

Celebrity News: Nikki Bella Is Still 'Spending Nights' with John Cena at His Home



By Rhodesia Williams

In [celebrity news](#), John Cena, 40, and Nikki Bella, 34, showed us a possible glimpse of hope in their relationship after they called off their engagement last month, according to [UsMagazine.com](#). Recently, Bella has been spending nights at Cena's house. Let's back track; if you haven't heard, John Cena and Nikki Bella were engaged and ready to tie the knot when the [celebrity couple](#) decided to call off their wedding on April 15th. This well known duo were together for six years, and news of their split shocked many. According to a source, Cena "doesn't want [Nikki] to have to deal with moving after

everything they have been through as a couple.” It sounds like Cena isn’t fully ready to let go of his former fiancée if you ask us!

In celebrity news, this formerly engaged couple are still seeing a lot of each other. What are some tips for cutting ties completely after a break-up?

Cupid’s Advice:

Sometimes spending time together after a break-up is the worst thing you can do, because it prolongs the inevitability of not seeing each other every day. It’s important to cut ties completely, at least for a while, allowing you both to move on. Cupid has some tips:

1. Move out: If you are living together, someone has to go. It is never healthy to continue to live with someone you are no longer in a relationship. John and Nikki won’t be able to heal if they continue to live together.

Related Link: [Fed up, But Can’t Break Up](#)

2. Spend time with friends and family: Hang around people who love and care about you! It is not to say the person you are no longer with doesn’t care, but you need neutral parties. Nikki Bella is on the right track by going and staying with her sister. Sometimes you need those sad movie watching, ice cream eating, let’s just chill kind of nights.

Related Link: [How to Get Over a Break Up](#)

3. Go out: No need to try to jump back on the horse, but

sometimes petting and feeding the horses will do. Go out for lunch, go listen to some music, bowl straight gutter balls! Anything to keep your mind off of the situation and to make you feel good. Everyone needs a laugh. Nikki Bella admits to going MIA but sometimes that doesn't help.

What are some other ways to cut ties completely after a split? Share your thoughts below.

Date Idea: A New Kind of Valentine's Day Date



By [Marissa Donovan](#)

Valentine's Day is right around the corner. Cupid can help you plan out an unforgettable day!

This year's holiday can be all about creating an original love story.

It's okay to be single on Valentine's Day! Go out and hit the town with other single friends or family members. Splurge on yourself and get a haircut or a new outfit for the night. Celebrate the day by loving you for you!

Related Link: [Dating Advice on How to Meet Someone for Valentine's Day](#)

For those in a happy relationship, surprise your partner with a homemade gift! Your partner will appreciate the time and effort you took to make the gift. A framed photo or something that references one of your inside jokes as a couple will be more meaningful than flowers.

Related Link: [Relationship Advice: "Don't You Dare Valentine Me"](#)

It's all about creating lasting memories that you can smile about later. Whether you're single or in a relationship, make sure you're having a fabulous Valentine's Day!

Do you have any creative date ideas for Valentine's Day? Comment below, and share with our readers.

January Jones Opens Up About Being a Single Celebrity Mom



By Justin Thomas

In a recent [celebrity news](#) from *Red Magazine*, *Mad Men* actress and proud [single celebrity](#) January Jones opened up about the only (little) man she needs in her life. That, of course, being her 5-year-old son, Xander. She has never revealed the identity of Xander's father to the public, saying that that information is strictly the business of her son. Jones, 38, said something a lot of modern day single moms might need to hear: "It's good to have strong women around a man. To teach him to respect women. He doesn't have a male person in his life saying 'don't cry' or 'you throw like a girl.' All those s-t-y things dads accidentally do." She went on to say, "I just don't feel I need a partner. Do I want one? Maybe. But I don't

feel unhappy or lonely,”.

This single celebrity is totally fine being alone! What are some ways to embrace your single lifestyle?

Cupid's Advice:

It can sometimes be hard to walk in a single person's shoes but it doesn't always have to be. Here are some tips to help make the stride a little easier:

1. Single doesn't mean alone: Keep family and friends close to you heart. Make sure you make and spend time with loved ones. Don't underestimate the value of family and friendship and all of the love and support they offer. We all get by with a little help from our friends.

Related Links: [Think You Need a Man at Your Side? Think Again!](#)

2. Enjoy your own company: Learning to enjoy your own company isn't just important for single people; it's essential for everyone. From the social media crazed world we live in today to the office to the local mall, we're surrounded by people from every angle. Getting that alone time can help you not only rejuvenate, but also to learn a lot about yourself. Maxwell Maltz said it best: "If you make friends with yourself, you will never be alone."

Related Links: [Single Celebrity Susan Sarandon 'Trying to Figure Out' the Single Life](#)

3. Stay positive: Whether you're single and looking, not looking, open or not open to a relationship, it's still important to keep a positive attitude about life. No one likes

a cynic. Remember there's so much in life to appreciate aside from relationships.

What are your thoughts on being satisfied and single? Share your opinion below!

Dating Advice: Don't Be Afraid to Sparkle During the Holidays—Even If You are Single



By Cathy Maxwell

No one special in your life? The holidays can be tough for single celebrities and non-celebrities alike. Many activities around this time can intensify whatever doubts we are feeling about ourselves or our relationship status, if we let them. The main piece of [dating advice](#) is to enjoy all the fun of gatherings without the angst of being the odd man out. Or worse, wallowing in pity for being alone.

So, how do we do that? First, I believe in grabbing hold of life with both hands. I not only survive the holidays, but thrive by putting into practice three sparkling principles:

Love is a word of action.

I love. Feel the power? The statement breathes. It speaks of me: I love ideas. I love community. I love men with glasses. I love being at the gym. I love to read. The list of my passions goes on and on. When I focus on what makes me feel alive, I get out of my own head and begin to enjoy what is happening around me. Who cares if there is an odd number at the table and I'm the one responsible? Let's talk about books, movies, tidbits from the news. Better yet, let me love my friends for who they are. Let me demonstrate my care for them by being interested in their lives, instead of mooning over what mine lacks.

Related Link: [Top 10 Sexy, Successful and Single Celebrity Women Over 40](#)

Always be ready to participate.

Yes, this goes for introverts as well. Just because I don't have a date doesn't mean I shouldn't spend some money on myself for fun holiday polish and bling. Indulging is what this happy time of the year is about. Winter is coming; shine now! And life should never be lived waiting for some mythical someone to come along. Or feel I must shoehorn myself into a relationship to fit in with social groups. Yes, I understand shyness. Without a partner, it would be easier to stay home . . . but the cost is high. We were meant to live fully and completely. Decorate where you live. Act as if the holidays have meaning. Take part in the traditions. When you are invited out by friends and family, don't say no automatically. Remember, you are special exactly the way you are, and don't be afraid to flaunt it. There's power in being able to come and go as you please. Use it.

Related Link: [Single Celebrity Susan Sarandon 'Trying to Figure Out' the Single Life](#)

Create the party.

I adore dinner parties. When I found myself single, I refused to be cut out. I invited the most interesting people I know to my place and I sit at the head of the table. If I want to go to the movies, I put out the word. If I want to carol or go dancing or hiking, I'm happy to organize. Plus there are groups I can join and form new friendships around these activities. When I found myself single, I let people know I wanted to be included by reaching out first. There is more to me than the man in my life. Yes, it is a couple-ly universe, but true friends value my presence.

After all, life is meant to be celebrated and I don't want to miss a second of it.

Cathy Maxwell believes Love is so important, she devotes her writing to it. She is the USA Today and New York Times best-selling author of over thirty historical romances. Click here to order her latest novel, The Match of the Century. Fans can

contact Cathy at www.cathymaxwell.com.

Celebrity News: Jennifer Lawrence Says She's 'Lonely Every Saturday Night'



By Mackenzie Scibetta

Surprising, and slightly comforting, [celebrity news](#) coming from [Jennifer Lawrence](#) this week as she revealed to *Vogue* magazine that she deals with loneliness just like everyone else. According to UsMagazine.com, the single celebrity said

“no one ever asks me out. I am lonely every Saturday night. Guys are so mean to me.” She even added how guys try to assert their dominance and make her feel insecure. It’s shocking to believe that the Oscar-winning actress struggles with finding a genuine guy, but this goes to show even celebrities need love advice!

This celebrity news is super surprising! What are some ways to find the “nice guy”?

Cupid’s Advice:

Having feelings for someone is now considered a sign of weakness, and being attached to someone is deemed too clingy. With these societal norms spreading it’s more difficult than ever to find a happy relationship. But don’t give up hope yet! Contrary to popular belief all of the “nice guys” haven’t fallen off the face of the Earth just yet. Cupid is here to help you find a man worth falling for:

1. Be yourself from the very beginning: By never hiding your true self a guy will know immediately the expectations he has to live up to and the standards he has to meet. On the first few dates women tend to let a lot of things slide in order to come off as easy-going, but sometimes letting the guy know exactly who you are and what you want will make it clear to him how to act like a gentleman.

Related Link: [Celebrity News: Rob Kardashian’s Ex Adrienne Bailon Says ‘He’s a Great Guy’](#)

2. Stop playing games: After middle school there’s no valid reason why men and women should continue to play mind games with each other. Making your partner guess if you like them or calculating when to text back is feeding into this concept

that dating is a game. Nice guys won't want to participate in these games so just leave them at home.

Related Link: [Celebrity Divorce: Kaley Cuoco Tears Up Talking About 'Difficult Year'](#)

3. Respect yourself: Treating yourself with dignity will be a great example for any man to follow. Say no when you want to say no and don't allow yourself to be stepped on. Don't ever bend over backwards trying to please a guy because a relationship should be a two-way partnership with balance.

Where did you and your "nice guy" meet? Comment below.

Celebrity Interview: SYTYCD Winner Gaby Diaz Says "I'm All Dance Before Romance"





Interview by [Lori Bizzoco](#). Written by Mackenzie Scibetta.

In a groundbreaking *So You Think You Can Dance* finale, the crowning champion of Season 12 was a tap dancer, the first one in the show's 10 year history! In addition to being a tapper, what makes winner, Gaby Diaz even more unique is that she is impressively only 19-years-old. The Cuban-born star received the ultimate package of \$250,000 and the opportunity to join her idol, Jennifer Lopez onstage at her Las Vegas residency. This [celebrity news](#) only gets sweeter as Diaz is currently performing with the *SYTYCD* tour, which hits 70 cities and runs until January. We had the chance to chat with Diaz last week and in our exclusive [celebrity interview](#), she spoke about her hectic life, her single celebrity status and how she feels about being the first tap dancer in the show's history!

Gaby Diaz Shares Inside Look at SYTYCD in Our Celebrity Interview

You recently performed for all of your family and friends in your hometown of Miami. What was that like knowing you had

your loved ones there?

It was crazy! The energy was incredible in Miami. I was in tears by the end of it because I didn't want it to be over. The hometown shows are incredibly special. I learned though that you have to pace yourself during the hometown shows because you want to impress your loved ones but I went too full out in the first half and realized I needed to calm down and not kill myself.

Related Link: [SYTYCD Finalist Megz Alfonso Inspires Other Dancers Saying, "Don't Be Afraid of Who You Are"](#)

What is it like being the first tap dancer to win this contest?

I am very proud to represent the show as the first tap winner. There have been a lot of incredible tap dancers before me who helped pave the way, so I'm just really happy I was able to put tap dancing on the forefront. It was definitely time for a tap winner! I hope this makes people respect tap more as a dance style too because it's really underrated. I want people to enjoy tap just as much as they enjoy the other more popular styles.

After you got rejected during the season 12 Dallas auditions, you flew to Detroit to try out again, where you obviously made the cut. What inspired you to give it another shot?

It's always been a dream of mine to be on the show and it's never seemed like a realistic possibility until 3 of my close friends made it onto the previous season. One of my best friends, Ricky Ubeda, actually ended up winning last season so that pushed me to think "if they can do it, why can't I?" It helped that I had them prepping me and giving me advice.

What advice did Ricky give you during your journey?

He told me to take the competition one week at a time and not

to get ahead of myself. The people who get caught up worrying about getting eliminated or comparing themselves to other dancers just preoccupy their mind with negativity. You need to focus on rehearsing your dances and making sure every dance you perform is in your own style.

Related Link: [Celebrity Interview: Lifestyle Coach Laura Baron Talks Relationship Advice](#)

How do your Latin roots play into SYTYCD?

I'm trying to get everyone to be speaking fluent Spanish by the end of the tour. I brought people from the tour over to my home to have Cuban food and Yorelis picked up some homemade food in Florida. There's definitely a strong Latin influence on this tour.

Did you ever think or know that you were going to win?

Everyone hopes to win but you never know how people perceive you and the judges are very good at not showing favoritism. Any of the 4 finalists would've been very deserving of the title so I didn't want to worry myself with the result. I was proud of myself regardless because it was a big accomplishment just making it onto the show.

Given your demanding schedule, it must be hard to balance your career with your personal life. Since CupidsPulse.com is a relationship site, we have to ask: Do you have someone special in your life and how do you balance that?

No, I'm all dance before romance. I said before I auditioned that if I'm going to do the show I need to put my full focus and full energy dedicated to SYTYCD. I didn't want to have someone that I couldn't devote the right time and energy to. It's hard to explain what I'm going through on the show to someone who's not on it. I'm so young so I've got plenty of time for romance.

Keep up with Gaby on Twitter @itsgabydiaz, <https://www.instagram.com/itsgabydiaz/> and www.facebook.com/Dance12Gaby to find out the latest! Don't forget to check out SYTYCD tours as well!

Celebrity Gossip: Dane Cook Responds to Miley Cyrus Dating Rumors



By Mackenzie Scibetta

Dane Cook, 43, is clearing the air up about any [celebrity](#)

[gossip](#) that says him and 22-year-old [Miley Cyrus](#) are romantically involved. According to [People.com](#), Cook said playfully that he is “always the last to know these things” and denied any sort of Hollywood relationship with Cyrus. Single celebrity Cyrus has told reporters recently of her desire to remain unattached, “I’m going on dates, but I change my style every two weeks, let alone who I’m with.”

This celebrity gossip is apparently off-base! What are some ways to keep untrue rumors from affecting your life?

Cupid’s Advice:

A rumor is a doubtful (or completely false) truth, and that is all it should be. Don’t let rumors enter your life as anything more than meaningless words. Cupid has three pieces of dating advice to help you have a rumor-free existence:

1. Play it like Dane Cook and laugh it off: Most rumors come from such absurd places that there’s nothing to do but laugh. They are generally so untrue that laughing is the most attention you should give them. This will also prove you won’t let petty gossip affect you.

Related Link: [Justin Bieber Says He’s a Single Celebrity and ‘Ready to Mingle’](#)

2. Deal with the source directly: Ask around and figure out who started the rumor. Once you find the creator of all of the drama you can ask them nicely to admit to creating the false lie. It is unlikely they will ever spread anything untrue about you again.

Related Link: [Single Celebrity Ariana Grande Says She Doesn’t](#)

[Want to Be Called Big Sean's Celebrity Ex](#)

3. Completely ignore it: By not feeding into the negativity of gossiping, you are putting yourself in a better position for happiness. If addressed about a ridiculous rumor, don't even respond because there are more important problems in the world to focus on.

How did you deal with a nasty rumor? Comment below.

Justin Bieber Says He's a Single Celebrity and 'Ready to Mingle'





By Mackenzie Scibetta

“Beliebers” everywhere can rejoice as heartthrob [Justin Bieber](#) revealed he is officially on the market. The single celebrity, who famously dated [Selena Gomez](#) for three years, told Ellen Degeneres he isn’t quite ready for another celebrity relationship right now. According to [UsMagazine.com](#), the singer said, “I love to be in love and I love cuddling and I love all of that kind of stuff. But I got my heart broken and so I’m just going to let that heal up.” Although single, fans may have to wait a while before they see the star in a celebrity romance with another woman.

Single celebrities have all the fun! What are some benefits to staying single?

Cupid’s Advice:

When you’re single, don’t remain bitter about love or seeing other couples happy. Rather, use this time to build up

yourself and take advantage of all the opportunities life has to offer. While not always obvious, there are a lot of positives to being single and Cupid is here to demonstrate some of them for you:

1. Be more productive: You don't need to worry about cooking dinner, cleaning, attending events or shopping for your partner so you have a lot of extra time that can be devoted to work, hitting the gym, or starting a new club. Use this time wisely to discover new interests or skills.

Related Link: [Single Celebrity Ariana Grande Says She Doesn't Want to Be Called Big Sean's Celebrity Ex](#)

2. More well rested: Research shows that sleeping two people in a bed can be less comfortable and can lead to more restlessness during the night. Also, without a partner you have more time to get a full night's sleep. More rest results in a stronger, more brain-powered you.

Related Link: [Justin Bieber Says He Isn't Looking for a Romantic Relationship Right Now](#)

3. Manage money better: A common overlooked downside of being in a relationship is all of the money you have to spend on dates, transportation and extra food. Being single allows you to question better what's worth spending money on and what's not.

How do you spend your time when you're single? Let us know below.

Single Celebrity Ariana Grande: Tearing Down Double Standards?



By Dr. Jane Greer

Singing sensation and [single celebrity Ariana Grande](#) wrote an elaborate, empowering essay about male and female double standards after her celebrity break-up with rapper Big Sean. She said, “If a woman has a lot of sex (or any sex for that matter)... she’s a ‘slut.’ If a man has sex... HE’S. A. STUD. A BOSS. A KING... If a woman even TALKS about sex openly... she is shamed!”

Ariana touched on one of many examples of double standards when it comes to relationships and love and is hitting a nerve because what she wrote about does often seem to be true.

Choose a course of action.

In today's world, women want to be able to make mindful choices when they decide to be intimate and sexual with their partner. But that isn't always easy to do. When a woman has an active sex life, she might be viewed as being loose. On the other hand, men are expected to seek it out, and if they brag about a few notches on their belt then they are respected and thought of as manly. Women are finally looking to move beyond these images and not let them hold them back anymore. Along those lines, the most recent *Bachelorette* openly said she made a conscious decision to be intimate with one of the men she had met on the show, because a sexual connection is such an important part of a relationship that she wanted to have a sense of their chemistry before they moved too far forward. She chose a course of action, and so can you.

Related Link: [Single Celebrity Ariana Grande Says She Doesn't Want to Be Called Big Sean's Celebrity Ex](#)

Be the manager of your sex life.

If you consider what you stand to gain by exercising your sexual expression, as well as what you stand to lose if you are not in touch with it, you will see how important it is to be the manager of your sexual life. By challenging these stereotypes that have trapped, confined and limited women for

too long, you can work to redefine your sexual identity and what it means to you in terms of your happiness and your sexual esteem. If, for example, you want to be intimate with someone when you first meet them, if you are on vacation and want to have a fling, if you are at a wedding and want to have a romantic escapade, or just a one night stand, the most important thing is to know what you are doing and why you are doing it. In other words, own it. This means recognizing that you are with that person to enhance your sexual experience and pleasure, and still feel good about it regardless of whether or not it leads to something more serious down the road.

Related Link: [Ariana Grande and Big Sean Step Out as Celebrity Couple at Grammy Awards](#)

Sit in the driver's seat.

If you are in the driver's seat, you can give yourself the permission to say "yes" to your desires and feel empowered by them when it comes to your sex life decisions, rather than feeling bad about yourself. The essential thing to be aware of is that whatever your action may be you are doing it by choice, one that you are making for yourself and thereby can feel confident about. When you do this, you free yourself from blame and judgment so that you will not feel objectified or used in any sexual experience you share. You no longer have to be in a position where you are compromising your own values or worrying about what other people think.

Be honest and guilt-free.

It follows that if you are in a new relationship and your partner asks how many sexual encounters you have had, you can have a clear sense of your history and how it came to be, free from guilt. You will be able to level the playing field so that what was once only acceptable for men can also be acceptable for women. Saying no always remains a powerful choice as well, what matters most is that you are determining

what is going to be most comfortable for you. In this way, you will be a woman who takes charge, is in control, knows what you want as well as what you don't want, and will be better able to build your inner security which will reflect in your emotional and sexual wellbeing.

Single Celebrity Ariana Grande Says She Doesn't Want to Be Called Big Sean's Celebrity Ex



By [Courtney Omernick](#)

[Single celebrity](#) Ariana Grande seems to be having some identity issues! According to [E! Online.com](#), the singer stated that she doesn't like being known as Big Sean's celebrity ex. She feels that she is more than just a man's "past possession."

Single celebrities have more fun! What are some ways to gain your own identity back post break-up?

Cupid's Advice:

You don't have to be celebrity exes to know the feeling of heartbreak. It can take some love advice and healing after the relationship and love is over to really try to get your own identity back. Take some advice from single celebrity Ariana Grande, and do your own thing! And, check out our advice below:

1. Enjoy your alone time: You've spent so much time with someone else, that you might have forgotten how to be alone. Embrace the time that you have by yourself, and look at it as an important tool in figuring out who you really are.

Related Link: [Jennifer Aniston's Celebrity Engagement: How Long is Too Long?](#)

2. Reconnect with friends: Although you'll want to spend some time alone, don't spend too much time isolating yourself! Spend some time hanging out with friends that you might have lost touch with. If you can't remember who you are, your friends will certainly help you revive your personality.

Related Link: [Katharine McPhee's Celebrity Divorce: Can You Stay Friends With an Ex?](#)

3. Keep yourself busy: Take on new projects, work on old projects, go back to your hobbies, etc. Make sure to fill up your calendar with exciting events and projects. This will help to keep you from moping and make you more productive.

What are some ways you've gained your identity back post break-up? Comment below!

Author Tamsen Fadal Talks New Book and Expert Love Advice: "Sometimes The Simplest Advice Is The Best Advice"





By [Rebecca White](#)

In Tamsen Fadal's newest book about love, titled *The New Single: Finding, Fixing, and Falling Back in Love with Yourself After a Break-up or Divorce*, the relationship expert discusses how hard it is when a relationship and love ends. With a realistic and proven game plan, the relationship author gives readers a road map to radiating confidence, taking better care of yourself inside and out- from career and finances, to home, health, and fitness- and gives [expert love advice](#) on how to survive a split and start over, 90 days at a time. In our exclusive author interview, Fadal opens up about her own divorce and shares wisdom that can inspire anyone to move on from heartbreak.

Relationship Author Discusses *The New Single*

Can you give us some background about the book and what the term "The New Single" means? How does this book differ from others like it out there?

I went through a divorce a few years ago. As I was coming out of it and trying to figure out where to start over again and who I was, I realized it's not only a new beginning for me; my divorce was a public divorce here in NYC and really all over the place. My ex-husband and I ran a matchmaking business, so it was interesting to people that the marriage didn't work out. Nevertheless, when I came out of my marriage and came into my divorce, I realized there's this whole new group of people out there that are a new version of single. It's different from days past- being single means something different because the world we live in is not the same anymore. It's fast-paced. We're dating online now. We're moving at speeds we've never moved before. And I needed different things to help me get through it. I didn't need a dating manual. I needed real life day-to-day advice.

I don't know that I've ever seen recipes and financial planning in a post-divorce or break up book. It's practical advice that I think is necessary for everybody. It's not just for somebody who feels like they're heartbroken. It is real advice for the world we live in today. We hit on a little bit of everything, because I think until you have balance and wholeness in your life, you can't do anything for anybody else.

What do you think will surprise readers most about it?

I think that there was this one line that everybody keeps going back to: sometimes the simplest advice is the best advice. There was an old colleague of mine that I had run into right after my divorce became public. I was embarrassed and I didn't want to see him (of course that's the person you always run into, right?). I walked in [to a party] and I thought, "Oh, no...he's just the last person I want to see." He put out his arms to hug me so I gave him one of those half-hearted hugs and smiles and he said, "I just want you to remember something. It's not going to be like this 365 days from now." I said, "I don't want it to be like this two hours from now,

what does that mean?" But, he was right and it hasn't been like that. It takes time to start over again and to rebuild and reinvent. I think that's what this book really teaches. The thing that surprises most people is how that simple advice has really helped so many.

Related Link: [Author Ellen McCarthy Discusses 'The Real Thing' About Relationships and Love: Find "Someone Who Appreciates Your Whole, Quirky, Imperfect, Wonderful Self"](#)

During the writing process did you have any profound moments or epiphanies about your own life that really shook you?

Yeah, I did. I realized at one point, when I had started to get back out there, that I was making some of the same mistakes I had early on. I call it turning your red flags to pink, which is making everything seem like it's okay and look really pretty when it isn't. I found I was doing that all over again as I started to date someone else. So, that was difficult for me. I think that at a couple points I realized that, as I was 43 and 44 while writing this book, it doesn't matter how old we get. If we don't start to change those habits then we will keep repeating them.

Tamsen Fadal Gives Expert Love Advice Post-Divorce

What is the best piece of love advice you've ever been given?

From my dad, he said, "It's better to be alone than lonely with someone." I didn't understand it for a long time. We're not taught to think about things like that. To me, "lonely" and "alone" were the same thing, and to a lot of people they are. When you understand the difference between those two words, I think that you have evolved. One is just population, having someone physically with you, and one is having somebody that speaks to your heart.

What tips do you have for longtime couples who are struggling to keep their marriage going?

I think that you have to step back. I've certainly been there and it's a lonely place to be. You need to evaluate where you're both coming from and who you've become. We change when we get into relationships and that can often times be difficult. You need to know the person you're dealing with, because it might not have been the person you moved in with, walked down the aisle with, or first met when you had that cup of coffee. You need to know your audience and who you're talking to. You might end up liking this person better. It's really important to be honest with yourself. I realized often times that I wasn't being honest with myself, and it's a tough revelation. You need to assess whether or not you need to bring in a third party in terms of therapy or counseling. You need to keep the lines of communication open and make that is your number one focus. If you don't fix that part, it's very difficult to do anything else, whether it be finances, career, or taking care of your children and extended family properly. Those are the three places I would begin.

Related Link: ['Snap Strategies for Couples' Offers Efficient Relationship Advice for Busy Pairs](#)

How do you radiate confidence when you truly don't feel very confident after a breakup?

I didn't for a long time, and I really wound up doing things that seem kind of mundane and practical and not really relationship-driven to maintain that confidence. That's what a lot of the book is about, finding things that were important to me. Yoga: one yoga class that I succeeded in made me feel a little bit better. Work: one good story or changing someone's life made me feel good. Volunteering: I started doing that and got involved in a lot more charities. That's what I started to do to radiate that confidence even though I didn't feel it. I also did a lot of to-do lists, which sounded kind of goofy to

people. But that was really the only way I could stay on point and stay focused in order to really structure my life, so I wasn't thinking "woe is me." Instead I was thinking about what can I do outside to bring more inside.

Check out The New Single on Amazon! For more from Tamsen, follow her on Twitter @TamsenFadal and be on the lookout for her on WPIX at 5 p.m., 6 p.m., and 10 p.m.

Single Celebrity Susan Sarandon 'Trying to Figure Out' the Single Life





By [Katie Gray](#)

There is a new single celebrity in Hollywood! Actress Susan Sarandon is recently single. According to [UsMagazine.com](#), “The actress – who was married from 1967 to 1979 to Chris Sarandon, and then dated David Bowie, Franco Amurri, and Tim Robbins – has been single since splitting from 37-year-old Bricklin earlier this year. Prior to their breakup, the two were together for five years, and co-owned the New York City-based ping-pong club SPiN.” Sarandon said that dating apps are not for her, but she remains open to meeting someone new and is taking advice on how to go about it.

Even single celebrities are sometimes at a loss when it comes to dating! What are some unique ways to start up your dating life?

Cupid’s Advice:

When you've been out of the dating game for a while, it can be tough to get back in there. Cupid has some dating advice:

1. Putting yourself out there: When jumping back into the dating scene it's important to put yourself out there. Don't be too hesitant to put yourself out there again, just be cautious. You just may find that you have a lot of potential suitors to get to know!

Related Link: [Susan Sarandon Says Her Son-in-Law To-Be Is 'Fabulous'](#)

2. Having an open mind: Sometimes dating can be confusing and complicated, but the key is to always have an open mind. Be willing to see the good in people and try not to compare them to your past partners. They are in your past for a reason and there is someone better out there for you. Allow yourself to see that!

Related Link: [6 Celebrity Break-Ups That Shocked Everyone](#)

3. Trying new things: Part of putting yourself out there again, involves trying new things. If you want a different outcome, you need to try something fresh and different. Along the way you will discover new things that you like and gain more culture in your life. It's a win, win situation!

What are unique ways that you have started up your dating life? Share your stories with us below.

Dating Advice: How To Get

Noticed on Dating Sites



By Molly Jacob

We know that dating can be hard, tiring, and disappointing. That's why online dating sites can be a great solution to get you out of a relationships and love style rut. More and more people are finding these sites to be successful in helping them find happy, fulfilling relationships. In fact, a study found that one-third of U.S. marriages today started with online dating.

Whether you're on OkCupid, Match.com, eHarmony, or JDate, see

what love advice Cupid has to get you noticed on dating sites!

1. Make your profile photo stand out: The photo of you on your profile is the first thing that people see. While we'd like to believe that looks aren't everything with relationships and love, first impressions can be important. In your photo, you should look your best, have a genuine smile, and be alone in the photo (no pets or other people). While some may be tempted to Photoshop or otherwise alter their appearance, this can lead to an awkward first date if you look different than what your romantic interest expected you to look like!

Related Link: [Dating Advice: The Psychology of Online Dating](#)

2. Be specific in your wording: There are thousands of dating site profiles out there, and you want to be unique and eye-catching when someone takes the time to read your profile. When you answer questions or write your profile, don't use overdone words like "fun-loving" or "outgoing." Instead, give examples to demonstrate your best qualities. You're not just "fun-loving," you travel around your state to find and ride the tallest and scariest roller coasters. Dating advice: if you're specific about what you like to do, someone on the site has a better idea of the kind of date they should ask you out on.

3. Update your profile often: If someone were to come across your profile and saw outdated photos and information about yourself, they might assume that you're not active on the site and won't bother pursuing you. Consistently add the new books you've read, the movies you've seen, and the concerts you've been to. Sometimes it may seem difficult or useless to be constantly updating your profile if you are not finding a lot of success or getting asked out on dates, but our love advice is to never give up on finding love!

Related Link: [Online Dating: Are Pictures Worth 1000 Words?](#)

4. Proofread, proofread, proofread: Did you know that 43% of online daters think poor grammar is a major turn-off? Don't let something as silly as using the incorrect form of "your" hurt your chances of finding relationships and love! If you're not a grammar fiend, have a friend who is look over your profile for you and let you know if they see any mistakes.

5. Target your approach: So you've made your profile and you're ready to get active on your dating site. Someone's profile catches your eye, but before you message them, personalize how you approach them. Don't just say, "I liked your profile." Mention something specific, such as, "I also love Indian food and have been dying to try the new restaurant downtown!" Everyone wants to feel special and noticed, so make them feel that way. Our most important dating advice: put yourself out there! Even if you're used to other people making the first move, you never know what good could come out of one message.

Have you used online dating sites? What tips and tricks do you have? Share in the comments section below!

Justin Bieber Says He Isn't Looking for a Romantic Relationship Right Now





By Meranda Yslas

Sorry ladies, it seems that Justin Bieber isn't looking for a new girlfriend anytime soon. As told in UsMagazine.com, Bieber is happy being a single celebrity. The singer shared, "At this point in my life I'm so focused on myself that I'm not looking for a girlfriend. I'm just trying to make sure I'm 100 percent so I can add to the person I want to be with. I want a girl I can trust, who I can lean on. This business is hard, and I want someone I can confide in." As the 21 year old star is concentrating on himself, his romantic relationships are taking the backseat.

You won't find any romantic relationships here! What are some reasons to delay entering into a new relationship?

Cupid's Advice:

Celebrities of 2015



by Molly Jacob

While the 19th season of *The Bachelor* may have ended, we're still drooling over the dreamiest bachelors in Hollywood. Even though a few of these celebs may be dating women, they're fair game if there's no ring! While many of these single celebrity men may be unattainable for the average person, it's still fun to fantasize about having a chance with one of these hunks.

Check out Cupid's list of the hottest single celebrities of 2015!

1. Ed Westwick: Who doesn't love Chuck Bass? This *Gossip Girl* star is on the rebound after a split with co-star Jessica

Szohr. He's been spotted around town with a few mysterious brunettes, but like many single celebrities, Westwick is keeping quiet on any serious relationship and love in his life.

2. Jake Gyllenhaal: This handsome celeb has been breaking hearts since the early 2000s. Even though no official announcement has been made, there are rumors circulating that he and his "Constellations" co-star Ruth Wilson are romantically involved. Plus, he was recently spotted with Rachel McAdams having a cozy dinner. We won't believe either one of these until he says so himself!

Related Link: [Celebrity Exes Reese Witherspoon and Jake Gyllenhaal Reunite at Golden Globes](#)

3. Prince Harry: The notorious party boy is known for causing trouble, but as of now, there's no serious relationship in his life. Among all the single celebrities on this list, Prince Harry may be the least likely to settle down soon, which we're sure the Queen isn't too happy about.

4. Leonardo DiCaprio: Leo is one of the most infamous single celebrity men in Hollywood. News of his breakup from German model Toni Garrn came around the time he was seen leaving a club with 20 models in tow. It sounds like this celeb isn't looking to settle down any time soon, either!

Related Link: [Leonardo DiCaprio and Longtime Love Toni Garrn Call it Quits](#)

5. Ansel Elgort: A young woman his age was noticeably missing from his arm last month when this *The Fault in Our Stars* cutie took his mom as his date to the Oscars. Although he apparently has recently gotten back together with his high school girlfriend, we're not giving up on dreaming about this celeb!

Which of the hottest bachelors of Hollywood did we miss? Let us know in the comments section below!

Newly Single Celebrity Ed Sheeran Crashes Wedding with Surprise Performance



By Maggie Manfredi

They found love right where they were! According to UsMagazine.com, an Australian couple was serenaded by newly single celebrity Ed Sheeran on their wedding day. Sheeran crashed the wedding, put together by KIIS 1065's Kyle & Jackie O, to sing "Thinking Out Loud" for the newlywed's first dance. Though Kya and Matt Debono are no celebrity couple, they had the wedding of their dreams after some serious familial and

financial heartache. The surprise performance was a hit, and we don't expect Sheeran to be single for much longer.

Ed Sheeran is all about love post break-up with Athina Andrelos! What are some ways to keep from getting jaded about love?

Cupid's Advice:

The road to love is not always perfect and paved. There are break ups, heartache and a lot of self discovery along the way. Ed Sheeran still finds a way to love the idea of love, and you can to:

1. Appreciate the moments: Even when you aren't in a relationship, life can be romantic! The world is a beautiful place with wonderful people in it. Explore, create, laugh and play then you will see the romance of little moments in your own life.

Related Link: [New Couple: Ed Sheeran Is Hooking Up With Selena Gomez](#)

2. Look back and look forward: Many people look upon past relationships and just see failure. But just because that person wasn't your soul mate doesn't mean it wasn't an enriching experience. Cupid's guess is even if that person wasn't the right match you learned more about what you want in a partner and who you are yourself.

Related Link: [Justin Bieber Confirms He's "Super Single"](#)

3. Accept love that you deserve: Love comes into your life when you least expect it. Be ready and always willing to let it in, because it can make life so blissful. Remember love

isn't just about a monogamous relationship, it is also with family and friends. Embrace love and give it with your whole heart.

What famous celeb would you pair up with Ed Sheeran? Share your thoughts with us below!

'The Bachelor' Winner Courtney Robertson Says Her 'Reality TV Days Are Over'



By [Jessica DeRubbo](#)

Former *The Bachelor* winner Courtney Robertson is single and ready to mingle! The contestant we used to love to hate has moved on since her celebrity break-up with Ben Flajnik on the reality TV show, and just recently got out of another relationship and love that stemmed from Tinder. According to UsMagazine.com, Robertson met a “normal guy,” Adam, on Tinder and they started dating right after they met. Now, though, she says, “I’m single and I’m happy. I have love in my life, and I have great people in my life. And I’m not rushing that part of my life.” She also said, “Ummm, I don’t think I’ll be back on Tinder anytime soon. I’ll just put it that way!”

This former *Bachelor* star found love on Tinder. What are some drawbacks to using Tinder to get dates?

Cupid’s Advice:

Tinder and other dating apps are sometimes a good way to meet new people, but other times it’s best to explore other avenues. Cupid has some things to be wary of when it comes to Tinder:

1. Unclear expectations: Tinder originally debuted as a hook-up app. It’s since evolved into both a hook-up and dating app, but the line is grey and it can be hard to tell whether a person you’re going to meet up with is looking for friendship, a date, or intimate relations.

Related Link: [New Celebrity Couple: Courtney Robertson is Dating New Tinder Boyfriend](#)

2. Fake profiles: Tinder especially has been known for harboring fake profiles. It’s very easy to create one, and a lot of people think it’s a funny thing to play with. By using

the app, you're opening yourself up to possible deception.

Related Link: [Coffee Meets Bagel Dating App Co-Founder Talks About Being on 'Shark Tank'](#)

3. Lack of romance: There's no reason to let go of romantic notions and desires, and Tinder can sometimes strip that away. If you are traditional and want to be sought after, this type of app will not facilitate that.

What are some other reasons to avoid Tinder? Share your thoughts below.

Single Celebrity Meghan Trainor Auditions Husbands in New Music Video





By Maggie Manfredi

Another hit from Trainor! According to People.com, Meghan Trainor released her new music video for pop song “Dear Future Husband” on Monday. The song from this single celebrity features Trainor herself, competing bachelors, a suburban backdrop, all set to her upbeat song. The songstress also announced she will begin her tour, MTrain, starting in July. The question is, will Trainor be a single celebrity for much longer?

Single celebrities face challenges “auditioning” for the right partner, too. What are three ways to measure your future dates?

Cupid’s Advice:

Finding the right match can be a tricky thing, even for single celebrities like Trainor! Cupid has some dating advice on how

to evaluate your potential matches:

1. What are you looking for?: It's not only about the things that attract the eye, but also what your futures hold. Are you both single and looking for something casual, or is one of you thinking you'd like to settle down and start a family? These are some things to figure out early on in your relationship and love life with someone.

Related Link: [Single Celebrity Meghan Trainor Says She 'Hasn't Kissed A Boy In Forever'](#)

2. Etiquette early: It may be a bit old fashioned, but there's nothing wrong with simply being polite! Does your date have manners and treat you with respect? Perhaps he or she even holds the door for you? Take these moves into consideration, because if your date is rude, that is a quick deal breaker in Cupid's eyes.

Related Link: [Justin Bieber Confirms He's 'Super Single'](#)

3. If you want to be my lover...: Yes, it is the Spice Girls special, and as they say, "You gotta get with my friends." Make sure your date is not only compatible with you, but is also compatible with the people you care about most in your life. If this person is going to be your partner, you need the support of your friends and family. Trainor sings, "Don't leave me lonely and know we'll never see your family more than mine."

Do you have a first date horror story? Share with us below!

Single Celebrity Meghan Trainor Says She Hasn't Kissed a Boy 'in Forever'



By [Rebecca White](#)

Relationships and love are overrated! According to [UsMagazine.com](#), single celebrity Meghan Trainor said she hasn't kissed a boy "in forever." Trainor has been focused on her career and working on her confidence since the beginning of her stardom. She hasn't had time for dating and relationship advice, but now that she's gained new confidence, she's excited for the right guy to come along, She says she knows he'll be worth the wait.

Whether you're a single celebrity or not, it can be tough to find the right match. What are some unique ways you can find someone new?

Cupid's Advice:

Single celebrities often face the same difficulties we do, as it's hard to find someone new! But don't worry, because with Valentine's Day around the corner, Cupid is working hard to find your perfect someone. Here are some unique ways to find someone new:

1. Get yourself out there: You don't need us to tell you that you aren't going to find someone sitting on your couch. Try getting more involved in the community, or at your work. Attend functions and events, and you're likely to run into someone with similar interests.

Related Link: [3 Dating Mistakes That Prove It's Time to Use a Matchmaker](#)

2. Don't make the same mistakes: Don't only focus on how to find someone new, but also how to avoid someone wrong. Don't date a different version of your ex, because it didn't work out the first time. Try someone new and exciting.

Related Link: [Let Perfect 10 Introductions Help You Find Your Perfect Match](#)

3. Take a class you've always wanted to take: Focus on yourself as well, and take a class you've always wanted to take, whether it's screenwriting, or an art class. Chances are you'll meet a lot of new people, and you can always ask that cute guy who sits in front of you to go out after class.

How do you find someone new? Comment below!

How to Get Through Valentine's Day Single



By Elizabeth Kim and Molly Jacob

You check the calendar and realize February 14th is coming up sooner than you'd like. You wonder if you can call in sick or at least stay away from social media all day so you don't have to deal with the cheesy Instagram photos your friends will inevitably post about their significant others. But, before you burrow into bed so that you don't have to deal with the

inevitable love parade, Cupid has some advice on how to get through Valentine's Day single, unscathed, and maybe even happy.

While it seems like Valentine's Day is all about relationships and love, check out Cupid's tips to help you enjoy this day even if you are single:

1. Take part: Remember in elementary school when everybody would pass around tiny boxes of conversation hearts and fold-up cardboard Valentine's Day cards? Distribute goodies to co-workers and friends! Whether or not you buy bulk cards from your local drugstore or personalize each and every gift with great detail, not only will you be bringing a smile to someone else, it will serve as a good distraction from all the couple-themed activities surrounding you.

2. Ignore the holiday: February 14th is just another day in your week, so plan a day of fun activities that have nothing to do with relationships and love! You might decide to take the subway to a part of the city you haven't been to before so you can explore cafes and parks. Or, plan a day at the spa followed by lunch at your favorite Italian bistro. Whatever it is, don't use V-Day as an excuse to be miserable — have fun with it!

Related Link: [Dealing with a Valentine's Day Breakup](#)

3. Band together: You're certainly not the only single girl this Valentine's Day. Have a pseudo date night with a friend or spend the day with all your fellow single ladies. Have an old school slumber party, complete with delicious snacks and trashy magazines. Misery loves company, so even if

you decide that you all just want to mope, at least you won't be moping alone. Sure you might shed some tears, but you will end up sharing a lot of laughs.

4. Treat yourself: Make this day all about you instead of relationships and love. Go ahead and buy that Michael Kors bag you have been saving up for, or splurge on a fancy manicure. You will be distracting yourself from all the love in the air while rewarding yourself for surviving the day!

Related Link: [Making the Most of Valentine's Day Even If You're Unhappy](#)

5. Remind yourself: This one is the toughest but ultimately you just have to remind yourself that it is just another day on the calendar. You shouldn't equate going on a date or being in a relationship with self-worth. And here's a bonus tip: Valentine's Day chocolates are super cheap on February 15, so stock up on delicious treats as soon as this day of love is over!

How do you get through Valentine's Day when you're single? Tell us in the comments below!

Hottest Single Celebrity Ladies of 2015





By [Courtney Omernick](#)

A new year is here, and that means that some of the hottest, female celebrities are newly single, while others are carrying their single status over from 2014.

Below is a list of the some of the hottest, single celebrity women of 2015:

1. Jennifer Lawrence: After her split with on again, off again boyfriend Nicholas Hoult, Lawrence went on to become a member of one of the most famous couples with Coldplay front man, Chris Martin. But, their relationship quickly ended when scheduling became an issue. Jennifer started off 2015 as a single woman, despite rumors of getting back together with Martin.

Related Link: [Gina Rodriguez Says Celebrity Love Henri Esteve Tears Up During 'Jane the Virgin'](#)

2. Khloe Kardashian: Who wouldn't want to date a Kardashian? After officially announcing that it's over between her and French Montana, Khloe is single in 2015 and ready to mingle.

Related Link: [New Celebrity Couple Selena Gomez and Zedd Face Doubt From Her Friends](#)

3. Anna Kendrick: The *Pitch Perfect* star might have had love interests in the films she's been featured in recently; however, there's been no such luck in her real life. The actress dated director Edgar Wright from 2009-2013, but she hasn't had a relationship since.

4. January Jones: You love her as Betty Draper in *Mad Men*, and she could very well be someone's next love interest in 2015. This celeb has always been quiet about her relationships in the past; however, she could meet Mr. Right in 2015!

5. Jessica Szohr: Better known as Vanessa Abrams from *Gossip Girl*, Jessica has been linked to her co-star, Ed Westwick, and NFL MVP, Aaron Rodgers over the last few years. But, she's starting out 2015 as a powerful, single lady. Szohr has worked on popular films such as *The Internship* since the end of *Gossip Girl*.

Who are your picks for the hottest single ladies of 2015? Comment below!

Is It EVER Appropriate To Date Your Friend's Ex?



By Maggie Manfredi

When it comes to the biffle bible, it is safe to say that the commandment, “Thou shalt not date a friend’s ex” is at the top of the list. Friendship is based on trust and honesty and so are monogamous relationships. However, it is always important to follow your heart and to do the things in life that make you happy, so is there an exception to this rule? Possibly, but handle the situation with care. There are many factors and steps to take into consideration before you proceed.

Dr. Deb Castaldo, author of *Relationship Reboot* says, “First and foremost is you must have permission from your friend.” So, take your friend out for coffee and spill the ex boyfriend beans. As a third party to their previous relationship, you should have a good idea of how it ended and if they are on good terms as individuals. Even if the break up was the opposite of Taylor Swift’s “Blank Space” music video, you

still need to ask your friend if what you are about to do is okay. This shows you care about their feelings and want their respect and blessing. Depending on how the conversation goes, here are 10 things to consider:

1. Do not get intimately involved with this potential partner prior to having a conversation with your friend.

2. Make sure plenty of time has passed, as it takes awhile to heal after a breakup and your friend will need that time.

3. Do not keep secrets from your friend or her exp; in this situation, being open and honest is key.

4. Be considerate of your friend's feelings. This person was in their life first so it will be tough for them to picture you filling the same role that they did.

5. If your friend says no, it means no. Try not to burn a bridge.

6. Don't be afraid to shop around. Dr. Castaldo says, "There are plenty of fish! You may be better off searching elsewhere for a date and a potential mate. "

7. If your friend gives you their blessing, ease into the relationship. Be considerate in social settings with mutual friends, and on social media posts.

8. Though your bestie may have given you the go-ahead, they still might feel hurt or vulnerable with this new information. Make extra time for them because they have been very good to you.

9. If your friend asks you not to date this ex, try not to take it personally. Keep moving forward and be happy to know that your friend is not bullshitting you.

10. Be kind to the people that surround you. You never know when heartache will strike and you will be glad to have real

and true friends by your side.

Have you been in this situation before? We would love to hear your perspective! Share with us below.

Idina Menzel Discusses 'Slutty' Dating Style



By Amanda Boyer

Post-split from Taye Diggs, Idina Menzel wants to get out and date, but there is one problem: lack of time. According to

UsMagazine.com and her recent interview with *Redbook*, the performer has a busy schedule, including being a mom to her son as well. Menzel does not want her dating style to look “slutty” as she states how most of her dates would have to be at midnight after her shows are over and she can relax.

What are three different dating styles to consider?

Cupid’s Advice:

Thinking about changing up your dating style? Read ahead for some ideas:

1. Flirty and fun: Want to have a fun and flirty relationship? Go out and mingle at the bars and clubs. You can meet strong willed guys who are just like you.

Related: [Taye Diggs and Idina Menzel Separate](#)

2. Classic: If you want to be traditional, your dating style can simply be the lack of any style at all. If you go through your day and then meet someone randomly, you’re letting fate do the work.

Related: [Source Says Kendra Wilkinson Is Going ‘Back and Forth’ About Divorce Decision](#)

3. Fairy tale: If you’re looking for your Prince Charming and a fairy tale ending, let the magic happen. You know your ideals and wants in the relationship and want to be treated like a princess.

Have another dating style we did not cover? Comment and share below!

Are Khloe Kardashian and French Montana Back Together?



By Maggie Manfredi

One of our Kardashian favorites seems to be in and out of love. According to UsMagazine.com the rapper and reality star have stayed close since their September split. French Montana attended Kendell Jenner's birthday party to celebrate with Khloe and family. French also had a celebration of his own and Khloe wasn't shy about sending him love publicly, saying, "Happy birthday baby boy! In only a short amount of time we have created timeless memories. Happy birthday to a man who genuinely lives life to its fullest. 'What's understood doesn't need to be explained' @frenchmontana I can't wait to celebrate life with you tonight! You deserve it!!"

What are some ways to decide whether to give your ex a second chance?

Cupid's Advice:

Second chances are a tricky business because most of the time there was a valid reason why the relationship came to an end. But if you want to try again, here is some advice on how to decide:

1. Review the results: Although it is good to not dwell on the past, in this particular situation you should go back and remember what went wrong and what went right. From there, determine whether it could work moving forward.

Related: [Britney Spears Confirms New Boyfriend](#)

2. Happiness factor: Ask yourself, "Was I happier with this person than I am now?" This is sometimes easier said than answered, but it will open up a place of honesty within yourself based around your emotional attachment to your ex partner.

Related: [Nick Young Reveals He and Iggy Bought a House Together](#)

3. Long term goals: So, you were happy with this person and your past really wasn't negative, but now you have to think of the future. Do you and your ex share similar goals and dreams for the future (kids, work, location etc.)? Knowing and understanding the differences here will help you decide to go it alone or together moving forward.

Do you think Khloe and French are forever or fling? Share your thoughts below!