

# Relationship Advice: How to Build a Lasting Love



By [Rachel Sparks](#)

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

## Relationship Advice to Help You Maintain Love

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

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

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

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

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## Expert Dating Advice: 3 Dating Myths Busted



By [Whitney Johnson](#)

On this week's *Single in Stilettos* [dating advice video](#), founder and relationship expert Suzanne Oshima talks to relationship author Wendy Newman to prove three dating myths wrong and offer their best [expert dating advice](#). "I think a

lot of people believe things that just aren't true," Oshima shares.

## **Relationship Author Wendy Newman Shares Expert Dating Advice**

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

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

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**3. You slept with him at the wrong time and blew it:** It's tempting to think you waited too long and he lost interest or you did it too soon and he thought you were easy, but know

that men don't think like that. "They think sex is a fun thing to do with someone they really like, care about, or love. They don't think it's the hinge that makes the relationship happen or not happen," Newman reveals.

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



By [Whitney Johnson](#)

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

## Relationship Author Wendy Newman Shares Expert Dating Advice

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

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

Since you may never know why he really disappeared, Newman



suggests making up the most empowering interpretation of the situation, giving yourself the closure you need to move on. In her personal experience, sometimes, this made-up interpretation can turn out to be true! Most importantly, remember that the reason why men disappear usually has nothing to do with *you*. Keep reminding yourself of your self-worth – maybe, just maybe, you were simply too good for him.

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

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## Dating Advice: Be a Fantastic Date for Anyone!





By [Whitney Johnson](#)

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

## Relationship Author Wendy Newman Shares Expert Dating Advice

**1. Act as if you already know him and be energetic:** Start the conversation as you would with a best friend and simply ask him how his week has been or how he's doing. "It shows that you're interested in him as a whole person instead of the checklist items you have that you want to check off," Newman explains. "And it has the conversation start so organically that it can go anywhere." Oftentimes, if you zip your lips and just listen, he'll open up quickly and let you get to know him right off the bat. Of being energetic, Oshima adds, "Enthusiasm attracts people – it brings them in."

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## Pitfalls

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

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

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# **Expert Dating Advice: The Biggest Dating Pitfalls**



By [Whitney Johnson](#)

On this week's [Single in Stiletto dating advice video](#), founder and relationship expert Suzanne Oshima talks to relationship author Wendy Newman to discuss the biggest dating pitfalls and offer their best [expert dating advice](#). Newman shares the five dating pitfalls that women often fall into and how to avoid them.

## Relationship Author Wendy Newman Shares Expert Dating Advice

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

**Related Link:** [Expert Dating Advice: Are You Intimidating Men?](#)

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

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

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

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

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# Dating Advice: Are You Intimidating Men?



On this week's episode of Single in Stiletto, founder and matchmaker Suzanne Oshima talks to relationship expert Wendy Newman to offer their best dating advice on how to attract a man. Learn how you can be intimidating to men and how you can prevent these behaviors in the dating scene. Here are three great ways to improve your love life with the following dating tips!

## Dating Advice That Will Help You Be Less Intimidating

**1. Saying "I got this."** Being independent is a good thing, but waving your self-sufficiency in front of a man's face shows that you don't need them. A man wants to feel needed, like he

has a place in your life and can take care of you. Let him pay for a meal, pull out your chair and help you with errands.

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**2. Not having a place.** Men like to provide, it's in their nature. Find a way to let a man contribute to your life, whether it be as a breadwinner or confidant. If you show any sign that you don't have a place for a man in your life, any potential partner will lose interest. Show him that you want him as much as you want him to want you.

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**3. Don't be demanding.** Sure, a man wants to feel wanted and needed, but he also doesn't want to be treated like a slave. Make sure you're not too demanding or asking for help all the time. You want to be high performance, not high maintenance. A man wants to be satisfied, not overwhelmed by upkeep.

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## 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.

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**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.



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**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.

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## Dating Advice for Women Over 40: Why He Didn't Call?





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Wendy Newman to offer her [dating advice](#) for those who may be upset that their date hasn't called. Follow these dating tips to get over rejection fast and focus your energy on finding the one who is right for you.

## Dating Advice On How To Handle Men Who Don't Call Back

**1. Don't overthink it.** Chances that you'll figure out why he didn't call is very slim. There could be a number of different reasons why he didn't call, but don't over-analyze and be critical of yourself to find out why it didn't work out.

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

**2. Accept it.** The fact that he hasn't called you back should serve as a sign that he isn't right for you. Don't try to force anything. If he was meant to be the right man for you, he would have called. Know your worth and accept that you have to move on.

**Related Link:** [Dating Expert Says Look For What You Need, Not Want!](#)

**3. Be the best you.** Once again, don't try to do detective work to find out why he didn't call you back. Looking for answers is a way of looking for how you can change yourself. Don't try to change. Expert dating advice says that being yourself on dates is the best way to find someone you're most compatible with.

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## Dating Advice: First Date Do's and Don'ts





On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert and author of *121 First Dates* Wendy Newman to talk expert [dating advice](#) on first date do's and don'ts.

## Dating Advice: First Date Tips

Dating experts acknowledge that it can take awhile to find the man of your dreams, but they have some dating tips on how to act on a first date.

- 1. Show up natural.** Be yourself and don't have an agenda. Throw away that checklist and don't prequalify the person you're dating.
- 2. Get to know each other.** Show up and try to get to know who the person is. Find out what they love and what they're passionate about.

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

- 3. Be clear if you don't like him.** Be gracious and pleasant, but don't act happy and flirty only to say no to a second date

or dodge his calls.

**4. Don't be negative.** A first date is not the time to complain about your day at work, your parents, your friends, or even an ex. Be positive and pleasant to be around.

**5. Don't talk about the long term future on a first date.** Women think they're serious and that men date for sport. But it's just the way that you approach dating that's different. Men realize that a first date is just a first date. It's a baby step. Expert dating advice: Don't go into it trying to find your husband. Just try to get to know each other.

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## **Author Wendy Newman Shares the Relationship and Love Advice She Learned After 121(!) First Dates**





Interview by [Rebecca White](#). Written by Myesha Cobb.

You feel discouraged and are tired of looking for Mr. Right. Still, you keep saying yes to guy after guy, hoping that he might be The One. You're not alone – we've been there too! But have you ever been on 121 first dates? Author and relationship expert Wendy Newman has, and she divulges the many lessons learned in her new book *121 First Dates: How to Succeed at Online Dating, Fall in Love, and Live Happily Ever After (Really!)*. Not only does she share years of research and intimate details about her many first dates, but she makes us laugh in the process. In our exclusive interview, the author talks about the inspiration for her tell-all, her best and worst first date, and her most valuable piece of [relationship advice](#).

## Wendy Newman Opens Up About '121 First Dates'

To start, we love the premise of *121 First Dates*. What inspired you to write an autobiography/guidebook that focused specifically on first dates?

I never meant to go on 121 first dates, and I certainly never



meant to write a book about it! It all started with first date 54. It was so horrendous and so miserable; it was so much worse than anything that I had ever read about in terms of a “bad” date that I had to write about it. At the time, my married girlfriends were complaining about how boring their lives were and how unromantic their husbands were. Since I didn’t have a blog, I actually started writing for them, just to keep them happy and to tell them that the grass isn’t always greener on the other side. So I wrote about that particular date, and it was a hit. I continued to write about my dates, just to share where they went wrong or where I went wrong, where it felt right or where we had a moment of victory and shared something really great.

**Related Link:** [Kristen McGuinness Talks About Going on 51 Dates in 50 Weeks](#)

**What’s the best first date you’ve ever been on?**

Well, I would have to say first date 101 is the best; he’s actually still a good friend of mine. I’ve had lots of great first dates. I’ve met a lot of amazing men who, while they weren’t *my man*, were great.

**And the worst first date?**

Like I said above, date number 54 was the worst date. See, I like older men, so I usually go for guys who are five to ten years older than me – that’s my preferred age range. According to his online dating profile, this guy was about 10 years older than me, but when I got there, he was more like 35 years older than me and had a cane. He was hobbling across the street, and he was wearing this kind of beige leisure jacket with wine stains and grease and a wide 70’s lapel.

I was so caught off guard, but I didn’t want to be rude. So we sat down, and he grabbed the menu and encouraged me to order some food. I only planned to have drinks, but at his insistence, I ordered the house salad. He didn’t talk very

much, which usually only happens when a man doesn't like you; he makes you do all the entertaining and heavy lifting in the conversation. The thing was, he *did* like me, which made it even worse. I was ready for it to be over, and of course, he sticks me with the bill. I ordered a 6 dollar house salad and ended up paying the 35 dollar tab.

Then, as we were walking out, he asks, "Do you want to know what happened, why I'm using a cane?" Mistakenly, I said, "Sure." He replies, "I was in a motorcycle accident on Friday, and well, it pinched my groin area, and my Johnson has filled with blood, so it's erect. They want to do surgery, but it could do permanent damage and might mess with my erections, so we're just going to wait to see if it'll go down. I'm telling you all of this because I'm erect right now. It will be like I'm on Viagra, so you should come home with me."

That was first date 54. I've had way better, but I haven't had any worse.

**Related Link:** [Dating: First Impressions – Part I](#)

## **Author Shares Best Relationship Advice**

**Now, we'd love to ask you for some dating tips! What relationship advice do you have for women who want to give up on their search for love?**

Don't wait until you're ready. You want to wait until the new year, until that work project is over, or until you're done with school. You want to wait until the timing is right, or even worse, until you lose the weight. Don't wait! If I would've waited until I lost the weight, I would still be single. You're never going to feel like you're ready for this new, fun adventure. Just go for it!

**Along those lines, was there any tip that really helped you**

**stick with it when you were feeling down about finding a relationship and love?**

I had a dating buddy, which I highly recommend. I actually had three of them, two girls and one guy. They were all single, and they all wanted to be in a relationship – two important qualities in a dating buddy. A terrible dating buddy is someone who is married or attached because they don't remember what it was like to date and don't have enough sympathy. Another terrible dating buddy is someone who loves being single. Find someone who's in a similar place in their own life and then promise each other that you'll have each other's back, that you'll be there to listen to all the horrific details of every date, and that you'll be straight with each other.

**What's the best love advice that you've ever received?**

The best relationship advice that I've ever received is to relate to your partner like they mean well and like they care about you. In the three years that Dave and I have been together, we've always treated each other like no one's misbehaving, and by doing that, we've never been in trouble with each other.

**Related Link:** [Dating Experts Reveal How to Attract the Right Man](#)

**Lastly, do you have anything else you'd like to share with our readers?**

Well, I have a 20-city book tour happening. I'm really excited about that. I'm leaving for San Diego, and I'll be on the road until May. That's my life for the next six months!

*You can learn more by purchasing 121 First Dates: How to Succeed at Online Dating, Fall in Love, and Live Happily Ever After (Really!) from [Amazon](#) and also visiting the author's website, [Wendy Speaks](#).*