

# Q&A: Should I Let My Girlfriend Look at My Phone?



**Question from Colin B.:** *I'm very territorial about my property and am very particular about the fact that no one looks at texts and e-mails on my phone, including my girlfriend. She and I just got into a fight over this issue, and she's calling me paranoid. Am I taking my privacy too far?*

## Answers from Our Love Experts:

Tristan Coopersmith, Love Stylist: There is a big difference between giving your girlfriend carte blanche access to your personal belongings and her snooping. Snooping undermines trust, while giving access builds it. By being territorial, you're telling your girlfriend you have something to hide and don't trust her – and these two things are not good foundational elements to a healthy relationship.

So ask yourself: do you have something to hide? And do you distrust her? If you answer yes to one or both questions, this relationship needs help. If you answered no to both, then I recommend working on your own issues of vulnerability, which you are calling territorialism, so that you can create space in your relationship for trust and true connection to blossom. Good luck!

[Suzanne Oshima, Matchmaker](#): No one should ever go through their significant other's phone without asking them first. It's just a matter of respecting each other's privacy. If your girlfriend is snooping through your phone because she doesn't trust you, then that's a sign you have an unhealthy relationship.

Now, that being said, I would question why you're making such

a big deal about it. If you would prefer she not touch your phone, then just explain it to her. Don't get into a huge fight over something so trivial. Blowing it out of proportion like you have only makes her think you're hiding something.

Paige Wyatt, Reality Star: You are not taking your privacy too far. It's important to have some boundaries and it's also important to be sure that you two have your own lives. If you don't, your relationship could suffer. Keeping your phone private is not being paranoid, it's just you keeping your space. Your girlfriend may not understand this so she's most likely thinking there's something sketchy going on and unless you've given her reason to feel this way, it's something she is going to have to figure out how to deal with. Help her if you can, but don't give in, it will set a bad precedent.

For more information on our three relationship gurus, click [here](#).

If you have any questions you would like answered by our experts, please submit them on our [Contact Page](#).

**Tell us: Are you paranoid about people looking at your phone? Why or why not?**

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## **Q&A: Should I Be Worried If My Man Hasn't Asked Me to Be in a Facebook Relationship?**



**Question from Kendall M.:** *I've been seeing this guy for a few months, and things have been really good. I've stayed over*

*a couple times and even met his parents, but he hasn't sent me a relationship request on Facebook. I'm too nervous to do it myself. Should I be worried that he hasn't posted our relationship on Facebook yet?*

### **Answer from Our Love Experts:**

Tristan Coopersmith, Love Stylist: My concern here isn't that he hasn't posted it, because honestly, guys just don't think like that. Guys aren't trained or even really motivated to broadcast their relationships status. The concern is that you're skittish about speaking up for your needs. Obviously, this is something that is important to you, and just like anything else that's important to you, you need to feel comfortable communicating it.

I think your worry and nervousness surrounding the situation speaks volumes about your relationship with him... and with yourself. So I suggest you ask yourself where the root of the fear comes from and work with that. When we look inside at our fears, great growth can arise. Here's to growing!

Suzanne Oshima, Matchmaker: It's only been a couple of months, and your relationship isn't defined by your relationship status on Facebook. Is it really *that* big of a deal? You can ruin a good thing when you think too much about the relationship, where things are going and why he hasn't changed his Facebook status.

If everything is going great and you enjoy spending time and doing things together, then just be in the moment and appreciate where you are at in the relationship right now! Try not to worry about something so trivial as Facebook relationship status. It will all come in due time.

Paige Wyatt, Reality Star: Before you do anything or even get worried, you need to talk to him. If this guy is as great as he sounds, then you should be open with him and just ask!

Don't make it serious or dramatic; just causally ask how he sees the relationship. It's very possible making the relationship "Facebook official" hasn't even crossed his mind. A lot of guys aren't as into Facebook or really any type of social media, so he may not know how meaningful it is to you.

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**Tell us: Is your Facebook relationship status important to you? Why or why not?**

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## **Q&A: How Can We Celebrate Valentine's Day In a Special Way If My Boyfriend and I Are Apart?**



**Question from Candace M.:** *My boyfriend and I are both traveling for work on Valentine's Day, but we don't want to miss out on celebrating the romantic holiday. How can we share our love for each other in a unique and special way even though we're miles apart?*

**Answer from Our Love Experts:**

Tristan Coopersmith, Love Stylist: Valentine's Day is all

about expressions of love that go outside of your normal handholding, “love ya’s”, dinner and a movie, etc. Valentine’s Day is about passion! It is about over the top “I love you’s!” It is about celebrating your unique love in a memorable way.

So when your love is distanced by miles and maybe even a time zone, your best bet is to use technology to your advantage. Instead of sending a dozen roses, send a dozen love texts. Instead of a reservation-only prix-fixe dinner date, opt for a candlelit Skype dinner for two, complete with an Evite. Instead of a decadent dessert with one spoon, try sending a box of homemade goodies. And as for the naughty lingerie show, you can keep that one... thank you, FaceTime!

Happy Valentine’s Day, lovers!

[Suzanne Oshima, Matchmaker](#): Trust me, with this unique idea, your boyfriend will have the best Valentine’s Day ever! Starting two days before Valentine’s Day, surprise him with a few teaser messages. Send him steamy text messages and take photos of you in sexy lingerie, giving him subtle hints about what you have in store for him on Valentine’s Day.

Then, on the big day...

*His first gift:* Surprise him and have the hotel staff deliver him breakfast in bed with all his favorite foods.

*His second gift:* Send him some more sexy photos and messages in the morning and afternoon.

*His third gift:* This gift must be sent to the hotel in advance, just make sure they don’t deliver it to him until that night. Give him a super sexy video of you, your hottest panties sprayed with your favorite perfume and a few aphrodisiac foods (like almonds, bananas and chocolate).

After he opens his third gift, end the night with a live Skype session with you.

Your boyfriend will be so excited to see you when you're both home again...so be sure to answer the door in a racy outfit. Your man will think you're the hottest woman ever!


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**How have you celebrated a holiday when you and your loved one are apart? Tell us in the comments below!**

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## **Q&A: Is It Okay If My Boyfriend and I Text Each Other to Stay in Touch?**

 *Question from Ashley G.: My boyfriend and I live about 100 miles apart. We're both really busy people, so most days, the most we talk is just a text saying "Hi, I love you and hope you had a good day." My roommate thinks this is ridiculous and says we're not in a real relationship. Is it okay if my boyfriend and I only text each other instead of calling?*

**Answer from Our Love Experts:**

**Tristan Coopersmith, Love Stylist:** First off, only YOU can determine if your relationship is a real relationship. What works for you may or may not be the same thing as what works for your roommate.

Secondly, no matter who you are, there are TWO questions that you can ask to measure your relationship potential by: 1) Are you getting your needs met? Is the texting satisfying enough to you or do you crave more?, and 2) Is your relationship on a growth path? Is the way that you two connect moving your relationship forward, or is it just hanging out collecting dust? If you answer "YES" to both of these questions, your relationship is working for you, making it oh so very real. But if you answered "NO" to one or both questions, it may be time to re-examine the value of this relationship. Good luck!

**Suzanne Oshima, Matchmaker:** A long-distance relationship actually takes a lot more work and effort than a relationship where you both live in the same city. Because you can't see your boyfriend in person, your only option to connect with him is through virtual forms of communication.

Texting is great for a quick flirt or to let him know you're thinking of him during your busy workday. However, texting should never be the full premise of a long-distance relationship. To keep your love going, phone calls and Skype are much better for connecting on a more intimate level.

And the truth of the matter is...when it comes to a relationship, no matter how "busy" you both are, you will make time for those things that are important to you.

**Paige Wyatt, Reality Star:** The relationship between you and your boyfriend is whatever you want it to be. If just texting occasionally makes you both happy, then what's wrong with that? Being busy makes it really hard to keep a relationship strong, especially a long-distance one since it requires a lot more time on your phone or computer. Your relationship seems low-maintenance and easy to be in with a busy schedule. If this type of relationship is working for you, then don't change a thing.

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**Tell us: How have you made a long-distance relationship work?**

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## Q&A: Where Does Social Media Draw the Line on PDA?

 *Question from Sarah J.: I've been really annoyed by the amount of relationship pictures showing up on my News Feed – all I see are photos of couples kissing or cuddling! Where does social media draw the line on public displays of affection (PDA)? How much relationship sharing is too much?*

**Answers from Our Love Experts:**

**Tristan Coopersmith, Love Stylist:** Social media is a weird space. It's a space that encourages us to be friends with strangers, over-share personal details and solicit opinions and validation from random people... all things we clearly know *not* to do in real life. Social media is desperate for those unspoken rules of "too much information" that the real world instinctively knows. So how much skin, how much gush, how much intimate sharing is too much?

Well, in my opinion, although showing your affection for your loved one is sweet, and friends and family do enjoy seeing how blissful you are, quantity and quality should be considered. When it comes to quantity, one post a day **maximum** should do



it. Your friends and family have other stuff they are interested in beyond the inside jokes between you and your sweetheart. When it comes to quality, follow the rule that, if there is a slight chance your viewers would tell you to “get a virtual room,” your online PDA is too much. This means no tongue kissing, no cleavage, etc. If not for the sanity of your followers and their over-cluttered feeds than for the sake of your relationship’s pure need to have private boundaries, remember that less is more!

**Suzanne Oshima, Matchmaker:** You will always come across couples on social media who share way too much information about their relationship because they want the world to know about their happiness together and love for each other. But the good news is that you don’t have to see it if you don’t want to. With social media, you can always hide their news feeds or unfriend/unfollow the couples who annoy you.

Now, while that will solve your problem, I think the more important question here is: why does it really bother *you* so much? Is it because you’re jealous you’re not in a relationship too? If that’s the case, then I wouldn’t focus so much on the couples sharing annoying photos. I highly suggest you start working on getting out there and meeting the right person for you. Then, you can become a couple on social media who *doesn’t* share too much information.

**Paige Wyatt, Reality Star:** When it comes to PDA, there is a very thin line between cute and sweet and just plain nauseating. The quick smooch or cuddling pictures are pretty tolerable when they’re only posted every now and then, but I think the constant full-on make-out photos are where I draw the line. Some people don’t know social media etiquette, and that’s when they tend to post the uncomfortable status updates and pictures. One thing to consider: think about exactly who is looking at what your posting – like your boss, teacher or even mother dearest.

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**How do you feel about PDA on social media sites? Tell us below!**

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## **Q&A: How Can Social Media Help My Long-Distance Relationship?**



**Question from Tara M.:** *I just moved a couple states away from my boyfriend for a new job. We're having trouble adjusting to the distance and need some new ways to keep in touch and keep our relationship strong. How can social media help my long-distance relationship?*

**Answers from Our Love Experts:**

**Tristan Coopersmith, Love Stylist:** Ok, so maybe there's no app (yet) to teleport couples to each other in a time of need or desire, but these days, technology truly is a long-distance relationship (LDR) couple's best friend! Since you have probably already exhausted phone, texts and Gchat, here are a few more inventive ideas to try.

1. Send your honey an evite for a TV night. You can watch a show together via Skype, while munching on your favorite

treats. During commercials, catch up on your day.

2. Use Google Hangout to arrange for double dates with other LDR couple friends.

3. Play a game together like Words with Friends, Scramble or Gems with Friends. You can even create a weekly game night and play all night together. Don't forget to send cute chat messages in between plays!

4. Create a photo calendar where each day has a theme, such as silly picture day or naughty picture day.

Don't forget though, too much technology can get burdensome and boring, so be sure to take a tech break once in a while. Instead, send an old fashioned letter or care package.

**Suzanne Oshima, Matchmaker:** A long-distance relationship can be tough on both people, but with technology and social media today, there are so many creative options to help you keep the relationship alive and going strong.

Let's start with texting. A simple "good morning" text is the best way to start the day, and a sexy, steamy "good night" text is a great way to end it.

When you can't see him in person, there's nothing better than Skype. Be creative and plan a dinner date night over Skype. You can make dinner together, catch up on each other's day and then sit down to a candle-lit meal. It's one of the best ways to remain a part of each other's daily lives.

During the day, when you don't have time to talk to each other, just send him a sexy voice note or quick video to let him know your thinking of him. Trust me, it will make his day!

And lastly, when it comes to Facebook and Twitter, posting a "thinking of you" status update or photo can light up his day...but one word of caution: don't go too overboard, or you will become that annoying couple to all your friends.

Just remember, if you're creative at utilizing social media and technology, it can actually bring you closer together as a couple, making you feel like less far apart physically.

**Paige Wyatt, Reality Star:** The first thing that comes to mind is video chat! Video-chatting with your boyfriend gives you two a whole new means of communication. It allows you to actually see each other, which is sometimes exactly what you need. It's much more personal than just talking on the phone and definitely more personal than talking through text. When you video chat with your boyfriend, make sure you have enough time to devote to him and your conversation. Get rid of any potential distractions, and you should be golden!

For more information on our three relationship gurus, click [here](#).

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**Are you in a long-distance relationship? How does social media help you? Share your story below.**

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## **Q&A: Am I Being Too Untrusting?**



**Question from Kirsten B.:** *My boyfriend always logs into my Gmail account to get access to YouTube, but lately, he's been asking for my Facebook and Twitter passwords too. I'm just not comfortable letting him have access to those accounts. Am I being too untrusting?*

## **Answer from Our Love Experts:**

**Tristan Coopersmith, Love Stylist:** In my honest humble opinion, it isn't a matter of your level of trust but rather motive on his part to access your accounts AND motive on your part for wanting to prevent that access. Why does he want in? Has he been accusing you of naughty online behavior? Or does he just look at a password swap as a rite of relationship passage? And for you...why are you withholding? Do you have something to hide? Want to keep your electronic flirting options open? Or is it just a matter of wanting to preserve your independence and privacy? Once you determine both of your motives, I think you will gain clarity on your choice to give up the passwords or not.

**Suzanne Oshima, Matchmaker:** No, you're not being too untrusting at all! There isn't any reasonable explanation as to why your boyfriend needs to have access to your Gmail, YouTube, Facebook and Twitter Accounts. If you don't give him your passwords, he will probably try to spin it and say that you're hiding something from him. However, it appears that your boyfriend is the one who is insecure and doesn't trust you. I always tell my clients: if you feel the need to "spy" on your boyfriend or girlfriend through their email or Facebook accounts, then that's a clear indicator that it's not a healthy relationship. When it comes to relationships, trust is the true foundation of a good one.

**Paige Wyatt, Reality Star:** You are not the one that's being untrusting; he is. I'm sure he has his own Facebook or Twitter account, which means he's only using your's to spy on you. He probably doesn't care what your friends are doing; he wants to know who you're talking to, what you're talking about and if there's any reason that he should be worried. Invasion of privacy is a big red flag in a relationship! You have a right to keep your passwords private, and by wanting access to your accounts, he's violating that right. If you two are in a

serious, healthy relationship, you should be able to talk to each other and share your concerns rather than spy on each other. Ask him why he wants the passwords; be understanding, open and honest with each other. A lot of times men aren't trying to be offensive or untrusting; they are just a little insecure, and it's our job to relieve those worries.


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**Have you ever been too untrusting with your partner or vice versa? Share your story below.**

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## **Q&A: Is it Okay to Break Up With Someone via Text?**

 *Question from Lauren A.: I was dating a guy for a month when he broke up with me via text. I thought this was extremely impersonal and I deserved at least a phone call, but my guy friends said that because we were only dating for a short length of time, breaking up with a text message is fine. What are your thoughts? Is there a certain length of time you have to be dating someone to receive a more intimate break-up?*

**Answers from Our Love Experts:**

**Tristan Coopersmith, Love Stylist:** That's like asking if there

is there a certain length of time you should know someone to be just plain polite to them! Call me old-school, but I believe in a thing called respect. I think you should treat people the way you want to be treated, and only spend time with those who reciprocate in kind. Although the breakup undoubtedly stings, you dodged a bullet with this guy. After all, if he would breakup with you over a freaking text, you could probably count on him proposing via email. Hardly a guy worthy of your love! Onwards and upwards!

**Suzanne Oshima, Matchmaker:** In this age of technology, a break up can be done through any of the following forms of communication: in person, a phone call, an email, or a text message. An in person break up is the most intimate, a text message is the most impersonal and a phone call or an email is somewhere in between. The fact of the matter is that you weren't really in a serious relationship after only a month. Since you were only dating, he probably felt a text was acceptable. It's important to understand the reason why most guys break up with someone this way; it's the easy way out. He doesn't have to face you, your emotions or your questions as to "why." While I know you feel you deserved more, just remember, a text is still much better than him just disappearing and leaving you wondering what happened.

**Paige Wyatt, Reality Star:** A break up via text message makes me think that the other person never really cared about the relationship, no matter how long it may have been. When someone wants to break up, it means there was some kind of problem in the relationship. A text message does not give the other person the chance to defend themselves and it closes the door to working through the issues and figuring out your differences. If the guy truly cared about you, he would want to at least try to work it out, and if he doesn't care enough to do that, he's not worth it anyway.

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If you have any questions you would like answered by our experts, please submit them on our Contact Page.

**Have you ever been broken up with over a text message? Share your story below!**

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## **New Advice Column: Dating in the Age of Technology**



 Have you been dating your guy for a few months, but he *still* hasn't changed his Facebook status to "in a relationship"? Or, does the new man your dating text you saying he misses you and then you don't hear from him for days? These are common scenarios in our new technology-driven dating world. If you are challenged with how to navigate all of this, don't despair.

On Thursday, August 2nd, CupidsPulse.com will be launching a new advice column focused on this very issue. From texting to emailing to Twitter and Facebook, each month we will highlight a social media scenario and engage three experts (all from different areas of the country and different stages of life) to provide their perspective on how best to handle the situation.

Our advice column experts will include Paige Wyatt, the reality star of Discovery Channel's 'American Gun's'; Tristan Coopersmith, a "love stylist" working on her degree to become a psychotherapist; and Suzanne Oshima, a matchmaker and dating coach. Dating in the digital world is difficult – let us make it a bit easier for you!



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

*Photo Courtesy: Datingsites.org*

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# Relationship Rescue: 7 Steps to Take Before Divorcing



By Tristan Coopersmith

Picture this: You are at the altar, on the brink of saying “I do” to your hunky fiancé. Your designer dress is stunning. The weather is perfect. You’ve never had a better hair day. It all seems so dreamy until the officiant tweaks the vows a bit instead saying, “til death do you part or you aren’t willing to work on your marriage anymore.” Naturally, you’d be awestruck. After all, such words certainly don’t channel those fairytale wedding fantasies. The fact though is that most marriages don’t end with one spouse six feet under; they dissolve because couples often try to rescue their relationship after the chance of survival window has closed.

Take Jennie Garth (our beloved Kelly from the original *90210*) and Peter Facinelli (the grown up *Twilight* hunk) for example. Together nearly TWO decades, this couple recently called it quits, reportedly after trying to work on their marriage. But as any marriage counselor will tell you, working on it may not be enough, especially if that work begins too late. So what’s a couple in marriage distress to do? Before you say, “I don’t anymore,” follow these steps for a promising road to

relationship rescue:

**1. Accept that you've got issues... big ones.** Just like in recovery programs, denial is not an option if you want to see a brighter day. Challenges must be faced head on, recognizing that they won't just magically evaporate one day, but rather they must be worked through and seen as opportunities to grow.

**Related:** [Kim Kardashian's Divorce – A Reminder About Relationship Mistakes to Avoid](#)

**2. Communicate.** Chances are if you are strutting down divorce road, you've likely ceased communication, or at least communication of the healthy kind. Decide now, today that you will work diligently to express yourself clearly and respectfully, and that you will listen with a loving heart and open mind.

**3. Nurture your relationship.** Great marriages take a lot of deliberate TLC. Love fades when spouses don't routinely invest in each other. Daily tune-ups can point a broken relationship towards the path of healing. Try simple gestures like compliments, words of appreciation and intimate touch.

**Related:** [Newlywed 911 – Protecting Young Marriages](#)

**4. Get help.** Marriage counseling can work wonders, if you strike while the marriage iron is hot. Seek a counselor who you have chemistry with and whose philosophies and methods align with you. According to Pepperdine University Professor of Marriage and Family Therapy's Mario DiSalvo, "Marriage counseling is usually unsuccessful due to couples seeking help six years too late," so don't wait!

**5. Set goals.** Without meaningful goals, any partnership will struggle and eventually fizzle. When it comes to a marriage, goals help couples get on the same page about the present and provide a roadmap for the future. Such goals can be co-created

by a marriage therapist. They should be measurable and hold both parties accountable for their success. Be sure when developing goals that you acknowledge stepping stone successes along the way, and celebrate them!

**6. Build a support circle.** Turn towards trusted friends and better yet, couples who's marriages you admire, for support. When the going gets rough, enlist such sources to help you stay strong, focused and positive.

**7. Take a trip down memory lane.** Re-reading your vows, visiting the scene of your first date, or reenacting your proposal, all offer rich reminders as to why you got married in the first place. Oftentimes life can get in the way of love but a simple reminder of how and why you ended up together in the first place can do a relationship wonders.

*Tristan Coopersmith works one-on-one, in groups, through e-courses, in workshops and taking listener calls on-air to uncover people's blocks to guide them towards healthy, fulfilling, sustainable, relationships through designing personal plans for success.*