

Dating Advice for Women: How to Break Your Dating Patterns



By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and [relationship expert](#) Suzanne Oshima talks to relationship strategist and dating coach Cyndi Olin about three ways to break your dating patterns – and every woman has them, so don't think that you don't! Listen to their expert dating advice in the video above.

Relationship Experts Discuss How to Break Your Dating Patterns

1. **Date more than one person:** "A lot of women don't date,"

Olin warns. "They just get into relationship after relationship." Instead, date more than one person at a time. Men often do the same thing, but they may not share it with you. Stand in your power and explain your motivations. Say something like, "I like to take my time in important areas of my life, and getting to know someone takes time." Remember that the wrong guys will walk away, but the right ones will stick around. "Be committed to dating and opening up that journey," she adds.

Related Link: [Dating Advice Video: Beware of These Relationships](#)

2. Ask for help when it comes to your blind spots: "You need to get really clear about what you deeply desire in a partnership and what you're not willing to accept," the dating coach explains. Think about those fabulous five must-haves that you want in a partner. It doesn't take a lot of time to figure out if someone aligns with you, but asking someone who supports you for help will make it even easier to see the truth. "It can be very difficult to unfold on your own – it can take some dissecting when it comes to getting clear," she says. It's even more difficult if you have a lot of chemistry with someone – you become blinded by your emotions!

Related Link: [Dating Advice Video: What Men Want You to Know](#)

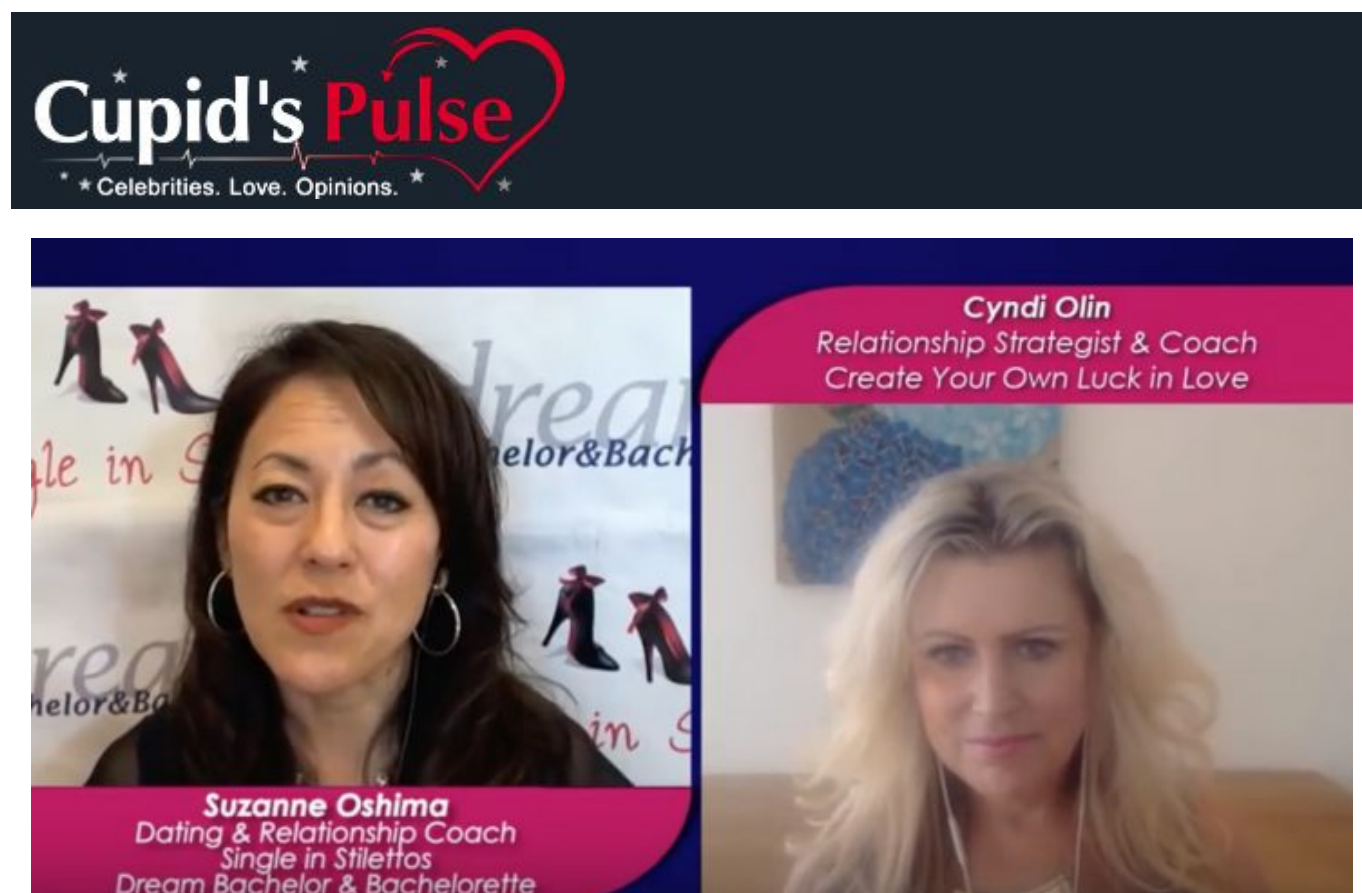
3. Focus on what you want: If you want big love and a partnership that lasts a lifetime, set that intention, take the inspired action to move forward, and let go of the outcome. "That can be easier said than done, but if you're following the first two steps, you really can let go," Olin shares. "Look at what worked well for you in the past, what didn't work well. Is there a golden thread in your past relationships?"

"We all have patterns – I guarantee it," she says. "And they can all be broken."

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Dating Advice Video: Dating After Heartbreak



By [Whitney Johnson](#)

On this week's *Single in Stilettos* [dating advice video](#), founder Suzanne Oshima talks to [relationship expert](#) Iris Benrubi about dating after heartbreak. First, it's important to note that it's okay to put a wall up. "It's

actually a good thing,” Benrubi explains. “It’s a coping strategy.” You’ve just been hurt, so it’s completely understandable that you want to go back into your shell and do some grieving. It can, however, become ineffective if you stay there. Continue reading for three things to know about dating after heartbreak!

Relationship Expert Iris Benrubi Shares Her Best Dating Advice

1. Everyone’s anxious after heartbreak: In fact, being anxious is a way of taking care of yourself – it’s completely normal. You need to pay attention to how your anxiety shows up in your relationships. “What do you do to keep yourself safe? And is it working?” Benrubi asks. “You want to see how that anxiety is either moving you towards a relationship or moving you away.” You should be learning to manage your emotions – through breathing or meditation – so that you’re ready to risk your heart again.

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2. Consider what you learned from your last relationship: Don’t come from a place of blame, but think about what you were responsible for. Did I speak up enough? Was I too harsh? How can I do things differently in the next relationship? “Our lives are about maturing and growing and evolving,” the relationship expert shares. “As unfortunate as a break-up is, it’s actually an opportunity to become a better version of yourself.” This piece of dating advice is very positive and future-focused – which is a good thing!

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

3. Be clear on what you’re looking for: Develop a list of 10

must-haves to give you a solid foundation of what you need in a partner. That way, when you're dating again, you have a clear picture of whether or not he fits into the future you want. By doing so, you'll be less likely to get into another relationship that doesn't meet your needs.

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Dating Advice: Something's Off About Him – Should I Trust My Intuition?





By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and relationship expert Suzanne Oshima talks to [relationship author](#) Duana Welch about whether or not you should trust your intuition when you feel like something is off with your new partner. The short answer is, "Yes." Watch the video above to understand why!

Relationship Author Duana Welch Is Interviewed in Dating Advice Video

Related Link: [Expert Dating Advice: How to Move a Stagnant Relationship to Commitment](#)

"I recently heard that there's research that shows that we actually have a nerve the connects our stomach to our brain that gives us a true 'gut feeling,'" Welch shares. "And what I know for sure is that people *report* that feeling and that their intuition leads them to good things." Expanding on this idea, the relationship author says that we have a side of our brain that is unconscious and gives us information that we don't have access to when we're conscious.

We also have an adaptation. “An adaptation is something that has evolved,” Welch explains. “It’s a spontaneous genetic change that happened in antiquity and was favorable enough that it gave that organism’s offspring better odds of surviving, creating, or both.” For example, all bucks have antlers – because if they don’t pass that gene along, they won’t be able to survive.

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So the question, then, becomes: Why would nature give us all of these gifts and not give us a way to be able to tell when we are going to be prey? “I think we can all think of a time when we thought, ‘Oh, this guy – there’s something off about him, but I’m not being fair right now. I’m just going to learn more about him until I find out if my intuition is right,’” she reveals. “Well, some women don’t survive to find out that their intuition was correct.” In fact, the number one cause of murder or violent death to women between the ages of 15 and 50 is a male partner who got jealous or was controlling.

Welch concludes, “If your gut is telling you that this guy is dangerous, do not collect more data. *Don’t*. Just stop seeing him.”

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Celebrity Interview: Reality TV Star Becca Tilley on 'The Bachelor' Finale: "Well, I Read the Spoilers!"



Interview by [Mallory McDonald](#). Written by [Whitney Johnson](#). Social media influencer Becca Tilley has built an impressive fanbase since she first appeared on seasons 19 and 20 of [The Bachelor](#), but she hasn't strayed far from her roots: She's close friends with many former *Bachelor* and *Bachelorette* contestants, including [JoJo Fletcher](#), Ashley Iaconetti, and Dean Unglert. In our exclusive [celebrity interview](#), she opens up about these relationships and says, "Being on *The Bachelor* or *The Bachelorette* is such a unique experience. There's absolutely nothing like it... It can form a bond instantly, whether it's romantically or just a friendship."

Celebrity Interview with Becca Tilley

Related Link: [Celebrity News: Hometown Heartbreak on 'The Bachelor'](#)

And, of course, she's still a fan of the show. With next week's finale of season 22 of *The Bachelor*, we had to ask about her prediction for Arie Luyendyk Jr.'s final rose. "Well, I read the spoilers!" she says with a laugh. "I kind of feel like I know what happens, but at the same time, I always think they're going to throw me for a loop."

For her latest project, Tilley is partnering with Lime-A-Rita to introduce The Ritas, three legendary women who are sharing their best life hacks, including dating and relationship advice. "Of my friends, I'm always the straight-shooter, tells-it-like-it-is, so it's nice to have these three women to ask for advice. They give it to me straight, just like I would do for myself!" she shares.

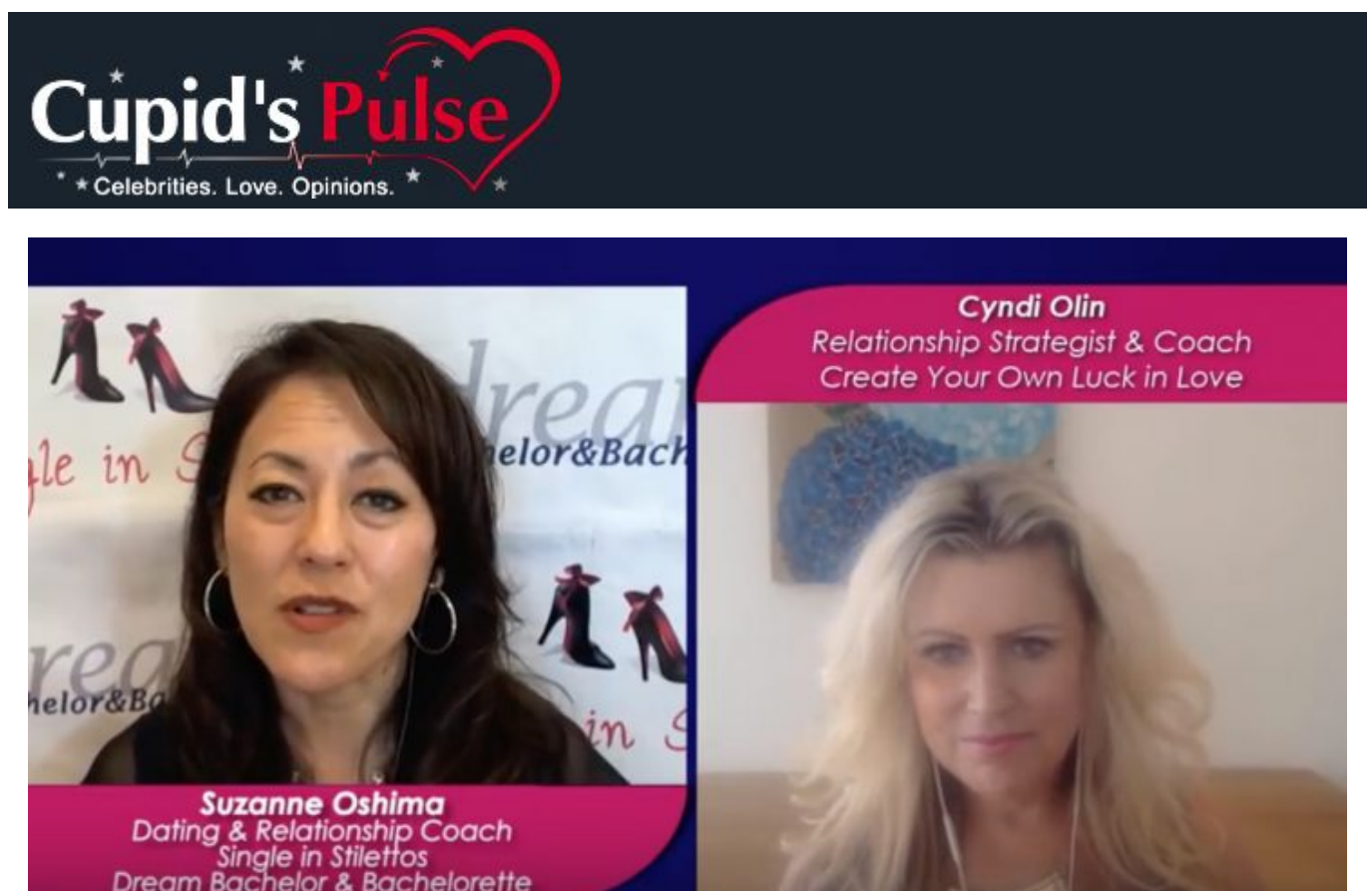
If you go to any of the Lime-A-Rita social media sites and hashtag #RitaSays with a question, they'll send you an answer. "I want everyone to tag me in their questions so I can see what kind of advice they're getting from The Ritas," she adds in our celebrity interview.

Related Link: [Celebrity Wedding: 'The Bachelor Winter Games' Couple Clare Crawley and Benoit Beauséjour-Savard Are Engaged](#)

As for what's next, the reality TV star will continue recording her podcast *Scrubbing In with Becca Tilley* each week and sharing pictures from her swoon-worthy vacations, including an upcoming trip with Fletcher. "There's just always something fun going on – and it's all thanks to getting dumped on TV twice," she says with a laugh. "It's the silver lining, people!"

You can keep up with Becca on [Instagram](#) and [YouTube](#). You can also listen to her podcast [Scrubbing In with Becca Tilley](#).

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.

Related Link: [Expert Dating Advice: Be a Fantastic Date for Anyone!](#)

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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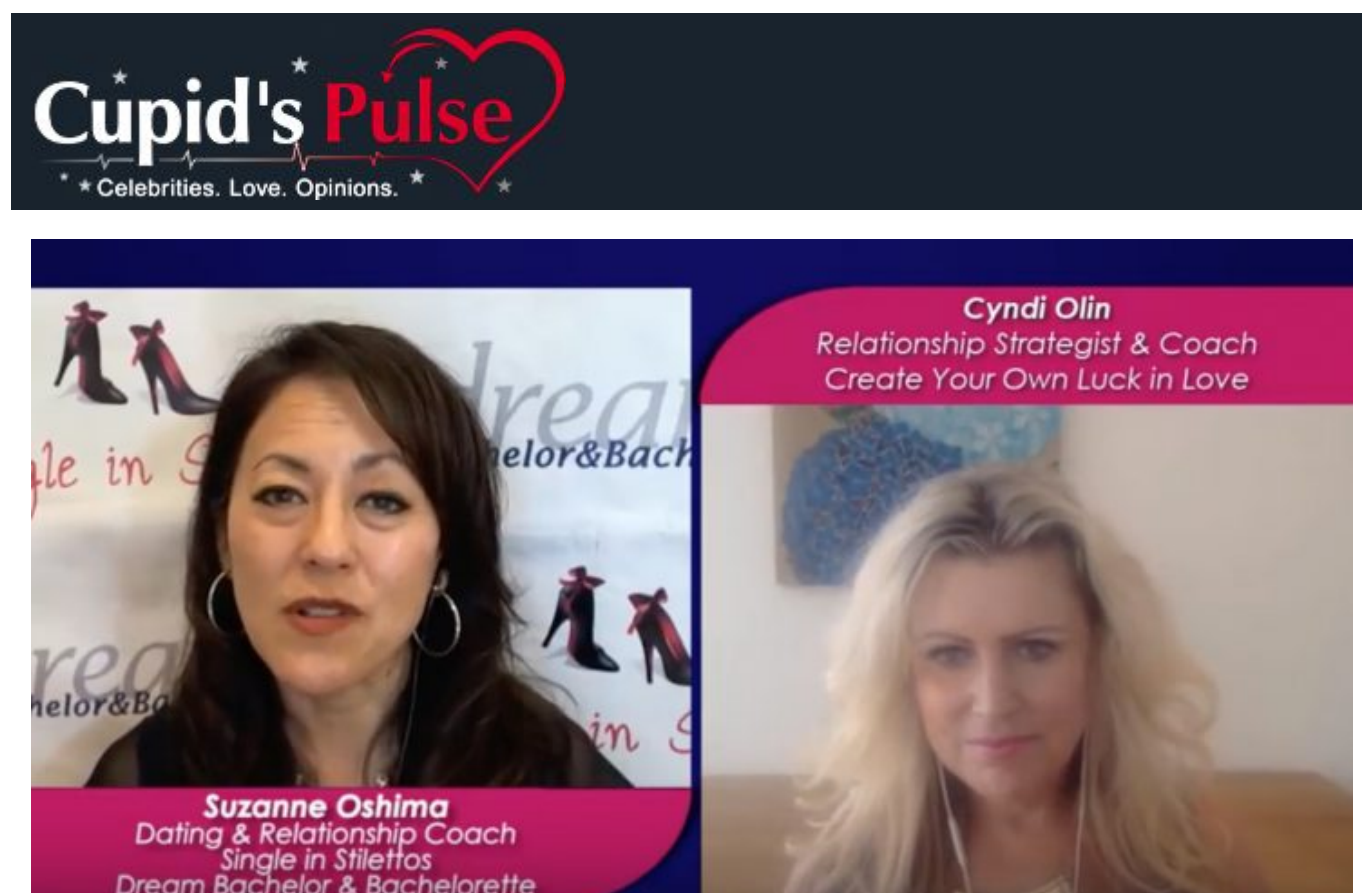
3. You slept with him at the wrong time and blew it: It’s tempting to think you waited too long and he lost interest or you did it too soon and he thought you were easy, but know that men don’t think like that. “They think sex is a fun thing to do with someone they really like, care about, or love. They don’t think it’s the hinge that makes the relationship happen

or not happen,” Newman reveals.

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Dating Advice Video: How to Get Men to Pursue You Like Crazy



By [Whitney Johnson](#)

On this week's *Single in Stilettos* [dating advice](#)

[video](#), founder and [relationship expert](#) Suzanne Oshima talks to relationship strategist and coach Cyndi Olin about three ways to get men to pursue you like crazy. Listen to their expert dating advice in the video above!

Relationship Experts Discuss How to Get Men to Pursue You in Dating Advice Video

1. Smile: With this piece of expert dating advice, Olin reminds us of the saying, “Your presence is a present.” Walk out the door, be present in your body, and smile – and you can attract men like crazy. Eye contact and compliments pair well with a smile. “That’s like a ‘come over’ signal,” she explains. “90 percent of the time, a man will approach you and at least start talking to you. It’s all about your energy.”

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2. Engage with them: “There’s a lot of advice out there, including to let a man lead,” Olin shares. “While I believe that, men are confused when it comes to modern dating.” Men are often very careful as a way to ensure that they’re respecting you. Have a belief deep down in your soul that men are good people, and make an effort to get to know them. Remember: Your vibe attracts your tribe.

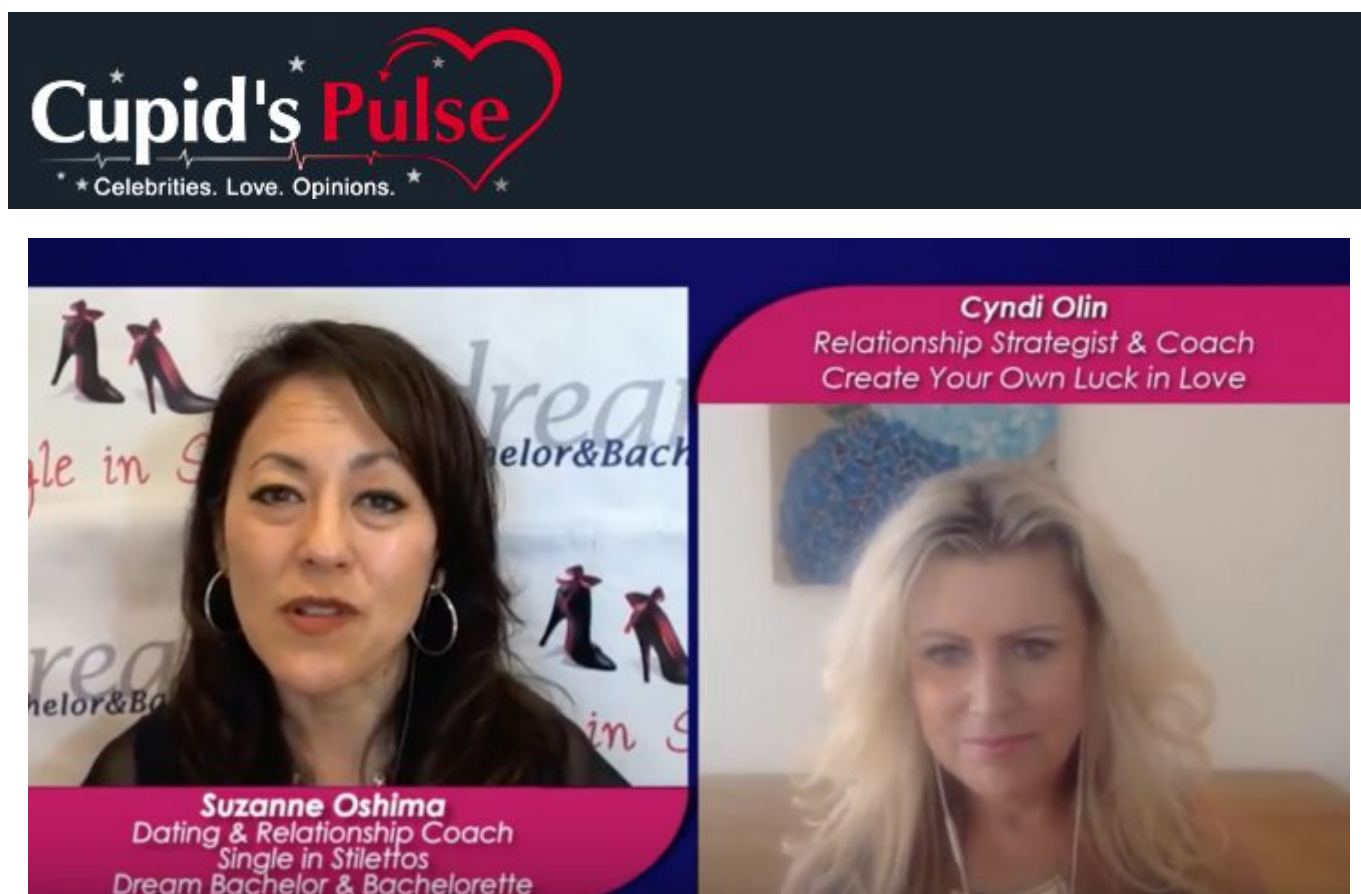
Related Link: [Dating Advice Video: What Men Want You to Know](#)

3. Let go: After you smile and engage with them, let them be the one to pursue you, to call you more. “You’re not pursuing. You’re a friendly receptor of light,” Olin says. “You want him to pursue you, and he’s looking for permission to do that.”

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Expert Relationship Advice: Two Things That Make a Man Fall in Love & Commit



By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and [relationship expert](#) Suzanne Oshima talks to love and dating coach Jaki Sabourin about two things that make a man fall in love and commit to a relationship. Watch the video above for their best expert relationship advice!

Expert Relationship Advice to Make a Man Fall in Love & Commit

First, it's important to note that it's not really "things" that make a man fall in love and commit. "They're traits – traits that you can develop in yourself," Sabourin explains.

Related Link: [Expert Relationship Advice: How to Emotionally Connect with a Man](#)

1. The first trait is your high-value status: "It's your job to present and project and create this perception that you have a high value," the dating coach says. "And how you do that is to accept yourself." Don't turn over your significance to a man – your personal value needs to come from within. She adds, "Of course, any man who is looking for a woman to spend his life with wants a woman who has a high regard for herself."

2. The second trait is vulnerability: You need to balance your strong sense of self-worth with vulnerability to avoid coming across as too masculine, aloof, or conceited. "You have to create a space of openness with a man so he can come in," Sabourin says. "Vulnerability is really about sharing things about yourself, not being afraid to show who you really are." Tell him things that will inspire him to take care of you.

Related Link: [Relationship Advice: How to Get Men to Fall Into Your Lap](#)

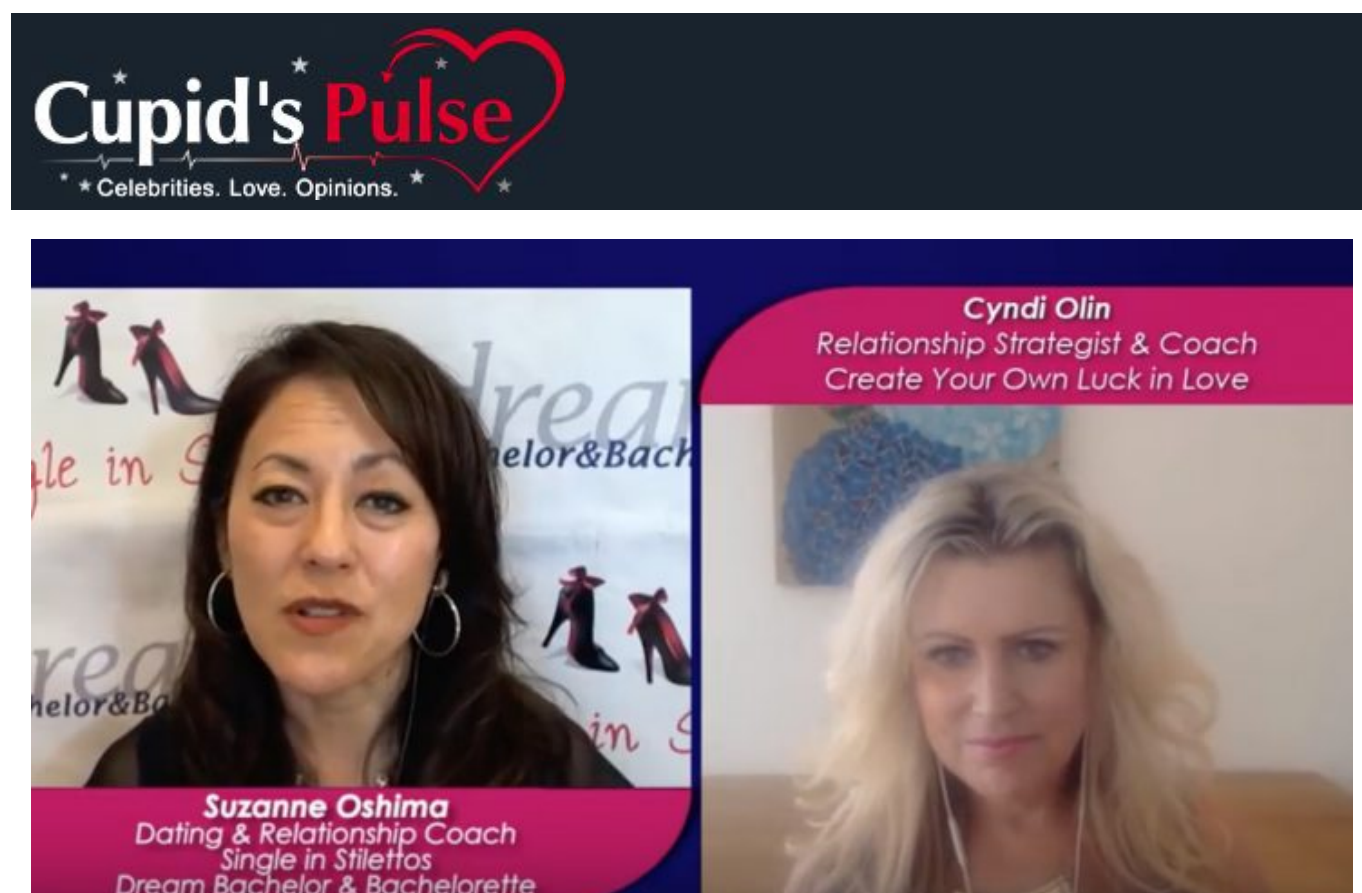
What about a woman who thinks being vulnerable will make her appear weak? "Ladies, look at that, because that tells me you're protecting your heart and you have a defense up," Sabourin shares. "When you have a defense up, it's like a wall, a fence, that keeps the love and relationship you want out." There's so much power in vulnerability: It shows that you love and accept yourself, that you've been hurt but that

you're open to something new.

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Dating Advice Video: Why Smart, Successful Women Can Fail at Love



By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice](#)

[video](#), founder and relationship expert Suzanne Oshima talks to [relationship author](#) Duana Welch about why smart, successful women can fail at love. “I was in grad school getting a doctorate in the social sciences, and I realized that I was pretty good at that, but I really wasn’t good at love,” Welch shares. “I knew there was something that I was doing wrong – because the common denominator in all of my relationships was *me*.” Here, she shares three reasons why succeeding at love is hard for so many women.

Relationship Author Duana Welch Is Interviewed in Dating Advice Video

1. The things women do to succeed at work don’t work in the world of dating: At work, women are told to put themselves forward, pursue what they want, and lead their co-workers, but in a relationship, those qualities are often unrewarded. “Research shows that women who routinely pursue men are seen as low-status and not good wife material,” Welch explains. “I hate that!”

“If I liked a man...I was kind of shoving myself down his throat,” the relationship author adds of her own dating mishaps. “Of course, I didn’t see it that way. There’s never been a perfume called Desperation, and there never will be. But in the world of work, that stuff works.”

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2. Some men hold a woman’s success against her: There was a study done where researchers put up two identical dating profiles. One emphasized the woman being young and beautiful, while the other focused on her being an educated, high-powered attorney. Unfortunately, it’s no surprise that the first profile got a lot more hits. “One reason is because men respond to youth and beauty, but it’s also because men are

intimidated by women who have achieved more than they have," Welch explains.

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

3. We have a confirmation bias: In other words, we see what we want to see. "You fall in bed and fall in love, and then you find out the dealbreakers," Welch shares. Instead, spare yourself the pain and take early action to determine your must-haves and dealbreakers. Then, you'll be able to make a more informed decisions about your emotions.

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Expert Dating Advice: What's Blocking Me From Finding Love?





By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder Suzanne Oshima talks to [relationship expert](#) Iris Benrubi about what may be blocking you from finding love.

Relationship Expert Iris Benrubi Shares Her Best Dating Advice

1. You don't understand your attachment strategy: "It comes from your childhood when you were totally dependent on your parents. You had to decide, Can I depend on them or not?" Benrubi explains. For instance, if you had a parent who was inconsistent, you may have developed an anxious attachment strategy, meaning you're always gauging how close someone is and tend to chase after men. Or if you had a parent who just disappeared, you most likely developed an avoidant attachment style and tend to keep others at a distance. "You need to recognize what you bring to relationships and what you need to do move away from harmful attachment strategies," the relationship expert adds.

Benrubi also encourages you to learn how to manage your anxiety – whether it's with meditation, affirmations,

breathing, or yoga. If you can't do it on your own, reach out to a professional for help.

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2. You move inwards after a break-up: It's so tempting to want to keep your heart safe and say, "I don't need a man." "Underneath that, the reality is that we need to be connected to another person romantically," Benrubi says. We're actually biologically wired to *need* people in our life, so don't let the fear of getting hurt again hold you back from a relationship. "Of course, we can all survive on our own, but we really want to be with that right person," Oshima adds.

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3. You don't know your own worth "In order to get into a relationship with a good man, we need to get really clear on our value," Benrubi shares. If you've been in a partnership with someone who puts you down or had a childhood where you were dismissed or felt invisible, you may try to earn a man's love. "When you're in that 'earn energy,' he's up here, and you're down here. You're always dog paddling and trying to figure out what you need to do next," she explains. "It's exhausting." If you want a man who respects you, you have to respect yourself first.

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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."

Related Link: [Expert Dating Advice: Be a Fantastic Date for Anyone!](#)

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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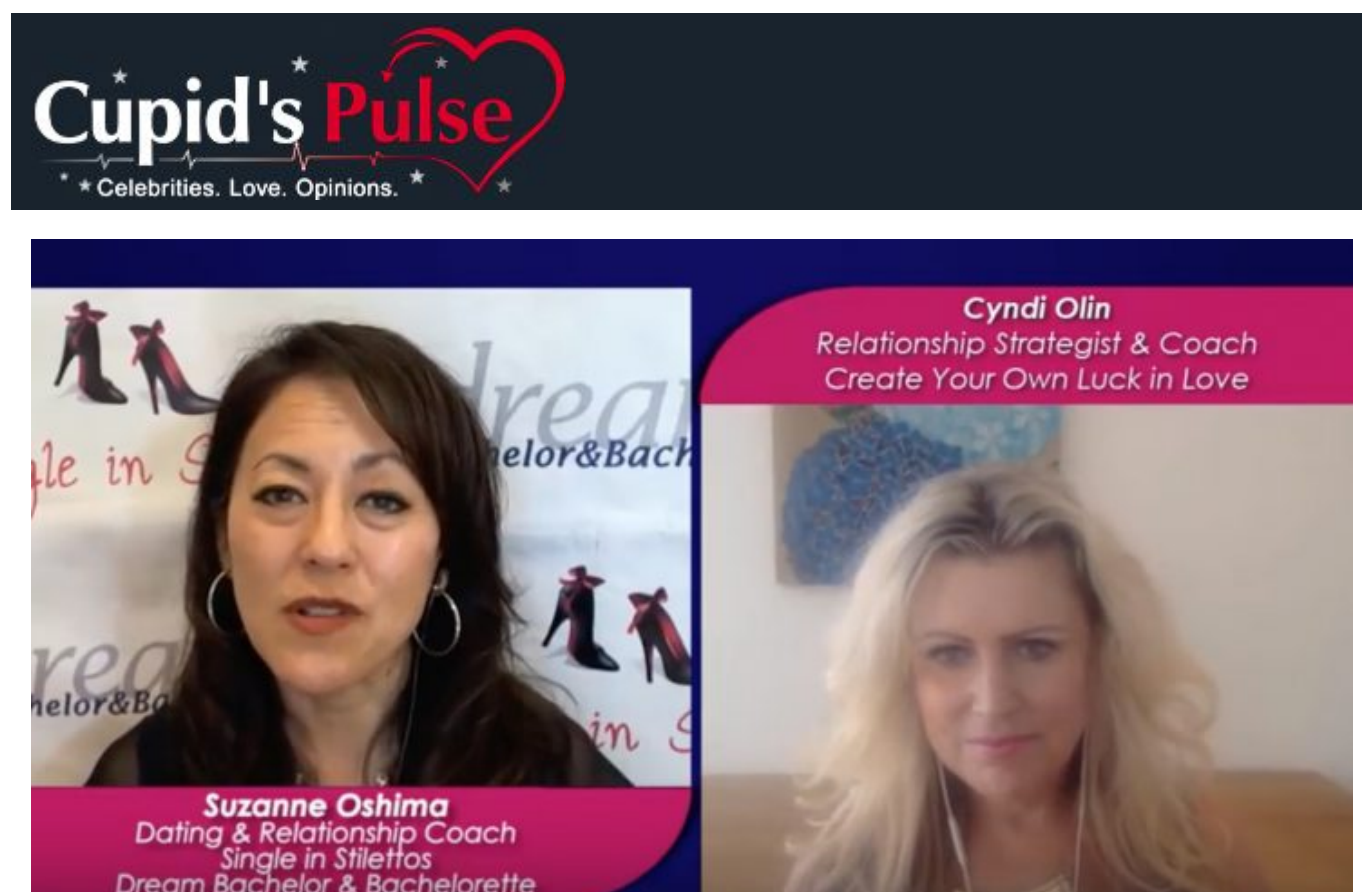
If you still need to alleviate some heartache, draft an e-mail to him and thank him for all of the parts of him and the date that you found enjoyable and memorable. Tell him that you had a great time with him and let him know that you understand

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: How to Fall In Love with Dating



By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and relationship expert Suzanne Oshima talks to relationship author Tinzley Bradford about how to fall in love with dating. Here, Bradford shares three pieces of [dating advice](#) to help you go into dating with a positive attitude so that you actually enjoy it.

Relationship Author Gives Dating Advice

1. Fall in love with yourself first: "A lot of times, we go into a relationship thinking that we're ready," Bradford says. "In order for you to be healthy and find excitement and joy in dating again, you must first find excitement and joy in yourself." Once you're in a good place both physically and mentally, a man will be able to instantly see that you're the total package and gravitate towards your energy. Oshima adds, "Be the best version of yourself."

Related Link: [Dating Advice Video: The Questions You Should Be Asking Him](#)

2. Give it a shot: You can't fall in love with dating if you don't try! Every date in your past wasn't a horror story, right? "Think of the ones that were good," the relationship author explains. "Pay attention to the signs in the early stages of a relationship." Don't let previous romantic failures keep you from truly giving dating a shot. "Do what you need to do to get out there," Oshima says of this dating advice.

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

3. You have to trust the process: If you have trust issues,

dating will be hard. "Trust, trust, trust that starting fresh will make you feel good," Bradford shares. Remember that all men aren't dogs – trust that the next one you meet will be worth your time.

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Relationship Advice: How to Emotionally Connect with a Man



By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and [relationship expert](#) Suzanne Oshima talks to love and dating coach Jaki Sabourin about how to emotionally connect with a man and get engaged at any age. Watch the video above for their best relationship advice!

Relationship Advice to Help You Emotionally Connect with a Man

Here are three ways that women can connect emotionally with a man:

1. Be *interested* instead of interesting: The fastest way to connect emotionally is to be curious about your date. "When we're trying to be interesting, we're nervous and feeling self-conscious. We really fail to notice the man in front of us – who he is, the red flags, what he's doing," Sabourin explains. Being interested in him will encourage him to lower his guard and really tell you about himself. "Get curious!" Oshima adds.

Related Link: [Dating Advice Video: Stop Attracting Emotionally Unavailable Men](#)

2. Be vulnerable: Be open and honest. Real vulnerability comes from a place of being able to accept yourself. "You're going to be able to be vulnerable with a man directly proportionate to your ability to accept who you are," the dating coach says. Vulnerability is very attractive because it's real, and being as real as possible will create a connection right away.

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3. Be less agreeable: It's a big turn-off when a woman just wants to please a man. "They want to know what your likes are,

what turns you on, what gets you excited about life,” Sabourin shares. “Be a little more sassy and stand in your truth.”

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Dating Advice Video: What Men Want You to Know



By [Whitney Johnson](#)

On this week's *Single in Stilettos* [dating advice video](#), founder and [relationship expert](#) Suzanne Oshima talks to

relationship strategist and coach Cyndi Olin about three things that men want you to know. “There’s a complete disconnect in what women think men want,” Oshima reveals.

Relationship Experts Discuss What Men Want You to Know in Dating Advice Video

1. Men are actually very sensitive: Women often think men aren’t sensitive, but that’s just not the case. “In order to feel connected, they need to feel heard and needed,” Olin shares. “And if they don’t feel those two things from a woman, they’re not going to be fully connected or engaged with her.” As much as you want him to understand you, he wants to feel understood as well. “Be curious about him,” Olin adds.

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2. Men want to feel needed: Expanding on the first secret about men, they also want to feel respectfully needed. “Allowing him to support you is something that fills *him* up,” Olin explains. “It’s so important for women to realize that, as strong and independent as we are, we love a man who can take care of things for us, who can handle things for us,” Oshima says.

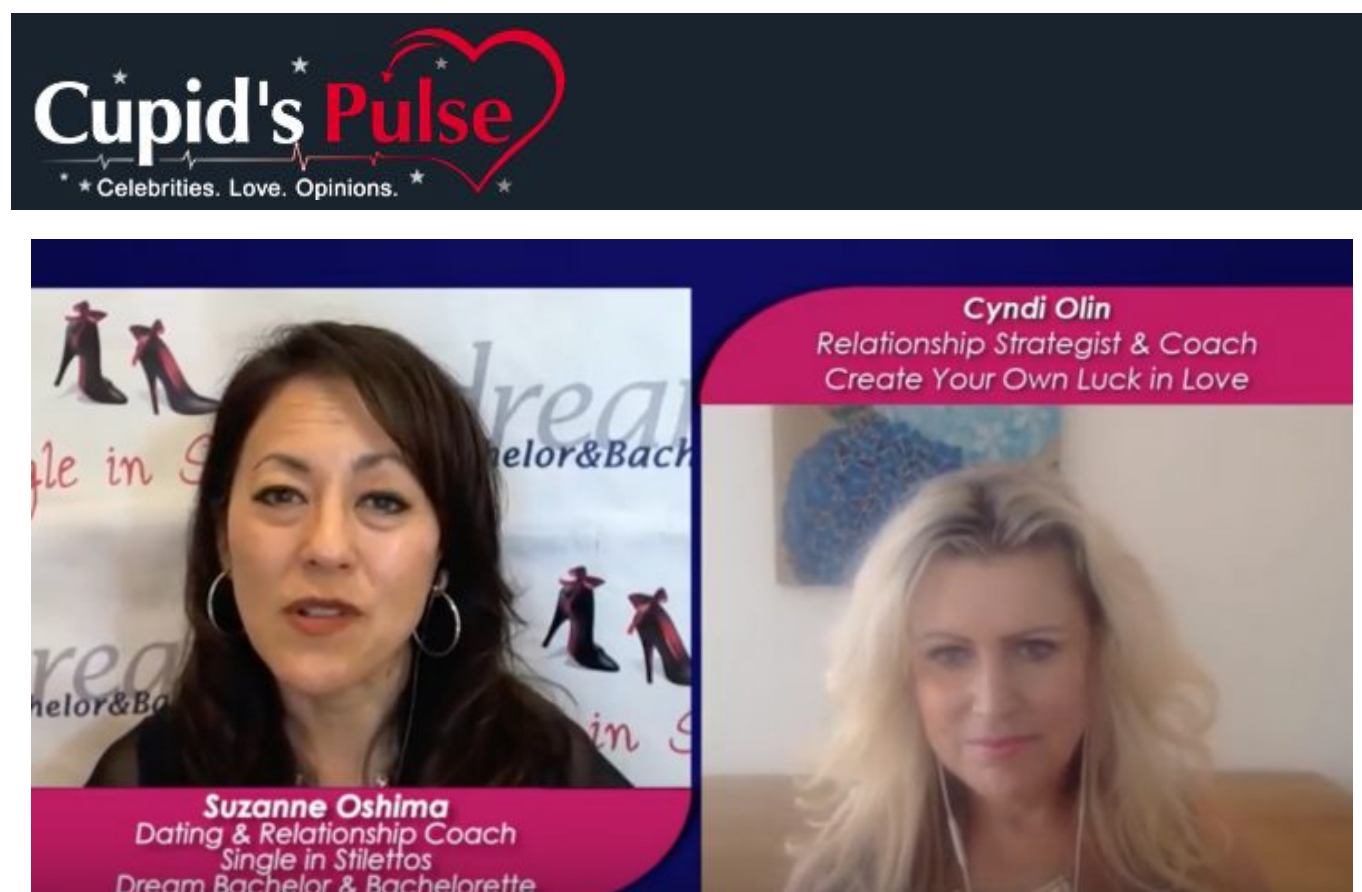
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3. Men want to feel appreciated: If he feels appreciated for the things that he does, he’s going to do it ten-fold. “In fact, you won’t feel like, in your relationships, you have to do all of the heavy lifting,” the relationship coach explains. “He’s going to do more and more.” Plus, he’ll continue to build you up and support you if he feels like you’re doing the same for him.

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Expert Dating Advice: How Can I Find Out More About Him Before I Commit?



By [Whitney Johnson](#)

On this week's *Single in Stilettos* [dating advice video](#), founder and relationship expert Suzanne Oshima talks to

[relationship author](#) Duana Welch about how you can find out more about someone before you commit. “Ladies, I don’t want you jumping into a relationship with someone until you really know important things about him,” Oshima explains. So listen up to this expert dating advice!

Relationship Author Duana Welch Shares Her Best Dating Advice

1. Leverage your contact with his friends and family: If he’s crazy about you, he’ll want to introduce you to his friends early on. If he keeps you out of his inner circle, he’s sending a message. When you do meet them, “listen to what they say about him,” Welch shares.

Related Link: [Expert Dating Advice: How to Move a Stagnant Relationship to Commitment](#)

2. Ask him about his ex: Specifically, ask him what she would say is the reason they broke up. In Welch’s experience, men answer this question honestly. “You need to listen to his answer – is that something you can live with?” she says. For example, one man said his ex-wife thought he was a slob – and he really was! “Some women are cool with that, but most aren’t,” Welch adds.

3. Google is your friend: Almost everybody has a media footprint. “Studies show that the way people present themselves on social media is actually pretty accurate,” the relationship author explains. “You would think people would project the image they want, but most people don’t.”

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

4. Look at what they do: Give their actions five times the weight of their words. “Some men are really good at saying what a women wants to hear, so I always say to my clients,

'Watch their actions,'" Oshima says. Also, remember that honest people don't proclaim how honest they are. "They make an assumption that they are honest and that the world is honest," Welch adds.

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Dating Advice Video: Can I Change a Man?



By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and relationship expert Suzanne Oshima talks to [relationship expert](#) Iris Benrubi about whether or not you can change a man. "They all come in to change each other," she says of her clients. "Women especially think they can change their man."

Relationship Expert Iris Benrubi Shares Her Best Dating Advice

1. You're not his mother: You don't want to be in a relationship where you're the mommy and he's the child. You have to accept him for the way he is. "You don't get to shape him. You don't have a say in whether he measures up or not," Benrubi explains.

Related Link: [Dating Advice Video: How to Find Love](#)

2. Any change that he makes for you isn't sustainable: One of the top two mistakes that women make is falling in love with a man's potential. "If only he would..." If he starts communicating more because you want him to, not because it's part of who he is, it's never going to last. "Have you ever tried to get fit or go on a diet for somebody else?" the relationship expert asks. "It doesn't last that long because the motivation isn't in there." If a man wants to change something about himself, great. Otherwise, accept him where he's at, or move forward if he can't be what you need.

3. Be clear about what you want: If a guy who dresses nice is important to you, then make that known. If not, let it go. "You have to decide what you're looking for," Benrubi says. "Are you looking for the external? Or are you looking for the internal – a guy who loves you and accepts you the way you are?"

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[Dating Life](#)

So if you can't change a man, can you inspire him to want to change? Start by telling him how you're feeling – that helps him be receptive to your request. Then, share what you need from him in a way that's respectful. Finish by explaining what this change would do for you. "A good man ultimately wants to make you happy," Benrubi shares.

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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."

Related Link: [Expert Dating Advice: The Biggest Dating](#)

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."

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

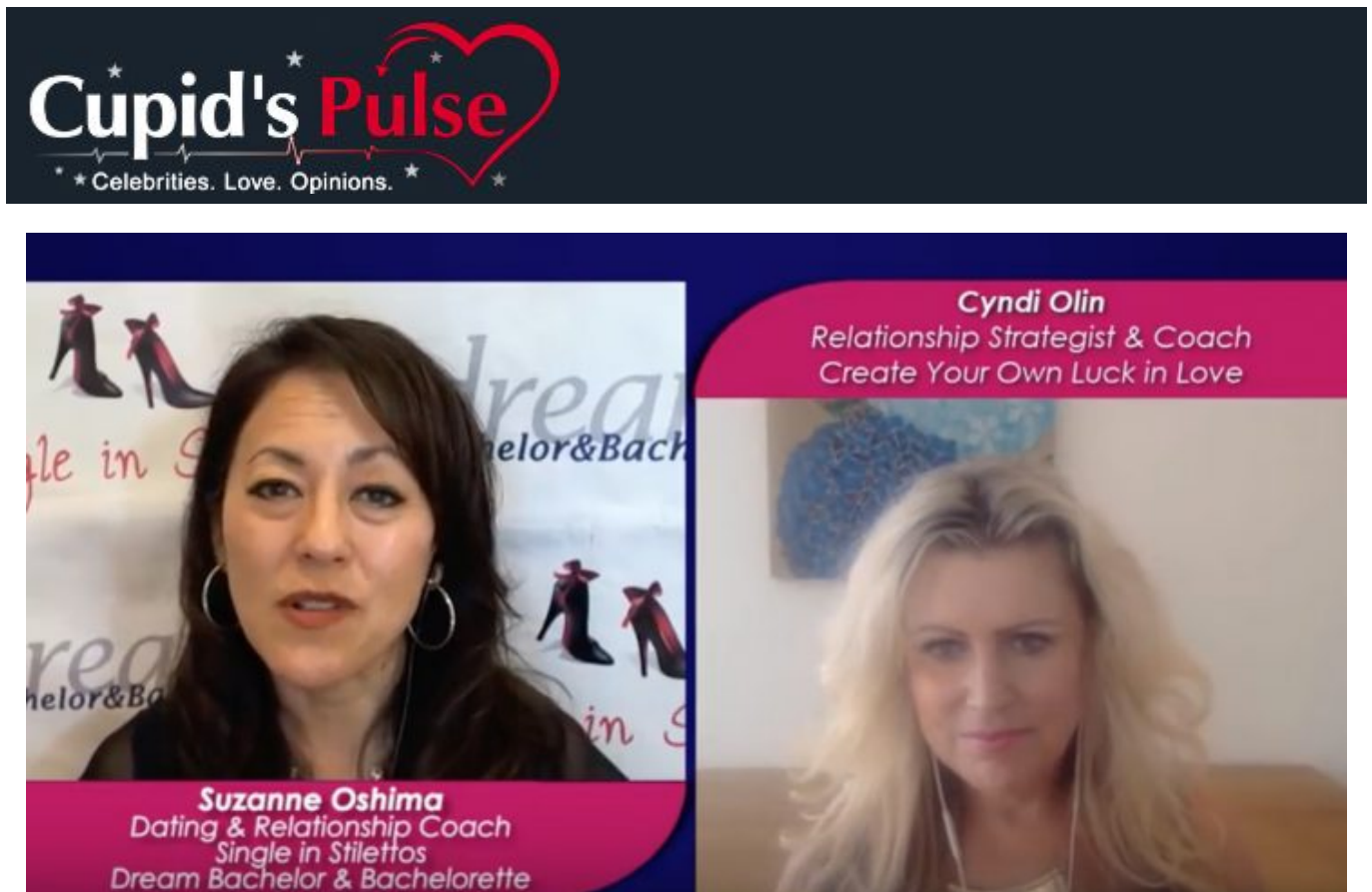
3. Give him 30 seconds of silence: Be willing to be engaged in the conversation, but after he's done talking, give him a little bit of time to see if he has anything else to add. "This is completely counterintuitive to women," the relationship author shares. "Women are squirming in their seats after 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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Dating Advice Video: The Questions You Should Be

Asking Him



By [Whitney Johnson](#)

On this week's [Single in Stilettos dating advice video](#), founder and relationship expert Suzanne Oshima talks to relationship author Tinzley Bradford to discuss the questions you should be asking him and offer their best [relationship advice](#). Here, Bradford shares the top three questions that women should ask on early dates to weed out the men who aren't worth their time.

Relationship Author Gives Dating Advice

1. Are you looking for a long-term relationship? "That is a question that you have to ask," Bradford says. There's no use in wasting your time with someone who tells you up front that

they just want to have some fun or date casually. If you know you're looking for something long-term, then you should be dating someone who's looking for the same thing. Unfortunately, a lot of men get scared by this question, so it's helpful to start with a disclosure statement: "I don't want to scare you or make you think I'm jumping too far ahead, but I'd love to know if you're looking for a long-term relationship."

Related Link: [Dating Advice Video: 5 Biggest Turn-Ons for a Man](#)

2. Why are you interested in me? This question, which you should ask after several dates, will help you figure out if he's interested in the way you look or if he's *truly* interested in who you are. For it to last, it has to be more than just your physical attributes.

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

3. Are you single? You have to know! "Don't wait for him to say, 'Oh, I thought you knew when you saw the ring,'" the relationship author shares. "If he's asking you questions that lead you to believe you won't be exclusive with him, I'd be very skeptical." Oshima adds, "I think women would actually be surprised at how many men are married or in a relationship already."

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Dating Advice Video: Stop Attracting Emotionally Unavailable Men



By [Whitney Johnson](#)

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

Jaki Sabourin Shares Expert Dating Advice

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

1. Stop yourself from being emotionally unavailable: As

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

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

Related Link: [Expert Dating Advice: How to Get Men to Fall into Your Lap](#)

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

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Expert Dating Advice: Beware of These Kinds of Relationships



By [Whitney Johnson](#)

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

Cyndi Olin Shares Expert Dating Advice

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

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

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

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

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

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

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

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

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





By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and relationship expert Suzanne Oshima talks to [relationship author](#) Duana Welch about their best expert dating advice for women for moving a stagnant relationship to commitment. "You don't get this question a lot from guys because they're in the pursuer role," Welch explains. So ladies, listen up!

Relationship Expert Duana Welch Shares Her Tips for Commitment

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

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

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

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

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

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Dating Advice Video: How to Find Love



By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and relationship expert Suzanne Oshima talks to [relationship expert](#) Iris Benrubi about her top three tips to help you find love.

Relationship Expert Iris Benrubi Shares Her Tips for Finding Love

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

1. Know your own worth: This tip is especially important for women going through a break-up or divorce, as feelings of resignation and desperation can cloud your perception of

yourself. “When we own our value, we start to get clear on what it is that we’re looking for, and then, we become the chooser,” Benrubi explains. “And that gives us a lot of power.” It’s also important to build your self-confidence back up *before* you start dating again.

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

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

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Expert Dating Advice: The Biggest Dating Pitfalls



By [Whitney Johnson](#)

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

Relationship Author Wendy Newman Shares Expert Dating Advice

1. Feeling obligated to please a man: Women often worry about hurting a man's feelings or displeasing him, but it's important to keep your own feelings in mind. For instance, say

you meet a man on a blind date, and he lied about his age and appearance. Rather than accepting the lie and sitting through the date, reject him graciously. Explain that he lied and that you won't be staying. As Oshima explains, "The one thing you can never get back is your time."

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

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

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

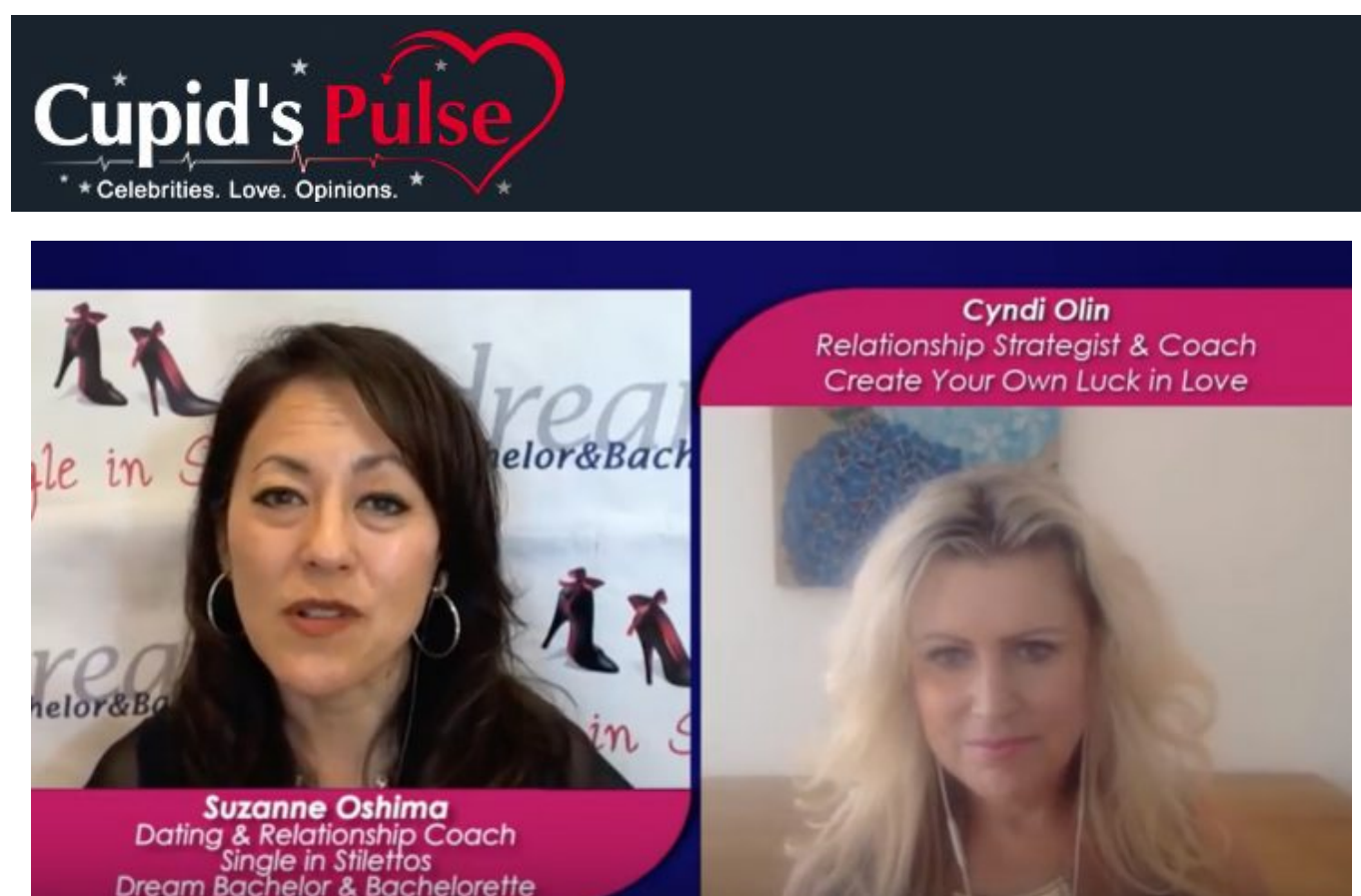
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5. Trying to be someone you're not: According to Newman, this is the number one mistake. Don't follow a set of rules or what you *think* you should do. Instead, figure out what works best for you as you're building a relationship and stick with it.

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



By [Whitney Johnson](#)

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

say.

Relationship Author Gives Expert Dating Advice

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

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

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

So what's a better way to approach an important conversation with your man? You want to make sure your partner is open to whatever you have to say, but, according to Dr. Diamond's expert dating advice, you have to remember that men communicate differently than women. As a woman, you're nurturing and often want to sit down and talk face-to-face. But back in the days of hunters and gatherers, men were used to only one set of eyes on them: those of predators. So instead, ask him to take a walk and then start your discussion *without* using those five terrifying words.

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



By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and relationship expert Suzanne Oshima talks to relationship author Tinzley Bradford to discuss the five biggest turn-ons for men and offer their best [relationship advice](#). Bradford shares five tips for how to attract men and reveals once and for all what turns a man on.

Relationship Author Gives Dating

Advice

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

Related Link: [Dating Advice Video: How to Tell Him You're Not Ready to Have Sex](#)

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

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

4. Be smart and witty: Bring some fresh ideas to the table! Wow a man with your knowledge and what you bring to the relationship. "He looks at it as an added bonus: Not only is she beautiful, confident, has her own, but she's smart, and she's bringing something new to the relationship," Bradford explains.

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

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

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

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