

# Dating Advice: Best Online Dating Tips From a Dating Strategist



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert and dating strategist Damona Hoffman to offer their best [dating advice](#) for those looking for love online. Learn how you can improve your chances at finding love with the following dating tips!

## Dating Advice That Will Help You

# Find Love Online

**1. Communicate before meeting.** Go beyond the instant messaging systems on dating websites. Make moves for conversations over the phone or through text. This gives a better sense of who you're talking to so you don't paint a picture of somebody that doesn't exist. Romance doesn't start online, it happens in person.

**Related Link:** [Dating Advice: How Long Will It Take Until I Finally Meet The One?](#)

**2. Tell the truth.** Be honest with how you present yourself. Don't dabble in false advertisements. It's a disappointment to those you meet in person if you don't meet their expectations. It's also a bad idea to lie about your age online. If you're not being contacted online for dates, then be more proactive and send out messages of your own.

**Related Link:** [Dating Advice: Best Online Dating Photo Tips](#)

**3. Be more inclusive.** When searching online, it's easy to narrow down the qualities you want- so your dating pool ends up being very small. Lighten up on your criteria and be open to meeting people who don't match your list completely. It's more important that you find someone who shares your values and beliefs.

*For more relationship advice videos and additional information Single in Stiletto's show, click [here](#).*

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

---

# Dating Advice: How Long Will It Take Until I Finally Meet The One?



**Suzanne Oshima**

Founder of Single in Stilettos  
Matchmaker & Dating Coach  
Dream Bachelor & Bachelorette

**Damona Hoffman**

Dating Strategist  
DearMrsD.com

On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Arica Angelo to offer their best [dating advice](#) on how long it should take for you to meet "the one." Learn how you can improve your chances at finding love with the following dating tips!

## Dating Advice That Will Help You Find Your "One"

**1. Pay attention.** Look at the people around you. Don't rely on dating apps to find someone, it distracts you from people you see in your daily life. Pay attention and observe the relationships around you- you never know who is nearby checking you out. Sometimes your lover is the guy you kept in your friends circle.

**Related Link:** [Dating Advice: How to Meet Men if You're Shy!](#)

**2. Be thankful.** Appreciate the dates you do have. Don't be negative and complain about what your date didn't do right. If you have frequent dates, you should be grateful for that. You're spending time with someone who's interested in you and you're connecting with them. That's a beautiful moment, be thankful for it.

**Related Link:** [Relationship Experts Talk Capturing His Attention \(In Person!\)](#)

**3. Find focus.** Determine what kind of love you want and stick to it. Don't settle for less or let your circumstances affect your dating life. Be careful though, your desires could be too rigid; a list can write off eligible candidates. Make sure the qualities you want in a partner stem from love and not fear.

*For more relationship advice videos and additional information Single in Stilettos show, click [here](#).*

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

---

# Dating Advice: How to Meet

# Men if You're Shy!



**Suzanne Oshima**

Founder of Single in Stilettos  
Matchmaker & Dating Coach  
Dream Bachelor & Bachelorette



**Damona Hoffman**

Dating Strategist  
DearMrsD.com

On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Thomas Edwards, Jr. to offer their best [dating advice](#) for those shy girls who want to meet someone new. Learn how you improve your love life and become more outgoing with the following dating tips!

## Dating Advice That Will Help You Meet a Guy Even If You're Shy

**1. Stand out.** Wear something that is unique. It can be a cute accessory, a bright dress, or an intricate hairstyle. If you have something on your person that looks nice, it can serve as

a conversation piece and help you meet someone. Stay away from black also, that's a "blend in" color.

**Related Link:** [Dating Advice: 3 Ways You're Sabotaging Yourself at Finding Love](#)

**2. Go for hobbies.** If you're a shy person, try picking out special-interest activities. This way you'll be able to meet people who have the same hobbies and aspirations as you. Not only will you be surrounded by like-minded people, but you'll also feel comfortable having conversations you're knowledgeable on.

**Related Link:** [Single in Stiletto's Show: How to Have the "Exclusive Relationship" Talk with Him](#)

**3. Start early.** If you wait until nighttime to go outside and date, you'll end up competing with others doing the same exact thing as you. So start earlier in the day if you want to increase your chances in meeting someone. This is also great practice if you're a shy person that's nervous about competing.

*For more relationship advice videos and additional information Single in Stiletto's show, click [here](#).*

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

---

# Dating Advice: 3 Ways You're Sabotaging Yourself at

# Finding Love



**Suzanne Oshima**

Founder of Single in Stilettos  
Matchmaker & Dating Coach  
Dream Bachelor & Bachelorette

**Damona Hoffman**

Dating Strategist  
DearMrsD.com

On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Michelle Marchant Johnson to offer their best [dating advice](#) for those who want to improve their love life. Learn how you might be sabotaging your chances of finding love with the following dating tips!

## Dating Advice That Will Improve Your Chances At Finding Love

**1. Limiting beliefs.** Don't let your mind cast doubt. If you let negative thoughts and fears take over, you'll ruin your chances at a relationship. Ignore those limiting beliefs if you want to move forward and find someone who will love you.

**Related Link:** [Dating Advice: Revive Your Love Life & New Year's Resolution By Losing Weight, And Keeping It Off!](#)

**2. Get support.** Ask someone you trust for help. If your dating methods aren't working, don't keep practicing them in hopes one day you'll have a better result. Reach out to a friend and ask them to provide you constructive feedback.

**Related Link:** [Dating Advice: 3 Biggest Mistakes Keeping You from True Love](#)

**3. Advocate for yourself.** Create opportunities where you can meet someone . Finding love takes effort. A good relationship isn't just going to land in your lap. You need to work for it, so don't be afraid to put yourself out there.

*For more relationship advice videos and additional information Single in Stilettos show, click [here](#).*

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

---

# Dating Advice: Revive Your Love Life & New Year's Resolution By Losing Weight, And Keeping It Off!







**Suzanne Oshima**

Founder of Single in Stilettos  
Matchmaker & Dating Coach  
Dream Bachelor & Bachelorette

**Damona Hoffman**

Dating Strategist  
DearMrsD.com

On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to fitness and relationship expert Tracy Campoli to offer their best [dating advice](#) for those who want to improve their health and love life. Learn how to live up to your New Year's weight loss resolutions and keep the pounds off with the following dating tips!

## Dating Advice That Will Help You Achieve Your Weight Loss Goals

**1. Get clear.** Don't just say you want to lose weight and never mention it again. You need to be clear about what exactly you want and how you'll feel when you achieve your goal. If you can visualize what it would be like when you've lost the weight, then you're in a good mindset to pursue your actual weight loss journey. Start from a place of success instead of making it a daunting task.

**Related Link:** [Dating Advice: Think of Your Mind, Body, & Food When Out On Dates](#)

**2. Create a strategy.** Stay away from the word “try,” you need to say you’ll “do”- and create a plan accordingly. In business, people create a clear plan and support system, and they need to implement the same for their weight loss goals. You won’t be able to shed the pounds if you don’t have any structure. Consistency is key! It’s the only way you’ll get your dream body after all.

**Related Link:** [Single in Stilettos Show: How to Get Into Shape for Dating](#)

**3. Make it your lifestyle.** The best way to lose weight and keep it off is to turn your diet and workout routine into a lifestyle. The pounds will creep back on if you don’t implement these changes into your daily life. They don’t have to be drastic changes, they just have to be sustainable. Your body will thank you in the future.

*For more relationship advice videos and additional information Single in Stilettos show, click [here](#).*

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

---

## Dating Advice: 3 Signs He’s Not Into You!





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Nick Karson to offer their [dating advice](#) for those who want to improve their dating life. Learn how to determine whether or not your partner is into you.

## Dating Advice That Will Help You Figure Out If He's Into You

**1. Look out for low energy.** Keep an eye out for your date's pupil dilation. The pupil gets larger when person is excited, which is biological response that can't be faked. So look out for this telltale sign along with lackluster energy. If your date isn't going out their way to be nice or impress you then they just aren't into you.

**Related Link:** [Dating Advice: How to Win Him Over in the First 3 Dates!](#)

**2. If you have to initiate contact.** It's very uncommon for a man who is interested in a woman to not reach out. So if he

isn't calling or texting you at all then that's a huge sign that you're not the one for him. Or he should at least make himself available to you if he seems to not be a chatty type of guy.

**Related Link:** [Dating Advice: 3 Types of Women Men Avoid](#)

**3. Check his attitude.** Make sure to observe how he treats you when you're both around different people. If he doesn't wrap his arm around you or show some kind of affection in front of people then he might not care about you as deeply. Men like to show off the women who are important to them, so take note of how he introduces you too.

*For more relationship advice videos and additional information Single in Stilettos show, click [here](#).*

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

---

## Dating Advice Q&A: Is It Okay to Start a Relationship via Social Media?





*Question from Alex O.: A few weeks ago, I reconnected with a friend from college on Twitter. We've been tweeting at each other since then and have plans to meet up this weekend. I feel like our flirtation is going to turn into something more – is it okay to start a relationship via social media?*

Dating has always been complicated. Add the internet, social media and electronic devices into the mix, and it can get even trickier. However, do not fret. Leave it up to our relationship experts who can offer their best [dating advice](#) on using technology the right way. Online dating is here to stay, after all, so don't be afraid to jump in and catch up with the times! Learn valuable dating tips from Cupid's very own, matchmaker Suzanne Oshima and relationship expert Robert Manni. Here you'll have your questions answered on whether or not it's a good idea to start a relationship through social media.

## **Technology Dating Advice On Whether**

# You Should Start A Relationship Using Social Media

[Suzanne K. Oshima, Matchmaker](#): Don't even think twice about starting a relationship via social media, it's totally the norm nowadays to meet and date someone who you met over Twitter, Facebook or Instagram. In fact, I know several people who have met the right man/woman that way, and they ended up marrying! And if this relationship turns into something more and you end up getting married, you will have a great love story to tell all your friends and family about how you reconnected with each other over Twitter.

**Related Link:** [Dating Advice Q&A: Why Do Men Ask for Photos?](#)

[Robert Manni, Guy's Guy](#): It's perfectly normal to begin a relationship on social media. My wife winked at me online and with that one digital exchange, we met in person and have been together ever since. So, I highly recommend using social media for romance if you are mindful of who you are and what you want out of the relationship. In your case, you already knew the person from college, so reconnecting on Twitter was not technically beginning a relationship on social media. But, you are using your digital re-connection to move the relationship forward. And, that's great. Because, let's face it; no matter how well we text, tweet or craft our Facebook messages, a true connection can only happen when two people get together face-to-face in the "real" world.

*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](mailto:cupid@cupidspulse.com).*

---

# Dating Advice: Best Online Dating Photo Tips



**Suzanne Oshima**

Founder of Single in Stilettos  
Matchmaker & Dating Coach  
Dream Bachelor & Bachelorette



**Damona Hoffman**

Dating Strategist  
DearMrsD.com

On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Wendy Newman to offer their [dating advice](#) for those who want to improve their online dating profile photos. Learn how to attract a quality partner through your online dating profiles with the following dating tips.

## Dating Advice On Taking Your Best

# Profile Photo

**1. Do it for you.** Get comfortable and take photos of yourself that look simple and natural. Don't have anything in your profile photo that distracts from the message that you're looking for someone. Also avoid posting group photos as a main way to represent yourself, it gets confusing.

**Related Link:** [Author Wendy Newman Shares the Relationship and Love Advice She Learned After 121\(!\) First Dates](#)

**2. Know what you're showing.** You only have a few photos to show who you really are. Be aware of what you're showcasing, and try to provide a variety. If you only upload photos where you're out drinking or working out, a person online will think that's all you care about and that you don't have other interests. It's a sure way to get yourself overlooked.

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

**3. Have a full body shot.** You want to show what you really look like. Avoid taking shots that misrepresent how your body naturally appears. Be comfortable in your own body and be yourself. Let your potential date choose whether or not they want to meet you based on how you look. It avoids awkward in-person interactions in the future.

*For more relationship advice videos and additional information Single in Stilettos show, click [here](#).*

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

---



# Dating Advice: Is It Possible To Find Love After 40?



On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert David Steele to offer their [dating advice](#) for those who are looking for love later in life. Learn how to attract a quality partner that's worthy of your time with the following dating tips.

## Dating Advice For Those Single Over 40

- 1. Go for it.** Don't discourage yourself by saying it's too late for you. Pursue a relationship believing you're good

enough. Take a risk and go out of your comfort zone to find love. Since so many older in age refrain from entering the dating pool, your chances in finding someone increases with the few who are also looking.

**Related Link:** [Dating Advice: Why Do I Attract The Wrong Men?](#)

**2. Analyze your thinking.** You might believe you're alright on your own, and that may be true. But if you find yourself desiring companionship or feel that you're missing something in your life, then a relationship might be what you need. If you decide to start dating again then you need to change your mindset a bit.

**Related Link:** [Dating Advice: 3 Biggest Online Dating Mistakes](#)

**3. Ask for more.** If you end up getting lucky and find someone that you really like, don't be afraid to ask for more. At this age you shouldn't deprive yourself from the joy that stems from affection. Just remind yourself of how you weren't afraid to ask for the things that made you happy when you were younger. The same applies at 40 and over!

*For more relationship advice videos and additional information Single in Stiletto's show, click [here](#).*

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

---

## Dating Advice: 3 Biggest Online Dating Mistakes



**Suzanne Oshima**

Founder of Single in Stilettos  
Matchmaker & Dating Coach  
Dream Bachelor & Bachelorette

**Damona Hoffman**

Dating Strategist  
DearMrsD.com

On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Carmelia Ray to offer their [dating advice](#) for those who are looking for love through online dating. Learn how to avoid these online faux pas through the following dating tips.

## Dating Advice For Those Who Want To Communicate With Their Body

**1. Don't give up.** Some people are too impatient or call it quits after a bad experience. Give yourself time to find a quality date. It's not fair to write everyone off just because you bumped into one bad person.

**Related Link:** [Celebrity Interview: Reality TV Matchmaker Carmelia Ray Says, "Take Actions That Are Consistent With Your Commitments"](#)

**2. Avoid misrepresenting yourself.** The biggest complaint many have in the online dating community is coming across people who exaggerate or flat out lie about their qualities. Honesty is the best policy, so don't build anything on deceit.

**Related Link:** [Dating Advice: Best Body Language Tips](#)

**3. Choose a good photo.** You need to be aware of how you're presenting yourself online. A bad profile photo can really hurt your chances when trying to find a match. Pick a flattering picture that shows who you truly are.

*For more relationship advice videos and additional information Single in Stilettos show, click [here](#).*

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

---

## Dating Advice: Best Body Language Tips





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Robyn Hatcher to offer their [dating advice](#) for those who need help in communicating through body language. Learn how to effectively get your message across without words in the following dating tips.

## Dating Advice For Those Who Want To Communicate With Their Body

**1. First impressions are key.** A first impression is important because it helps people determine whether or not they can trust you. So the first few minutes you spend with someone are crucial! A good first impression starts with openness and vulnerability, so don't obstruct your torso with crossed arms or excessive clothing, or else it will look like you have something to hide. Another great way to show vulnerability is by exposing your neck while you're interacting. In other words, leave the scarf at home!

**Related Link:** [Dating Advice: 3 Ways to Master the Art of the](#)

## First Impression

**2. Be aware of your voice.** Take note of how you sound when you speak. The pitch of your voice can either be helpful or detrimental when you're trying to date. A deeper voice is often seen as more confident, whereas a higher pitched voice can be interpreted as "weak" or "needy." If you struggle with your pitch, voice lessons might be beneficial. But of course, keep in mind that all people have their preferences. You don't have to change your voice if you don't want to, just find someone who appreciates that quality.

**Related Link:** [Dating Advice: How To Attract A Man Through Your Body Language](#)

**3. Look at other people's body language.** Not only should you be aware of your own body language, but you should keep an eye out for other people's as well. Is the person you're with leaning in? Are they making eye contact? Are their feet facing towards you or are they pointed at the door like they want to make a run for it? These are all things you should look out for in order to have a successful date.

*For more relationship advice videos and additional information Single in Stilettos show, click [here](#).*

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

---

# Dating Advice: How to Get Him to Commit to You!



On this week's episode of [Single in Stiletto's](#), founder and matchmaker Suzanne Oshima talks to relationship expert Cyndi Olin to offer their [dating advice](#) for those who need help in attracting a good man, and making him commit. Learn how to be the woman that men like to stay with. Follow these dating tips to get your love life on track.

## Dating Advice That Will Help You Keep A Man

**1. Authentic self.** Be the person you really are. Don't pretend to be anything you're not. A truly happy person that knows who they are will make a man want to stay. He wants to be around that positive energy!

**Related Link:** [Dating Advice: 3 Types of Women Men Avoid](#)

**2. Have your own life.** Don't become obsessed over anyone who doesn't ask you to commit. Keep busy, date other people, just do whatever makes you happy. There's no reason to drop everything for someone who hasn't asked for monogamy.

**Related Link:** [Dating Advice On Why Men Pull Away](#)

**3. Safe spaces.** Show your vulnerable side and allow a man to show his vulnerability as well. If he can't be himself or feel safe enough to open up to you, he won't trust you. And of course without trust, there is no commitment and no relationship.

*For more relationship advice videos and additional information Single in Stilettos show, click [here](#).*

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

---

## Dating Advice: How to Become Irresistible to a Man







On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Jaki Sabourin to offer their [dating advice](#) for those who need help attracting a good man. Learn how to be the confidant woman who is irresistible to any man. Follow these dating tips to get your love life on track.

## Dating Advice That Will Help You Attract Men

**1. Emotional intelligence.** You need to emotionally mature to attract a man. You need to know how to respond to a man, not react to them. Going deep within yourself and knowing who you are will help you better connect with a man. Just remember, nobody likes an insecure drama queen.

**Related Link:** [Dating Advice: Best Ways to Meet & Talk to Eligible Men](#)

**2. Be authentic.** Someone that is authentic in who they are is

automatically viewed as attractive or sexy. Don't try to be someone else, it never works out in the end. Just accept who you are and celebrate it. One day a man will show up in your life who appreciates all the qualities you have to offer.

**Related Link:** [Dating Advice: How to Win Him Over in the First 3 Dates!](#)

**3. Have a sense of humor.** Don't be serious all the time, it takes all the fun out of a relationship. You shouldn't treat every date like a job interview. Men want to be with women who make them feel comfortable and happy. Knowing how to be light hearted can make a relationship last.

*For more relationship advice videos and additional information Single in Stiletto's show, click [here](#).*

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

---

## Dating Advice: Best Ways to Meet & Talk to Eligible Men





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Michelle Marchant Johnson to offer their [dating advice](#) for those who aren't sure of how they should talk or approach single men. Learn how to be the confidant woman who wins the man over with a single conversation. Follow these dating tips to get your love life on track.

## Dating Advice That Will Help You Approach Eligible Men

**1. Create opportunity.** If it's important for you to be in a relationship, then come up with a plan to meet men. You need to strategize your time instead of falling victim to your usual routine. Don't worry about looking desperate, you're being intentional with your love life- not desperate.

**Related Link:** [Dating Advice: Think of Your Mind, Body, & Food When Out On Dates](#)

**2. Notice people.** Take time to look at the men in your life and around you. Love can strike when you least expect it. Stay alert and attentive, put down your phone if you have to. Men like a woman who can take notice of them.

**Related Link:** [Dating Advice: What Do Men Want from Women?](#)

**3. Look offline.** Explore your area and make it a point to discover new ones. Not only will you find fun places to enjoy your time in, but you might just bump into someone who has the same interests as you.

*For more relationship advice videos and additional information Single in Stilettos show, click [here](#).*

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

---

## Dating Advice Q&A: Why Do Men Ask for Photos?





*Question from Emily O.: I've noticed on a lot chat or IM apps, one of the first things guys ask for is a picture of yourself, even if you have a profile photo displayed or albums filled with photos. It seems like "Can you send a pic," is the norm now? Why is that? And why will some even write you off completely if you're not willing to send a photo right away? I'm not comfortable sending pictures of myself to strangers only 2 minutes into a conversation.*

Dating can be complicated. Add the internet, social media and electronic devices into the mix, and it can get tricky real fast. However, do not fret. Leave it up to our relationship experts who can offer their best [dating advice](#) on using technology the right way. Online dating is here to stay, after all, so don't be afraid to jump in and catch up with the times! Take time to learn some valuable dating tips from Cupid's very own, matchmaker Suzanne Oshima and relationship expert Robert Manni. Here you'll have your questions answered on whether or not you should send a photo of yourself to a potential beau.

# Technology Dating Advice On Whether You Should Send a Pic Online

[Suzanne K. Oshima, Matchmaker](#): The **good** reason: Men are visual creatures, so they may want to see more pics to make sure you actually look like the photos on your profile. The **bad** reason: Men will ask you to send a pic and if they're looking for something more sexy, then it will turn into asking you for a naked pic in the future. If a man writes you off for not sending another photo, then thank him for eliminating himself. He's probably just looking for one thing and he's not worth your time... So, just move on. Next!

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

[Robert Manni, Guy's Guy](#): Guys are visual and they enjoy looking at photos of pretty young ladies; and there's lots of photos of good-looking women online. But, at the same time, men get spoiled and some even ask women they've barely connected to- to send more pictures. Unfortunately, sharing more photos will not move a potential relationship forward. My advice to any young woman put into that position is to politely decline. If the guy presses or asks you why not, consider telling him that if he wants another photo of you he can take you out to a nice restaurant and maybe you'll let him snap a photo of you in person. The bottom line is that if a guy needs more photos of you to make a decision, or prefers looking at pictures of instead of spending time with you in person, he's probably not someone you want to invest your time in.

*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: How to Win Him Over in the First 3 Dates!



**Suzanne Oshima**

Founder of Single in Stilettos  
Matchmaker & Dating Coach  
Dream Bachelor & Bachelorette



**Damona Hoffman**

Dating Strategist  
DearMrsD.com

On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Nick Karson to offer their [dating advice](#) for those who aren't having the best luck in the dating world. Learn how to turn things around by being the woman who wins the man over. Follow these dating tips to get your love life back on track.

# Dating Advice That Will Help You Win The Man of Your Dreams

**1. Play it cool.** Don't be overeager when you're on a date. You don't want to look desperate. But also, be engaging and have a balanced conversation.

**Related Link:** [Dating Advice: Think of Your Mind, Body, & Food When Out On Dates](#)

**2. Relax.** Even if you're nervous on a date, don't be all tense. It's not a job interview, you're out with this guy to enjoy yourself. If you aren't comfortable, a man will notice and make note of that.

**Related Link:** [Dating Advice: What Do Men Want from Women?](#)

**3. Keep it classy.** Be positive and optimistic. You want to show a man that you're good company to be around. Complaining too much is just a turn off.

*For more relationship advice videos and additional information Single in Stilettos show, click [here](#).*

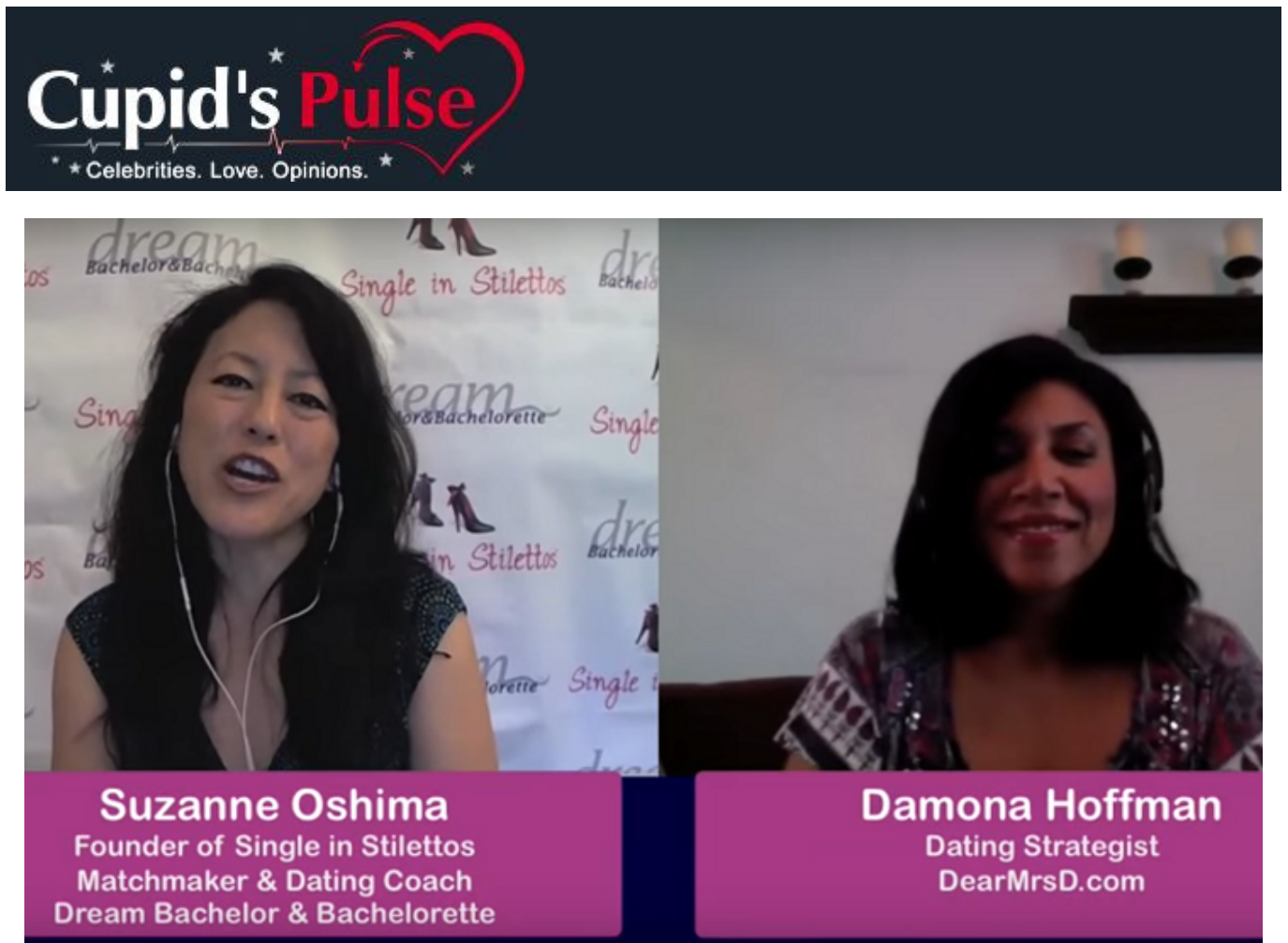
*For more videos from CupidsPulse.com, check out our [YouTube channel](#).*

---

## Dating Advice: Think of Your Mind, Body, & Food When Out



# On Dates



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert, Lynda Layng to offer their best [dating advice](#) that will help you improve your mental and physical health on the dating scene. Learn how you can better yourself and your future dates with these three dating tips. Follow this advice if you want to find the love of your life!

## Dating Advice On What You Can Do For Your Mind, Body & Food

**1. Change your thoughts.** Use positive affirmation instead of fixating on negative thoughts. Even if you don't believe it,

you'll eventually be affected by the praise you give yourself. Don't be afraid to be kind to yourself and say, "I'm beautiful. I'm grateful."

**Related Link:** [Dating Advice: What Do Men Want from Women?](#)

**2. Lighten up.** Try to let go of the image you have in your mind of what perfection is. And don't take everything so seriously or be hard on yourself. You don't want to make yourself feel bad with unrealistic expectations.

**Related Link:** [Single in Stilettos Show: What Turns a Man On](#)

**3. Eat more real food.** Get rid of processed food. You want to eat healthier, whole food that can expire. Eating processed food all the time will have adverse effects on your waistline and energy levels, so make little changes if you want to be healthier overall.

*For more information about Single in Stilettos shows, click [here](#).*

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

---

## Dating Advice: What Do Men Want from Women?





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert, Kara Oh to offer their best [dating advice](#) on what men want in a partner. Learn what attributes are most desirable with these three dating tips. Follow this advice if you want to start having success on your future dates!

## Dating Advice On What Men Want In A Woman

**1. Attraction:** Men are visual creatures, so first and foremost a man wants to be attracted to you physically. Remember that each man appreciates different features in women, so don't worry about looking like a perfect model figure. If you look healthy and upkeep yourself, a man somewhere will appreciate it.

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

**2. Let him be a man:** You need to allow your man to feel masculine and powerful like he's your personal hero. While

your man gets into his masculine, you should allow yourself to get in touch with your feminine energy. Men don't want to compete with their potential mates.

**Related Link:** [Relationship Advice: How to Stop Dating Bad Boys](#)

**3. Make him feel good:** Don't be afraid to compliment a man and offer praise. This will automatically boost his morale and be beneficial to the relationship. A man who feels like he isn't a provider will lose interest because his masculinity is not being exercised.

For more information about Single in Stilettos shows, click [here](#).

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

---

## Dating Advice: Don't Be a Rules Girl!





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert, Wendy Newman to offer their best [dating advice](#) on finding true love without a rule book. Forget all that you thought you knew, and follow these three dating tips if you want to start having success on your dates!

## Dating Advice On Not Following The Rules

**1. Don't strategize intimacy.** You shouldn't worry too much about when is the right time to have sex. There is no right time, except for when you are both ready to take it to that level. Men in particular aren't interested in women who will hold out on intimacy in a strategic way.

**Related Link:** [Dating Advice: When Should I Sleep With A Guy?](#)

**2. Take control of your dating life.** Be available if you're interested in a man. You don't necessarily have to pursue, but take the opportunity to drop a hint that you're open to

dating. This will allow you to have control instead of relying on men to make the first move.

**Related Link:** [Dating Advice: 3 Biggest Mistakes Keeping You from True Love](#)

**3. Make the time.** It's alright if you want to give chase, but don't be too unavailable. You need to make time in your schedule for potential dates. If you're too busy and keep rejecting a man, he'll most likely move on to someone else. Try to pencil him in within two weeks.

For more information about Single in Stiletto's shows, click [here](#).

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

---

# Dating Advice: 3 Biggest Mistakes Keeping You from True Love





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert, Nicole Moore to offer [dating advice](#) on finding true love. Follow these three dating tips if you want to start having success on your dates!

## Dating Advice On Finding True Love

**1. Putting the past in the future.** Using criteria from your past in your future is a sure way to sabotage new relationships. There's usually pain in the past and bringing those thoughts with you can make you fearful or cause pain. Use your love desires instead, in other words, traits you'd like to find in a partner.

**Related Link:** [Dating Advice: Are You Repelling the Right Man Away?](#)

**2. Try to be happy.** Just like in the movies, the main character always falls in love when they're happy and having a good day. If you're open to being happy more often, you'll

open yourself to men and invite them in with your positive energy.

**Related Link:** [Expert Dating Advice: Three Signs He Is Unavailable](#)

**3. Learn to be confident.** Nobody likes a person who looks insecure or desperate. Don't give your power away by seeking validation from men. When you're confident, men will simply be attracted to that and will want to be around you.

For more information about Single in Stiletto's shows, click [here](#).

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

---

## Dating Advice Q&A: How Can You Tell Red Flags From Online Dating?







*Question from Natalie L.: I was seeing a guy a while ago. It didn't work out in the end since he was too immature, but during the brief relationship he said something that stands out in my mind today. He said he had been checking up frequently for months to see if I was still with my boyfriend at the time (and jumped at the chance to be with me once he saw I was single). I didn't think much of it then but now I see it was kind of creepy. How can I tell red flags from online dating ideally sooner than later to avoid situations like this?*

Dating has always been complex dance between couples. Add our modern technology into the mix, and it gets even more tricky to find a partner who is best for you. However, do not fret. Leave it up to our relationship experts who can offer their best [dating advice](#) on using technology the right way. Online dating isn't going anywhere, so let's learn how to date properly in this technological age! Here you will learn a few dating tips that will help you avoid online dating red flags before it's too late.

# Dating Advice On Deciphering Red Flags Online

[Suzanne K. Oshima, Matchmaker](#): When it comes to online dating, you don't really know someone until you "know" someone. If you rush into the first and subsequent dates, and then a relationship, then you may miss all the red flags along the way. So, it's always best to proceed slowly and get to know him. Dating advice I always recommend is to exchange a few emails, then move it to texting, then a phone call. Then if he seems okay, move it to the first date. And then as you go on more dates, really get to know him, ask questions and get curious. He will start to reveal more and more about himself. And with each step in the process, you will get to know him a little better and either the red flags will start to appear... or you will see that you have a great guy on your hands.

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

[Robert Manni, Guy's Guy](#): This is a tricky area. What may have seemed like creepy behavior could have simply been be a young man waiting his turn for a chance to connect with a lady who sparked an interest. Or, it could be creepy. How can you know? And how can you spot red flags with potential suitors? There is no perfect method to address this common issue. However, deploying a combination of your intuition, common sense, and due diligence will help. When meeting a new guy, ask him for his full name. If he hesitates or gives you incorrect information, it's definitely a red flag. You probably want to Google him, too. If you have mutual connections, get their take on his character. You might also ask him his thoughts about dating, his likes and dislikes, and why he's single. If any of his answers seem shaky, it's a possible red flag. But again, your most important tool when deciding if a new guy "feels" right for you is your gut

instincts. Pay attention and 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](mailto:cupid@cupidspulse.com).

How has technology affected your dating life? Share your stories in the comments below.

---

## Dating Advice: How To Get Over A Breakup





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert, Ellen Smoak to offer [dating advice](#) on getting over a breakup. Follow these dating tips if you want to start having success on your dates!

## Dating Advice On Getting Over Breakups

**1. Rewire your brain.** For 30 days, you need to create a habit of not thinking about your ex. You'll never get over them if you constantly have them on your mind. After doing this for a month, you will have a far easier time to move on.

**Related Link:** [Single in Stilettos Show: How to Move On After a Breakup](#)

**2. Don't stalk.** It can be tempting to want to know what your ex is up to, but don't give in to curiosity! Don't stalk your ex online or in person, it will only hurt you in the end. Also you don't want to give them power over you.

**Related Link:** [Dating Advice: First Date Tips For Women](#)

**3. Take a time out.** Aside from stalking, you need to take a communication detox from your ex. Delete them from your social media and avoid talking to them for 30 days. If you don't do this you might risk getting back together and giving the power to your ex again.

For more information about Single in Stiletto's shows, click [here](#).

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

---

## Dating Advice: First Date Tips For Women





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert, Nando Rodriguez to offer [dating advice](#) on what women should do on their first dates. Follow these dating tips if you want to start having success on your dates!

## Dating Advice To Follow On Your First Date

**1. Create intent.** Make a promise to yourself that you'll have fun. Do your part on the date to try and make it enjoyable, so if it doesn't work out you'll know it wasn't all your fault.

**Related Link:** [Five Conversations to Avoid on a First Date](#)

**2. Ask questions.** You have to make an active attempt in getting to know your date. Women often get swept away with talking about their selves, don't do this! Take initiative and ask questions to get to know them.

**Related Link:** [Dating Advice: Moving Fast Towards a](#)

## [Relationship...Is That a Bad Thing?](#)

**3. Checklists.** Be careful having a checklist ready on a first date. Being too rigid in what you want will result in you writing off eligible partners. Let yourself be open on a first date.

For more information about Single in Stiletto's shows, click [here](#).

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

---

# Dating Advice: Moving Fast Towards a Relationship...Is That a Bad Thing?





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert, Tinzley Bradford to offer [dating advice](#) on whether you're falling in love or moving your relationship too fast. Follow these dating tips if you want to start having success on your dates!

## Dating Advice On Pacing Your Relationships

**1. Think about it.** Make a point to evaluate your relationship and it's speed. Rushing the relationship can have painful consequences, don't let yourself get swayed by chemistry.

**Related Link:** [Dating Advice: Do I Need to Be Happy Before I Can Be With a Man?](#)

**2. Go with the flow.** Be confident in yourself and don't ask too many questions about whether he likes you or not. You don't want to look insecure and pushy. A new relationship shouldn't be taken too seriously, especially in the early



stages.

**Related Link:** [Dating Advice: When Should I Sleep With A Guy?](#)

**3. Don't play games.** Sometimes you and the person you're seeing will be busy. Don't play games to see who will contact who first. Reach out to show you're interested and be available when the person you're dating does it too.

*For more relationship advice videos and additional information Single in Stilettos show, click [here](#).*

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