

# Relationship Advice: How to Heal a Broken Heart



By [Rachel Sparks](#)

The [relationship advice](#) in this week's [Single in Stilettos dating advice video](#) will help you mend that broken heart. [Relationship expert](#) and founder of Single in Stilettos Suzanne Oshima interviews [relationship author](#) Duana Welch for her top three tips on how you can heal after a break-up.

## Relationship Author Duana Welch Offers Her Best Relationship Advice on How to Heal a Broken Heart

**1. Be brave:** "The things that we dream of most are the things we are most scared of," Welch shares. Face your fear in order

to pursue your dream relationship. It's easier to sit on the couch and wallow in heartache, but that doesn't help you move on. Dating is scary, but as the relationship author says, "Do it anyway."

**Related Link:** [Relationship Advice: Dealing with a Dating Burnout](#)

**2. Move on:** May Weather once said, "The best way to get over someone is to get under someone else." Welch quotes this eighteenth-century woman to prove her point: The best way to move past an old heartache is to jump into a new relationship. No matter what people say about loving yourself first, starting up another relationship can offer the adrenaline that helps you forget the past pain.

**Related Link:** [Expert Dating Advice: How to Move a Stagnant Relationship to Commitment](#)

**3. Learn relationship science:** There are boundless resources that can teach you about the human mating cycle. While that's not a glamorous term for dating, when you begin to treat relationships like science experiments, you can learn what works and what doesn't. If you're already hurting from heartache, how bad can failing at dating experiments be? As Welch advises, "Taking no steps is guaranteed failure."

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# Relationship Advice: How to Build a Lasting Love



By [Rachel Sparks](#)

This week's [relationship advice](#) from Single in Stilettos showcases founder and [relationship expert Suzanne Oshima](#) interviewing relationship author Wendy Newman. If you get stuck in the dating cycle, Newman's tips in this [dating advice video](#) will help you work past the dating stage into a successful long-term relationship, teaching you how to maintain a lasting love.

## Relationship Advice to Help You Maintain Love

Newman's three nuggets of wisdom will help you build that long-term relationship you've been after:

**1. No one is in trouble:** Ever heard of the phrase “the dog house?” Yeah, we’re all pretty familiar with that one. Newman’s relationship advice is that we no longer make our S.O. feel like they’re in trouble. Instead of attacking each other, this mindset gives you and your partner the opportunity to attack the problem together. Newman asks, “Wouldn’t that be an amazing place to come from – where we never put someone in trouble and instead create that best friend feeling?” We sure think so!

**Related Link:** [Relationship Advice: The Biggest Dating Pitfalls!](#)

**2. Schedule monthly relationship check-ups:** “There is never a good time to talk about unpleasant things,” Newman says. It’s important to tackle things that aren’t working in a relationship. Newman and her love meet every month (they make a date of it on the full moon, but you can choose whenever works best for you) and ask each other a regular set of questions. They start with, “Is there anything you need from me that you found hard to get this month?” Another question they always ask is, “What did you make up about me this month?” Ask questions relevant to your relationship. No matter what you ask, we can all agree that a wellness check-up has its benefits.

**Related Link:** [Relationship Advice: Be a Fantastic Date for Anyone!](#)

**3. Have autonomy:** “When we collapse our own individuality into another’s world, we lose ourselves in the relationship,” Newman shares. Resentment and the blame game ends up following. Oshima adds, “When your life is great, and your partner’s life is great, eventually, your life together will be great.” That means you don’t need to feel bad for girls’ night! Pursue your own interests and encourage your partner to do the same. Happy lives individually mean an even stronger relationship and sense of happiness together.

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## Dating Advice Video: Signs He's Settling for You



By [Rachel Sparks](#)

In this week's [dating advice video](#), *Single in Stilettos* founder and relationship expert [Suzanne Oshima](#) talks to [relationship author](#) Tinzley Bradford about how to tell if a man is settling for you. Here, Bradford shares three signs



that you're with the wrong man. Don't miss their expert relationship advice in the video above!

## **Relationship Author Reveals the Signs for When a Man Settles for You in This Dating Advice Video**

**1. He's not doing the things he loves:** We girls like a girls' night out, right? So do our men! "If your man finds himself not doing the things he used to love doing with the people that matter to him, like his best friends, then he's settled," the relationship author shares. Often, it's a sign that he's giving things up to make you feel secure. "If a man loves you, he won't cheat on you," she adds. Don't be nervous about a guys' night out, and show him you love him back with your trust.

**Related Link:** [Dating Advice Video: The Questions You Should Be Asking Him](#)

**2. It's convenient for him:** "Is he choosing you because of the stuff you can do for him?" Bradford asks in this dating advice video. If you're stable and he's not, then it's convenient for him, and it's a sign he's settling. If you have a car, a house, or money and these are things he needs, he'll settle for the convenience. Watch out! He'll move on when he finally gets the resources himself or finds someone with more than you have.

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**3. He likes a certain kind of woman:** If he says something like, "I don't usually date women with X, but I like that you have Y," be careful! A man who "compliments you and criticizes you in the same sentence" is settling for the things he likes about you – but that doesn't mean you are the total package

for him. He may be hoping that you change for him, or he may be settling for you until someone better comes along. This can be emotionally abusive. Don't change for someone, especially someone who is settling for you!

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## Relationship Advice: How to Get Engaged at Any Age



By [Rachel Sparks](#)

On this week's Single in Stiletto's [dating advice video](#), founder and [relationship expert Suzanne Oshima](#) talks to love and dating coach Jaki Sabourin about how to get engaged at any age. Watch the video above for their best relationship advice!

## Relationship Advice to Help You Get Engaged at Any Age

Sabourin's four-step process will help you get that rock on your finger:

**1. First, you need a vision:** Without a vision, we have nothing to strive for. "Get clear about what you want and *why* you want it," the dating coach says. Why you want something will help you have the strength to overcome obstacles when they come (because they will come).

**Related Link:** [Expert Relationship Advice: Two Things That Make a Man Fall in Love & Commit](#)

**2. Next, you must believe in yourself:** Without believing you can achieve your vision, how will it ever come true? Sabourin encourages you to start building your belief by saying your affirmations out loud – something like, "I have a man who loves and adores me." Say it again and again until you truly believe it.

**3. Now is the time to take action:** All of the dating advice in the world is useless without action. Where is the best action at? It's outside of your comfort zone – or the "known zone," as the relationship expert calls it. "We have to step out of our comfort zone and take more risks, so we can live a bigger life," she adds.

**Related Link:** [Relationship Advice: How to Emotionally Connect with a Man](#)



**4. Finally, consider your results:** This is the time to evaluate what your vision, belief, and actions have created. If you don't like it, your vision, belief, and actions weren't strong enough. Develop a clear image of what you want, and start the process over again until you create the life you want.

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## Dating Advice for Women: How to Break Your Dating Patterns



By [Whitney Johnson](#)

On this week's Single in Stiletto's [dating advice video](#), founder and [relationship expert](#) Suzanne Oshima talks to relationship strategist and dating coach Cyndi Olin about three ways to break your dating patterns – and every woman has them, so don't think that you don't! Listen to their expert dating advice in the video above.

## Relationship Experts Discuss How to Break Your Dating Patterns

**1. Date more than one person:** “A lot of women don't date,” Olin warns. “They just get into relationship after relationship.” Instead, date more than one person at a time. Men often do the same thing, but they may not share it with you. Stand in your power and explain your motivations. Say something like, “I like to take my time in important areas of my life, and getting to know someone takes time.” Remember that the wrong guys will walk away, but the right ones will stick around. “Be committed to dating and opening up that journey,” she adds.

**Related Link:** [Dating Advice Video: Beware of These Relationships](#)

**2. Ask for help when it comes to your blind spots:** “You need to get really clear about what you deeply desire in a partnership and what you're not willing to accept,” the dating coach explains. Think about those fabulous five must-haves that you want in a partner. It doesn't take a lot of time to figure out if someone aligns with you, but asking someone who supports you for help will make it even easier to see the truth. “It can be very difficult to unfold on your own – it can take some dissecting when it comes to getting clear,” she says. It's even more difficult if you have a lot of chemistry with someone – you become blinded by your emotions!

**Related Link:** [Dating Advice Video: What Men Want You to Know](#)

**3. Focus on what you want:** If you want big love and a partnership that lasts a lifetime, set that intention, take the inspired action to move forward, and let go of the outcome. “That can be easier said than done, but if you’re following the first two steps, you really can let go,” Olin shares. “Look at what worked well for you in the past, what didn’t work well. Is there a golden thread in your past relationships?”

“We all have patterns – I guarantee it,” she says. “And they can all be broken.”

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## Dating Advice Q&A: Can Technology Make a Long-Distance Relationship Work?





*Question from Jay E.: My girlfriend and I are about to be separated by an ocean and an 8-hour time difference. Technology has made it so much easier to stay connected, but how can we make it feel genuine in a romantic relationship, especially with the large time gap?*

Long-distance relationships have been made easier by advancements in technology, but it's still important for you and your partner to find your groove and feel connected despite the distance. Let our [relationship experts](#) help by offering their best [dating advice](#) for using technology in the *right* way! Learn valuable dating tips from matchmaker Suzanne Oshima and relationship author Robert Manni. Here, they answer your question about how technology can make a long-distance relationship work. Check out their dating advice below!

## Dating Advice for Long-Distance Relationships

[Suzanne K. Oshima, Matchmaker](#): A long-distance relationship actually takes a lot more work and effort than a relationship where you both live in the same city. Because you can't see her in person, your only option is to connect with her through

virtual forms of communication. While it can be stressful and lonely, technology offers a great way to make it through the hard times.

The great thing is, you both always have your phones on you. So texting is perfect for a quick flirt or to let her know you're thinking of her during your busy work day. However, texting should never be your sole means of communication. To keep your long-distance relationship going, phone calls and FaceTime or Skype are much better for connecting on a more intimate level. Try setting a regular time that works best to have a call. This way, you'll both have something to look forward to that helps make the time apart pass by a little easier and faster

And the truth of the matter is... When it comes to a relationship, no matter how "busy" you both are, you will make time for those things that are important to you! Sure, it may be difficult at first to get past the hurdle of the time difference, but experiment with your communication and never be afraid to try out new things.

**Related Link:** [Dating Advice Q&A: How Has Technology Changed the Way We Date?](#)

[Robert Manni, Guy's Guy](#): Long-distance relationships are tricky, and unique. Technology helps, but time, distance, and presence are the key variables for potential success. Circumspection is a good starting point. Ask yourself the following questions: How serious is the relationship? How far away is s/he moving and for how long? Will s/he be close enough so you can see one another on weekends? If not, how long will you be separated? Is this a permanent move? How badly do you want it to work? And what sacrifices are you willing to make to keep things going?

It's great to be romantic, and Skype certainly comes in handy with long-distance relationships, but let's be practical. If



your partner is moving to Australia for five years or more, the odds of staying together are less than optimal. If s/he has been transferred to the Chicago office and you're in New York, the odds of success are better due to proximity. The old saying, "Out of sight, out of mind" often rings true in these circumstances. Long-distance relationships can work, but listen to your heart and your head before committing yourself. Good luck.

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*If you have any questions you would like answered by our relationship experts, please e-mail them to [cupid@cupidpulse.com](mailto:cupid@cupidpulse.com).*

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## Dating Advice Video: Dating After Heartbreak





By [Whitney Johnson](#)

On this week's [Single in Stiletto dating advice video](#), founder Suzanne Oshima talks to [relationship expert Iris Benrubi](#) about dating after heartbreak. First, it's important to note that it's okay to put a wall up. "It's actually a good thing," Benrubi explains. "It's a coping strategy." You've just been hurt, so it's completely understandable that you want to go back into your shell and do some grieving. It can, however, become ineffective if you stay there. Continue reading for three things to know about dating after heartbreak!

## Relationship Expert Iris Benrubi Shares Her Best Dating Advice

**1. Everyone's anxious after heartbreak:** In fact, being anxious is a way of taking care of yourself – it's completely normal. You need to pay attention to how your anxiety shows up in your relationships. "What do you do to keep yourself safe? And is it working?" Benrubi asks. "You want to see how that anxiety is either moving you towards a relationship or moving you

away.” You should be learning to manage your emotions – through breathing or meditation – so that you’re ready to risk your heart again.

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**2. Consider what you learned from your last relationship:** Don’t come from a place of blame, but think about what you were responsible for. Did I speak up enough? Was I too harsh? How can I do things differently in the next relationship? “Our lives are about maturing and growing and evolving,” the relationship expert shares. “As unfortunate as a break-up is, it’s actually an opportunity to become a better version of yourself.” This piece of dating advice is very positive and future-focused – which is a good thing!

**Related Link:** [Expert Dating Advice: 3 Tips to Turn Around Your Dating Life](#)

**3. Be clear on what you’re looking for:** Develop a list of 10 must-haves to give you a solid foundation of what you need in a partner. That way, when you’re dating again, you have a clear picture of whether or not he fits into the future you want. By doing so, you’ll be less likely to get into another relationship that doesn’t meet your needs.

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# Dating Advice: Something's Off About Him – Should I Trust My Intuition?



By [Whitney Johnson](#)

On this week's [Single in Stilettos dating advice video](#), founder and relationship expert Suzanne Oshima talks to [relationship author](#) Duana Welch about whether or not you should trust your intuition when you feel like something is off with your new partner. The short answer is, "Yes." Watch the video above to understand why!

## Relationship Author Duana Welch Is Interviewed in Dating Advice Video

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“I recently heard that there’s research that shows that we actually have a nerve that connects our stomach to our brain that gives us a true ‘gut feeling,’” Welch shares. “And what I know for sure is that people *report* that feeling and that their intuition leads them to good things.” Expanding on this idea, the relationship author says that we have a side of our brain that is unconscious and gives us information that we don’t have access to when we’re conscious.

We also have an adaptation. “An adaptation is something that has evolved,” Welch explains. “It’s a spontaneous genetic change that happened in antiquity and was favorable enough that it gave that organism’s offspring better odds of surviving, creating, or both.” For example, all bucks have antlers – because if they don’t pass that gene along, they won’t be able to survive.

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So the question, then, becomes: Why would nature give us all of these gifts and not give us a way to be able to tell when we are going to be prey? “I think we can all think of a time when we thought, ‘Oh, this guy – there’s something off about him, but I’m not being fair right now. I’m just going to learn more about him until I find out if my intuition is right,’” she reveals. “Well, some women don’t survive to find out that their intuition was correct.” In fact, the number one cause of murder or violent death to women between the ages of 15 and 50 is a male partner who got jealous or was controlling.

Welch concludes, “If your gut is telling you that this guy is dangerous, do not collect more data. *Don’t*. Just stop seeing him.”

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# Expert Dating Advice: 3 Dating Myths Busted



By [Whitney Johnson](#)

On this week's [Single in Stilettos dating advice video](#), founder and relationship expert Suzanne Oshima talks to relationship author Wendy Newman to prove three dating myths wrong and offer their best [expert dating advice](#). "I think a lot of people believe things that just aren't true," Oshima shares.

# Relationship Author Wendy Newman Shares Expert Dating Advice

**1. Women only date to find a partner, and men just date for fun:** “The root of this myth comes from the idea that women and men approach dating differently – and I’ve got to tell you, I think men have it right,” Newman explains. Women lead with the end game in mind, while men just want to figure out if they want to spend time with their date. It’s that simple for them! “Men will talk about who they are as an interesting person, usually highlighting something fun – and they wish that we would do the same thing,” the relationship author adds. Before they jump ahead to the future, men just want to know if the two of you will get along – not because they’re not serious but because that’s really the most important thing early on.

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**2. Men are non-committal:** “They commit all of the time!” Newman says with a laugh. It does take men longer to commit than women, but there’s a good reason for that: Men are naturally accountable, so they’re not going to say “yes” unless they’re willing to be on the hook for all of it. “Women will commit to a partner, but there are going to be things about him that they want to change,” she explains. Men, however, will sit back and assess the situation first; when they commit, they’re committing to the whole package.

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**3. You slept with him at the wrong time and blew it:** It’s tempting to think you waited too long and he lost interest or you did it too soon and he thought you were easy, but know that men don’t think like that. “They think sex is a fun thing to do with someone they really like, care about, or love. They don’t think it’s the hinge that makes the relationship happen

or not happen," Newman reveals.

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## Dating Advice Video: Stop Settling for Men Who Don't Deserve You!



By [Whitney Johnson](#)

On this week's *Single in Stilettos* [dating advice video](#), founder and relationship expert Suzanne Oshima talks to

[relationship author](#) Tinzley Bradford about how to stop settling for men who don't deserve you. Here, Bradford shares three signs that you're with the wrong man.

## Relationship Author Reveals How to Stop Settling in Dating Advice Video

**1. You're unhappy:** "If you're constantly unhappy with how you're being treated, you're settling," Bradford shares. "Love and a healthy relationship does not create confusion or make you feel unhappy, unstable, or even uncertain." You should be in a relationship with someone who brings out the best in you and makes you feel good about yourself.

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**2. Your relationship isn't reciprocal:** "It takes two to tango, baby!" Bradford exclaims. If you're always giving but never getting enough back, you're settling. You deserve a man who loves you just as much as you love him. "He's got to be doing his part in your relationship," the relationship author adds.

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**3. You feel guilty for being you:** "If you're in a relationship with a guy who's competing against you, belittling your dreams, and not being excited about your success, you don't need to be with that person" she shares. You should never be with someone who makes you feel guilty for wanting to shine.

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# Dating Advice Q&A: Should I Remain Friends with My Ex Online?



*Question from Sonya M.: Facebook is the official/unofficial way of announcing a relationship. Is it too vindictive to unfriend an ex, or is that the right move when you enter a new relationship?*

Social media is a fun way to share your relationship with friends and family, but if that relationship ends, the waters can get a little murky. Let our [relationship experts](#) help by offering their best [dating advice](#) for using social media in



the *right* way! Learn valuable dating tips from matchmaker Suzanne Oshima and relationship author Robert Manni. Here, they answer your question about whether or not you should unfriend your ex after a break-up. Check out their dating advice below!

## Dating Advice for Unfriending Your Ex on Facebook

[Suzanne K. Oshima, Matchmaker](#): When it comes to dating after a break-up or divorce, it's important to know that removing all traces of your ex on social media isn't about being vindictive – it's about moving on.

This is the last step at the end of your relationship, so now is the time for some “spring cleaning.” Daily reminders of him won't allow you to move forward with your love life, so remember the saying “out of sight, out of mind.” This will remove any temptation to cyber snoop or check in on what he's doing and who he's dating. All in all, if you continue to stay connected, then you're holding on – and this can hold you back from moving forward into another relationship.

**Related Link:** [Dating Advice Q&A: How Can You Tell Red Flags From Online Dating?](#)

[Robert Manni, Guy's Guy](#): Even though people have become too reliant on social media as their main form of communication, announcing a new relationship on Facebook can feel great and be validating. It's a nice way of putting something out there about yourself that you feel good about for the people you enjoying sharing with.

On the other hand, if you no longer have an offline connection with an ex and do not feel comfortable posting about your new relationship for them to see, it's perfectly acceptable to unfriend them. However, if you remain on good terms and

they're cool, there is no harm in staying connected with an ex on Facebook.

There are no strict rules or protocol about this. Listen to your inner compass and do what feels best for *you*. Good luck.

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*If you have any questions you would like answered by our relationship experts, please e-mail them to [cupid@cupidspulse.com](mailto:cupid@cupidspulse.com).*

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## **Dating Advice Video: How to Get Men to Pursue You Like Crazy**





By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and [relationship expert](#) Suzanne Oshima talks to relationship strategist and coach Cyndi Olin about three ways to get men to pursue you like crazy. Listen to their expert dating advice in the video above!

## Relationship Experts Discuss How to Get Men to Pursue You in Dating Advice Video

**1. Smile:** With this piece of expert dating advice, Olin reminds us of the saying, "Your presence is a present." Walk out the door, be present in your body, and smile – and you can attract men like crazy. Eye contact and compliments pair well with a smile. "That's like a 'come over' signal," she explains. "90 percent of the time, a man will approach you and at least start talking to you. It's all about your energy."

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**2. Engage with them:** "There's a lot of advice out there,

including to let a man lead,” Olin shares. “While I believe that, men are confused when it comes to modern dating.” Men are often very careful as a way to ensure that they’re respecting you. Have a belief deep down in your soul that men are good people, and make an effort to get to know them. Remember: Your vibe attracts your tribe.

**Related Link:** [Dating Advice Video: What Men Want You to Know](#)

**3. Let go:** After you smile and engage with them, let them be the one to pursue you, to call you more. “You’re not pursuing. You’re a friendly receptor of light,” Olin says. “You want him to pursue you, and he’s looking for permission to do that.”

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## Expert Relationship Advice: Two Things That Make a Man Fall in Love & Commit





By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and [relationship expert](#) Suzanne Oshima talks to love and dating coach Jaki Sabourin about two things that make a man fall in love and commit to a relationship. Watch the video above for their best expert relationship advice!

## Expert Relationship Advice to Make a Man Fall in Love & Commit

First, it's important to note that it's not really "things" that make a man fall in love and commit. "They're traits – traits that you can develop in yourself," Sabourin explains.

**Related Link:** [Expert Relationship Advice: How to Emotionally Connect with a Man](#)

**1. The first trait is your high-value status:** "It's your job to present and project and create this perception that you have a high value," the dating coach says. "And how you do that is to accept yourself." Don't turn over your significance to a man – your personal value needs to come from within. She adds, "Of course, any man who is looking for a woman to spend



his life with wants a woman who has a high regard for herself.”

**2. The second trait is vulnerability:** You need to balance your strong sense of self-worth with vulnerability to avoid coming across as too masculine, aloof, or conceited. “You have to create a space of openness with a man so he can come in,” Sabourin says. “Vulnerability is really about sharing things about yourself, not being afraid to show who you really are.” Tell him things that will inspire him to take care of you.

**Related Link:** [Relationship Advice: How to Get Men to Fall Into Your Lap](#)

What about a woman who thinks being vulnerable will make her appear weak? “Ladies, look at that, because that tells me you’re protecting your heart and you have a defense up,” Sabourin shares. “When you have a defense up, it’s like a wall, a fence, that keeps the love and relationship you want out.” There’s so much power in vulnerability: It shows that you love and accept yourself, that you’ve been hurt but that you’re open to something new.

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## **Dating Advice Video: Why Smart, Successful Women Can**

# Fail at Love



By [Whitney Johnson](#)

On this week's [Single in Stilettos dating advice video](#), founder and relationship expert Suzanne Oshima talks to [relationship author](#) Duana Welch about why smart, successful women can fail at love. "I was in grad school getting a doctorate in the social sciences, and I realized that I was pretty good at that, but I really wasn't good at love," Welch shares. "I knew there was something that I was doing wrong – because the common denominator in all of my relationships was *me*." Here, she shares three reasons why succeeding at love is hard for so many women.

## Relationship Author Duana Welch Is Interviewed in Dating Advice Video

1. The things women do to succeed at work don't work in the

**world of dating:** At work, women are told to put themselves forward, pursue what they want, and lead their co-workers, but in a relationship, those qualities are often unrewarded. “Research shows that women who routinely pursue men are seen as low-status and not good wife material,” Welch explains. “I hate that!”

“If I liked a man...I was kind of shoving myself down his throat,” the relationship author adds of her own dating mishaps. “Of course, I didn’t see it that way. There’s never been a perfume called Desperation, and there never will be. But in the world of work, that stuff works.”

**Related Link:** [Expert Dating Advice: How to Move a Stagnant Relationship to Commitment](#)

**2. Some men hold a woman’s success against her:** There was a study done where researchers put up two identical dating profiles. One emphasized the woman being young and beautiful, while the other focused on her being an educated, high-powered attorney. Unfortunately, it’s no surprise that the first profile got a lot more hits. “One reason is because men respond to youth and beauty, but it’s also because men are intimidated by women who have achieved more than they have,” Welch explains.

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**3. We have a confirmation bias:** In other words, we see what we want to see. “You fall in bed and fall in love, and then you find out the dealbreakers,” Welch shares. Instead, spare yourself the pain and take early action to determine your must-haves and dealbreakers. Then, you’ll be able to make a more informed decisions about your emotions.

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# Expert Dating Advice: What's Blocking Me From Finding Love?



By [Whitney Johnson](#)

On this week's [Single in Stilettos dating advice video](#), founder Suzanne Oshima talks to [relationship expert](#) Iris Benrubi about what may be blocking you from finding love.

# Relationship Expert Iris Benrubi Shares Her Best Dating Advice

**1. You don't understand your attachment strategy:** "It comes from your childhood when you were totally dependent on your parents. You had to decide, Can I depend on them or not?" Benrubi explains. For instance, if you had a parent who was inconsistent, you may have developed an anxious attachment strategy, meaning you're always gauging how close someone is and tend to chase after men. Or if you had a parent who just disappeared, you most likely developed an avoidant attachment style and tend to keep others at a distance. "You need to recognize what you bring to relationships and what you need to do move away from harmful attachment strategies," the relationship expert adds.

Benrubi also encourages you to learn how to manage your anxiety – whether it's with meditation, affirmations, breathing, or yoga. If you can't do it on your own, reach out to a professional for help.

**Related Link:** [Expert Dating Advice: How to Find Love](#)

**2. You move inwards after a break-up:** It's so tempting to want to keep your heart safe and say, "I don't need a man." "Underneath that, the reality is that we need to be connected to another person romantically," Benrubi says. We're actually biologically wired to *need* people in our life, so don't let the fear of getting hurt again hold you back from a relationship. "Of course, we can all survive on our own, but we really want to be with that right person," Oshima adds.

**Related Link:** [Expert Dating Advice: 3 Tips to Turn Around Your Dating Life](#)

**3. You don't know your own worth** "In order to get into a relationship with a good man, we need to get really clear on our value," Benrubi shares. If you've been in a partnership



with someone who puts you down or had a childhood where you were dismissed or felt invisible, you may try to earn a man's love. "When you're in that 'earn energy,' he's up here, and you're down here. You're always dog paddling and trying to figure out what you need to do next," she explains. "It's exhausting." If you want a man who respects you, you have to respect yourself first.

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## **Expert Dating Advice: What to Do When He Disappears**





By [Whitney Johnson](#)

On this week's [Single in Stilettos dating advice video](#), founder and relationship expert Suzanne Oshima talks to relationship author Wendy Newman to discuss what to do when a man disappears and offer their best [expert dating advice](#). "It's heartbreaking; it's horrible because you don't get closure," Oshima says. Here, Newman shares why men often disappear and the best ways to handle this devastating dating occurrence.

## Relationship Author Wendy Newman Shares Expert Dating Advice

First, there are two main culprits for why he just disappears. Let's say you have an amazing time together and you can tell he's just as into you as you are to him. Then, suddenly, he's gone. "What I'm guessing happened is, he got home and started reconciling all of the conversations that you had," Newman explains. "He could see that there was a dealbreaker in there that didn't stop him in the moment because you are so charming and enchanting. But after he came down from the high of the date, he thought, "Oh, shoot." Men don't call again because they feel like they don't owe us anything because there's no

relationship yet. “They think they’re doing us a favor by just disappearing,” the relationship author adds. “They don’t understand how that drives us insane.”

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Another reason he may disappear is because, although he thinks you’re wonderful, it’s just not the right time for a serious relationship. He sees that you’re the whole package – a delicious, gourmet meal – but all he has an appetite for right now is ice cream. Newman emphasizes that “timing is a big piece of dating.”

Since you may never know why he really disappeared, Newman suggests making up the most empowering interpretation of the situation, giving yourself the closure you need to move on. In her personal experience, sometimes, this made-up interpretation can turn out to be true! Most importantly, remember that the reason why men disappear usually has nothing to do with *you*. Keep reminding yourself of your self-worth – maybe, just maybe, you were simply too good for him.

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If you still need to alleviate some heartache, draft an e-mail to him and thank him for all of the parts of him and the date that you found enjoyable and memorable. Tell him that you had a great time with him and let him know that you understand there must not have been a connection for him. You don’t have to hit send – just do whatever you need to do to feel better. “Don’t have any expectations – you may get a response, and you may not,” Oshima says. “Either way, you just have to let it go and move on.”

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# Dating Advice Q&A: How Do I Get My Husband to Disconnect From His Phone?



*Question from Rachel S.: My husband is a general manager, so even when he leaves work, he's still working from his phone. He doesn't mean to, but lately, he's been so wrapped in his phone that he ignores me when I talk. He seems genuinely apologetic and interested when I get his attention, but it's getting it that's hard. How can I get him to disconnect from his phone at the end of the day?*

Technology makes our lives better in so many ways, but it can

also be a distraction, especially if you or your partner has trouble unplugging at the end of the work day. Let our [relationship experts](#) help by offering their best [dating advice](#) for using technology, like your cell phone, in the right way. Learn valuable dating tips from matchmaker Suzanne Oshima and relationship author Robert Manni. Here, they answer your question on how to politely encourage your significant other to disconnect from their phone. Check out their dating advice below!

## Dating Advice About Unplugging

[Suzanne K. Oshima, Matchmaker](#): When it comes to technology, its biggest strength is also its biggest weakness: It connects us, but it also disconnects us from the ones that are standing right in front of us. Your husband may not be intentionally trying to hurt or ignore you, but in this age of technology and mobile phones, it's easy to get lost in multitasking.

My recommendation is to share with him how his constant connection to his phone makes you feel unimportant and disconnected from him. Then, just ask him to put away the phone on date nights so that the two of you can spend quality time together, uninterrupted by a flurry of notifications and messages. It's the perfect way to reconnect with each other emotionally and romantically after working all day.

**Related Link:** [Dating & Technology Q&A: Is It Weird If He Doesn't Call Back After a Date?](#)

[Robert Manni, Guy's Guy](#): It all comes down to communication. In today's culture, we are are tethered to work 24/7, and you may not be aware of some job pressures your husband is experiencing but not sharing. Getting him to open up about work may be a good way of broaching the phone issue.

Another angle is stressing the positives – how much you and your family value your time with him and how important it is



for your husband to invest as much energy in you as he does in his job and his phone. A healthy balance between work and home life is critical to any marriage.

A third, wild-card approach is planning a night planned by you featuring some good old-fashion seduction. If that doesn't get him to put his phone down, you may have a bigger issue on your hands. Good luck.

*For more dating advice and to find out more about our dating and technology gurus, click [here](#).*

*If you have any questions you would like answered by our relationship experts, please e-mail them to [cupid@cupidspulse.com](mailto:cupid@cupidspulse.com).*

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## Dating Advice: How to Fall In Love with Dating





By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and relationship expert Suzanne Oshima talks to relationship author Tinzley Bradford about how to fall in love with dating. Here, Bradford shares three pieces of [dating advice](#) to help you go into dating with a positive attitude so that you actually enjoy it.

## Relationship Author Gives Dating Advice

**1. Fall in love with yourself first:** "A lot of times, we go into a relationship thinking that we're ready," Bradford says. "In order for you to be healthy and find excitement and joy in dating again, you must first find excitement and joy in yourself." Once you're in a good place both physically and mentally, a man will be able to instantly see that you're the total package and gravitate towards your energy. Oshima adds, "Be the best version of yourself."

**Related Link:** [Dating Advice Video: The Questions You Should Be Asking Him](#)

**2. Give it a shot:** You can't fall in love with dating if you don't try! Every date in your past wasn't a horror story, right? "Think of the ones that were good," the relationship author explains. "Pay attention to the signs in the early stages of a relationship." Don't let previous romantic failures keep you from truly giving dating a shot. "Do what you need to do to get out there," Oshima says of this dating advice.

**Related Link:** [Relationship Advice: Signs You're Settling for the Wrong Man](#)

**3. You have to trust the process:** If you have trust issues, dating will be hard. "Trust, trust, trust that starting fresh will make you feel good," Bradford shares. Remember that all men aren't dogs – trust that the next one you meet will be worth your time.

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## Relationship Advice: How to Emotionally Connect with a Man





By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and [relationship expert](#) Suzanne Oshima talks to love and dating coach Jaki Sabourin about how to emotionally connect with a man and get engaged at any age. Watch the video above for their best relationship advice!

## Relationship Advice to Help You Emotionally Connect with a Man

Here are three ways that women can connect emotionally with a man:

**1. Be *interested* instead of interesting:** The fastest way to connect emotionally is to be curious about your date. "When we're trying to be interesting, we're nervous and feeling self-conscious. We really fail to notice the man in front of us – who he is, the red flags, what he's doing," Sabourin explains. Being interested in him will encourage him to lower his guard and really tell you about himself. "Get curious!" Oshima adds.

**Related Link:** [Dating Advice Video: Stop Attracting Emotionally](#)

## [Unavailable Men](#)

**2. Be vulnerable:** Be open and honest. Real vulnerability comes from a place of being able to accept yourself. “You’re going to be able to be vulnerable with a man directly proportionate to your ability to accept who you are,” the dating coach says. Vulnerability is very attractive because it’s real, and being as real as possible will create a connection right away.

**Related Link:** [Relationship Advice: How to Get Men to Fall Into Your Lap](#)

**3. Be less agreeable:** It’s a big turn-off when a woman just wants to please a man. “They want to know what your likes are, what turns you on, what gets you excited about life,” Sabourin shares. “Be a little more sassy and stand in your truth.”

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# Dating Advice Video: What Men Want You to Know







By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and [relationship expert](#) Suzanne Oshima talks to relationship strategist and coach Cyndi Olin about three things that men want you to know. "There's a complete disconnect in what women think men want," Oshima reveals.

## Relationship Experts Discuss What Men Want You to Know in Dating Advice Video

**1. Men are actually very sensitive:** Women often think men aren't sensitive, but that's just not the case. "In order to feel connected, they need to feel heard and needed," Olin shares. "And if they don't feel those two things from a woman, they're not going to be fully connected or engaged with her." As much as you want him to understand you, he wants to feel understood as well. "Be curious about him," Olin adds.

**Related Link:** [Dating Advice Video: Beware of These Relationships](#)

**2. Men want to feel needed:** Expanding on the first secret

about men, they also want to feel respectfully needed. "Allowing him to support you is something that fills *him* up," Olin explains. "It's so important for women to realize that, as strong and independent as we are, we love a man who can take care of things for us, who can handle things for us," Oshima says.

**Related Link:** [Relationship Advice: What Attracts a Man](#)

**3. Men want to feel appreciated:** If he feels appreciated for the things that he does, he's going to do it ten-fold. "In fact, you won't feel like, in your relationships, you have to do all of the heavy lifting," the relationship coach explains. "He's going to do more and more." Plus, he'll continue to build you up and support you if he feels like you're doing the same for him.

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## Expert Dating Advice: How Can I Find Out More About Him Before I Commit?





By [Whitney Johnson](#)

On this week's [Single in Stiletto's dating advice video](#), founder and relationship expert Suzanne Oshima talks to [relationship author](#) Duana Welch about how you can find out more about someone before you commit. "Ladies, I don't want you jumping into a relationship with someone until you really know important things about him," Oshima explains. So listen up to this expert dating advice!

## Relationship Author Duana Welch Shares Her Best Dating Advice

**1. Leverage your contact with his friends and family:** If he's crazy about you, he'll want to introduce you to his friends early on. If he keeps you out of his inner circle, he's sending a message. When you do meet them, "listen to what they say about him," Welch shares.

**Related Link:** [Expert Dating Advice: How to Move a Stagnant Relationship to Commitment](#)

**2. Ask him about his ex:** Specifically, ask him what she would say is the reason they broke up. In Welch's experience, men

answer this question honestly. “You need to listen to his answer – is that something you can live with?” she says. For example, one man said his ex-wife thought he was a slob – and he really was! “Some women are cool with that, but most aren’t,” Welch adds.

**3. Google is your friend:** Almost everybody has a media footprint. “Studies show that the way people present themselves on social media is actually pretty accurate,” the relationship author explains. “You would think people would project the image they want, but most people don’t.”

**Related Link:** [Dating Advice: Times Women Say ‘Yes’ But Shouldn’t](#)

**4. Look at what they do:** Give their actions five times the weight of their words. “Some men are really good at saying what a women wants to hear, so I always say to my clients, ‘Watch their actions,’” Oshima says. Also, remember that honest people don’t proclaim how honest they are. “They make an assumption that they are honest and that the world is honest,” Welch adds.

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## **Dating Advice Video: Can I Change a Man?**



By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and relationship expert Suzanne Oshima talks to [relationship expert](#) Iris Benrubi about whether or not you can change a man. "They all come in to change each other," she says of her clients. "Women especially think they can change their man."

## Relationship Expert Iris Benrubi Shares Her Best Dating Advice

**1. You're not his mother:** You don't want to be in a relationship where you're the mommy and he's the child. You have to accept him for the way he is. "You don't get to shape him. You don't have a say in whether he measures up or not," Benrubi explains.

**Related Link:** [Dating Advice Video: How to Find Love](#)



**2. Any change that he makes for you isn't sustainable:** One of the top two mistakes that women make is falling in love with a man's potential. "If only he would..." If he starts communicating more because you want him to, not because it's part of who he is, it's never going to last. "Have you ever tried to get fit or go on a diet for somebody else?" the relationship expert asks. "It doesn't last that long because the motivation isn't in there." If a man wants to change something about himself, great. Otherwise, accept him where he's at, or move forward if he can't be what you need.

**3. Be clear about what you want:** If a guy who dresses nice is important to you, then make that known. If not, let it go. "You have to decide what you're looking for," Benrubi says. "Are you looking for the external? Or are you looking for the internal – a guy who loves you and accepts you the way you are?"

**Related Link:** [Expert Dating Advice: 3 Tips to Turn Around Your Dating Life](#)

So if you can't change a man, can you inspire him to want to change? Start by telling him how you're feeling – that helps him be receptive to your request. Then, share what you need from him in a way that's respectful. Finish by explaining what this change would do for you. "A good man ultimately wants to make you happy," Benrubi shares.

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# Dating Advice: Be a Fantastic Date for Anyone!



By [Whitney Johnson](#)

On this week's [Single in Stilettos dating advice video](#), founder and relationship expert Suzanne Oshima talks to relationship author Wendy Newman to discuss how to be a fantastic date for anyone and offer their best [expert dating advice](#). Newman shares three ways to present your best self on a date – so listen up!

## Relationship Author Wendy Newman Shares Expert Dating Advice

**1. Act as if you already know him and be energetic:** Start the conversation as you would with a best friend and simply ask him how his week has been or how he's doing. "It shows that you're interested in him as a whole person instead of the

checklist items you have that you want to check off,” Newman explains. “And it has the conversation start so organically that it can go anywhere.” Oftentimes, if you zip your lips and just listen, he’ll open up quickly and let you get to know him right off the bat. Of being energetic, Oshima adds, “Enthusiasm attracts people – it brings them in.”

**Related Link:** [Expert Dating Advice: The Biggest Dating Pitfalls](#)

**2. Focus on broad questions:** Avoid interview questions: Don’t ask him how many people he manages or how long he’s worked somewhere. Instead, ask questions like, “What do you love about your life?” or “What’s coming up that you’re really looking forward to?” “Ask really broad questions where he can go shallow or he can go deep,” the relationship author says. “And if the answer is ‘nothing’ to all of those questions, that’s really important information for you to have.”

**Related Link:** [Dating Advice Video: Don’t Be a Rules Girl!](#)

**3. Give him 30 seconds of silence:** Be willing to be engaged in the conversation, but after he’s done talking, give him a little bit of time to see if he has anything else to add. “This is completely counterintuitive to women,” the relationship author shares. “Women are squirming in their seats after five seconds, but men’s brains are designed differently than our’s.” If you want him to say more, you have to give him a chance.

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# Dating Advice Video: The Questions You Should Be Asking Him



By [Whitney Johnson](#)

On this week's [Single in Stilettos dating advice video](#), founder and relationship expert Suzanne Oshima talks to relationship author Tinzley Bradford to discuss the questions you should be asking him and offer their best [relationship advice](#). Here, Bradford shares the top three questions that women should ask on early dates to weed out the men who aren't worth their time.

# Relationship Author Gives Dating Advice

**1. Are you looking for a long-term relationship?** “That is a question that you have to ask,” Bradford says. There’s no use in wasting your time with someone who tells you up front that they just want to have some fun or date casually. If you know you’re looking for something long-term, then you should be dating someone who’s looking for the same thing. Unfortunately, a lot of men get scared by this question, so it’s helpful to start with a disclosure statement: “I don’t want to scare you or make you think I’m jumping too far ahead, but I’d love to know if you’re looking for a long-term relationship.”

**Related Link:** [Dating Advice Video: 5 Biggest Turn-Ons for a Man](#)

**2. Why are you interested in me?** This question, which you should ask after several dates, will help you figure out if he’s interested in the way you look or if he’s *truly* interested in who you are. For it to last, it has to be more than just your physical attributes.

**Related Link:** [Relationship Advice: Signs You’re Settling for the Wrong Man](#)

**3. Are you single?** You have to know! “Don’t wait for him to say, ‘Oh, I thought you knew when you saw the ring,’” the relationship author shares. “If he’s asking you questions that lead you to believe you won’t be exclusive with him, I’d be very skeptical.” Oshima adds, “I think women would actually be surprised at how many men are married or in a relationship already.”

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