

# Online Dating Advice: When To Jump Back Online After A Breakup



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

In this week's relationship advice video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) gives online [dating advice](#) for when to get back online after a nasty breakup

## Online Dating Advice After A

# Breakup From E!'s *Famously Single* Laurel House

If you're recently heartbroken and don't know when to get back out in the dating world, then this dating advice is for you. Relationship experts reveal that getting back out there doesn't always mean looking for a new relationship and love. You need time to be alone and heal, but going out, flirting, and feeling sexy is a necessary reminder that you're a hot commodity.

**Related Link:** [Relationship Expert Reveals What to Do Before You Begin Online Dating](#)

Moving on isn't always easy, so check out what steps to take after a breakup. First, you need to end social media relationships, because you don't want to see what your ex is up to. Then, you need to list all of the bad things about your former romance. It's too easy to fantasize about what used to be. Next, you need to refresh your look and do something that will make you feel good about yourself again. For the rest of the steps from E!'s *'Famously Single'*; star Laurel House, check out the video above!

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

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

**When do you think you should get back online after a breakup? Tell us in the comments below!**

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**Relationship  
Striking  
Conversation**

**Expert  
Up**

**Talks  
Party**



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

In this week's [relationship advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) talks about how to start a conversation at a party. Her dating advice is simple: Dig in and reveal yourself.

**E!'s Famously Single Dating Coach  
Gives Top Tips For Party**

# Conversation

When you go to a party and see someone really hot standing across the way, how do you casually start a conversation? The relationship expert empathizes that finding a point of entry can be difficult. The first step is to overcome your nerves! Harness them and get your adrenaline pumping so it empowers you. You want to walk up confident in how interesting you are.

**Related Link:** [Dating Expert Says Look For What You Need, Not Want!](#)

Once you find the confidence to approach the hottie across the way, you'll want a few topics to discuss. For example, if you're a foodie, talk about the food being served at the party. Or be a bar fly and talk about cocktails. Either way, relationship experts, whether from *E!'s Famously Single* or not, say you'll want to show a passion of yours and reveal something about yourself. Remember to dig deep and get past the surface if you want a relationship and love.

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**How do you start up conversation at a party? Tell us in the comments below!**

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## Love Advice: What Makes A

# Great Online Dating Profile



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

Most dating experts agree that, when it comes to online dating, creating your profile is of the utmost importance. In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) says, "Online dating isn't a game!" Her best love advice is to have a strategy to invite the right people into your life and eliminate the wrong people.

## **E!'s *Famously Single* Dating Expert Laurel House Talks About Online**

# Dating

It's no surprise that the relationship expert believes that photos play a major role in your online dating profile. "This is especially true for a woman's profile because men are visual creatures, while women are emotional creatures," she shares. Make sure that your photos are high quality and that they show your best self-living your best life. Your pictures should be a visual biography of where you hang out, what activities you enjoy, and who you like to hang out with. "All of these things reveal who you are," House explains.

**Related Link:** [Dating Expert Shares Number One Rule of Successful Online Dating](#)

However, the most important element to your profile is that "it's an authentic depiction of who you are. Your profile should make the reader feel like they're getting a good sense of *you*." In order to do so, you may need to hire someone to write it for you – and that isn't a bad thing! House's love advice can teach you how to create your best profile and also how to evaluate the profiles of potential dates.

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

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

**What elements do you think make a great online dating profile? Tell us in the comments below!**

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# Dating Coach Laurel House on Her New Book: “I’m Pretty Nervous For My Ex-Boyfriends to Read It!”



By [Sarah Batcheller](#)

You know her, and you love her. She’s Laurel House, and she’s the queen of all things “powerfully feminine,” as she encourages women to be in her new book *Screwing the Rules: The No-Games Guide to Love*. This California cutie is an international dating coach with clients ranging in age from 16 to 82. She was also featured on MTV’s *Made* as an “It Girl” mentor. Listening to House’s advice is like talking to your best friend but with more expertise, or maybe a therapist but

with a better sense of humor. If you want to learn to embrace your true self and subsequently find your true love, then *Screwing the Rules* is for you. Here at CupidsPulse.com, we had the chance to interview the love expert on all things flirty, fun, and for-real.

**First, what inspired you to write *Screwing the Rules*?**

I have been a prolific dater for a very long time. I was first married at the age of 21, and that lasted for six months. I was married again at the age of 23; he proposed after three months, and we were married for three-and-a-half years. Since then, I've been engaged a third time and proposed to nine times.

From those experiences, I have made a lot of mistakes. I used to "follow the rules." I had an idea of what you're "supposed to do" in order to play the dating game, which meant keeping my information close to my chest, not being vulnerable at the beginning, being picture perfect, and putting on the facade of what I *thought* the guy would want. I got a lot of guys to fall in love with me, but I wasn't being true to myself, and therefore, I wasn't being true to them. I ended up hurting people because they were in love with "perfect Laurel" and I didn't love them back.

I started to analyze my mistakes and people's responses to them, and I realized there was a pattern, so I came up with a strategy to change it. I started coaching...and people started taking my advice and having different results for the first time. That led me to write *Screwing the Rules*.

**Related Link:** ['The Bachelorette' Way to Date Lots of Guys](#)

**How would you say your personal experiences and past loves influenced your writing?**

The publishers basically wanted me to reveal my



vulnerabilities, insecurities, mistakes, and shame in this book, and I realized, "I'm asking my readers to reveal the same things to me, or at least to themselves, so I need to set the expectation." I wrote the whole thing, and then afterward, I injected my personal stories. I'm actually pretty nervous for some of my ex-boyfriends to read it!

While writing it, I felt like Diane Keaton in the movie *Something's Gotta Give*, where at the end she's sitting at her beach house typing and sobbing. It was hard to go back and remember the bad relationships, the hurt, the things I've been called, and all of the things I went through in order to get here.

### **What are some commonalities you've noticed as a dating coach?**

First, women consistently struggle with voicing their needs. In the beginning of a relationship, even the women who are super successful, strong, entrepreneur types don't voice their needs in a way that is pointed, direct, and authentic but simultaneously loving. Often times, we don't have our needs met because we set the precedent early in the relationship: "Where do you want to go to dinner?" "I don't know. Where do you want to go to dinner?"

Even when it comes to making online dating profiles, we don't focus on our needs; we focus on our wants, like "I want him to be hot; I want him to be rich; I want him to be funny; I want him to like hiking." Well, what do you *need*? "I need him to respect me; I need to respect him; I need him to admire me; I need to admire him; I need him to show up when he says he's going to." The problem with not voicing your needs is that it causes resentment.

Second, we're afraid of our vulnerability. We believe it's weakness, but it's not. Look at the people you're closest with and most connected with. Do you love them because they're pretty, rich, or funny? Probably not. You love them because

you have a mutual connection and understanding, often due to hardships. You love them because of their quirks that they often see as weakness. So what you're doing by not being vulnerable is withholding that.

Women often say, "He hasn't proven himself yet." Okay, how much more time are you willing to waste? In the book, I talk about the "U Strategy," which refers to this idea of "up, down, up." On a date, you talk about the good things (up), then the depth and vulnerability (down), and then how you came out of it a better person (up).

**Related Link:** [How to Make a Guy Fall in Love with You](#)

**We love that you encourage your readers to be "powerfully feminine." Why do you feel that this idea is so important for women as they date? How can women channel this sort of femininity?**

There are three types of femininity: the needy feminine, the masculine feminine, and the power feminine. The power feminine is the most powerful because you're being true to your core values, your needs, and your femininity. You can be a woman and be soft and nurturing but also say exactly how you feel. We tend to couch things because we're trying not to hurt other's feelings, but when we do that, it comes off as manipulative. Instead, just be you. Be your beautiful, feminine self. Allow him to take care of you. As much as I am a feminist, I also believe in gender roles.

*You can learn more about Laurel on her website [screwingtherules.com](http://screwingtherules.com) and keep up with her on Twitter: @QuickieChick and @NoGamesLove. Don't forget to pick up a copy of [Screwing the Rules: The No-Games Guide to Love](#), out today!*