

3 Questions to Ask Yourself Before Dating Again



By Sheila Blagg for GalTime.com

Now that you are divorced or otherwise single, what are you looking for?

You've probably been asked that question, or a variation of it, many times, and it's not always easy to pin down an answer. Most of us can readily identify what we *don't* want, but putting a finger on exactly what we're looking for in a partner and/or a relationship is often a difficult task.

As a relationship expert, I've found that many of our wants come from things that we've experienced in past relationships, or from things we've not experienced but would like to. We

hold on to pieces of past relationships that we perceive as “good,” and we tend to drag that baggage into new relationships.

But this type of behavior raises a very important question: Is this fair?

The answer is: not really. It is very important to enter into each new relationship with no preconceived ideas. Try to leave behind your past, and look at the new man in your life with fresh eyes and an open heart. But, that does not mean that you should walk in with heart in your hands, ready to commit.

Below are three questions that you should ask yourself as you’re preparing to start dating again.

Question #1- Are you looking for a serious relationship?

If your answer to this question is “yes,” then your approach to dating may be a little different from the tactics used by someone looking for a casual set-up. Ask your new love interest important questions *before* going on that first date.

Questions such as, “Are you looking to just date or are you looking for a serious relationship?” will help you narrow down your search to a man who has similar relationship goals. Most men will share their intentions, especially if they have been divorced. But there are a few who won’t, so always, always trust your instincts.

Question #2- Are you looking to date many different individuals at the same time?

If your answer to this question is “yes,” you’ve set a solid starting point. Make sure to tell anyone you are thinking of dating, that you’re not interested in a monogamous relationship at the moment. Explain that you are simply interested in dating and having a good time.

I have found that many of the women I've worked with, as well as some of my friends, believe that an honest approach works best for them. Honesty is an approach that men I've worked with and know appreciate very much. Single and divorced men don't want to waste their time any more than we do. Honesty is really the way to go!

Question #3- Are you simply interested in friends with benefits?

This is the tricky question. But if you're being honest with yourself, it's really not that hard to answer.

If your answer to this question is "yes," then again, honesty is the best way to go. There are many men who are not interested in this type of relationship at all. They do not like the idea that the woman they are "seeing" may be intimate with other men. In my opinion, it's important to share this type of information up front. You don't want to hurt or offend anyone, but if dating is not something you want, nor does it interest you on any level, then you don't want to be involved with someone who does.

Finally, and most importantly, remember that when you accept an invitation for that first date after a break-up (or extend an invitation!), the event is exactly that...JUST A DATE. Leave your baggage at home.

- **Don't spend your time with a new interest talking about all the wrongs of your past relationships.**
- **Don't compare him to your past, expecting things to feel normal.** Chances are he won't be the same and things won't feel normal.
- **Dating is very different than it used to be,** and you truly may not know what you are looking for at first.
- **Take time to figure it all out *before* you get serious with someone new.** You know what you do not like, but your wants and likes may change daily, and that's ok.

– Don't overthink everything. Give yourself a break, take a deep breath, and jump!

â€‹You truly will be just fine.

Expert Love Advice: Single Traits to Lose so You Can Move Forward in a Relationship



By Courtney Allen

Relationships are described as many things, but “easy” most definitely isn’t one of them. Two A.M. bickering, checking messages on phones/social media, and cases of jealousy are just a small part of what makes relationships so complicated. And these relationship problems tend to be a tough transition, especially if you are adjusted to the “single life.” But relationships are partnerships. Both individuals must have their hearts and minds in the same place in order for the relationship to last. If you just can’t seem to progress in your relationship, you should consider leaving these single habits behind:

1. Wanting the next best thing: Keep your eye on the prize that’s already in front of you. We all know what it’s like to want what you can’t have whether it’s *High School Musical’s* hottie Zac Efron or your brother’s blue-eyed best friend. Once you’re in a relationship, other options may seem better. Stick with your honey and you will benefit in the long run.

2. Party animal: Get your priorities in order. There is no need to go to snazzy clubs and bars every weekend with your single friends. Not only are you sending out the wrong message to the single people you run into, but to your love as well.

3. Selfishness: Be considerate of what’s important to your significant other. It’s not just your feelings you have to worry about now, it’s theirs too. Do some of the things you don’t want to do and the same will be done for you. Remember, you two are a team.

4. Flirtiness: Boundaries need to be set between you and members of the opposite sex. Don’t be too friendly; some may take your kindness for interest in them. Always be aware of body language, the things you say, the way you say them.

5. Late night texting: Avoid texting the opposite sex after 11 o’clock. Indeed, there may be nothing going on but it tends to look suspicious. Anything you have to say can most likely wait

until morning. Don't give your sweetie anything to worry about.

What are some single traits to leave behind to better your relationship? Share your thoughts with us!

Celebrity Taylor Swift on relationships: I'm Not a "Clingy, Insane, Desperate Girlfriend"



By Andrea Surujnauth

Taylor Swift finally decided to address all the rumors about her crazy love life. Rumors have circulated that the 23-year-old has had multiple boyfriends and every time she breaks up with one, she writes a song to bash him. According to UsMagazine.com, Taylor told *Vanity Fair*, "If you want some big revelation, since 2010 I have dated exactly two people." These two people were Conor Kennedy and One Direction singer, Harry Styles. Swift's list of alleged celebrity beaus include Jake Gyllenhaal, John Mayer, Joe Jonas and Taylor Lautner – many of whom she has apparently written break up songs about. Swift addresses this issue by stating, "The fact that there are slide shows of a dozen guys that I either hugged on a red carpet or met for lunch or wrote a song with. . . it's just kind of ridiculous." In regards to the songs that she in fact did write based on a relationship she says, "For a female to write about her feelings, and then be portrayed as some clingy, insane, desperate girlfriend in need of making you marry her and have kids with her, I think that's taking something that potentially should be celebrated – a woman writing about her feelings in a confessional way –that's taking it and turning it and twisting it into something that is frankly a little sexist."

What are some qualities that make someone a good girlfriend?

Cupid's Advice:

What do guys look for in a girlfriend? What traits are the most important in a good girlfriend? What's most important is to be yourself. Cupid is here with a few traits that most guys find irresistible:

1. Independent: Being independent does not mean that you have to be the tough guy in your relationship but guys don't like a girl that acts like she can't function without him around. Acting needy tends to chase guys away. Show that you can take care of yourself and be a big girl. No guy wants to baby-sit

their girlfriend.

2. No nagging: Guys don't want a girlfriend that will create an argument over the most miniscule issues. Leaving clothes on the floor is not a reason to cause a big blow-out argument. Save your anger for when there is actually a reason to be angry. Choose your battles wisely and don't treat your man like a child.

3. Intelligence: No guy wants a girl that does not know up from down. He wants to be able to hold a conversation with his sweetheart. Guys don't just want a girl that is nice to look at, they want one that they can be proud of. If you act like a dunce, he will be too embarrassed to bring you around his friends and family.

What qualities do you think make a good girlfriend? Comment below and let us know.

Connie Britton: "Being a Single Mom Is Challenging"





By [Andrea Surujnauth](#)

Connie Britton recently chatted with [More](#) about the challenges of being a single mother. The *Nashville* star shared, “Being a single mom is challenging, but never in a million years would that have stopped me. You get an idea in your head and you’re going to do it.” She [adopted](#) her son, 2-year-old Yoby, from Ethiopia. She also talks about her busy lifestyle, which includes working and taking care of a toddler. “The schedule is insane to the point where I lose a lot of sleep at night worrying about how little time I have to sleep and mostly what little time I have to be with my son,” she said. But Britton doesn’t let lack her lack of sleep get her down. “People can tell you how hard marriage is or how hard it is to birth a [baby](#), but we do these things. We want the journey of that.”

How can busy working moms still make time for themselves?

Cupid’s Advice:

It’s not easy to head off to work each morning and still keep the house clean, the refrigerator stocked and the dogs

groomed. And with kids around, it's even more difficult to get everything done. Still, it's important to for busy moms to take some time for themselves. Here are a few ways that they can fit everything in during a hectic day.

1. Be organized: Set a strict schedule of your daily activities. This way, you can see what needs to be done and when you are free. During that unreserved time (or while the baby is napping), maybe you can take a bath or catch up on some reading, which can both be very difficult to do as a [single mom](#).

2. Have quality mommy time: The key word here is "quality." Being a working [mom](#), you may not be able to spend hours and hours with your kids, but make the most of the time you do have. Save any extra work or personal items for after your children are asleep.

3. Plan fun activities: Keeping your little ones busy with out-of-house activities may give you some time to finish up that project from work or even have some alone time. Enroll your [kids](#) in some type of extracurricular activity that teaches them something new in a healthy and safe environment. Some examples include dance class, karate class, after-school clubs or art camp.

How do you make time for yourself between kids and work? Tell us in the comments below.

Mila Kunis Says: 'I Love

Being Single'



By Meghan Fitzgerald

Here here ladies and gentlemen! Wide-eyed beauty, Mila Kunis loves being single! UsMagazine.com reports that she was single for four years, and those years in which she was single were some of the best times in her life. [E! Online](http://E!Online.com) states that Kunis has found her match, Ashton Kutcher. The couple have known each other since Kunis was 14. Having starred together in *That's 70 Show*, both Kutcher and Kunis know one another well. They have kept their romance low key, but Kunis spills some details in the new edition of *Allure*.

What are some perks to being single?

Cupid's Advice:

Mila Kunis knows ... being single is awesome! There are perks to being in a relationship also however, there are way more perks to being single. From the grotesque, not having to shower, not having to wash your sheets. You can explore all the "what ifs" you weren't able to touch on when you were on a relationship. You never have to share blankets, the remote control is all yours, and guiltless flirting! The perks seem endless, Cupid has some more:

1. Wild nights: Not having to tell your partner where you are going at two in the morning is a glorious thing. When you are single, no one is going to care if you run up and down the subway with no shirt on screaming The Lion King. Rather, all your single friends will encourage such behavior for an evening you will never forget. It is great being able to go out and not worry about saying or doing something wrong. You are your own person, and can do whatever you'd please.

2. Guiltless flirting: Flirting with that cute guy at Starbucks. Flirting with the hottie running way past you on the treadmill. Flirting with the poet at the poetry slam on Thursday nights. There are honestly so many worthy guys to flirt with, you might go crazy. The perks of being single, is you can go crazy! Flirt with as many and as different guys as you can. Not only will your confidence increase, but so will your stories.

3. Privacy: You can pee with the door closed! Being in a relationship is all about knowing your mate inside and out. Although this may be great at times, it is nice to be by yourself for once. Not have to hear snoring on the back of your neck. Having a room all to yourself. Being able to be you in private!

What do you consider perks of being single? Explain below!

Ways to Forget Your Singledom This VDay



By Meghan Laslocky

If you're single on Valentine's Day, don't be grumpy about it! If you're proactive and plan ahead, there are a thousand ways you can enjoy VDay, even if you're flying solo. Here are a few ideas:

1. Get a good workout in, either at the gym or outside. Really, there is nothing like a little rush of endorphins to chase away the VDay blues. Remember that there could well be tons of other singles doing just the same thing at the gym, so

keep your eyes peeled. Get your workout done early in the day, before work or during lunch, so that you have the evening free for other plans.

Related: [How to Make Your Lady Feel Special This Valentine's Day](#)

2. Gather your single friends for a rollicking night at home.

If you're up for cooking, here's a great recipe for burgers with spinach and arugula pesto that goes well with a Zinfandel. Or you might want to consider this totally amazing butternut squash gratin, which you can assemble the night before and then just pop in the oven. (Pair that one with a nice Viognier.) If you don't cook, then order takeout for a crowd! After dinner, play a board game like Pictionary or Scattergories, battle of the sexes style.

3. Get your friends together for a whiskey tasting (whisky is the new black, after all). Kink it up with blindfolds. In a blind taste test, who can tell the difference between an Irish whiskey and a single malt scotch, or a bourbon and a rye?

Related: [Surviving Valentine's Day](#)

4. Movie night! A few suggestions if you want to stay in: "Lost in Austen" is a hilarious 3-hour British mini-series in which 21st century Jane Austen fan switches places with Pride and Prejudice's Elizabeth Bennet. If you want to steer clear of love stories all together and you're game for dark, quirky foreign comedy, check out the Danish film "Adam's Apples," with Mads Mikkelsen. Or head to the cinema and laugh your socks off over Bruce Willis jumping through glass ceilings in "A Good Day to Die Hard."

5. Go see a comedy show. Valentine's Day makes for great fodder for comedians! Check out your local comedy clubs for what's coming up on February 14.

6. Peruse local listings for creative singles events. Some

bookstores host Valentine's Day speed dating events geared toward readers, bars host "no love song" karaoke nights, and some cities like San Francisco even host flash-mob style V-Day pillow fights!

So, if you're single, there's no reason why V-Day has to feel like D-Day. All it takes is some creativity and positive thinking and just about anyone can have a fun, memorable Valentine's Day.

Meghan Laslocky is the author of 'The Little Book of Heartbreak: Love Gone Wrong Through the Ages' (Plume/Penguin).

Making Valentine's Day Fun Again!





By Eleanore Wells

When did Valentine's Day become such a BIG deal? At some point when I wasn't looking, it went from being a lighthearted, fun, semi-holiday to another over-the-top, loud, commercial holiday that comes with feelings of annoyance and angst for so many. It's not really about who you love anymore; instead, it's about gifts and lavish displays of...well, I'm not sure what.

As a kid, I loved this holiday. I got such a kick out of giving out cards with big red hearts on them to all the people who made me happy. I gave them to my parents, my teachers, my favorite classmates, my playmates and even my mailman. Back then, Valentine's Day was fun, and it was an excuse to tell the people who make you happy how much they mean to you. Romance had nothing to do with it when I was ten years old.

Years later, I received a beautiful bouquet of roses from a guy I'd broken up with about seven months earlier. We weren't really speaking, and he's not the sentimental type, so I was more than a little suspect. I called the florist and learned that, back when we were still dating, he had set up an

automatic “send her flowers on Valentine’s Day” thingy. So each Valentine’s Day, when I was so pleased with his thoughtfulness, he really hadn’t given it much thought at all. Well, maybe the first time...

Related Link: [How to Make Your Lady Feel Special This Valentine’s Day](#)

I laughed and said nothing. It took him another two or three years to remember that he had me on automatic delivery, and I continued to enjoy my flowers each year. It had nothing to do with him or the romantic day. I just like pretty flowers.

Then, there was the guy who “surprised” me with a ginormous ten-pound box of chocolates. It was a surprise because I don’t really like chocolate, and he certainly should have known that because we’d talked about it many times. I guess he only *pretended* to be listening.

Jennifer Lopez has been quoted as saying, “Love to me is someone telling me, ‘I want to be with you for the rest of my life, and if you needed me to, I’d jump out of a plane for you.’” Can you imagine the pressure her guy feels on Valentine’s Day?!

For too many single women, Valentine’s Day is a loud reminder that they have no man (or woman, in some cases) in their life to love. It’s a loud reminder of their sad, lonely lives...even though, on most days, their lives are not very sad and not that lonely. And the lead-up to it is fraught with anxiety because “whatever will she do” on this day when happy couples all over the country are celebrating? (Even though that isn’t really happening.)

Related Link: [5 Tips for Single Moms to Survive Valentine’s Day](#)

When I’m not in a relationship on Valentine’s Day, I like to enjoy a dinner or some other outing with people who make me

laugh. Not a gloomy, woeful dinner with whiny people who are miserable about being single, but a fun dinner with interesting and delightful people who happen to be single...single for now or single forever.

And that – or something on the list below – is what I recommend for everybody. I wish Valentine's Day were less about romance and more about an opportunity to remind people that you love them or tell them for the first time that you enjoy their company, that they matter to you. Let's reclaim Valentine's Day and experience it like we did when we were kids by injecting some much-needed lightheartedness into it.

1. Go bowling or plan some other group outing for people you know and enjoy but may not see as often as you'd like. It's a great excuse to reconnect!

2. Volunteer at a nursing home or children's organization and surprise them with Valentine's Day cards and trinkets so they can share in the day's fun too.

3. Treat yourself – and maybe even someone else – to flowers. Flowers can brighten anyone's day.

4. Buy a pack of Valentine's Day cards and give them to anybody and everybody you want.

Let's make Valentine's Day about love instead of romance: love of great people, love of laughter, love of life. And you don't need a date for that!

Match.com Studies Singles in

America



This is a sponsored post for Match.com.

By Nicole Cavanagh

Match.com, the world's largest online dating site, has released findings from their Third Annual Comprehensive Study on the Single Population called 'Singles in America.' This study is the largest and most comprehensive nationwide look at the current 107 million single people in America and their

romantic dating habits, sexual practices and lifestyles. Over 6,000 people (from a national and unbiased representative sample) were surveyed and polled. Both coupled and single men and women answered over 200 questions on just about everything: how they meet potential partners, what they want out of a relationship, how they view marriage and more. With help from world-renowned biological anthropologist Dr. Helen Fisher from Rutgers University, findings revealed common myths about both married people and singles and explained the misconceptions of singles' choices, all while taking into consideration the rise of technology in society and its impact on the dating world.

Although the media may portray commitment and long-term love as a thing of the past, the tech-savvy world we are living in today has actually created a dramatically new dating landscape. Turns out, most SinglesinUSA *do* want to marry and find their match, and 90 percent of them even believe that they can stay married to the same person forever. Single Americans are more interested than ever in finding fulfilling partnerships that will last forever. As Dr. Fisher explains, "Even the bad economy can't kill love...both sexes believe a relationship can last, and both continue their primordial drive to find and keep love."

It probably comes as no surprise that the dating world has gone digital. Connecting online ranks as the number one place where singles meet potential partners. A historically unprecedented number of Americans are now turning to the Internet to find love: twenty percent of singles met their most recent first date online versus only seven percent who met at a bar.

Of course, some considerations must be made if singles want a lasting connection after meeting someone in the cyber world. Ladies, beware that your digital persona can hurt your dating chances and make sure to put your best "face(BOOK)" forward.

Turns out 38 percent of single men do their social network homework on Facebook before a first date, and 27 percent of men end up canceling the date because of something they discovered.

And for all of the single female readers out there who spend hours getting ready for a date with a new guy, your hard work hasn't gone unnoticed! Singles in America studies show that men judge women most commonly on three things: teeth, hair and grammar. So they are paying attention – not only to our physical appearance but to what we say as well.

To listen to a recording of the [Singles in America](#) data announced during the livestream event, please click [here](#). And to all of you who are single, keep up the good work and remember that love is still alive!

Demi Lovato Admits She Used to Be 'Afraid of Being Alone'





By Meghan Fitzgerald

Current *X Factor* judge, Demi Lovato has had her fair share of failed relationships. From Wilmer Valderrama to Joe Jonas, she has realized what she has gone through and is trying to make improvements with her life. She insists that it is unhealthy to devote the entirety of one's time to a guy. Lovato talks to [Cosmo UK](#), stating how she is in "A place where I can finally trust and love and be a better person for the man I am in a relationship with, instead of being a clingy girlfriend or getting jealous." As a twenty year-old, she is looking for love. According to [UsMagazine.com](#), Lovato is more than glad with the place she is at in her life.

How do you know if you're in a relationship for the right reasons?

Cupid's Advice:

Relationships are tricky, meeting a new person and letting them into your lives is challenging. Even if you love love, allowing another person to come into your life entirely is

hard. Trusting someone else is along the same lines. There are many ways to get into a relationship, to every person it's different. Determining whether you are delving into a relationship for the right reasons is also challenging. Cupid has some advice:

1. Love at first sight: When you know you are meant to be with another person, it is simple. Seeing each other is the brightest part of your day and you love them more than life itself. Getting into a relationship because you know you'll love that person more than you've ever loved before is a great thing. However, if you are getting into the relationship because you want to be loved, that will not work nor will it be healthy for you.

2. Loneliness: Your only guy around has been Ben and Jerry; you want a real man. You are lonely and sad and in need of an companion. Jumping into a relationship to rid yourself of your loneliness is not a good reason to get into it. Of course it isn't fun to be lonely however, you will not help yourself or your beau if you get into a relationship.

3. Rebounding: You were just broken up with from the love of your life, all you want to do is stop being sad. After two weeks of constant despair, you want to jump into a relationship with some new "better" guy. This is possibly the worst idea available. Wait it out, go through the sadness and you will love again.

Are you in a relationship for the right reasons? Explain below!

Russell Brand Speaks Out about Ex-Wife Katy Perry Dating John Mayer



By Andrea Surujnauth

Russell Brand and Katy Perry have been divorced for about seven months now and according to UsMagazine.com, Brand says that he has moved on. He was on Howard Stern's Sirius XM radio show on February 4th and Stern got him to open up about his feelings on the divorce. Stern asked Brand how he felt about his ex-wife dating John Mayer. "What do you make of your ex-wife dating John Mayer?" Stern asked. "Doesn't she know that he's a worse womanizer than you?" Brand jokingly replied, "Worse or better, depending on how you view it." But on a serious note, Brand spoke highly of his ex. He claims he has nothing bad to

say about Perry or her new boyfriend, who she has been dating since July 2012. Despite Stern trying to dig a little deeper, Brand continued to claim that his ex-wife was perfect from top to bottom. He also admits that he is single at the moment and although he would love to have a wife and start a family, he is focusing on himself for now.

What do you do if someone you once cared about is dating someone you view as dangerous?

Cupid's Advice:

When you care a great deal about someone, you just want to see them happy. But what if the new person they are dating seems dangerous to you? What should you do? No worries, Cupid is here for you:

1. Voice your opinion: Tell the person that you are concerned about their new relationship, but do not start questioning their relationship or become too nosy. Just let the person know that you have a concern and that you do not want them to get hurt in their new relationship. After voicing your opinion one time, do not bring it up again otherwise this will chase the person away from you.

2. Let them know you're there: Let the person know that you care for them and you will be there for them no matter what. Let them know that you want them to be happy and you will back them up in any situation. This way if they decide to leave their boyfriend/ girlfriend, they will know that they have your shoulder to cry on and they won't be alone.

3. Stay out of it: After voicing your opinion and letting the person know you are there for them, you have to stay out of their relationship. Do not constantly voice your opinion and do not pick apart their relationship. They are the one that is in the relationship so they are the only one that knows if it is a bad relationship or a good relationship. You can't force

them to do anything that they don't want to do. So stay out.

What would you do if you believe that someone you cared about is dating someone dangerous? Comment below and let us know!

5 Tips for Single Moms to Survive Valentine's Day



By Kerri Zane

As a single mom, there are holidays we love like Halloween and 4th of July. Then there are holidays that we don't love so much, like Valentine's Day. The bountiful red hearts, bundles of red roses, inane jewelry commercials and mushy holiday

cards are consistent reminders of our painfully evident single status. But we can be above it all. As the Single Mom Advisor, I have five surefire tips, to handle our hearts and mind with tender loving care. We can all get through this Hallmark Holiday with our healthy egos in tact.

1. Grieve with Gusto

In the movie *Moonlighting*, Cher's character said, "Snap out of it." It is the old school way of recovering from life's traumas. The reality is we all need time to grieve. So if this Valentine's season finds you fresh out of a relationship, give yourself space to mourn your loss. Turn up the tune that was "your" song or play something that make you want to cry. When I was just separated I loved getting in my car and turning up my Evanescence CD. I'd drive and cry and think and sing along with Amy Lee's sultry voice until I felt better.

Related: [Surviving Valentine's Day](#)

Appreciate the You in You

As a woman, it's crucial to your well being to appreciate and love yourself. After all, if you don't respect yourself how can you expect that of anyone else? You have to know what you are bringing to the party. I suggest you write yourself a love note including all the things you appreciate most about you.

Be Weary of Red

In the *Journal of Experimental Social Psychology* researchers found that men interpreted red as a signal that a woman was more open to sexual advances. They went on to say; "It's well known that males tend to inflate a woman's sexual appeal if they believe she'll be more open to a pickup line." And it didn't matter if it was a low cut sexy dress or a simple t-shirt. So if you're looking to lay low this Valentine's Day, then avoid the color red. If you want a little mindless hmm

hmm, primp your pretty pout with rouge.

Related: [7 Behaviors That Are Keeping You Single](#)

Fun With Friends

You know the saying, “Men will come and go, but girlfriends are forever”? Have a Valentines Vision Board Party. Invite your BFF’s over, open a bottle of champagne, pull out the scissors, poster board, glue and old magazines and spend the evening creating “new romance” vision boards.

Engaged With Your Young Ones

You may find a new guy to share your life with down the line, but he will never take precedence over your children. So go ahead and create a new Valentine’s tradition celebrating the love you share with those divine little creatures you cherish most.

Kerri Zane is an Emmy award winning, twenty-year veteran television executive producer, healthy living expert, single mom advisor, speaker and author of “It Takes All 5: A Single Mom’s Guide to Finding the REAL One,” published by Morgan James, (November 2012). She has an M.A. in Spiritual Psychology from USM and a B.A. from UCLA. She is a member of NATAS, the Directors Guild of America, an ACE Certified Personal Trainer and Weight Management Consultant. For more advice, visit <http://kerrizane.com/>.

Bradley Cooper Reunites with

Exes Jen Aniston and Jennifer Lopez at Golden Globes



By Nic Baird

Bradley Cooper ran into two of his exes, Jennifer Lopez and Jennifer Aniston, at the Golden Globes on Sunday, UsMagazine.com reports. The single actor, who now has an Oscar nod for his role in *Silver Linings Playbook*, engaged in animated conversation with Lopez, and shook boyfriend Casper Short's hand. The two also had a chance to chat at the CAA's Golden Globes pre-party on Friday. There, Aniston also rushed over to Cooper and gave him a big hug. Cooper dated Lopez in 2011, and Aniston in 2009.

What are some ways to remain civil after a breakup?

Cupid's Advice:

It's difficult to maintain civil relations post-breakup, but being the better person will always pay off when it comes to love. Don't reminisce about the good times. There's no point in dwelling on someone who can't be a part of your life. Follow this advice to be polite and not lose your cool:

1. Forget the past: This person may have been important to you only very recently, and it may be hard to accept that they've lost all relevance to your life. If you saw this person as your partner, and now they can't fill that role, trying to figure out a new dynamic or identity is difficult if you hang on to the past. Don't weigh yourself down with issues that aren't your problem anymore! Move on, and don't hold a grudge!

2. Be comfortable: Laughter and smiling expressed friendship to your former partner. If you're on edge, being able to laugh can relieve tension between you and your ex. Be friendly, but don't reminisce about anything too specific from when you dated. Convey that while you've moved on, you're still happy to see them.

3. Don't be emotional: It's easy to open up to someone emotionally when you have a history of confiding in them. However, this will make things complicated for your ex, as well as for you emotionally. Stay away from this type of conversation unless you can handle it without being affected.

How have you dealt with a recent breakup? Share your experiences below!

What to Do On New Year's Eve If You're Single



By Eleanore Wells

By now, every person on earth (or in the U.S) has most likely participated in at least one conversation where New Year's Eve plans were the topic. Some people look forward to it, others dread it. Those who look forward to it usually have something pretty special planned. Those who dread it usually don't. Lots of people harbor anxiety over New Year's Eve, primarily, because of what seems to be the intense pressure to do something – something festive, something big. I think single women feel this even more than most.

But, really, it's not necessary. While I like the idea of

celebrating the passing of one year into another and all the hope and optimism that can bring, I do reject the notion that one has to mark this occasion in a big way. It's possible to have an enjoyable New Year's Eve without the forced exultations that seem to mark the holiday... and without a date.

Related Link: [Readying Your Single Self for the Holidays](#)

A few things to think about:

Get Out of Town. Not running away, but taking an opportunity to totally mix it up for a moment: new surroundings, new activities, new people... new you, for a short while. Of course, the New Year's Eve week is one of the most expensive periods to travel, so make sure you really want to do it.

Go Party. If you're invited to a big party and you're up to it, go and have a blast – even if you don't have a date. A few years ago, I went to a friend's big New Year's Eve shindig with mixed emotions. I didn't have a date and knew the party would primarily be made up of couples. But a few of them were people I knew and wanted to see so I got dolled up – making sure I looked extra good...which made me feel extra good – went to the party and had a good time. I deliberately got there late so I wouldn't have to spend so much time there in case I felt a little self-conscious. I ate, drank, and mingled, and then I left. You only have to stay as long (or as short) as you want to. At midnight, I was wishing the cab driver a Happy New Year. But I had a nice time for the 1-1/2 hours I was there.

Have Your Own Party. It doesn't have to be a big deal. In fact, I usually prefer something small. Invite over a few people you like, order take-out (or cook, if you're so inclined), pop some bubbly and enjoy yourself. This is actually one of my favorite ways to spend New Year's Eve. I only want to bring in the New Year with people I know and really like.

Give Your Time. Lots of volunteer organizations can use an extra pair of hands, helping out with parties they throw for their customers or providing other services. Helping others is great way to bring in the New Year.

Go to Church/Temple/Mosque. Bringing in the New Year with fellow worshipers can be fulfilling.

Work Off Holiday Pounds. Lot of gyms and sports organizations are open for a workout or group run. You may as well get started chipping away at the pounds you put on during the holiday season.

Related Link: [Celebrity Nutritionist and Trainer Jackie Keller Says, "Those Who Workout With Support From Their Partners Do Better Overall"](#)

Do Nothing. You don't have to do anything... but only do nothing if that's what you really want to do, not because you are feeling pouty about your options or lack of.

Really, we should all relax. Ringing in the New Year can be pretty fun, but it's only fun if you're doing it in a way that works for you. So that's what you should do on New Year's Eve: whatever you want to do!

Happy New Year, everybody!

Tiger Woods Parties the Night Away with Multiple Women

After Golf Tournament



By Jennifer Ross

Tiger Woods is back to his partying ways. On Dec. 1, the pro-golfer danced all night long at California's Westlake Village Inn right after his 14th Annual World Challenge Golf Tournament. An eyewitness reports to UsMagazine.com that Woods, 36, was surrounded by gorgeous women for most of his time on the dance floor. "Tiger was dressed in jeans and a beige sweater...At one point he was surrounded by a group of six women on the club's dance floor!" To further get into the partying mood, Woods requests the DJ to play, 'Tonight I'm F-ing You' by Enrique Iglesias. This set the mood just right as the ladies loved his persuasive music choice. As Woods enjoys his single life, ex-wife Elin Nordegren is busy creating her dream home on the coast in North Palm Beach, FL.

How do you know when it's time to stop serial dating and settle down?

Cupid's Advice:

The single life is a wild ride, full of meeting new people and partying nights. No matter what day of the week, you can easily find a hot partier for the evening or several evenings, always keeping true love at arm's length. Yet, something has changed and you no longer want to be single. To help you cross over to the monogamy side, here are a few clues telling you it's time to settle down:

- 1. Being alone:** You no longer feel the need to fill every spare minute of your single life with party time. Instead, you now enjoy being alone with your own thoughts. Feeling comfortable in your own skin with no one around is a good sign that you might be ready to share that time with just one person.
- 2. Slow party nights:** On the nights that you do go out, your main interest isn't how many hot random people you can meet for future play dates. Instead, you now prefer to have a slower, quieter night out with a few good friends in a relaxing atmosphere. Clubbing all night just doesn't appeal as much anymore.
- 3. Open mind:** When you spend time with potential mates, you are more open to understanding their quirks instead of comparing them to your "perfect mate" list. Matter of fact, sometimes you even leave the list at home and let yourself simply have fun exploring each other's personalities.

When did you know you were ready to stop serial dating and settle down? Tell us below.

Readying Your Single Self for the Holidays



By Eleanore Wells

Every year this time we have to think about what to do for the big holiday season. Holidays can be challenging to just about everybody. There are decisions to be made, plans put in place, and money to be spent. And while this is true for everyone, many single people feel an extra layer of stress.

In fact, I heard from a single friend who is feeling particularly lonely and is dreading the coming holiday season. She isn't close to her family and the holidays are a

time that kinda puts a spotlight on it. I, teasingly, reminded her of Cameron Diaz and Kerry Washington, two sexy ladies who have described themselves as “happily single.” I said, “Do you think Cameron and Kerry are worried about the holidays? I’ll bet they’re looking forward to the festivities...and you should be, too.”

I reminded her that she should put her friends to good use. Having a variety of friends can help a lot this time of year. Even though she has kids, I know Gayle King will be taking in some of the festivities with Oprah and Steadman. It helps to have people you like to hang out with. And isn’t that what the holiday season should be about: spending time with special people? I know that’s not what it’s always about, but that’s what it *should* be about. I’m a proponent of avoiding people who don’t make me happy. If I can’t avoid them completely, Plan B is to spend as little time with them as possible.

Related Link: [How to Communicate with Your Ex Over the Holidays](#)

I’m fortunate to have a loving network of people around me. I make it work. I host Thanksgiving for what I call my “straggler” friends: it includes single people, those who can’t or don’t want to get with their family, people whose plans changed at the last minute, and couples without children. (I have to draw the line somewhere).

Christmas I spend it with my family and I’m not really expected to do much except show up. But there’s always what to do about New Year’s Eve. I never want to spend it alone, but I don’t always want a big party either. When I have a beau, I spend it with him. When I don’t, it’s with cool friends whose company I really enjoy. I won’t spend New Year’s Eve with people who aren’t special to me. That’s not how I want to bring in the New Year.

Related Link: [Miranda Lambert Says Blake Shelton Loves to Decorate for Christmas](#)

The holidays get a bad rap, though, because they're often quite good: there's the feeling of festivity in the air, the parties, the gifts, the music, and catching up with people you like but haven't seen in awhile. And some things about being single are actually better during the holidays because we have more flexibility and fewer rules about what one is supposed to do. Here are a few:

– You don't *have* to get a tree. Trees are festive, but the needles, the watering, and the space it takes up –especially in a small apartment–...well, they're a lot of work. If you have kids and/or a husband, you might not be able to get away with not having a tree. It would be way too bah humbug. But when you're single, you can be more creative. Put up a wreath, buy a few poinsettias...and done!

– You don't have to spend a whole lot of time in one place. As a single person, it's very believable that you have additional plans, and that's why you can't spend the entire day at Aunt Mary's. Take advantage of that. Stop by for a while, hug everyone, have a glass of something...and then be on your way.

– No baking or cooking. And if you do, people make a very big deal about it. "Wow, look at what the single lady pulled off?"

– And just as good, no one really expects you to send holiday cards. These days, holiday photos of well-dressed children and/or children placed in really cool, interesting spots (at the family beach house, Macchu Picchu, etc.) are the norm. If you don't have children, no need to send a card. No postage, no paper waste, and no idea-generation on cute outfits or cool spots for the pictures. If you're married and don't send cards, you could be stricken from every card list, no matter

how old or dear the friendship. But as a single person, no one seems to mind.

– You don't have to accompany the husband or kids to parties you don't really want to go to.

– No in-laws to fight with or about. This is always an issue with my married friends and they tell me this fight can get old really quickly...and yet it must be had every year.

The holidays should be fun. I think it's important to *manage* situations that you don't enjoy.

As a single person, I think it's particularly important to nurture your relationships because I really don't think we're necessarily supposed to go through life completely alone and that's where good friends come in...during the holidays, and all the other days.

Don't lose your mojo by dreading the holidays. Celebrate in a way that works for you! Happy Holidays!

Read more about the joys and realities of being single in Eleanore's book "The Spinsterlicious Life: 20 Life Lessons for Living Happily Single and Childfree", her very popular blog, The Spinsterlicious Life at www.EleanoreWells.com/blog, and her Spinsterlicious Facebook Fan Page.

How to Find Love Amidst Holiday Crazyiness



By Courtney Allen & [Jessica DeRubbo](#)

The ever-so jolly holiday season sets the stage for one of the most romantic times of the year. But no worries, single gals and guys! There is more than enough love to go around. Even in the midst of the frantic, last minute gift shopping and preparations for throwing an unforgettable party to kick off the New Year, love is in the air ... and not just for the ones who are taken. The holiday season provides plenty of opportunity to meet a honey just in time to snag a kiss under the mistletoe.

Anything can happen during the holidays, so follow this

relationship advice, and keep your eyes and options open for potential love in these places:

1. Christmas party: [Celebrity couples](#) don't have all the fun around the holidays – you can, too! Holiday parties are an absolute must during the Christmas season. Take complete advantage of the endless party invites this year. Throw on a fancy red dress or suit, and go to a Christmas party or two. Make the extra effort to introduce yourself to the attendees. Sip on eggnog, and embrace the holiday spirit with new friends... and maybe even a future date!

Related Link: [Date Idea: Volunteer Together this Holiday Season](#)

2. Speed dating: Speed dating may be year-round, but the holiday season makes the experience extra special and will bring out twice as many people. Take a chance, and explore a new way of meeting potential love interests. You never know who you might meet as you shuffle from table to table, enjoying the company of other singles. If you're worried about going alone, bring some adventurous friends along for the ride.

3. The mall: There is no place that is packed with tons of people during the holidays quite like the mall. Slow down your hectic Christmas shopping and truly enjoy others around you as they collect items to mark off their own list. Chat with the tall, handsome guy shopping for a Marc Jacobs watch or the sweet brunette bagging your tennis shoes. Love can find you anywhere- even in the mall.

Related Link: [10 Holiday Gift Ideas for Someone Special](#)

4. Singles night: Although you may feel like you're the only

one flying solo during the holidays, you're most definitely not. Classy clubs, snazzy lounges, and even church groups often have specific nights dedicated to those who are single and ready to mingle. Grab a few of your girlfriends or best guy friends and have a fun night out with singles just like you.

How do you plan to find love this holiday season? Share your ideas with us!

Justin Bieber 'Hasn't Stopped Reaching Out' to Selena Gomez Post-Split





By Jennifer Ross

It's a game of on-again off-again for these two confused love birds. Selena Gomez and Justin Bieber just can't seem to decide whether to call it quits or stay together these days. After breaking up on Oct. 31, Bieber has continued to reach out to Gomez, 20. On Friday, Nov. 16, the two had a sushi date that was followed by a horrible fight. Eventually, the couple made up sometime after Bieber had a great night at the American Music Awards. Bieber, 18, and Gomez have also been spotted together in Encino, CA on Nov. 19. The issue between them is Bieber's inability to stop looking at other girls. "Justin has a wandering eye," a source reported to UsMagazine.com. Also, Bieber wants to date other girls and possible hold on to Gomez. "He isn't sold on the possibility that this is forever but isn't sold on that it's not."

How do you know when to call it quits in a relationship?

Cupid's Advice:

A supportive and loving relationship can be the best thing in

life. However, when necessary factors in keeping the relationship strong are abused or broken, it is time to say goodbye. Important factors, such as the three listed below, will help you to understand when it's time to leave:

1. Avoidance: If either one of you stops talking to the other, especially about important matters in the relationship, it is time to end it all. Your love for each other will only survive with positive, and sometimes negative, communication. Once the communication stops, so does the love.

2. Lack of respect: When the disrespect begins, such as bad name calling or yelling in public, this only leads to breaking up. In order to spend the rest of your life with someone, you and your mate will need more than just love to get you there. Respect to love and care for each other is vital for the times when life's challenges will stress you both.

3. Isolation: If you are in a relationship where your partner is driving all your loved ones away from you, leaving you completely reliant on one him/her for love and support, this is not a good sign. It's one thing for your mate to want to support you. However, this type of support is more like domination. Get out fast!

When did you know to call it quits in a relationship? Share your story below.

Cameron Diaz Says Women 'Want to Be Objectified'



By Jennifer Ross

Cameron Diaz knows people may idolize her physical features and she's not bothered by it. Actually, she likes it and has no doubt other women believe the same. Diaz, 40, recently told U.K.'s [Sunday Times](#) that she believes all women want to be objectified. "There's a little part of you at all times that hopes to be somewhat objectified, and I think it's healthy." Even when the Hollywood actress is asked to strip down to her underwear for a photo shoot, as she did recently for the Terry Richardson spread in the November issue of *Esquire* UK, Diaz is confident and sure of herself. "[The stylists are] like, 'Today we're not going to put anything other than bras and heels on you, and I'm like, 'These heels are not high enough.' Cameron knows her level of self confidence didn't just happen overnight. "I'm a woman, I know how to handle myself."

What are three ways to pamper yourself before a date?

Cupid's Advice:

There are times when we need to feel beautiful, such as before a date. Sometimes, that doesn't happen naturally and takes a little effort. A great pick-me-up is to focus the pampering on one of your best features, whether they are your eyes, smile, legs, etc. With a little time before you date, here are a few wonderful ideas to get you feeling gorgeous and ready:

1. Waxing: To help accentuate your beautiful eyes or legs, head over to your favorite salon and get your eyebrows and/or legs waxed. Having your eyebrow arch professionally perfected will take little time, leaving your gorgeous eyes framed beautifully; while waxing your legs will leave them feeling silky smooth to the touch. Your potential partner won't be able to take his eyes off of you.

2. Mani/Pedi: If shoes are your favorite item to wear or you speak with your hands, a professional manicure and/or pedicure is a must have. Beautifully polished toenails will compliment your favorite high heel, giving you an extra kick in your step. Also, manicure hands can give you confidence to express yourself with them. Should your companion want to hold your hand, they will be soft and ready for connection.

3. Blow-out: One of the best ways to love yourself is to have your hair blown-out and looking flawlessly beautiful. Because your companion will be looking at you throughout the date, having gorgeous locks fresh from the salon will make him want to get closer and touch your hair.

How do you pamper yourself before a date? Tell us below.

Living Your Best [Single] Life



By Eleanore Wells

I am a heterosexual woman, I live in New York City and I love dating. I have an awesome life: a successful career as the owner of a marketing consultancy –Golden Door Consulting– with a great income that allows me to afford a second home in the Hamptons, an active social life and vacations around the world. I have great relationships with my family and a fabulous circle of good friends. I support charitable organizations with my money and time, and adore my 13-year-old Yorkie, Danny. Despite all this goodness, though, there are many who look at my life and feel sorry for me...because I'm single. And I don't get it.

Marriage is not for everyone, and the high divorce rate corroborates this. And the U.S. Census says that while only 28% of U.S. adults were unmarried in 1970, that percentage rose to 47% in 2010. Plus, a 2011 study by the Pew Research Institute found that the number of U.S. adults who are unmarried is now 49%, a record high. So, there's a lot of single people out there, and I'm a little baffled why people act like being single is such a bad thing. It's not.

Related Link: [Five Lives Your Single Friends Like to Tell](#)

I've been single all my life. In fact, I like the word spinster, though a lot of people don't. I want them to get over it, because being single –a spinster–is just fine, and I've learned a few life lessons for making it work. So, for those who still aren't quite sure that “living single” can be really good, here's a few things to think about:

1. Revel in Your Freedom. Being single, I'm not encumbered with many of the restrictions that come with having a husband and children. My time and my money are my own and I can spend them however I want. I love to travel and so I do. I've traveled the U.S. and the world, and plan to continue doing so. I can sleep in on the weekends. I can dash out of the house at a moment's notice –without looking for a babysitter or discussing it with my husband– if someone rings me up and says “join me”.

Related Link: [Single Celebrities We Want to See Hitched](#)

2. Have Adventure. Pushing the “freedom” thing a bit, I recommend adventure...pushing the envelope...stepping out of your comfort zone from time to time. I want to make sure that I can look back at my life when I'm 90 and say “well done, girlie.” Being single means it's okay to indulge in a few unconventional behaviors on occasion. I quit my corporate job and started my own company before I had a client, I found myself in the hotel room of an A-List actor, and I took off

for a two-week trip to Europe alone after thinking about it for just a week. Had I not been single, these actions could have seemed a bit irresponsible. Instead, they were just fun.

3. Use Birth Control. This is an important one and nothing to be casual about. If you're not deliberately trying to change your spinster status by having a child, then be very careful. Otherwise, your new nickname could be "Mom". And all those freedoms you used to have will disappear.

4. Don't Re-Date the Jackass Ex-. Sometimes being single can get a little lonely. Then, we look around to see who's available and the ex- starts to look a little better. Don't do it though. It's important to remember that this loneliness usually doesn't last, and is often about something else going on in your life. Figure out what that is and deal with it, because if he was a jackass the first time around, he's still one. I know this for a fact, so I'm saving you the trouble. A word to the wise should be sufficient.

My hope is to remind every unmarried woman out there that her life should be celebrated. There is something empowering and rather brave about not marrying or having children if you're not 100% sure. Admittedly, some single women wish they were married, but since they're not at the moment, I'd like them to focus on what's good in their lives. A spinster may or may not eventually marry but, in the meantime, she certainly owes herself a great life.

Read more about the joys and realities of being single in Eleanore's book "The Spinsterlicious Life: 20 Life Lessons for Living Happily Single and Childfree", her very popular blog, The Spinsterlicious Life at www.EleanoreWells.com/blog, and her Spinsterlicious Facebook Fan Page.

Selena Gomez Beams at Bash Post-Split with Justin Bieber



By Jennifer Ross

Even though her breakup with ex Justin Bieber is still fresh, Selena Gomez is out on the red carpet, looking fabulously single. At Glamour's 22nd Annual Women of the Year Awards in New York City, Gomez looked "bubbly and upbeat," sources reported to UsMagazine.com. "She looked genuinely happy...not like she was sad or bummed out at all." Dressed in all white by Giambattista Valli, with a deep v-neck up top, this singer was especially excited when she won her Woman of the Year award and gave a hopeful speech to the audience. "I just want to share with all the girls out there – you have a voice, you have a chance. Just do what you love."

What are some ways to move on quickly after a breakup?

Cupid's Advice:

Although it's difficult to go through, a breakup is not the end of the world. Sometimes, it can actually be a good thing. You now have time to re-find yourself and do the things you love again that got lost in the relationship. Don't know where to start? Here are three tips to get you moving forward:

1. Clean house: First, collect all the things around your home that remind you of your relationship and move them out. The goal is to make a space that is only yours, not a shrine to a past love. Also, don't worry about getting your things back from your ex. You're better off buying them again than risking a relapse.

2. Make plans: Now that you have free time, make plans for all the things you didn't have time for when you were dating. Meet up with old friends, dust off your surf board or roller blades take up a new class. Whatever it is, get out there again and have fun.

3. Take time: Regardless of whether you or your ex broke up, you are going to need time to heal. Therefore, save some of your time to be alone and reflect back on what went wrong. You must reevaluate the past issues in order not to repeat them.

What did you do to move on quickly after a breakup? Comment below.

Cheryl Burke Says She May Be the Next 'Bachelorette'



By Jennifer Ross

Cheryl Burke is on the hunt for love and she is not afraid to have an audience along for her journey. The *DWTS: All Stars* professional dancer has told UsMagazine.com that she has met with the TV executives of the ABC's *the Bachelorette* and the discussion was about her being the next contestant. "There hasn't been a firm offer, but if they offer it to me I would love to do it," Burke, 28, said. So why hasn't this single gal found Mr. Right? According to Burke, her hectic schedule keeps her secluded and unable to meet different potentials. "I'm around the same people all the time, I've been on this show for nearly a decade."

What are some non-traditional ways to meet 'the one'?

Cupid's Advice:

With technology constantly changing, the ways of traditionally meeting people are not as effective as before. Although getting to know someone can be very enjoyable, the process of finding that stranger can be a tedious chore in itself. Why not better your odds with each attempt? Here are a few ways to meet that special someone in a more un-traditional setting:

1. Volunteering: Depending on the non-profit organization you sign up for, most of them have several personality type men and women to choose from. Whether it's cooking at a soup kitchen or hammering at a building site, you are doing a good deed and possibly receiving a dinner date simultaneously. Best thing of all, the men and women volunteering usually have something that you hardly find drunk at a night club – good values.

2. Chatting while traveling: One place you are sure to run into potential mates is in public transportation. Just think about all the charming people you passed up this morning while on a bus, subway, train or airplane. Depending on your travel time, you can strike up an easy conversation about what else...traveling. Didn't find any great prospects partners? There's always tomorrow morning's commute.

3. Hot Spots: If you are very particular about the type of potential partner, try searching for them at their hot spots. For someone intelligent and ambitious, check out the local Fortune 500 companies. For someone athletic, hit the neighborhood gyms. Finally, visit your local Apple store for techies of all kinds. No matter what type you prefer, there's a hot spot for every hottie.

What non-traditional method did you use to meet your soul mate? Tell us below.

Host Chris Harrison Says New 'Bachelor' Sean Lowe Is 'So Sincere'



By Jennifer Ross

As ABC's new *Bachelor*, Sean Lowe is currently shooting their 17th Season, host Chris Harrison reports to UsMagazine.com, "Sean's doing great." Last seen on TV just three months ago when Emily Maynard dumped Lowe on the *Bachelorette*, this southern man seems to have moved on and recovered quickly. As to whether Lowe's, 28, love choices will be worth watching, Harrison states, "I think people are really going to like him

because he's so sincere. He really is looking for that someone and that makes it fun for everyone... when you get to know the guy, he's very well read, very intelligent, a very smart guy." With the show three-quarters of the way finished in filming, it sounds like this season's *Bachelor* will be a must see for all.

What are some ways to tell the person you're dating is sincere?

Cupid's Advice:

Dating has its challenges and the process in choosing the right person can be endlessly frustrating. However, it doesn't have to be this difficult. While you may not be able to measure their sincerity on the first date, there are ways to see if they are genuinely interested in you. For clues, here are a few things to focus on when meeting up for your next date:

1. First impressions: From the moment you meet up with your potential partner, ask yourself, is he/she dressed well? Also, does he/she have social manners? Not dressing well is a sign that he/she is not interested in your opinion. Lacking social manners, such as talking too much about themselves rather than getting to know you, is a sign that they are self-absorbed. Both issues state you need to look elsewhere for love.

2. Open or closed: When conversing, ask questions about his/her family or personal life. Whether your date is open or closed about the topic says a lot. When your potential mate's personal life and family is a closed subject, he/she is hiding something. Secrets so soon into the relationship only cause obstacles that set you two up for failure.

3. Listening skills: Also as important, does your date listen to you speak when discussing your personal life? If he/she focuses more on the environment and/or your physical features

rather than your story of losing your favorite dog as a child, you are more than likely wasting your time. Not being able to find interest in listening to you shows that they genuinely are not interested in you.

What signs does your partner show that says he/she is sincere? Tell us below.

Pippa Middleton Is Dating Investment Banker James Matthews



By Jennifer Ross

Rumor has it, Pippa Middleton may be taken. For the past three weeks, the younger sister to the Duchess of Cambridge, Middleton has been seen out on several occasions with Investment Banker James Matthews, according to the U.K's [Daily Mirror](#). The two were even photographed having dinner at the Queen's Club tennis center in West London. A close source confirmed to [Usmagazine.com](#), "It's very early days but James really likes her." On one of their last outings, Middleton was photographed wearing a black dress, lace jacket, black tights and heels.

What are some signs that you have a lot in common with someone?

Cupid's Advice:

In order for a relationship to have a chance at survival, both parties involved will need to have things in common besides mutual attraction. Personal goals, lifestyles, moral grounds and intimacy are important factors to consider. While having too much in common can lead to a very boring relationship, a healthy amount in each of you is at least 50%, leaving plenty of room to grow. To help you understand where you two stand, here are a few clues to look for:

1. You have unusual things in common: Many new couples have ordinary things in common and are mistaken that this means they are a match. A clearer sign is when you and your new partner have many unusual things in common. The more quirky habits or likes you two share, the better the relationship can grow.

2. "We" terms when times are bad: While all new couples will eventually think in "we" terms, the real clue is when you think this way when the chips are down. If one of you has a sudden problem and both of you think of it as a joint issue,

you two are on your way to merging lives together. It is terms like these that will keep you two together through the hard times.

3. You finish each others' sentences: Suppose you begin a sentence and your mate is able to finish it with little effort, then your relationship has a great chance of surviving. Being able to finish each others' sentences shows that you both have more in common than not.

What convinced you that you had a lot in common with someone? Tell us below.

Eva Longoria and Mark Sanchez Split





By Jennifer Ross

It's back to the drawing board again. The relationship between Eva Longoria and Mark Sanchez has officially ended, a source told [People](#). The insider went on to say that Longoria, 37, and Sanchez, 25, ended their very brief relationship amicably and without any hang ups. "There is no drama." The former couple has been seen in public together since last July, although Longoria denied any relationship back then. Previously, the former *Desperate Housewives* star dated Eduardo Cruz, while New York Jets quarterback was seen with supermodel Kate Upton.

What are some ways to remain civil with an ex shortly after a breakup?

Cupid's Advice:

After a breakup, there will be instances where you will need to remain in contact with your ex, such as you both work together or share custody of a child. Whatever the situation is, you will need to be respectful and courteous with him/her, regardless of whether you want to reconcile or not. To keep

things even keel and successful, here are a few tips on how to approach situations with your ex:

1. Be kind: A great way to get along with you ex is to be kind in a respectful manner. If your ex doesn't agree with your mature attitude, don't stoop to his/her level. Continue in the same way, and eventually, he/she will come around to understand that you are serious about moving forward positively.

2. Avoid intimate history: The only way to leave your intimate relationship in the past is to not bring it up in the future. Therefore, don't dwell on why you two broke up or any of the bitter/sweet moments you had together. While the breakup is still fresh and new, focus only on the important topics and being amicable towards each other.

3. Don't get others involved: So as not to start any fights with your former partner, and show the respect they deserve, don't get outside parties involved by talking negatively about the breakup. It simply is too risky. There are many ways your words can get misconstrued and relayed back to your ex.

Were you able to remain civil with your ex shortly after your relationship ended? How did you do it? Tell us below.