

Dating Advice Video: Stop Attracting Emotionally Unavailable Men



By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and relationship expert Suzanne Oshima talks to dating coach Jaki Sabourin about how to stop attracting emotionally unavailable men. Don't miss their [expert dating advice!](#)

Jaki Sabourin Shares Expert Dating Advice

Related Link: [Dating Advice Video: The Secrets to Attraction](#)

1. Stop yourself from being emotionally unavailable: As

Sabourin explains, according to the Law of Attraction, like attracts like – so if you show signs of being emotionally unavailable, you'll attract a partner with similar qualities. Instead, start creating a sense of emotional availability when interacting with men. For instance, if you go out with a guy who's angry, don't withdraw from him. Show compassion and try to get him to open up by asking him questions.

2. Get past your own insecurities and take bigger risks: Ask him sensitive questions that will encourage him to open up to you. Oftentimes, the cause of a man's emotional unavailability is his own past and pain. Begin by asking him questions like, "What have you gone through?" and "Is there something that's holding you back from finding love?"

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3. Get over your fear of rejection: When we're afraid of getting hurt, it's easy to withdraw and disconnect ourselves from our partners. By talking to your partner with care and gentleness, you'll help him realize that he's truly missing out on love by putting up such a strong defense. Remember that there is no perfect man or woman. Relationships are all about relating to each other in ways that strengthen your connection.

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Expert Dating Advice: Beware of These Kinds of Relationships



By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and relationship expert Suzanne Oshima talks to dating coach Cyndi Olin about what types of relationships to beware of. Plus, they share their best [expert dating advice](#) for how to handle them.

Cyndi Olin Shares Expert Dating Advice

1. The "fast and furious" relationship: In this type of relationship, you have chemistry immediately and quickly go

from one date to spending all of your time together. This guy moves from “zero to sixty.” As Olin explains, “What is common in these types of relationships is...the men who have them are inadvertently chemically attracted to women who are really wanting to feel loved.” While it may seem like a fairy tale at first, after six weeks to three months, the man unexpectedly puts the brakes on. He may disappear completely; he may stop calling you; he may tell you he’s not ready for a relationship.

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But why does he do it? “It starts to become real and isn’t just a fantasy anymore,” Olin shares. “In the beginning, he’s in a drunken haze – he’s enjoying his time with you, but it’s not based on reality.” The relationship never had an opportunity to build the strong foundation that it needed to last.

So ladies, it’s up to you to control the pace of the relationship. “It’s not a race to the finish line,” Oshima adds. Don’t let the fear of losing him keep you from slowing things down. Always make sure you’re comfortable with the pace of your relationship, and remember that taking it slow allows him to truly get to know you.

2. A relationship with a narcissistic, psychopathic man: It’s no surprise that this type of relationship can be very dangerous. These men can be very charming and alluring, but everything is always about them. “They will do all of the work until they get you hooked. They can be very patient with the right women,” Olin says. Women become so attached to these men that they find themselves going back to them even though they know they’re not good for them.

Related Link: [Expert Dating Advice: 3 Ways to Be Irresistible to a Man](#)

Eventually, he will start to criticize you. Nothing is ever

good enough, and you'll find yourself feeling confined, almost as if you're in a box. "Oftentimes, women will try to prove themselves in the relationship and start giving more than he is. The balance of the relationship becomes off," the dating coach explains. "The woman becomes unhappy, and he becomes more powerful and power-hungry."

Can either of these relationships ever work? For the first type of relationship, the answer is yes. As a woman, you can control the pace of the relationship, building a strong foundation of lasting love. For the second type of relationship, it depends on the man and just how narcissistic or psychopathic he is. If he wants to break his habits and truly find love, it is possible to have a happy partnership. It's important to remember that, for any relationship, a man has to be willing to work on himself.

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Expert Dating Advice: How to Move a Stagnant Relationship to Commitment





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 their best expert dating advice for women for moving a stagnant relationship to commitment. "You don't get this question a lot from guys because they're in the pursuer role," Welch explains. So ladies, listen up!

Relationship Expert Duana Welch Shares Her Tips for Commitment

It's not as simple as just asking him. It's tempting to approach him directly with your concern, but Welch encourages you to avoid doing so. "Studies show that guys move you from the possible Mrs. Right category to the Mrs. Right Now category when you do that," the relationship author warns. "They think you're low status, that you don't have any other options." So how can you move your relationship forward?

Related Link: [Expert Dating Advice: Times Women Say 'Yes' But Shouldn't](#)

1. Become slightly less available: This piece of dating advice

doesn't give you an excuse to be mean or ugly to him. Instead, if he calls and you're in the middle of something, wait a day and then call him back. Be super friendly and warm and simply explain that you were busy. "Let him hear the smile in your voice," Welch explains. "Men want to make you happy – they feel like crap when they make you unhappy. Pair being slightly less available with being really rewarding to be with when you're present."

2. Test commitment with jealousy: "This is really unpopular – boy, have I received some hate mail from men!" Welch shares. But creating jealousy can be a good thing. Among women who create jealous intentionally in a male partner, it's usually because she didn't know if he cared or how much he cared. For instance, by accepting a date with someone else, you can easily gauge how it makes a guy feel. "If you do that and he doesn't care, then he doesn't care. It's a really accurate litmus test," says the relationship author.

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3. Avoid ultimatums: Both Oshima and Welch feel strongly that you should never give a man an ultimatum. "It will backfire on you. Even if he goes along with it, he'll feel like he's backed into a corner, and he'll probably rebel later on," Oshima explains. "It's always better if he comes to a decision on his own."

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Dating & Technology Q&A: How Do I Get My Girlfriend to Stop Posting Racy Photos?



Question from David T.: I've been with my girlfriend for a long time. We have a great relationship, but she often posts suggestive photos of herself on social media, and it makes me uncomfortable. How can I get her to keep that part of herself between us instead of for all the world to see?

Dating in the era of social media can be difficult. Parts of your relationship that were once private can now easily be shared online. So what do you do if one partner likes sharing racy photos but it makes the other person uncomfortable? Let our [relationship experts](#) help by offering their best [dating advice](#) for using technology the right way. Learn valuable dating tips from matchmaker Suzanne Oshima and relationship author Robert Manni. Here, they'll answer your question on how

to ask your significant other to keep personal parts of your relationship (like racy photos) private. Check out their dating advice below!

Dating Advice About Social Media & Racy Photos

[Suzanne K. Oshima, Matchmaker](#): I can completely understand why it makes you feel uncomfortable that your girlfriend posts suggestive photos herself on social media, but I'm guessing that this is something she was doing well before you started dating her. While you can't stop her from posting the racy photos, I recommend just being completely honest with her. Share your feelings with her and let her make her own decision about whether she wants to continue posting the photos. If she doesn't want to risk losing you, I'll bet she'll tone it down a bit, but don't expect her to completely stop posting those types of photos, especially on Halloween!

Related Link: [Dating & Technology Q&A: My Partner Fishes For Likes – What Do I Do?](#)

[Robert Manni, Guy's Guy](#): Millennials have little, if any, filters when it comes to posting to their social media pages. Whether they're on Instagram showing their fitness routines and progress pictures or booty shaking on Snapchat, it's all out there for the world to see. And for that reason, and if you and your lady share a clear understanding about your commitment to each other, I do not see this as a major issue. However, if you're uncomfortable with her sharing too many racy photos, ask her why she does this. Is it driven by self-esteem, competitiveness, or narcissism? Or is she simply comfortable in her own skin and wants to celebrate her good looks while she's young and beautiful? Tell her how you feel – because if you don't the world will be watching her while you wait. 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.

Dating Advice Video: How to Find Love



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 her top three tips to help you find love.

Relationship Expert Iris Benrubi Shares Her Tips for Finding Love

Related Link: [Dating Advice Video on How to Attract The Right Man](#)

1. Know your own worth: This tip is especially important for women going through a break-up or divorce, as feelings of resignation and desperation can cloud your perception of yourself. “When we own our value, we start to get clear on what it is that we’re looking for, and then, we become the chooser,” Benrubi explains. “And that gives us a lot of power.” It’s also important to build your self-confidence back up *before* you start dating again.

2. Trust yourself: Increase your ability to trust yourself by connecting with your intuition. “Our head can really play tricks on us,” the relationship expert says. But our intuition lives in our body, so dig deep and think about how certain things make you *feel*. Each person will have their own ways of understanding their intuition and how their body responds to a yes and a no. For instance, to get clear on your no’s, think about a recent ex and how he or she makes your body feel. Always remember that your intuition can’t point you in the wrong direction.

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

3. Recognize when a man is emotionally unavailable: There are certain behaviors to look out for: He doesn’t follow-up or communicate between dates; he’s dismissive; he’s not interested in learning more about you. Don’t ignore these red flags! Instead, address them with him; doing so will help you determine if he’s truly capable of fulfilling your needs in a relationship. “Watch a man’s actions; don’t listen to his words,” Oshima adds.

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Expert Dating Advice: The Biggest Dating Pitfalls



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 the biggest dating pitfalls and offer their best [expert dating advice](#). Newman shares the five dating pitfalls that women often fall into and

how to avoid them.

Relationship Author Wendy Newman Shares Expert Dating Advice

1. Feeling obligated to please a man: Women often worry about hurting a man's feelings or displeasing him, but it's important to keep your *own* feelings in mind. For instance, say you meet a man on a blind date, and he lied about his age and appearance. Rather than accepting the lie and sitting through the date, reject him graciously. Explain that he lied and that you won't be staying. As Oshima explains, "The one thing you can never get back is your time."

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2. Approaching a man with too much information: When dating, it's tempting to lead with your end game: that you'll make a wonderful, loving wife someday. But for a man, that's too much, too soon. To start, he just wants to know whether or not you'll be a good friend. "Instead, say, 'This is who I am as an interesting person. Who are you?'" says the relationship author.

3. Dating only one person at a time: By limiting yourself to a pool of one, you're comparing that relationship to being alone. "And that's not good. It'll have us miss important things about them or not ask questions and dig in," Newman shares. Plus, dating multiple men at once gives you a better understanding of what you want from a relationship.

4. Dealing negatively with compatibility and chemistry: Chemistry is essential to a healthy, happy relationship, but it's not enough. It's easy to become distracted by a handsome face or a successful career, but don't make excuses for him if he's not the whole package.

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5. Trying to be someone you're not: According to Newman, this is the number one mistake. Don't follow a set of rules or what you *think* you should do. Instead, figure out what works best for you as you're building a relationship and stick with it.

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Expert Dating Advice: The 5 Most Terrifying Words to a Man



By [Whitney Johnson](#)

On this week's Single in Stiletto's [dating advice video](#), founder and relationship expert Suzanne Oshima talks to relationship author Dr. Jed Diamond to discuss the five most terrifying words to a man and offer their best [relationship advice](#). Women are constantly worried about saying that right thing to men, and here, Dr. Diamond teaches you what *not* to say.

Relationship Author Gives Expert Dating Advice

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You've probably uttered them before, but you'll never want to use them again: "Honey, we need to talk." Oftentimes, women use these words because they want to feel heard and connected. You probably think that those five words will bring you closer together and help resolve any problems you may be facing. However, when a man hears those words, they are like nails on a chalkboard. He immediately feels like he's going to be reprimanded or criticized and is halfway out the door by the time you finish.

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So what's a better way to approach an important conversation with your man? You want to make sure your partner is open to whatever you have to say, but, according to Dr. Diamond's expert dating advice, you have to remember that men communicate differently than women. As a woman, you're nurturing and often want to sit down and talk face-to-face. But back in the days of hunters and gatherers, men were used to only one set of eyes of being on them: those of predators.

So instead, ask him to take a walk and then start your discussion *without* using those five terrifying words.

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Dating Advice Video: 5 Biggest Turn-Ons for a Man



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 five biggest turn-ons for men and offer their best [relationship advice](#). Bradford shares five tips for how to attract men and reveals once and for all what turns a man on.

Relationship Author Gives Dating Advice

1. Be confident: No one will be surprised by this piece of dating advice: If you know your worth and are proud of who you are, men will notice you. They'll be drawn to your positive energy. "I always say, confidence is so sexy in a man or a woman," Oshima adds.

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2. Be independent: Some men may be intimidated by this quality, but the right man will be attracted to you *because* of it. "I think a man just loves a woman who has her own," Bradford says. You don't want to run someone away with your independence, but it's important that you have your own life and own your own car, home, business – whatever matters to you.

3. Make an effort to look beautiful: "Men are always turned on by a woman who dresses good, smells good, and keeps herself looking good!" enthuses Bradford. Of course, you have days where you just don't have the energy to make an effort with your appearance, but don't get into a rut of wearing sweatpants and throwing your hair into a messy bun. Building off of the first two pieces of dating advice, there's nothing more attractive than a woman who takes care of herself.

4. Be smart and witty: Bring some fresh ideas to the table! Wow a man with your knowledge and what you bring to the

relationship. “He looks at it as an added bonus: Not only is she beautiful, confident, has her own, but she’s smart, and she’s bringing something new to the relationship,” Bradford explains.

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

5. Be polite: It’s simple: Men like a friendly, approachable woman. Don’t scare someone away with a bad attitude! Instead, stand out in the crowd by being vibrant, positive, and polite. “Always say thank you!” Oshima adds. “When a man takes you out, say thank you. A lot of people forget those two little words.”

And a bonus tip: **Give compliments.**

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Dating Advice Video: 5 Ways Women Sabotage Themselves with Men





By [Whitney Johnson](#)

On this week's [Single in Stilettoes dating advice video](#), founder and relationship expert Suzanne Oshima talks to relationship author Robert Manni to discuss how women sabotage themselves with men and offer their best [relationship advice](#). Here are five ways that women sabotage themselves when looking for love.

Relationship Author Gives Dating Advice

1. You're not in it to win it: You may say you want to find love, but instead of going out to a new spot where you can actually meet someone, you find yourself in a routine of dinner at home and TV time. "You have to put yourself out there. You have to be willing to fail to be able to succeed," Manni explains.

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2. You're always plugged in: Put your phone down! If you're walking around New York City with your earbuds in and music

blaring, you're presenting yourself as closed off and unavailable. It's hard for a guy to ask an open-ended question or chat you up when you're walled off through technology. Oshima adds, "Those are barriers to meeting someone organically."

3. You're not fishing where the fish are: "Go where the guys are!" the relationship author says. You can find guys are at sporting events, at the football field, at a tech store, at a whiskey tasting, or at the gym. Think about your brother and his friends – where do they often go?

4. You're always with a group of girlfriends: It's no secret that a pack of women can be overwhelming! Guys are wondering how to handle the group dynamics and just focus on the woman they're truly interested in. Instead, make it easier for them and single yourself out.

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5. You're too attached to your list: This is one of the most important ways that women sabotage themselves. "If you stick too closely to your list, you're going to narrow down your opportunities," Manni explains. "And the longer you're single, the longer your list grows." Make sure your list only includes a few core qualities that are value-oriented and be flexible about your physical type.

A bonus way that women sabotage themselves with men: **You throw someone back in the dating pool too quickly.** One bad coffee date does not mean the relationship is doomed! "Love grows if you keep an open heart," the relationship author says. "It can turn into something spectacular if you give love a chance."

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Expert Dating Advice: Flirting for Fun



By [Whitney Johnson](#)

On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert PJ Dixon to offer their best [dating advice](#) on flirting for fun. Find out how you can flirt as a women over 40 with the two dating tips below!

Expert Dating Advice to Help Women Flirt for Fun

1. Follow the “yes and” rule: Here, we’re taking a cue from improv comedy classes. Men like to banter and play, so by following the “yes and” rule, you accept what he’s doing (yes) and add to it (and). “Take his joking and continue to roll with it,” Dixon says. “This playfulness creates a sense of equality. In essence, you’re becoming partners with play.”

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2. Use your senses: Focus on your five senses: sight, smell, touch, taste, and sound. For example, use your eyes to stare at someone a little longer than normal and get their attention. If a man comments on your perfume, take his hand, spray a bit on his wrist, and say something like, “Now, you can think of me all day.” Touch him on his chest as a flirty way to tell him you like him. To use your sense of taste, share an appetizer or even feed each other. If you’re planning on kissing him, use a lipgloss with a subtle flavor. Lastly, soften your voice and slow down in your speaking to draw him in. “All of these senses are beautiful,” adds Dixon.

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Most importantly, as Dixon says, “There are all kinds of ways that you can flirt and tease and be playful.” Have fun with it!

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Dating & Technology Q&A: Is It Too Soon For Me To Ask Him To Get Off Dating Sites?



Question from Adrienne P.: I started dating this guy a few weeks ago, and everything is going great, but there's one thing that bothers me- he still uses Tinder. I know it's early in the relationship and I don't want to seem controlling but I'd still like him to stop. It just doesn't seem like that'll help us advance forward in this relationship. Am I being unreasonable?

Dating in the era of social media and cellphones can be difficult. Having many options is something daters expect in case things go wrong. With so many people playing the field it

can be hard to find commitment. However do not fret, you can have a successful relationship even if your new partner is still on a dating website. Leave it up to our relationship experts who can offer their best [dating advice](#) on using technology the right way. Learn valuable dating tips from Cupid's very own, matchmaker Suzanne Oshima and relationship expert Robert Manni. Here they'll answer your questions on whether you should ask your significant other to get off Tinder.

Technology dating advice on whether it's time to give up dating apps.

[Suzanne K. Oshima, Matchmaker](#): You've only been dating him for a few weeks, so you're still in the early stages of dating where you're only getting to know each other and determining if you want to take things further with each other. So, it's a bit premature to ask him to get off of Tinder. However, I do recommend asking him what he's looking for, as you will then find out if he's looking to just date around or if he's looking for a serious relationship. Then based on what he tells you, you can determine if it's worth it for you to invest your time into seeing how things go with him. And if things continue to progress on the right path, then you can have the conversation about getting off of Tinder at the appropriate time.

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[Robert Manni, Guy's Guy](#): These days, daters like keeping their options open, and with all of the options available there's often a disconnect in how two people define a relationship. The only way to find out where things stand is by asking. Cushioning, maintaining side relations and a constant online presence are standard operating procedure. Tinder is

generally viewed as a hook-up app, so if your guy is still active there and you want to move your new relationship forward, ask him if he's open to putting his digital dating presence on hold. If he really digs you, he'll agree. If he rejects the idea or skirts the subject, at least you'll have a better idea where he stands. Since you've only been dating a few weeks, for now he may want to continue playing the field. That's not necessarily a deal breaker. Guys often take more time to "get serious." Regardless, it's better to find out what his intentions are before investing too much of your heart into the relationship. Good luck.

To find out more about our three 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@cupidpulse.com.

Dating Advice: Times Women Say 'Yes,' But Shouldn't





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Duana Welch to offer their best [dating advice](#) on how to stand firm on your beliefs. Find out how you can say no to things you don't want without losing his affection with the following dating tips!

Dating advice that will save you from making a mistake.

1. Don't agree to hang out. You need to show a man how you want to be treated by setting standards. Only say yes when he asks you out on a proper date. Reject all requests that are optional or casual hang outs like "Netflix and Chill." A man that wants you will get the hint and put in the effort for chase. So keep yourself busy until he puts in the work, and only make yourself available for real dates.

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2. Say yes to fun. Happy couples have more positive interactions than they do negative. Take time to enjoy your

time together or else your relationship is doomed to fail. Also try to avoid gridlock, meaning your problems never get solved. If you only get what you want with a threat, it's never going to work. You have to care about each other's happiness.

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3. Ask if it's worth it. At some point in the relationship there will be a betrayal. One person will have expectations that aren't met in a serious manner. If you decide you want to salvage what you have together, you need to ask yourself if it's worth the effort before saying yes. You may just realize that it's not and save yourself from wasted time.

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Dating Advice: What to Do When He Says, 'I'm Not in Love With You!'





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Jed Diamond to offer their best [dating advice](#) on how to cope without his love. Find out how you can tell him without losing his affection with the following dating tips!

Dating advice that will help you deal with rejection.

1. Don't freak out. It's shocking to hear the man you love doesn't feel the same way, but you need to remain calm and hear him out. There could be numerous reasons why he is saying this to you and it could be possible he misspoke. It's your job to listen and find out why his feelings have changed.

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2. Find out more. Talking it out can be scary, but it needs to happen. The best way to heal is to find out more. You can't take this news as everything being over. He's telling you this information because the relationship means something to him

and he wants to save it. Your relationship needs to go deeper to be fixed.

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3. Disillusionment. This step comes in after the panic and conversation has gotten over. Typically, both parties will acknowledge that the relationship isn't what it used to be and may blame each other. But you and your significant other need to be honest with yourselves and work together to get back on track.

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Dating Advice: How to Tell Him You're Not Ready to Have Sex?





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On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Tinzley Bradford to offer their best [dating advice](#) on telling a man you're not ready for sex. Find out how you can tell him without losing his affection with the following dating tips!

Dating advice that will help you say no means no!

1. Tell him. You just need to be honest about how you're feeling. Whether it's due to a spiritual reason, or wanting to take things slow, you have to be open about why you don't want to have sex. If you don't, the man you're with may think you're not attracted to him. So tell him how you feel before a misunderstanding occurs.

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2. Be careful. If you go out with him and you know you're not interested in having sex, you need to prevent yourself from entering awkward situations or temptation. This means you may

have to decline invitations to spend the night. There's no reason to put yourself in an intimate position if you don't want to go all the way.

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3. Find out. Aside from being honest with a man, you need to find out his intentions for yourself. Ask him how he feels about you not wanting to have sex. This will help you weed out the men who only see you as a booty call. A man that's really interested in getting to know you will put in the effort regardless of sex.

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Dating Advice: 4 Ways To Make Your Man Happy!





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Robert Manni to offer their best [dating advice](#) on ensuring your man's happiness. Find out how you can have an amazing relationship with the following dating tips!

Dating advice that will help you keep your man happy.

1. Men are visual! Whether you like it or not, men are highly in tune with their visual and sexual side. For this reason, a man is happy when you keep up your appearance and the sex life is fresh. This shouldn't be one-sided however, make sure your man shows you the same courtesy. Just keep up the momentum like it's a new and exciting relationship.

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2. Keep it simple. Try to engage your man's simpler side. You don't have to cook or dote on him. You just have to spend time with him and partake in his interests from time to time. Whether that's sitting home and drinking or going to his

favorite restaurant. It doesn't hurt to share your passions, especially when good food is involved. Who doesn't like to eat?

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3. Be supportive. A man needs you to be there for him emotionally, physically and even when he's pursuing a career. Life is stressful enough, so it's great to have a partner by your side and vice versa. Find out your man's dreams, learn about him and find a way to get behind that so you can help him achieve these desires. It means a lot to support a man on his journey.

Related Link: [Dating Advice: The 5 Stages of Love and Why Many Stop at Stage 3](#)

4. Learn to forgive. Nobody is perfect, so it's important to give the benefit of the doubt when things go wrong. Just like you, men make mistakes. For this reason you need to know how to forgive. This doesn't mean you have to excuse something big like infidelity, but men need guidance to be the best version of themselves. He'll stumble and fall sometimes, but you can pick him up and make things better.

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Dating Advice: Maximize Your

Online Profile to Attract the Right Man



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert PJ Dixon to offer their best [dating advice](#) on creating an eye-catching online profile that will attract any man on the dating scene. Find out how you can adjust your single status with the following dating tips!

Dating advice on maximizing your online profile to find a man.

1. Name your wants. Your profile statement should not just be about you, but it should also list the kind of partner you're looking for. The statement should have conditions, provide details on what kind of action you want a date to take and

clarify your reasoning for wanting these traits. At the end, you can include additional information so a man can get a better idea of who you are.

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2. Add a point of contact Going out on a limb and contacting a stranger on the internet for a date can be a daunting task, so make it easy for a man to reach you by providing a point of contact on your profile. This gets rid of some of the awkwardness in the early stages of dating and allows you both to jump right in and get to know each other. Whether it be a phone number or email, just add something so potential suitors know you're a real person.

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

3. Pictures are important. Select about three or four photos where you look your best to add to your dating profile. Try to diversify your images to show your personality and attract the right man. Outdoor shots are good, but make sure you add front-on and dressy pictures that complement your figure. Casual shots with friends also don't hurt, but be aware that men are visual and may have wandering eyes for your good-looking friends.

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Dating Advice: Dealing With a Dating Burnout



On this week's episode of Single in Stilettoes, founder and matchmaker Suzanne Oshima talks to relationship expert Duana Welch to offer their best [dating advice](#) on getting through a romantic burnout in the dating scene. Find out how you can fix your single status with the following dating tips!

Dating advice on dealing with a romantic dry spell.

- 1. Practice self-compassion.** Don't be too hard on yourself! It is normal to have a lull in your romantic life. You don't have to date all the time or make yourself feel bad about it. What you need to do is recognize your burnout and address how you can improve your love life without giving up. You need to stay

positive about things.

Related Link: [Dating Advice: The 5 Stages of Love and Why Many Stop at Stage 3](#)

2. Challenge negative thoughts. If you ever fell pessimistic about your dating options, you need to oppose those dark sentiments. Looking for love is normal, it's not desperate or accidental. Majority of people want love in their lives, and you shouldn't be ashamed of wanting it too. Don't undermine your chances.

Related Link: [Dating Advice: How Long Should You Date Around, After You Meet a Man You Like?](#)

3. Just do it. Even if you feel tired, you need to just put effort in. Sure, life is hard and so is dating, but you can't quit. When you're not having luck finding a job, you don't just give up. You do everything in your power to find employment. That same energy needs to be put in to find the right partner, which will hopefully last longer anyway.

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Dating & Technology Q&A: How Bad Is It To Send Nudes,

Really?



Suzanne Oshima
Dating & Relationship Coach
Single in Stilettos
Dream Bachelor & Bachelorette

Jaki Sabourin
Love & Dating Coach

Question from Tanya M.: In light of all the Blac Chyna and Rob Kardashian drama, I wanted to ask on behalf of regular people: how bad is it to send nudes between consenting adults? It seems like it's so common in the dating scene now. I'm just not sure what to think of about the whole thing.

Dating in the era of social media and cellphones can be difficult. Communication and instant gratification is what many daters expect when they start seeing someone, especially when it comes to exchanging nude photos. With so many people partaking in voyeur, you may wonder if you should do it too. However if you don't want to, do not fret, you can have a successful relationship with or without nudes. Leave it up to our relationship experts who can offer their best [dating advice](#) on using technology the right way. Learn valuable dating tips from Cupid's very own, matchmaker Suzanne Oshima and relationship expert Robert Manni. Here they'll answer your questions on whether you should send nude photos or not.

Technology Dating Advice That Gets Honest About Sending Nudes

[Suzanne K. Oshima, Matchmaker](#): What happened between Blac Chyna and Rob is something that can happen to anyone. While sending nude pictures is more common amongst today's daters, your body is your personal treasure and you should be discerning in who you send those images to. My recommendation is to only send them to a man who you're in a committed relationship with, and not just some man you went out on a few dates with. Because the reality is, once they leave your phone you have no control over where they may end up and there's no recall button after you stop seeing a man.

Related Link: [Dating & Technology Q&A: My Partner Fishes For Likes, What Do I Do?](#)

[Robert Manni, Guy's Guy](#): In the wake of the current Black Chyna – Rob Kardashian drama being played out in the press, I strongly advise that you carefully weigh the pros and cons of sharing digital nude photos of yourself with anyone. Through the media we are now witnessing the pitfalls of how quickly a modern romance can turn ugly, and the ramifications of sharing nude photos even with someone as close with the father of your child. If you are really into a guy and he keeps hounding you for nude photos, stop and think about it before you hit send. When it comes to love I never say never, but unless you're 100 percent confident that you really know and trust this man, I suggest limiting the show to the bedroom or wherever you two get it on. Otherwise, the risks far outweigh the rewards. Good luck.

To find out more about our three 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.

Dating Advice: The 5 Stages of Love and Why Many Stop at Stage 3



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Dr. Jed Diamond to offer their best [dating advice](#) on how to navigate through the stages of love. Find out how you can reach marriage without losing the spark with the following dating tips!

Dating advice on the stages of love!

1. Falling in love. This is the stage when couples are hopelessly devoted to one another. Everything is new, exciting and passionate. Your heart will ache for your partner in a way that only new love can provide. Since this is the beginning of the relationship, there isn't much pain or history that 's wedged between you.

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

2. Building a life. When you've settled on staying with your partner on a more permanent basis, you take steps to solidify your lives together. Whether it's moving in together or getting married, you're putting down your roots understanding you won't always be in love, but you'll have a deep love and connection with your partner.

Related Link: [Dating Advice: 5 Signs He's Taking the Relationship Seriously](#)

3. Disillusionment. This can happen at any time, and many couples don't make it through this stage, but stage three is a time of doubt. You'll find yourself incompatible with your partner and questioning whether you made the right choice. However, this disillusionment is a sign of a healthy relationship. It means you really see your partner for who they really are and heal emotional wounds.

Related Link: [Dating Advice: The One Thing Men Want More Than Sex!](#)

4. Real-lasting love. After getting through the tough times, you're able to enjoy the fruits of your renewed relationship. The projections you put on your partner will

fade away, and you'll be able to love each other the way you deserve when your emotional scars from past relationships are healed. This is a time when you'll be able to love like you're in stage one all over again.

Related Link: [Dating Advice: 5 Things Men Find Beautiful in a Woman](#)

5. Finding your calling. This is discovered together as a couple, and it's one of the most exciting times. If you're able to have a loving and meaningful relationship with your partner, you're able to share great gifts with the world, such as wisdom, positivity and forgiveness. Whatever it is you're good at as a couple, go out and do it!

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Dating Advice: Signs You're Settling for the Wrong Man





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Tinzley Bradford to offer their best [dating advice](#) on how to have a successful relationship without settling. Find out the best way to avoid wasting your time with the following dating tips!

Dating Advice That Will Help You Avoid Settling

1. You're unhappy. If you're in a relationship and feel like you're doing all the work, then you're settling for less. You need to make sure your partner is giving you the attention you deserve. A relationship shouldn't feel like a chore or make you miserable. Find someone that treats you like a queen.

Related Link: [Dating Advice: 5 Signs He's Taking the Relationship Seriously](#)

2. You're passive. When you just take whatever a man gives you and it doesn't feel satisfactory, you are settling! The person you're with needs to make it known that you're their significant other and they should be able to let the world know that too. You shouldn't accept a partner that treats you

badly. Don't settle for nothing.

Related Link: [Dating Advice: 5 Things Men Find Beautiful in a Woman](#)

3. You're excusing. You could be settling and not even realize it. Making compromises is fine, but if you're making an excuse to accept a certain behavior you don't like, then you're settling for the wrong man. It doesn't matter if he's taken you on a few dates or has done a few nice things for you- if you see something you don't like, say something or move on.

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Dating Advice: 5 Signs He's Taking the Relationship Seriously





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Robert Manni to offer their best [dating advice](#) on how you can tell whether a man is taking the relationship seriously. Find out the best way you can advance your relationship with the following dating tips!

Dating Advice That Will Help You Figure Out Whether He's Taking You Seriously

1. Gets off dating sites. If he's willing to give you his time and focus, he may be taking you seriously. A guy that continues to go on dating websites while you're both in a relationship is someone you should be wary of. Some men may need a nudge to shut their profiles down, but it's always better if he does it on his own.

Related Link: [Dating Advice: How Women In Their 30s Can Find Love](#)

2. He vacations with you. Going on a trip together adds a whole new layer to your relationship. It's an intimate

experience and you get to know each other on a deeper level. You'll see how your partner reacts to new places, people, cuisine, etc. This stands out for a man because it's not common for men to do such an activity with someone they're not serious about.

Related Link: [Dating Advice: 5 Things Men Find Beautiful in a Woman](#)

3. Introduces you to friends. This shows your man is proud of you and wants to show you off. It's also a good opportunity for a man to see how you interact with the people in his life. He wouldn't invite you if he didn't think you'd mesh well, so relax and have a good time hanging out.

Related Link: [Dating Advice: Don't Lose Weight to Find Love!](#)

4. Invites you home for holiday. When a man makes an effort to include you in holidays and special events, he's taking the relationship seriously. Inviting you means you'll meet his family and will be shown off yet again. These instances also help you figure out whether you should get involved with his family or run for the hills.

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5. Pays attention to you. Being able to remember little details shows he really cares about you. Men who don't take you seriously won't care to hear your needs, wants or background. If your man gives you the attention you deserve and takes interest in your life, then these are signs he may be thinking of a future with you.

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Dating Advice: How Women In Their 30s Can Find Love



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Melissa Braverman to offer their best [dating advice](#) on attracting men while in your 30s. Learn how you can end your single status and find the right man for you (without settling) with the following dating tips!

Dating Advice That Will Help You Find Love In Your 30s

1. **Make an effort.** Put yourself out there more and try to be

less discriminatory when dating. Your dating pool is smaller because of your age bracket, so don't fall into a rut and go out of your comfort zone. Try to go out and meet people organically instead of falling into a routine and missing out on potential partners.

Related Link: [Dating Advice: 5 Things Men Find Beautiful in a Woman](#)

2. Don't settle. You need to find the balance between pickiness and openness. This can be achieved by determining your wants and needs before entering the dating scene. You don't want to hurt your chances finding someone, but you also don't want to settle for a person you're not compatible with.

Related Link: [Dating Advice: Don't Lose Weight to Find Love!](#)

3. Biological clock. Think about how important it is for you to have a biological child. Nature will not wait for you to find the right partner, so think of reproductive and parenthood options. Will you freeze your eggs? Are you okay with adoption? Do you want to have child before marriage?

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Dating Advice: 5 Things Men Find Beautiful in a Woman



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert PJ Dixon to offer their [dating advice](#) on what men find beautiful in women. Learn how you can attract the right man with the following dating tips!

Dating Advice On How To Be Perceived As Beautiful By Men

1. Softness and femininity. Men are often pushed to be rough and strong. Your gentleness will attract a man because it makes him feel safe, and that in turn puts him in his masculine. Men want to protect and serve you, so take the lead and encourage a loving relationship with your feminine energy.

Related Link: [Dating Advice: How to Manifest Your Man \(A Man's Perspective\)](#)

2. Be kind. Not just men, but all people love kindness. Being

a nice person shows you're approachable and pleasant to be around. Men look for that quality in a partner because they want to make sure they'll be treated right. If you're standoffish, take a moment to decompress and smile. It'll put you in a better mood and men will notice.

Related Link: [Dating Advice: The Biggest Turn On's for a Man](#)

3. Men are drawn by smell. Aside from physical appearance, men are attracted to your scent. Fragrance experts say two popular smells that'll draw a man in are vanilla and cinnamon. It's a primal and sensual instinct that many men enjoy. Scents makes a man want to pursue you because it reminds them of a hunt.

Related Link: [Dating Advice: Don't Lose Weight to Find Love!](#)

4. Protect him from himself. Men are pressured to serve as the protector, and they don't like showing vulnerability as a result. But sometimes you need to step in and help them out. Show your support and love, especially during hard times, and your man will feel inspired to do more with his life.

Related Link: [Dating Advice: The One Thing Men Want More Than Sex!](#)

5. Just be yourself. Nothing is better than being the person you really are. Be the best version of yourself everyday, and a man will appreciate that. A man wants to come home to positive energy, so try your best to show your happiness and sensuality from time to time.

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Dating Advice: Don't Lose Weight to Find Love!



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Duana Welch to offer their [dating advice](#) on why you shouldn't lose weight to find love. Learn how you can be confident and find a partner with the following dating tips!

Dating Advice On Handling Weight And Relationships

1. Men prefer voluptuous silhouettes. This one may seem obvious, but it must be reiterated that men generally prefer

women with a little cushion. It's a biological instinct because men are searching for women who exhibit signs of fertility. As a result, narrow waists and wide hips are universally preferred body shapes. So if you're on the heavier side, go easy on yourself. There are countless men out there who love your body the way it is.

Related Link: [Dating Advice: How to Answer 'Why Are You Still Single?'](#)

2. Just be healthy. You don't need to have a perfect body, you just need to have a healthy one. Eat a balanced diet and try to work out regularly. Also make sure to wear flattering clothing, anything that doesn't make you feel good needs to get tossed in a donation bin. If you have to pick between your face or body, make sure to pick your face. It'll make up for any flawed body parts long-term.

Related Link: [Expert Dating Advice About Dating Traps to Avoid](#)

3. Find a man who accepts you. Be the best version of yourself always. There's no reason for you to change your physical appearance to please someone who may not even see a future with you. Men who only care about physical attributes are more concerned with immediate satisfaction, ie. one night stands. Men who are less judgmental are not only good for your self esteem, but they're more likely to commit.

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