

Expert Love Advice Q&A: When Do I Send A Friend Request After A First Date?



Question from Mandy G.: I went on a first date with a great guy this weekend, but we didn't make plans to see each other again. I want to connect with him on Facebook without seeming overeager. How soon can I send him a friend request?

Keep reading for [expert love advice](#) from our relationship experts!

Relationship Experts Discuss

Facebook Friend Requests

[Suzanne K. Oshima, Matchmaker](#): My expert love advice is that sending a Facebook friend request after a first date is way too soon. When you send it prematurely, you run the risk of it being ignored, which will put you in an awkward situation. If he ignores your request, you may think he's not interested in you. But what it may really mean is that he's not ready to let you in to snoop through his personal life after just one date. Let's be honest: The first thing you will do is go through all his photos and posts to try to figure out what's up with his relationship and love life and if he's dating anyone else! There's plenty of time to get to know him digitally, so wait until several dates in to send that friend request. Otherwise, you may find yourself un-friended from a guy that you just met!

Related Link: [Dating Advice Q&A: Can I Blog About My Relationship and Love Life?](#)

Paige Wyatt, Reality TV Star: Sending a new guy a friend request on Facebook is a lot simpler than you think. First, you must do a quick sweep of your own page. Make sure there's nothing embarrassing or off-putting posted on there. Don't forget to check your tagged photos! Then, send him a request. If he accepts within minutes (as people often do, thanks to the Facebook app), send him a quick message, something short and sweet to let him know you had a great time on your date. If he doesn't accept your request for a few days, don't automatically assume he's ignoring you. He may not be an avid Facebook user, and in that case, it's better to stay connected via text message instead.

Related Link: [Q&A: Should I Tell My Friend Her Crush Has Been Facebook Messaging Me?](#)

[Robert Manni, Guy's Guy](#): Although there is nothing wrong with sending him a friend request, look at the bigger picture. You

just went on a date with this guy, and it sounds like you want to see him again. Although there are no set rules, ending a date without plans to reconnect is usually not a great sign. Consider this dating advice: If this guy wants to see you again, he will reach out soon. Adding him as a Facebook friend is a nice gesture, but I doubt it will do anything to stoke the romantic fires.

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.

How soon would you send a friend request after a first date? Share your love advice with us in the comments below!

Dating Experts Give First Date Tips





On this week's [Single in Stilettos](#) show, matchmaker Suzanne Oshima and dating expert Des O'Connor discuss first date tips for women.

Relationship Advice Video Reveals First Date Tips

Women often go on a first date and expect to have a connection right away. However, that doesn't always happen. According to this [relationship advice video](#), these two dating experts believe that chemistry can grow over time. Don't decide if you'll go on a second date based on your initial feelings or lack thereof. If your date has potential, then plan a second date – you don't know where it will end up!

Related Link: [Why Are You Single? Dating Experts Answer That Dreaded Question](#)

As these relationship experts say, you need to have a plan in place when you go on a date. Make sure you don't talk too much about yourself. Guys are turned off by that. Instead, ask

questions and show an interest in what your date does. First dates are kind of like an interview process for a relationship and love, so make sure the date is interesting! When in doubt, just remember that you can't change a first impression.

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

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

What first date tips do you have? Tell us in the comments below!

Why Are You Single? Dating Experts Answer That Dreaded Question





In this relationship advice video, matchmaker and [relationship expert](#) Suzanne Oshima talks to relationship author Tinzley Bradford about how to answer the dreaded question, “Why are you single?”

Dating Experts Reveal How to Handle a Dreaded First Date Question

When you're on a first date, the question about why you're single is bound to come up. Dating experts say that this question will immediately bring down the energy of the date, and you'll find yourself searching for the best way to answer it. So, here are some great tips to get past this dreaded question with confidence:

Related Link: [Improve Your Chances of Finding Love, Thanks to This Relationship Advice Video!](#)

1. Take a lighthearted attitude and use humor. The worst thing you can do is get defensive when someone asks you that question on a date. Be lighthearted, laugh, and ask the

question right back. After all, they're single, too!

2. Let them know that you don't want to be in a relationship for the sake of being in a relationship. Make sure your date knows that you want to find the right person to be part of your life; you don't want to be with just anyone.

3. Be honest and tell them you haven't had the chance to focus on a relationship until now. You can be honest and tell your date that dating hasn't been your priority because you've been busy with other things, like your career.

These dating experts say it's inevitable that you will get asked this question at some point, but it's important to not get insecure. Instead, use your sense of humor and put a positive spin on it. And then...you can change the subject to a topic that makes you feel more comfortable!

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Improve Your Chances of Finding Love, Thanks to This Relationship Advice Video!





Relationship advice video, matchmaker Suzanne Oshima talks to relationship author Robert Manni about how to improve your chances of finding love.

Relationship Advice Video Gives Tips On Finding Love

We all know that finding someone special isn't easy. If it were, then everyone would be in love, right? In this [relationship advice video](#), these dating experts agree that, with these four tips, your chances of finding a relationship and love will increase.

Related Link: [Expert Dating Advice: The Secrets Men Will Never Tell You](#)

1. Put the gadgets away: Your cell phone, computer, or tablet is creating a barrier between you and any man that wants to meet you. By holding your phone or looking at your laptop in a coffee shop, it seems like you're busy and don't want to be bothered.

2. Pay attention: It's important to pay attention and be fully present. Notice the men around you and be open to meeting them organically.

3. Get real: Be realistic and clear about who you are and what you're looking for. Once you know what you want, don't focus on a long list of "must haves." If you do, you'll be single for a long time!

4. Reach out: If you had a great time, it's important to acknowledge and follow-up after the first date. Be available and don't wait too long to schedule the second date. You don't want him to lose interest.

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

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Expert Dating Advice: The Secrets Men Will Never Tell You





It's no secret that men and women think and act totally different, especially when it comes to love. According to this expert dating advice, ladies, if you know the things that men will never tell you, it'll help you be more successful in your search for The One.

Related Link: [Dating Advice for Attracting an Alpha Male](#)

Here are three secrets that you need to keep in mind:

- 1. Men are afraid to approach you:** They're terrified of rejection, so they'd rather not risk it and not say anything to you at all.
- 2. Men put a lot of pressure on themselves:** They want everything from your first date to your first kiss to be perfect, so give them a break!
- 3. Men can't read your signals:** Just like you don't always understand them, they don't always understand you. They need help understanding your signals, so make your feelings very clear for them.

For more relationship advice videos and additional information

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

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

Relationship Advice Video: Do You Have to Be Happy Alone Before You Can Be Happy with a Man?



On this week's [Single in Stilettos](#) relationship advice video,

matchmaker Suzanne Oshima talks to relationship author Duana Welch about whether or not you have to be happy alone before you can be happy with a man.

Related Link: [Duana Welch Reveals How to Tell If Your Man Will Cheat](#)

Relationship Authors Shares Love Advice About Happiness

Both dating experts agree: You can't be happy with someone else until you're happy with yourself. According to their love advice, no man can complete you; he can only *complement* you. Still, it's normal to feel lonely when you're single. As Welch explains, "The fact of the matter is most of us are not very happy alone." That's why you're dating after all – to bring more happiness into your life! "This is not the same thing as failing to love yourself," she assures us.

The relationship author adds, "It's very important to work on loving you."

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Do Men Want to Date Younger Women? Find Out What Dating

Experts Think!



On this week's [Single in Stilettos](#) show, matchmaker Suzanne Oshima and dating expert David Crowther discuss whether or not men want to date younger women.

Relationship Advice Video Reveals If Men Want to Date Younger Women

Related Link: [Expert Love Advice: The #1 Thing a Man Wants in a Woman](#)

Middle-aged women often think that men their age only want to date younger women, but that's not always true. According to this relationship advice video, it really just depends. If a man is going through a divorce and experiences a mid-life

crisis, he may feel the need to date a younger woman to validate himself or make him feel desirable. If a man wants children, he'll be attracted to women of childbearing years.

As this dating expert explains, there are also men, though, who aren't going through a life change or don't want children and will date people closer to their age. For the most part, men want to date someone within 10 years of their age.

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

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

Do you think men want to date younger women? Tell us in the comments below!

Expert Dating Advice: How to Find True Love Fast





Matchmaker Suzanne Oshima talks to relationship expert Arica Angelo about how to find true love fast. Check out their [expert dating advice](#) above!

Related Link: [The Secrets of Meeting Men](#)

Expert Dating Advice to Help You Find Love Fast

Angelo believes that there are two pieces of love advice you must consider if you're ready for The One. First, you must come off the sidelines. Dating is constantly changing, which means you have to break out of your routine if you want to keep up.

And second, you have to be willing to take risks. If you're not meeting someone special, it's time to stop playing it safe and do something differently!

For more expert dating advice videos and additional information about Single in Stilettos shows, click [here](#).

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

Dating Advice Q&A: Can I Blog About My Relationship and Love Life?



Question from Jenny T.: I have a lifestyle blog where I constantly post updates about my friendships, favorite fashion, recipes, and occasionally my love life. I started dating a new guy about two weeks ago. Can I blog about our dates and how I feel about him, or is it too soon to share

those details about our relationship?

Read on for [dating advice](#) from our relationship experts!

Dating Advice from Our Relationship Experts

[Suzanne K. Oshima, Matchmaker](#): One sure fire way to make a guy disappear without a trace is to start blogging about your dates and how you feel about him when you're just two weeks into dating. It doesn't matter if you don't use his real name, no man wants to feel like everything he does or says on a date will be exposed for the whole world to see.

When you launched your lifestyle blog, you signed on to blog about your personal life and everything that goes on with it. But he didn't sign on to have his personal life exposed too. So, my suggestion is for you to cool it with TMI about your relationship and love life on your blog, otherwise you won't have any dates to blog about.

Related Link: [Dating Advice Q&A: Is It Appropriate to Play Hard to Get Via Texting?](#)

Paige Wyatt, Reality Star: Sharing intimate details about your relationship and love life with a new guy should be more discrete than cooking tips or fashion advice. Posting details about dates can make a guy uncomfortable, especially early in the dating process. Guys tend to keep their romantic lives to themselves, because they don't have the desire to share details and experiences like women do.

Typically they wouldn't mind you chatting with your girlfriends about your relationship, but posting things about the dates online can feel invasive to guys. This can be especially true if they learn how you feel about the dates or relationship by reading it online instead of you sharing it

with them personally. It would be appropriate to post things less intimate, such as “great date night restaurants”, or “fun date night outfits”, but keep the personal details about your new relationship close.

Related Link: [Love Advice Q&A: Is It Weird That My Man Always Texts Instead of Calling?](#)

[Robert Manni, Guy's Guy](#): Good writing requires guts and honesty, but in this case, I suggest a cautious approach. It's one thing to look back and provide insights from lessons learned from past relationships. But providing readers blow-by-blow details after only two weeks creates unnecessary pressure on the writer, her guy, and their possibility of succeeding as a couple. Would you want your audience to know all the details of your latest love interest as it's happening? I'd say, probably not.

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.

Would you blog about your relationship and love life? Share your dating advice with us in the comments below!

Relationship Advice: How To Get Engaged In A Year!



On this week's [Single in Stiletto](#)s show, founder and matchmaker Suzanne Oshima talks to relationship expert Debi Berndt about how to change your dating life and get engaged within the year. Read on for their [relationship advice](#)!

Related Link: [Dating Advice for Women: Get Out of Your Dating Rut & Find the Right Man](#)

Follow This Relationship Advice To Change Your Dating Life and Get Engaged In A Year

Dating experts believe that you may actually be subconsciously choosing to be single, rather than seeking the relationship and love you truly want. If you want to break that cycle you need to find out why you're making that choice and go deep into what is stopping you from finding the love of your life.

By following this love advice you can change your dating life and realize why you're attracted to people and what true love actually is.

Related Link: [Relationship Advice On Finding True Love](#)

Watch the video above for more great relationship advice!

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What is your best relationship advice to change your dating life? Tell us in the comments below!

Relationship Advice Video: I Have a Successful Career But Am Struggling to Find Love





In this week's [Single in Stilettos](#) relationship advice video, founder and matchmaker Suzanne Oshima talks to dating expert Des O'Connor, who shares his best [love advice](#) for someone who has a successful career but is struggling to find The One.

Dating Expert Shares Best Love Advice

Despite what you may think, you can climb the corporate ladder *and* have a fulfilled romantic relationship and love life. O'Connor reveals five tips to remember:

Related Link: [Single in Stilettos Show: Love Advice for Winning Him Over](#)

1. What you focus on is what you become: If you're only concerned about your job, it'll take over your personal life too. Turn some of your attention to dating instead.

2. You need to strike a balance.

3. Men need to feel needed.

4. Stop saying, "I don't need a man!": If you keep sending that idea out into the universe, guess what? You won't find a guy to invite into your life!

Related Link: [Des O'Connor Reveals Why You Keep Attracting the Wrong Men](#)

5. Men aren't intimidated by strong, independent women: If you keep running into this issue, you're attracting the wrong type of men.

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Expert Love Advice Reveals Four Reasons Why Men Disappear



On this week's [Single in Stiletto](#)s show, founder and dating expert Suzanne Oshima talks to [relationship author](#) Tinzley Bradford about why men disappear.

Dating Experts Explain Why Men Disappear

The author of *Settle Free Dating Method for Women* explains that dating is hard enough without having to worry about the great guy in your life suddenly disappearing. According to her

expert love advice, here are four reasons why a man may vanish:

Related Link: [How to Kick That Bad Relationship to the Curb](#)

1. He met someone else: While it may be hard to accept, until you're in a committed, monogamous relationship, he's free to date multiple people at once – and so are you!

2. He already has someone: You may be the other woman and not even know it. If he suddenly stops calling, there's a chance he's focusing all of his attention on his girlfriend or wife. Unfortunately, some men enjoy the thrill of cheating.

3. He just wants sex: He may want sex without any strings attached. If so, if you don't give him what he wants, he'll disappear.

4. He's bored: He may think your relationship has become predictable and mundane. In that case, he may stop calling without any explanation.

If you're dating a man who disappears, it's important to remember that he's doing you a favor: Any guy who leaves without an explanation isn't the right one for you!

For more expert love advice and additional information about Single in Stilettos shows, click [here](#).

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

How do you handle a man who disappears? Share your relationship advice below!

Relationship Advice Video: Three Things Women Don't Know About Men



On this week's [Single in Stiletto](#)s show, founder and matchmaker Suzanne Oshima talks to dating expert and [relationship author](#) Robert Manni about what women don't know about men.

Related Link: [Robert Manni Reveals How to Talk About Being Exclusive with Your Partner](#)

Dating Expert Reveals What Women

Don't Know About Men

According to this relationship advice video, there are three things that women don't know about men. First, men are not that complicated. The dating expert says that they are very simple creatures – what you see is what you get! Second, they don't pay attention. They're consumed with their own lives and often forget to focus on the details of their relationship. If you want him to open up, you have to ease him into it; otherwise, you might scare him away. And finally, men aren't mind readers. If you feel a certain way, you need to tell him because he probably won't figure it out on his own. Armed with this love advice, you'll be ready for your next date!

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Anything else women don't know about men? Tell us in the comments below!

Single in Stilettoes Show: Dating Advice for Attracting an Alpha Male





On this week's [Single in Stilettos](#) video, relationship expert Suzanne Oshima and WingGirlMethod.com founder Marni Kinrys share their best [dating advice](#) for attracting an alpha male.

Related Link: [Expert Love Advice: He's Great, But He's a Bad Kisser...Now What?!](#)

Relationship Experts Share Reveal Dating Advice for Attracting an Alpha Male

While Kinrys has worked with a lot of alpha males who are attracted to strong women, the dating expert believes that all men still want to feel needed by their partner. If they don't, they won't stick around. So ladies, no matter how independent you are, you need to let the man take the lead when it comes to your relationship and love life!

Watch the video above for more great dating advice!

For more relationship advice videos and additional information

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

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

Tell us your best tip for attracting an alpha male in the comments below!

Relationship Advice Video: How to Tell If Your Man Will Cheat



In this week's [Single in Stiletto](#)s relationship advice video, matchmaker Suzanne Oshima and [relationship author](#) Duana Welch reveal how to know if a man is a cheater.

Related Link: [Love Advice About What You Need and Don't Need in a Man](#)

Relationship Author Reveals Dating Advice for Determining if a Man is a Cheater

First, the dating experts share a piece of good news: Most men are *not* cheaters! To help you figure out if your guy will cheat, here are five types of men who are more prone to infidelity: Mr. History follows a pattern of cheating – not once but multiple times; Mr. All That has women at his beck and call and just can't resist the constant temptation; Mr. Highly Experienced is used to dating numerous women and doesn't want to commit; Mr. Globe Trotter attracts ladies with his wealth and adventurous spirit; and Mr. Personality is a narcissist who doesn't see anything wrong with getting "some" on the side.

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

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

How can you tell if a man is a cheater? Share your love advice in the comments below!

Expert Love Advice: The #1 Thing a Man Wants in a Woman



On this week's [Single in Stiletto](#)s show, founder and matchmaker Suzanne Oshima talks to [dating expert](#) David Crowther about the number one thing a man wants in a woman.

Related Link: [Single in Stiletto](#)s Show: Relationship Experts Discuss Why He Didn't Call

Expert Love Advice About What Men Want

The relationship experts first clarify that beauty is not an option. As Oshima explains, "Ladies, physical looks are the number one thing, but I'm talking about the number one *quality*

a woman should have in order to get a man.” Crowther then responds with his expert love advice: It’s going to vary from guy to guy! “Some men love to be challenged, while some men love to be nurtured or taken care of,” he shares. The dating expert encourages you to figure out what part of you is most important for a guy to accept; if he’s not okay with that piece of your personality, then he’s not the one for you. It’s that simple!

For more expert dating advice and additional information about Single in Stilettos shows, click [here](#).

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

What do you think men want most when it comes to their search for love? Tell us in the comments below!

Love Advice Q&A: Is It Weird That My Man Always Texts Instead of Calling?





Question from Elissa B.: I've been seeing this guy for a few months now, and anytime we're not together, he always texts me and never calls. Whether he's seeing how my day is going or we're trying to arrange our plans for the weekend, he only texts. What does this behavior say about our relationship and about him?

Read on for love advice from our [dating experts!](#)

Love Advice: What to Do If a Guy Only Texts

[Suzanne K. Oshima, Matchmaker](#): Thanks to the ever-present use of technology, unfortunately, texting has become the norm with the way a lot of people communicate. That being said, it doesn't make it acceptable that he communicates with you solely in this manner. The issue is you've already set the standard for what's an acceptable way to reach out to you. So it's going to be harder to break him of this habit...but it's clearly not impossible!

Next time, he texts you to plan a date, reply with something

like, “Great! I’m tied up right now, so give me a call later and we can make a plan.” Or if you’re so bold, instead of texting him back, you can just pick up the phone and call him. It may take a few tries to get him on the phone, but don’t give up!

Related Link: [Q&A: Is It Appropriate to Play Hard to Get Via Texting?](#)

Paige Wyatt, Reality Star: Most guys prefer to send a text rather than pick up the phone and talk. Women like to chat, but men want to get straight to the point. In that case, it’s about his personal preference and isn’t a reflection of your relationship or his feelings for you.

If he doesn’t answer your calls though, that’s a different story. There’s a chance he’s just busy. However, if he immediately send you a text with some strange excuse about why he can’t call, that’s a red flag. Be honest with him about your feelings and just tell him it would mean a lot to you if he’d call you every once a while. Give him the chance to explain himself, but if it seems fishy, he might not be a very honest guy – and definitely not the guy for you.

Related Link: [Q&A: What to Do If Your Boyfriend Texts His Ex](#)

[Robert Manni, Guy’s Guy](#): When it comes to dating, technology can be our friend or foe. Sure, a guy can score dates while sitting at home in his tighty-whiteys. While this man’s over-reliance on texting is expedient, it lacks intimacy – and that’s a real issue. Maybe he’s busy, but don’t let his dependence on texting dominant the relationship’s lines of communication. You’re worth more than that. To build a relationship, men and women have to be at their best, and that means communicating in a real way. Follow this love advice: Insist that he calls the next time he wants to see you and be willing to stick to your guns if he falls back into this lazy behavior.

To find out more love advice and information 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.

How do you handle a partner who always texts instead of calls? Share your dating advice with us in the comments below!

Expert Dating Advice About the Secrets of Meeting Men



On this week's [Single in Stilettos](#) show, founder and matchmaker Suzanne Oshima talks to relationship expert Des O'Connor about the secrets of meeting men.

Relationship Experts Reveal Where and How to Meet Someone Special

According to O'Connor's expert dating advice, you have to remember that you can meet men anytime, anywhere! It's something you should always be doing to increase your chances of success. The relationship expert reveals that you can meet a man while you're walking down the street, running errands, or even standing in line at the grocery store. Just keep your eyes open!

Related Link: [Des O'Connor Shares Love Advice for Winning Him Over](#)

They also encourage you to go where men like to hangout. They enjoy sporting events like basketball, hockey, or boxing. And while they may not *like* to shop, the men's section of a department store is another good option! Once you spot a potential match, all you have to do is smile and strike up a conversation.

For more expert dating advice and additional information about Single in Stilettos shows, click [here](#).

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Cupid wants to know: What's your best piece of love advice for meeting someone special?

Expert Love Advice: He's Great, But He's a Bad Kisser...Now What?!



On this week's [Single in Stiletto](#)s show, matchmaker Suzanne Oshima talks to dating expert Marni Kinrys about how to handle a bad kisser.

Dating Experts Discuss What to Do About a Bad Kisser

The founder of the Wing Girl Method believes that, unlike women, men don't like to hear that they're doing something incorrectly or that they're turning you off in some way. "So

there has to be a gentle way for you to say, “Yeah, you’re the worst kisser in the entire world!” Kinry’s explains. According to her expert love advice, the best way to do so is to take on a teacher role and show him in a fun and flirty way how you like to be kissed.

Related Link: [Marni Kinry’s Discusses What Turns a Man On](#)

Afterwards, you want to reward him. “Say something like, ‘That was so sexy the way you were kissing me,’” the relationship expert shares. “Walk him through those steps again so it reinforces what it was he was doing that was correct.”

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Single in Stiletto’s Show: Love Advice About What You Need and Don’t Need in a Man





On this week's [Single in Stilettos](#) show, founder and dating expert Suzanne Oshima talks to [relationship author](#) Duana Welch about what you *think* you need in a man but don't.

Related Link: [Duana Welch on Finding Love By Not Looking for Love: Is It Fact or Fiction?](#)

Relationship Author Shares Love Advice

According to the writer of *Love Actually*, many women focus on the wrong must-haves when they're looking for The One. Doing so may be keeping you single! Here are a few qualities that you think you need in a partner but actually don't: every shared interest, a "cool" guy, someone who respects your independence, love and sexual attraction *only*, and someone who is wealthy. To follow this love advice, reevaluate your checklist and remove those things that you don't really need in a man.

For more expert dating advice and additional information about

Single in Stiletto shows, click [here](#).

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What is a quality that you thought you needed in a significant other but actually don't? Share your love advice in the comments below!

Single in Stiletto Show: Relationship Experts Discuss Why He Didn't Call



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to relationship expert David Crowther about why your date didn't call when he said he would.

Relationship Experts Share Dating Advice

The dating consultant for SurviveWomen.com explains that the only person who truly knows the answer to this question is the man himself. However, the [relationship experts](#) offer a few potential reasons for you to consider: Something may have come up in his personal or professional life; he didn't find you attractive or may have been bothered by something you said; or he may be taken already. Of course, he may just be someone who lacks integrity. If that's the case, he's not someone you want as your partner in a long-term relationship and love.

Related Link: [When One Partner's Needs Are More Important](#)

There's one other question that women often ask themselves: If he doesn't call, should I reach out? Feel free to contact him, but remember that you shouldn't be doing all of the pursuing. It's a two-way street, and you deserve someone who's willing to go the extra mile for you!

For more expert dating advice and additional information about Single in Stilettos shows, click [here](#).

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Single in Stiletto Show: Love Advice to Go From Dating to a Committed Relationship



On this week's [Single in Stiletto](#) show, founder and dating expert Suzanne Oshima talks to relationship author Dr. Diana Kirschner about how to go from casually dating to a committed relationship and love.

Relationship Author Reveals Love Advice for a Committed Partnership

Dr. Kirschner shares the following [love advice](#): Have fun in and out of the bedroom; be radiantly happy; don't be a drama queen; make him feel good about you; and be patient with where

you're at in the relationship process. While there's no set timeline, your partnership should always be moving forward. No matter what, though, never give a man an ultimatum; you don't want to force him to be with you exclusively before he's ready.

Related Link: [Dr. Diana Kirschner Talks 'Love in 90 Days'](#)

If you follow this love advice from Dr. Kirschner, which is based on the simple laws of attraction, you'll be one step closer to finding the relationship and love you want.

For more expert dating advice and additional information about Single in Stilettos shows, click [here](#).

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

Single in Stilettos Show: Love Advice for Winning Him Over





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima and dating expert Des O'Connor share their best love advice for how to win him over.

Related Link: [Des O'Connor on Why You Keep Attracting the Wrong Men](#)

Relationship Advice Video: How to Win Him Over

According to O'Connor, finding a relationship and love shouldn't be hard for women. If you understand how men think and what they want, you can capture his attention. Consider this love advice from the dating expert and make yourself aware of these three things: Know what makes him tick; understand his relationship with his mother; and remember that food is really important to a man. Other than that, just show him that you're thinking of him. It really is *that* easy!

Watch the [relationship advice video](#) above for the rest of

O'Connor's great dating tips!

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

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

Single in Stilettos Show: Dating Advice About Mindfulness



On this week's [Single in Stilettos](#) show, relationship expert Suzanne Oshima and author and passionate living coach Abiola Abrams share their best dating advice about mindfulness.

Dating Advice: How to Be Mindful When Dating

"Self-being is really just mindfulness. When you don't have access to self-love, go for self-being," Abrams explains. "It's about learning how to be comfortable with yourself and where you are. So when I say dating and mindfulness, it's about learning how to be present, not only on a date but in a relationship." Watch the video above for her tips on how to improve your relationship and love life!

For more video dating tips and additional information about Single in Stilettos shows, click [here](#).

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

Tell us: What's your best dating advice for how to be mindful when looking for a relationship and love?