleton and Prince William are expecting their second child! [UsMagazine.com](#) reported that the royal couple are waiting on baby number two. As thrilled as their devoted admirers are, though, the couple had to make the tough decision to announce their pregnancy a little earlier than they previously desired, as the Duchess of Cambridge's severe morning sickness, which has left her in the care of doctors in the palace, is preventing her from attending planned events with her hubby. We'll miss seeing you about for a while Kate,

but we know you're toughing it out for your little one.

## **How do you know when to announce your pregnancy?**

### **Cupid's Advice:**

Celebrating a new pregnancy is initially a very intimate event between two people, and then a very special event among family and close friends. Later, comes everyone else in your world whom the information is important to. Even those of us without royal engagements in our calendars need to inform our bosses, neighbors, and general acquaintances of the delightful news. Here are some of Cupid's suggestions on when to announce you are pregnant:

**1. Wait a couple weeks before telling family:** Although they should be the first to know, it's nice to have a little time to let the news settle in before announcing your pregnancy to family. This way, you can actually have the time to develop answers to all their questions about potential names, how far along you are, the gender, etc. Not to mention, it's a great bonding experience for you and your partner to be the only ones who know for a little while.

**Related:** [Scarlett Johansson Welcomes Daughter Rose With Fiance Romain Dauriac](#)

**2. Make it public three months into your pregnancy:** After three months, the chances of miscarrying significantly reduce. Plus, all your family and closest friends know by this time, so it's appropriate to post a Facebook status, Tweet, let the office know, etc. While, of course, you'll let the most meaningful people know first, you don't want to wait too long to share the announcement with everyone else, so that you don't have to keep making excuses as to why you can't have a glass of wine, why you're so tired, or why you're...you know...getting larger.



**Related:** [Rachel Bilson Celebrated Her Baby Shower](#)

### **3. Decide on any big changes before your announcement:**

Ideally, you were planning and expecting to get pregnant for a while, and any big changes to occur as a result, like a move or a new job, have already been determined. If you're going to stop working to be with your baby, your boss will probably want to know that when you tell him/her you're pregnant. Likewise, you'd need to inform many people that you're relocating if that's your decision, and there's no sense withholding that information if they already know you're pregnant.

**When did you decide to announce your pregnancy? Share with us in the comments below!**

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## **Sharing May Not Always Be Caring**





By [Sarah Batcheller](#)

Living with your significant other is a blissful thing. When you're in love, it's great to come home to each other after a stressful day of working and wake up next to each other each morning. Sharing the bed makes for cozier nights; not to mention, sharing responsibilities makes things a lot easier on both of you.

Reality eventually sets in though. At the end of these long days, you still want some things to belong to just you. After a couple months of being able to snag his comfy t-shirt whenever you want, it's not so fun when you realize he's been using your favorite bath towel to dry the floor or your expensive shampoo as his body wash. Cupid is here to dish on what's good to share and what's good to keep separate:

**1. Keep your personal products separate:** This is mainly for hygiene purposes. Toothbrushes should never be shared – and no, it doesn't matter if it's being used by the same mouth you kiss! That goes for razors and loofahs as well. Anything that has the purpose of cleaning and primping a person should be

reserved solely for that person. Plus, people tend to be borderline OCD when it comes to their bathroom products, so it's best to avoid arguments over this issue by respecting one another's boundaries.

**Related Link:** [What You Need to Know Before You Move In Together](#)

**2. Share your groceries:** Food in the house should be neutral territory. You're not bunking with your college roomie anymore, so you don't have to worry about rationing your groceries fairly. Food is the sustenance of life, and sharing meals is a great way to bond and express mutual love. That means the food buying expenses and responsibilities are also shared. Remember that surprising your babe with their favorite snack food is a great way to add a little romance to your living situation.

**3. Share pet care responsibilities:** Even if a cat or dog belonged to one partner before merging households, it's still considerate to pitch in with the caring for said pet. When you agreed to move in with your significant other, you knew that the animal was part of the deal too. You might as well get into the habit of filling up their food bowl and scratching their tummy!

**Related Link:** [The Big Merge: 3 Tips for Moving In Together](#)

**4. Share only certain clothing items:** It's easy (and even kind of cute) to grab your honey's t-shirt when you're in a hurry or even when you just want to lounge around. Sweatpants are in the same category. But ladies, your man may or may not like it so much if you throw on his boxers to sleep in, so make sure you get the okay before stealing his favorite penguin-covered pair. Similarly, gentlemen, steer clear of anything that can be stretched out, like socks or slippers (no matter how comfy and fuzzy they are) because that is the ultimate pet peeve among females.

**5. Keep finances separate:** Unless you're married, it's wise to maintain your money and bills as your own responsibility. Of course, rent and other utilities will be split, because, well, you live together, but everything else you're financially responsible for should be yours alone. This way, you're not crossing any lines that could lead to tense arguments. Sharing finances can be a messy avenue to travel unless you're totally, 100 percent committed.

**What things do you share with your live-in partner? Tell us in the comments below!**

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## **'Bachelor in Paradise' Reality TV Star Michelle Money on Relationship and Love with Cody Sattler**





Interview by [Lori Bizzoco](#). Written by [Sarah Batcheller](#).

If you've been watching *Bachelor in Paradise*, you've most likely declared Michelle Money as your spirit animal by now. The witty, warm-hearted Utah native originally appeared on Brad Womack's season of *The Bachelor* and later on *Bachelor Pad* 2. Now, in paradise, this single celebrity mom has swept away audiences with her humor and impeccable style (we mean *impeccable*). On the show, she's the resident beauty guru, getting the girls beautified for their dates. At home, Money is mother to nine-year-old Brielle and works as a hair stylist while filming her YouTube show, MManDL.

## Michelle Money Talks About Looking for a Relationship and Love on Reality TV Again

This Salt Lake City lady was determined to find a relationship and love this time around, even though she was initially apprehensive. But true to her fearless form, Double-M decided

to take the leap, affirming, "When they approached me with the show, I was pretty skeptical about going back on television for a third time, but they presented the format to me as being a lot more realistic in terms of finding a relationship." Money also admits, "After going on *The Bachelor*, it was appealing to me to find someone who has had the same experiences that come with reality TV, like being recognized in public and having to deal with the editing."

**Related Link:** ['Bachelor in Paradise' Drama: AshLee Frazier Says She Wishes She Could Take Back Quarrel With Clare Crawley](#)

When it comes to love, fans still swoon over the heartwarming relationship between Money and *Bachelor Pad 2* teammate and ex-boyfriend Graham Bunn, hoping that "MoneyBunn's" love will prevail. However, the *BIP* fan favorite insists that their relationship is based on a special bond between friends. "We've been through a lot of unique experiences with each other that brought us closer, and it kind of just evolved from that," she explains in our celebrity interview. "It's hard for people to wrap their heads around it because they see how much we love and care about each other, but we just aren't compatible in a romantic/long-term relationship/marriage way."



Cody Sattler and Michelle Money. Photo courtesy of Michelle Money's Instagram.

Having your BFF by your side for six weeks is definitely helpful when you're navigating the unpredictable waters of paradise. In fact, Bunn's right-hand girl had his back when news came out that his new boo AshLee Frazier had been bad-mouthing castmate, Clare Crawley. Money was also at Bunn's side when he got sick and had to excuse himself from the rose ceremony. Money admits that she initially thought Frazier would be a great catch for her ex. "AshLee is a sweet woman," she said, "She was kind to me, and she was kind to everyone. There's a lot of really sweet things she did for everyone that you don't get to see."

But her mind started shifting when she realized that there was another side to the personal organizer. "It was very obvious that when the cameras were on, it was a different version of AshLee," she says. "AshLee had two different personalities. And knowing Graham the way I know him, that's not something he's interested in." The single mom goes on to explain the type of guy her ex is by saying, "Graham is very compassionate and soft, and he should be with someone who's consistent, who's always who they are. It became clear that AshLee wasn't that girl."



**Related Link:** ['Bachelor in Paradise' Contestant Jesse Kovacs Denies Threesome: 'I Fell Asleep'](#)

Protecting her ex and friend Crawley was just the start, the Utah native became a real heroine on the show when she went out of her way to confront Jesse Kovacs about treating Christy Hansen in a less-than-gentlemanly fashion and dishing that he'd hooked up with multiple girls. "For all the women in America," Money said encouraging Hansen to stand up to Kovacs and herself when he decided to leave the show ahead of time, realizing he wouldn't be getting a rose. "We have all experienced someone like Jesse in our lives, who makes you feel degraded or disrespected," Money says. "Sometimes, you want to brush it off, but that just enables them to continue their behavior, and I'm not down with that." Money knew that Christy had been through a lot in previous relationships and lost her self-respect. "People will treat you the way you let them treat you," she adds. "Christy's an amazing woman, but the longer she keeps letting guys treat her that way, the longer it will continue to happen. She needed to know her feelings were valid and what happened wasn't her fault."



Cody Sattler and Michelle Money. Photo courtesy of Michelle Money's Instagram.

# Single Celebrity Mom Opens Up About New Boyfriend Cody Sattler

But while the hair stylist was putting her energy into helping her friends and fancying them up for their dates, an unexpected Cody Sattler arrived on the beach, and the SLC sweetheart finally got to have something of her own to talk about. Sattler, 28, who appeared on Andi Dorfman's season of *The Bachelorette*, tore into Tulum and swept Money right off her feet. Their blossoming relationship and love changed everything for her. "Coming out of the experience with Robert and feeling pretty rejected and sorry for myself and then having this guy come in who was full-throttle was a total contrast of emotions pretty quickly," she said. "I wondered if he was being serious, being real, and really meant what he was saying to me. But after talking to Graham, my girlfriends, and the producers, everyone agreed that he was genuine."

Money tells us that one thing we don't get to see on the show is how genuinely interested and compassionate Sattler is in the fact that she's a mom and has a daughter. "He loves talking about her and asked me a lot of questions," she says. "That's not easy to find."

Money has not yet confirmed whether the two are still dating and if he's relocated from Chicago to Utah, as many rumors claim, but the happiness in her voice could be an indication that these lovebirds are ready to fly! So, until next week we're holding on for the final episode of *Bachelor in Paradise* to see where the road will take them!

*Michelle and MmandL co-host Laura Armstrong have teamed with Emminent beauty to launch a skincare line that can now be found at [TheBeautyDestination.com](http://TheBeautyDestination.com). You can keep up with Michelle on Twitter @MoneyMichelle. Be sure to tune in to Bachelor in Paradise on Monday nights at 8/7c on ABC!*

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# Being “Too Friendly” With Opposite Sex Friends



By [Sarah Batcheller](#)

The opposite sex doesn't have to become off limits just because you're in a relationship. In fact, it's just as healthy to maintain friendships with the opposite sex as it is with the same sex. There is a line though, and it can be crossed – very easily – if you're not careful. Being *too* friendly can compromise your relationship, even if you don't mean to offend your significant other. Always think about how you would feel if your beau did the same thing with his opposite-sex friends. Follow Cupid's advice so you can

carefully walk the line:

**1. Don't send private messages to each other:** Using Snapchat and texting every once in a while is fine, but limit the amount of private messages shared between the two of you. It's better to communicate via more public avenues, like Twitter or Instagram. That way, your sweetheart won't feel like you're hiding your friendship.

**2. Don't spend too much one-on-one time together:** Similarly, spending too much time alone with a friend of the opposite sex can be inappropriate. If you have a long-time bud, it's alright to occasionally hang out on your own, but when it starts to occur multiple times a week, your partner will have logical reasons to be suspicious. It seems like you're intentionally seeking out alone time because you want your behavior to be kept secret...catch our drift?

**Related Link:** [Do Your Friends Influence Your Relationship?](#)

**3. Don't excessively brag about your history:** Say you have a friend who you've known since you were born because your moms are besties or who you met in law school and spent countless hours studying with in the library. Constantly bringing up the fact that you've "known each other for so long" or that you're "like family" can make your significant other feel like they're less important. It's fine to tell your babe these things, but don't over do it, so as not to seem like you're rubbing it in their face.

**4. Don't party with them too much:** Alcohol-induced rendezvous aren't totally uncommon, so if you're always going out and spending late, tipsy nights with a friend of the opposite sex, it will make your partner jealous and uncomfortable. Keep it sober and casual – or better yet, invite your significant other out to enjoy the night with you too.

**Related Link:** [When is it OK to Be Friends with an Ex?](#)

**5. Finally, don't share too much information about your relationship:** Relationships are meant to be intimate and private, so if you're divulging every detail to someone else, it can come off as you trying to connect with *them* intimately and privately. Your boo will probably want some things kept under wraps when it comes to your love, so sharing that information with an opposite sex pal is a violation of trust.

**Tell us: How do you handle being friends with the opposite sex when you're in a relationship?**

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**'Break Free from the Divortex' with This New Book by Christina Pesoli**





By [Sarah Batcheller](#) and Laura Seaman

When you walk down the aisle and say “I do” to the person you love more than anything in the world, the thought furthest from your mind is divorce, and yet it ends roughly half of all marriages in the United States. It happened to Christina Pesoli, a breakup coach and relationship expert. In her new book *Break Free from the Divortex: Power Through Your Divorce and Launch Your New Life*, she helps those going through the pain of a divorce find their way out of the spiraling hurt and confusion. CupidsPulse.com had the pleasure of interviewing Pesoli about her experiences and her book, which was released yesterday, August 26th.

**We love the term “divortex” and the way you define it! What initially made you want to help people entering this stage of divorce?**

Perhaps not surprisingly, it was my own divorce that made me want to help other women escape from the divortex and move forward with their lives. The thing is, when I was going through my divorce, I knew I wasn’t my normal, levelheaded

self – as did everyone else around me (the signs weren't subtle). Still, I had no idea how to get back to something that resembled the regular me again. After stumbling around for a few months, things started to get better, and I slowly began to piece together a new life.

Eventually, I started hearing from other women who were in the earlier stage of divorce. Having just lived through it myself, I realized that I might be able to help them avoid the trial and error that I had to resort to myself. I reflected on my own experience and drew up a road map of the most direct route possible, minus the wrong turns and dead ends along the way.

**Related Link:** [Considering Divorce? Ask Yourself Three Questions.](#)

**When it comes to your own divorce, what would you say is the most valuable lesson you learned?**

The most valuable lesson I learned was that I was not powerless, no matter how terrible things were at any given moment. No one has power over everything, of course, so that's important to remember too. But when you feel like the rug has been pulled out from under your life and you're laid out on the pavement wondering what just happened to you, it's easy find yourself feeling like a helpless victim. It takes a lot of hard work to reconstruct your life. If you feel powerless, you'll never even get started, let alone finish the job.

And getting started is critical, because the very act of rolling up your sleeves and getting to work actually generates more power. The more you work to reconstruct your life, the more power you get. So, there's kind of a Jedi mind trick about the whole thing: You have to remind yourself that you have power at the very moment when you feel like you don't have an ounce of it. This mindset is essential to getting back on your feet.

**Your divorce also involved your children, which can make**



**things much more difficult. What is the best way for someone to explain their divorce to their children?**

Okay, so this is a counter-intuitive answer, but hear me out: I believe the best thing you can do to help explain divorce to your kids actually happens well before you get a divorce. That's because the best thing you can do is to not promise them that you will never get a divorce. Think of it like this: You can't promise your kids you'll never get in a car accident. Of course, you don't *want* to get into a car accident. You really and truly hope you won't, and you're going to do your best to drive safely. But despite all of that, you might still get in a wreck someday.

Also, when you learn that a couple is getting a divorce, don't react to the news as if it's a tragedy from which those involved will never recover. You can acknowledge to your kids that divorce is hard and sad while still conveying that you have confidence that those involved will ultimately work through it and be okay. In other words, treat the news more like a broken leg than a terminal illness, if you get my drift.

When it comes to telling your kids about your own divorce, they need to know what divorce does and does not mean for your family. Divorce *does* mean that their mom and dad will live separately and no longer be husband and wife. Divorce does *not* mean that the kids will lose family members. After the divorce, they will still have a mom who loves them and a dad who loves them. The schedule and the living arrangements will get restructured, but who their parents are and how much their parents love them will always stay the same.

**Before the divorce itself, there comes the decision about whether or not to get a divorce. When do you think is the right time for a couple to start the divorce process?**

The question of when to pull the plug on a marriage is a

personal one. I once had someone who was contemplating divorce ask me if she would still be able to afford organic produce if she went through with it. I told her probably, but if that was her biggest concern, she wasn't ready to get a divorce.

It's hard to have perspective when you're smack dab in the middle of it. That's why I tell people who are thinking about getting a divorce to ask themselves two questions. The first is *why* they want to get a divorce. That one is usually easy to answer – things like, “He cheated,” “I’m not in love anymore,” or “I’m bored.” The second and more important question is *how* being divorced will remedy the problem. That question is much harder to answer – and often overlooked.

Once you have worked through both questions, you will either arrive at a clear answer or you'll still be uncertain. If you are uncertain, that, in itself, is your answer for the time being. If, on the other hand, you conclude that divorce is in fact necessary, the clarity that comes from having worked through these questions and arrived at a definite answer will give you the resolve to make it through the ordeal.

**Related Link:** [Hang Tough – You'll Get Through It](#)

**Lastly, do you have anything else to add?**

One of my favorite pieces of advice for women going through divorce is this quote from Winston Churchill: “Never, never, never, never give up.” (I think that's how the quote goes, give or take a “never” or two.) And yes, I realize he was probably talking about war rather than slogging through a divorce, but still, I see parallels.

To be clear, by not giving up, I don't mean digging in, dragging things out, or making your divorce into a bloodbath just for the sake of “winning.” I mean never ceasing to lose focus on where you are now and where you'd like to go in the future, then letting those things inform the choices you make along the way. Do that, and you'll get to a good place soon,

I promise.

*Pick up a copy of Break Free from the Divortex today! You can also visit Christina's website [EmotionalHardbody.com](http://EmotionalHardbody.com) and follow her on Twitter (@ChristinaPesoli or #Divortex).*

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## **'Bachelor in Paradise' Drama: AshLee Frazier Says She Wishes She Could Take Back Quarrel With Clare Crawley**



By [Sarah Batcheller](#)

Audiences were left with mouths agape and eyes wide after last night's episode of [Bachelor in Paradise](#). As the competition heightens in Tulum, Mexico, the ladies are baring their claws and bringing some World War III-style drama to the tiki hut. In particular, reality TV star AshLee Frazier has left everyone shuddering in fear...and well, we hate to say we told you so!

## Exclusive Celebrity Interview about *Bachelor in Paradise* Drama

In our [exclusive celebrity interview](#) with the Texas native on Aug. 5, Frazier admitted that she stirred the pot in paradise, informing us, "There's a little quarrel that happens with me and another cast member. Unfortunately, I wish it didn't happen, but it did. I wish I could take that part back, for sure." Regardless of the drama, sources tell us that Capital L stays for the entire *BIP* season.

**Related Link:** ['Bachelor' Contestant AshLee Frazier and Game Inventor Rob Ridgeway Sing for Love at Match.com Event](#)

Clare Crawley, who is currently coupled with Zack Kalter (a contestant from Desiree Hartsock's season of *The Bachelorette*), lashed back at Frazier after finding out that the Houston fashionista was bad-mouthing Crawley to her man. While sharing a hammock, Frazier dished to Kalter about Crawley's rumored sexual rendezvous with Juan Pablo Galavis (from *The Bachelor* Season 18, when Crawley finished as the runner-up) and called her "cuckoo" in an effort to change Kalter's mind about his budding relationship and love with Crawley. She didn't realize until after the damage was done that a hidden camera captured her every word.

Frazier's move may have been less about a vendetta against Crawley (who asked Frazier's *BIP* beau Graham Bunn on a date on

the first episode) and more about closing in on Kalter. In our previous interview with Frazier, she stated, "The whole point of going to paradise was to meet Graham. There were no ulterior motives." But a source close to us says that Frazier was good friends with Kalter before going on the show and that she may have had a desire to "team with him" if things didn't work out with Bunn.

**Related Link:** ['Bachelor in Paradise' Star AshLee Frazier: "My Goal Was to Know Graham Bunn"](#)

In tonight's episode, audiences will witness what happens after Bunn refuses a rose from Frazier, walks off, and is followed by ex-girlfriend-turned-bestie Michelle Money. What's interesting about this turn of events is that Frazier previously told us that she enjoyed her time with Money and that the single celebrity mom gave Frazier her blessing to go after Bunn.

We haven't seen any developing friendships between Frazier and the other girls, but her closest ally is yet to arrive; Christy Hansen from Juan Pablo's season shows up tonight. "When Christy comes in the house, she is such a doll," Frazier shared. "She and I become really good friends. It's so nice to make a really good friend." We can't wait to see all the new match-ups!

*You can keep up with AshLee (and Bachelor in Paradise fashion!) on her fashion blog and Twitter @ashleefrazier. Don't forget to catch her and the rest of the cast on Mondays at 8/7c on ABC. Plus, a special episode airs TONIGHT at 8/7c!*

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# Are You Sure You Aren't the Other Woman?



By [Sarah Batcheller](#)

Many of us may have the tendency to occasionally let our trust issues get the better of us, and we begin to wonder what our significant other is up to when we're not around. It can even get as bad as suspecting them of having an affair. It is less common, though, for us to look at ourselves and wonder, "Could I be the woman on the side of his real relationship?" Just as there are warning signs that someone is cheating on you, there are signs that you are the one he's cheating with. No lady looking for love wants to fall under the category of the other woman! With that thought in mind, here is Cupid's advice on how to know if you should get yourself out of your current situation before an angry girlfriend (or worse –

wife!) leads a torch-bearing mob down your street:

**1. He hasn't introduced you to his friends or family:** Well, that's simply because no man has the audacity to admit to his closest comrades, especially his family, that he's dating two women. Not to mention, secrets aren't kept very well that way. Unfortunately for you, if he hasn't introduced you yet, it may be because you are the lesser of the two ladies. If it's been a few months and things are getting more serious, it's time to meet the important people in each other's lives. If he refuses when you bring it up, that's probably because one of those people includes a significant other.

**Related Link:** [Why Men Look at Other Women](#)

**2. You've never been to his house:** In fact, he won't even share his address with you so you can send him a sweet gift or card. This is likely due to the fact that his main girl lives with him or at the very least holds the ranking that allows her to make frequent or unannounced visits. Also, he probably doesn't want nosy neighbors acquiring any knowledge that could out him. Come on, haven't you seen *Desperate Housewives*?

**3. He takes a long time to get back to you:** If he takes hours or even days to simply respond to a text, voicemail, or e-mail, it may be because he's around a person (or people, like his friends and family) who he doesn't want to catch a glimpse of your message. This rude delay is due to the fact that you're on the back burner and therefore not important enough to respond to in a timely manner.

**4. He doesn't take you out:** He uses the excuse that he just likes to come over, cuddle, and watch a movie, but in actuality, he doesn't want to risk bumping in to anyone, like his friends, his girlfriend, or even his girlfriend's friends. This also means you're not worth the event of getting all dressed up for a fancy date night. Plus, he doesn't want to have to spend money on someone who's less important than



his significant other, who he *does* pay for.

**Related Link:** [6 Signs He's Lying](#)

**5. You have the same hunch a girlfriend would:** Just like a bonafide girlfriend may suspect cheating, you suspect the same, except your suspicion comes along with a combination of one or more of the aforementioned signs. In addition to these signs, you might notice that another girl tags him in pictures on Facebook, he's always on his phone, or he seems distracted. Basically, you suspect he's cheating, but due to the other red flags, you realize he's not cheating *on* you; he's cheating *with* you.

**Have you ever found out you were the other woman? Tell us your story in the comments below!**

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## **Ryan Seacrest Aspires for a Marriage Like His Mom and Dad**





By [Sarah Batcheller](#)

As Ryan Seacrest nears his 40th birthday in December, he's thinking about what it is in life that matters forever- love! According to [People](#), Seacrest thinks this means a marriage like his mother and father's, which is a healthy and happy one. His parents have been married for over 40 years, so now the multi-media mogul is thinking about how and when finding the same kind of love is in store for him, and the 40-year milestone is a wonderful time. Seacrest says his goal is to find balance in the coming year, which means focusing a little less on work, and a little more on the sweeter things in life.

**How do you know when you're in a healthy relationship?**

### **Cupid's Advice:**

Balance is important in any relationship, and it can be hard to see the signs if you're in an unhealthy relationship. Cupid has some hints that point to a healthy relationship:

**1. You spend quality time together:** Even amid all the craziness of work, school, and all other responsibilities, you

and your partner make sure you set aside time to be together, and not just to sit around the house, but to have fun and bond. Spending quality time together allows both people to continue to feel connected throughout the days, even when they haven't seen each other for a bit. In long-distance relationships, this means making time for quality conversations, and not just texting all the time.

**Related:** [How To Turn A Summer Fling Into A Healthy Relationship](#)

**2. You both make compromises:** Being in a relationship means being part of a team, and when you're on a team, the goal is not for individual members to win, but for the whole group to win. This means that in a healthy relationship, both partners consider the *team* when it comes to big decisions, like relocating, and even little ones, like where to get dinner. Compromise means considering what will sustain a happy, functional relationship, rather than one person only considering themselves.

**Related:** [Cupid's Weekly Round-Up: Fixing Your Relationship](#)

**3. You're not afraid to be vulnerable:** Masking your feelings will set you on the fast track to the demise of your relationship. If both partners can be vulnerable, it makes it easier to compromise, because you know what each other truly want, deep down. Showing your true colors will allow your partner to nurture your deepest feelings.

**How do you make sure your relationship stays healthy? Share with us in the comments below!**

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# Jill Duggar and New Husband Derick Dillard Are Expecting First Child



By [Sarah Batcheller](#)

Just two months in to holy matrimony, Jill Duggar and her husband Derick Dillard are expecting their first child. According to [UsMagazine.com](#), the happy news was released by the mother-to-be and her hubby on August 20th. Happiness surrounds the couple, as Duggar took to Twitter to announce the couple's one year "Skypiversary" on August 17th- the anniversary of the first time they Skyped. The two were introduced by Duggar's father, and immediately knew they'd be together forever. Duggar is the fourth of nineteen children in her family's household, and the second to become a

parent, following her older brother, Josh. Now that the couple are “one kid and counting”, we can’t wait to hear potential baby names!

## **What are some ways to decide when to have your first child?**

### **Cupid’s Advice:**

A baby, like marriage, is the beginning of a wonderful new adventure. In order to enjoy the experience of having your first child, rather than stress a lot over it, it’s important to be prepared and know when it’s the right time for you and your spouse. Here we’ve got some tips on how to decide when the time is right for you:

**1. You’ve got your “younger” aspirations out of the way:** Being a parent is a full-time job, and it’s hard, heck- it’s impossible- to balance it with spontaneity and reckless abandonment. If you and your spouse have always desired to, say, travel to Tuscany, or backpack Ireland’s countryside, you’re not going to do so hauling a baby around. You know the time for a first child is right for you when you’ve already satisfied your thirst and curiosity of wilder things.

**Related** [First Comes Love, Then Comes Baby...Then Comes Marriage?](#)

**2. You swoon every time you see a baby:** You know your parental instinct has kicked in when you briefly plot snatching up someone else’s baby every time you see one. Just kidding, we know you wouldn’t do that. At the very least, when you walk through the aisles at a department store and spot the baby section, you start planning tiny outfits. If your heart melts at the mere sight of a baby, then go ahead and make your dream come true.

**Related:** [Kourtney Kardashian is Pregnant With Third Baby](#)

**3. You treat your pets like children:** You dress up your dog, spoon-feed your cat, and even read to your parakeet. All

of these things are signs that your parental instinct is in high gear! If you know you're capable of loving and nurturing smaller creatures, and are 100% dedicated to doing so, take the next step and bring your own bundle of joy into the world.

**When did you know the time was right for you to have your first child? Tell us in the comments below!**

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## **'Bachelor in Paradise' Contestant Chris Bukowski Talks Friendship with Michelle Money and Celebrity Break-Up from Elise Mosca**





By [Sarah Batcheller](#) and [Whitney Johnson](#)

If you tuned in to the third episode of *Bachelor in Paradise* last night, then you saw a new side of reality TV contestant Chris Bukowski. In an exclusive celebrity interview, CupidsPulse.com had the chance to speak to the Illinois native, and he expressed that this sensitive, softer side of him is more true to form than what was previously portrayed on the small screen, stating, “This is the side that my friends and family see everyday.”

## Exclusive Celebrity Interview with Chris Bukowski

Choosing to leave Mexico because of a knee injury, Bukowski asked his new *BIP* love interest Elise Mosca to head home with him. When Mosca accepted, Bukowski gave his final rose to BFF Michelle Money, in order to extend her chance at finding a relationship love on the show. “She [Money] is one of my closest friends in the reality TV world and the real world,” the reborn fan-favorite says. “She deserves someone to share



her life with, and I want to see that happen for her. She's truly an amazing person, and I wanted to give her the opportunity to find someone amazing for herself."

**Related Link:** ['Bachelor in Paradise' Newcomer Chris Bukowski Says Dates with Elise Mosca Were "Spectacular"](#)

It's no surprise that the blue-eyed entrepreneur appreciates being portrayed in a more positive light. He's glad that the *Bachelor in Paradise* audience finally saw who he truly is, concluding, "Something that everyone in my life will say about me is that I'm honest. If people were more honest to themselves and to each other, there'd be a lot less bullshit in this world – and on reality TV!"

## ***Bachelor in Paradise* Star Talks Celebrity Break-Up**

While there's no doubt that fans were surprised to see this version of Bukowski, what everybody *really* wants to know is how his whirlwind romance with Mosca netted out. Bukowski shares that Mosca stayed in Chicago with him for six days after they left Tulum and that they dated for about a month after that. Unfortunately, though, the two lovebirds couldn't make it work. "I broke it off because we were at two very different points in our lives," the Bracket Room owner admits of their [celebrity break-up](#). "I wasn't confident that Elise was the right girl for me and didn't want to lead her on to believe anything different."

Sources close to us say that the adorable couple were flown back to Mexico before filming of *Bachelor in Paradise* ended with the intention of updating the rest of the cast (and viewers, of course!) on the status of their relationship and love. They also shared that this scene never played out because the producers wanted Chris Bukowski to propose, but he wasn't ready to.

**Related Link:** [Chris Bukowski Says "Paradise Wasn't Paradise for Me"](#)

Despite their celebrity breakup, the currently-single restaurant owner only has nice things to say about Mosca. "It's tough for me to hear people say she's crazy when she's only crazy about falling in love," he explains. "She's a nice, genuine girl, and I've never heard anyone who knows her say a bad thing about her. She's very caring and will make someone very lucky one day...as long as she lays off the sequin outfits!" he jokes.

Bukowski also encourages *Bachelor in Paradise* fans to "not punish someone for wanting to be loved. All we need is love, and love is actually all around," he says in reference to the movie *Love Actually*. He adds, "I love that movie, by the way!"

*Keep up with Chris on Twitter @ChrisJBukowski. Be sure to tune in to Bachelor in Paradise on Monday nights at 8/7c on ABC!*