

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

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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.

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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.

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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.

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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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Dating Advice Video: 5 Ways Women Sabotage Themselves with Men





By [Whitney Johnson](#)

On this week's [Single in Stilettos dating advice video](#), founder and relationship expert Suzanne Oshima talks to relationship author Robert Manni to discuss how women sabotage themselves with men and offer their best [relationship advice](#). Here are five ways that women sabotage themselves when looking for love.

Relationship Author Gives Dating Advice

1. You're not in it to win it: You may say you want to find love, but instead of going out to a new spot where you can actually meet someone, you find yourself in a routine of dinner at home and TV time. "You have to put yourself out there. You have to be willing to fail to be able to succeed," Manni explains.

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2. You're always plugged in: Put your phone down! If you're

walking around New York City with your earbuds in and music blaring, you're presenting yourself as closed off and unavailable. It's hard for a guy to ask an open-ended question or chat you up when you're walled off through technology. Oshima adds, "Those are barriers to meeting someone organically."

3. You're not fishing where the fish are: "Go where the guys are!" the relationship author says. You can find guys are at sporting events, at the football field, at a tech store, at a whiskey tasting, or at the gym. Think about your brother and his friends – where do they often go?

4. You're always with a group of girlfriends: It's no secret that a pack of women can be overwhelming! Guys are wondering how to handle the group dynamics and just focus on the woman they're truly interested in. Instead, make it easier for them and single yourself out.

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5. You're too attached to your list: This is one of the most important ways that women sabotage themselves. "If you stick too closely to your list, you're going to narrow down your opportunities," Manni explains. "And the longer you're single, the longer your list grows." Make sure your list only includes a few core qualities that are value-oriented and be flexible about your physical type.

A bonus way that women sabotage themselves with men: **You throw someone back in the dating pool too quickly.** One bad coffee date does not mean the relationship is doomed! "Love grows if you keep an open heart," the relationship author says. "It can turn into something spectacular if you give love a chance."

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Expert Dating Advice: Flirting for Fun



By [Whitney Johnson](#)

On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert PJ Dixon to offer their best [dating advice](#) on flirting for fun. Find out how you can flirt as a women over 40 with the two dating tips below!

Expert Dating Advice to Help Women Flirt for Fun

1. Follow the “yes and” rule: Here, we’re taking a cue from improv comedy classes. Men like to banter and play, so by following the “yes and” rule, you accept what he’s doing (yes) and add to it (and). “Take his joking and continue to roll with it,” Dixon says. “This playfulness creates a sense of equality. In essence, you’re becoming partners with play.”

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2. Use your senses: Focus on your five senses: sight, smell, touch, taste, and sound. For example, use your eyes to stare at someone a little longer than normal and get their attention. If a man comments on your perfume, take his hand, spray a bit on his wrist, and say something like, “Now, you can think of me all day.” Touch him on his chest as a flirty way to tell him you like him. To use your sense of taste, share an appetizer or even feed each other. If you’re planning on kissing him, use a lipgloss with a subtle flavor. Lastly, soften your voice and slow down in your speaking to draw him in. “All of these senses are beautiful,” adds Dixon.

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Most importantly, as Dixon says, “There are all kinds of ways that you can flirt and tease and be playful.” Have fun with it!

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Dating Advice: Times Women Say 'Yes,' But Shouldn't



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Duana Welch to offer their best [dating advice](#) on how to stand firm on your beliefs. Find out how you can say no to things you don't want without losing his affection with the following dating tips!

Dating advice that will save you from making a mistake.

1. Don't agree to hang out. You need to show a man how you want to be treated by setting standards. Only say yes when he asks you out on a proper date. Reject all requests that are optional or casual hang outs like "Netflix and Chill." A man that wants you will get the hint and put in the effort for chase. So keep yourself busy until he puts in the work, and only make yourself available for real dates.

Related Link: [Dating Advice: What to Do When He Says, 'I'm Not in Love With You!](#)

2. Say yes to fun. Happy couples have more positive interactions than they do negative. Take time to enjoy your time together or else your relationship is doomed to fail. Also try to avoid gridlock, meaning your problems never get solved. If you only get what you want with a threat, it's never going to work. You have to care about each other's happiness.

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3. Ask if it's worth it. At some point in the relationship there will be a betrayal. One person will have expectations that aren't met in a serious manner. If you decide you want to salvage what you have together, you need to ask yourself if it's worth the effort before saying yes. You may just realize that it's not and save yourself from wasted time.

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Dating Advice: What to Do When He Says, 'I'm Not in Love With You!'



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Jed Diamond to offer their best [dating advice](#) on how to cope without his love. Find out how you can tell him without losing his affection with the following dating tips!

Dating advice that will help you deal with rejection.

1. Don't freak out. It's shocking to hear the man you love doesn't feel the same way, but you need to remain calm and

hear him out. There could be numerous reasons why he is saying this to you and it could be possible he misspoke. It's your job to listen and find out why his feelings have changed.

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

2. Find out more. Talking it out can be scary, but it needs to happen. The best way to heal is to find out more. You can't take this news as everything being over. He's telling you this information because the relationship means something to him and he wants to save it. Your relationship needs to go deeper to be fixed.

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3. Disillusionment. This step comes in after the panic and conversation has gotten over. Typically, both parties will acknowledge that the relationship isn't what it used to be and may blame each other. But you and your significant other need to be honest with yourselves and work together to get back on track.

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Dating Advice: How to Tell Him You're Not Ready to Have

Sex?



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On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Tinzley Bradford to offer their best [dating advice](#) on telling a man you're not ready for sex. Find out how you can tell him without losing his affection with the following dating tips!

Dating advice that will help you say no means no!

1. Tell him. You just need to be honest about how you're feeling. Whether it's due to a spiritual reason, or wanting to take things slow, you have to be open about why you don't want to have sex. If you don't, the man you're with may think

you're not attracted to him. So tell him how you feel before a misunderstanding occurs.

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2. Be careful. If you go out with him and you know you're not interested in having sex, you need to prevent yourself from entering awkward situations or temptation. This means you may have to decline invitations to spend the night. There's no reason to put yourself in an intimate position if you don't want to go all the way.

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3. Find out. Aside from being honest with a man, you need to find out his intentions for yourself. Ask him how he feels about you not wanting to have sex. This will help you weed out the men who only see you as a booty call. A man that's really interested in getting to know you will put in the effort regardless of sex.

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Dating Advice: 4 Ways To Make Your Man Happy!





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Robert Manni to offer their best [dating advice](#) on ensuring your man's happiness. Find out how you can have an amazing relationship with the following dating tips!

Dating advice that will help you keep your man happy.

1. Men are visual! Whether you like it or not, men are highly in tune with their visual and sexual side. For this reason, a man is happy when you keep up your appearance and the sex life is fresh. This shouldn't be one-sided however, make sure your man shows you the same courtesy. Just keep up the momentum like it's a new and exciting relationship.

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2. Keep it simple. Try to engage your man's simpler side. You don't have to cook or dote on him. You just have to spend time with him and partake in his interests from time to time.

Whether that's sitting home and drinking or going to his favorite restaurant. It doesn't hurt to share your passions, especially when good food is involved. Who doesn't like to eat?

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3. Be supportive. A man needs you to be there for him emotionally, physically and even when he's pursuing a career. Life is stressful enough, so it's great to have a partner by your side and vice versa. Find out your man's dreams, learn about him and find a way to get behind that so you can help him achieve these desires. It means a lot to support a man on his journey.

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4. Learn to forgive. Nobody is perfect, so it's important to give the benefit of the doubt when things go wrong. Just like you, men make mistakes. For this reason you need to know how to forgive. This doesn't mean you have to excuse something big like infidelity, but men need guidance to be the best version of themselves. He'll stumble and fall sometimes, but you can pick him up and make things better.

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Dating Advice: Maximize Your Online Profile to Attract the Right Man



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert PJ Dixon to offer their best [dating advice](#) on creating an eye-catching online profile that will attract any man on the dating scene. Find out how you can adjust your single status with the following dating tips!

Dating advice on maximizing your online profile to find a man.

1. **Name your wants.** Your profile statement should not just be

about you, but it should also list the kind of partner you're looking for. The statement should have conditions, provide details on what kind of action you want a date to take and clarify your reasoning for wanting these traits. At the end, you can include additional information so a man can get a better idea of who you are.

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2. Add a point of contact Going out on a limb and contacting a stranger on the internet for a date can be a daunting task, so make it easy for a man to reach you by providing a point of contact on your profile. This gets rid of some of the awkwardness in the early stages of dating and allows you both to jump right in and get to know each other. Whether it be a phone number or email, just add something so potential suitors know you're a real person.

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3. Pictures are important. Select about three or four photos where you look your best to add to your dating profile. Try to diversify your images to show your personality and attract the right man. Outdoor shots are good, but make sure you add front-on and dressy pictures that complement your figure. Casual shots with friends also don't hurt, but be aware that men are visual and may have wandering eyes for your good-looking friends.

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Dating Advice: Dealing With a Dating Burnout



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Duana Welch to offer their best [dating advice](#) on getting through a romantic burnout in the dating scene. Find out how you can fix your single status with the following dating tips!

Dating advice on dealing with a romantic dry spell.

1. Practice self-compassion. Don't be too hard on yourself! It

is normal to have a lull in your romantic life. You don't have to date all the time or make yourself feel bad about it. What you need to do is recognize your burnout and address how you can improve your love life without giving up. You need to stay positive about things.

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2. Challenge negative thoughts. If you ever fell pessimistic about your dating options, you need to oppose those dark sentiments. Looking for love is normal, it's not desperate or accidental. Majority of people want love in their lives, and you shouldn't be ashamed of wanting it too. Don't undermine your chances.

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3. Just do it. Even if you feel tired, you need to just put effort in. Sure, life is hard and so is dating, but you can't quit. When you're not having luck finding a job, you don't just give up. You do everything in your power to find employment. That same energy needs to be put in to find the right partner, which will hopefully last longer anyway.

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Dating Advice: The 5 Stages of Love and Why Many Stop at Stage 3



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Dr. Jed Diamond to offer their best [dating advice](#) on how to navigate through the stages of love. Find out how you can reach marriage without losing the spark with the following dating tips!

Dating advice on the stages of love!

1. Falling in love. This is the stage when couples are

hopelessly devoted to one another. Everything is new, exciting and passionate. Your heart will ache for your partner in a way that only new love can provide. Since this is the beginning of the relationship, there isn't much pain or history that 's wedged between you.

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2. Building a life. When you've settled on staying with your partner on a more permanent basis, you take steps to solidify your lives together. Whether it's moving in together or getting married, you're putting down your roots understanding you won't always be in love, but you'll have a deep love and connection with your partner.

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3. Disillusionment. This can happen at any time, and many couples don't make it through this stage, but stage three is a time of doubt. You'll find yourself incompatible with your partner and questioning whether you made the right choice. However, this disillusionment is a sign of a healthy relationship. It means you really see your partner for who they really are and heal emotional wounds.

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4. Real-lasting love. After getting through the tough times, you're able to enjoy the fruits of your renewed relationship. The projections you put on your partner will fade away, and you'll be able to love each other the way you deserve when your emotional scars from past relationships are healed. This is a time when you'll be able to love like you're in stage one all over again.

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[Woman](#)

5. Finding your calling. This is discovered together as a couple, and it's one of the most exciting times. If you're able to have a loving and meaningful relationship with your partner, you're able to share great gifts with the world, such as wisdom, positivity and forgiveness. Whatever it is you're good at as a couple, go out and do it!

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Dating Advice: Signs You're Settling for the Wrong Man





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Tinzley Bradford to offer their best [dating advice](#) on how to have a successful relationship without settling. Find out the best way to avoid wasting your time with the following dating tips!

Dating Advice That Will Help You Avoid Settling

1. You're unhappy. If you're in a relationship and feel like you're doing all the work, then you're settling for less. You need to make sure your partner is giving you the attention you deserve. A relationship shouldn't feel like a chore or make you miserable. Find someone that treats you like a queen.

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2. You're passive. When you just take whatever a man gives you and it doesn't feel satisfactory, you are settling! The person you're with needs to make it known that you're their significant other and they should be able to let the world know that too. You shouldn't accept a partner that treats you

badly. Don't settle for nothing.

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3. You're excusing. You could be settling and not even realize it. Making compromises is fine, but if you're making an excuse to accept a certain behavior you don't like, then you're settling for the wrong man. It doesn't matter if he's taken you on a few dates or has done a few nice things for you- if you see something you don't like, say something or move on.

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Dating Advice: 5 Signs He's Taking the Relationship Seriously





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Robert Manni to offer their best [dating advice](#) on how you can tell whether a man is taking the relationship seriously. Find out the best way you can advance your relationship with the following dating tips!

Dating Advice That Will Help You Figure Out Whether He's Taking You Seriously

1. Gets off dating sites. If he's willing to give you his time and focus, he may be taking you seriously. A guy that continues to go on dating websites while you're both in a relationship is someone you should be wary of. Some men may need a nudge to shut their profiles down, but it's always better if he does it on his own.

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2. He vacations with you. Going on a trip together adds a

whole new layer to your relationship. It's an intimate experience and you get to know each other on a deeper level. You'll see how your partner reacts to new places, people, cuisine, etc. This stands out for a man because it's not common for men to do such an activity with someone they're not serious about.

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3. Introduces you to friends. This shows your man is proud of you and wants to show you off. It's also a good opportunity for a man to see how you interact with the people in his life. He wouldn't invite you if he didn't think you'd mesh well, so relax and have a good time hanging out.

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4. Invites you home for holiday. When a man makes an effort to include you in holidays and special events, he's taking the relationship seriously. Inviting you means you'll meet his family and will be shown off yet again. These instances also help you figure out whether you should get involved with his family or run for the hills.

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5. Pays attention to you. Being able to remember little details shows he really cares about you. Men who don't take you seriously won't care to hear your needs, wants or background. If your man gives you the attention you deserve and takes interest in your life, then these are signs he may be thinking of a future with you.

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Dating Advice: How Women In Their 30s Can Find Love



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Melissa Braverman to offer their best [dating advice](#) on attracting men while in your 30s. Learn how you can end your single status and find the right man for you (without settling) with the following dating tips!

Dating Advice That Will Help You Find Love In Your 30s

1. Make an effort. Put yourself out there more and try to be less discriminatory when dating. Your dating pool is smaller because of your age bracket, so don't fall into a rut and go out of your comfort zone. Try to go out and meet people organically instead of falling into a routine and missing out on potential partners.

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2. Don't settle. You need to find the balance between pickiness and openness. This can be achieved by determining your wants and needs before entering the dating scene. You don't want to hurt your chances finding someone, but you also don't want to settle for a person you're not compatible with.

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3. Biological clock. Think about how important it is for you to have a biological child. Nature will not wait for you to find the right partner, so think of reproductive and parenthood options. Will you freeze your eggs? Are you okay with adoption? Do you want to have child before marriage?

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Dating Advice: 5 Things Men Find Beautiful in a Woman



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert PJ Dixon to offer their [dating advice](#) on what men find beautiful in women. Learn how you can attract the right man with the following dating tips!

Dating Advice On How To Be Perceived As Beautiful By Men

1. Softness and femininity. Men are often pushed to be rough and strong. Your gentleness will attract a man because it makes him feel safe, and that in turn puts him in his masculine. Men want to protect and serve you, so take the lead and encourage a loving relationship with your feminine energy.

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2. Be kind. Not just men, but all people love kindness. Being a nice person shows you're approachable and pleasant to be around. Men look for that quality in a partner because they want to make sure they'll be treated right. If you're standoffish, take a moment to decompress and smile. It'll put you in a better mood and men will notice.

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3. Men are drawn by smell. Aside from physical appearance, men are attracted to your scent. Fragrance experts say two popular smells that'll draw a man in are vanilla and cinnamon. It's a primal and sensual instinct that many men enjoy. Scents makes a man want to pursue you because it reminds them of a hunt.

Related Link: [Dating Advice: Don't Lose Weight to Find Love!](#)

4. Protect him from himself. Men are pressured to serve as the protector, and they don't like showing vulnerability as a result. But sometimes you need to step in and help them out. Show your support and love, especially during hard times, and your man will feel inspired to do more with his life.

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5. Just be yourself. Nothing is better than being the person you really are. Be the best version of yourself everyday, and a man will appreciate that. A man wants to come home to positive energy, so try your best to show your happiness and sensuality from time to time.

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Dating Advice: Don't Lose Weight to Find Love!



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Duana Welch to offer their [dating advice](#) on why you shouldn't lose weight to find love. Learn how you can be confident and find a partner with the following dating tips!

Dating Advice On Handling Weight And Relationships

1. Men prefer voluptuous silhouettes. This one may seem obvious, but it must be reiterated that men generally prefer

women with a little cushion. It's a biological instinct because men are searching for women who exhibit signs of fertility. As a result, narrow waists and wide hips are universally preferred body shapes. So if you're on the heavier side, go easy on yourself. There are countless men out there who love your body the way it is.

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2. Just be healthy. You don't need to have a perfect body, you just need to have a healthy one. Eat a balanced diet and try to work out regularly. Also make sure to wear flattering clothing, anything that doesn't make you feel good needs to get tossed in a donation bin. If you have to pick between your face or body, make sure to pick your face. It'll make up for any flawed body parts long-term.

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3. Find a man who accepts you. Be the best version of yourself always. There's no reason for you to change your physical appearance to please someone who may not even see a future with you. Men who only care about physical attributes are more concerned with immediate satisfaction, ie. one night stands. Men who are less judgmental are not only good for your self esteem, but they're more likely to commit.

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Dating Advice: 5 Signs He's Falling for You!



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Tinzley Bradford to offer their [dating advice](#) on how to figure out if he's fallen for you. Discover how you've become irresistible to your man with the following dating tips!

Dating Advice That Will Help You Find Out If Your Guy Has Fallen In Love

1. When he shows you he cares. You know a man is falling for you when he makes sure you know he was thinking about you.

Whether it was a good morning text or a phone call later in the day, he puts in effort to show you he cares. So bask in the attention he's giving you, it'll feel nice.

Related Link: [Dating Advice: 5 Things He Must Have](#)

2. He vocalizes his feelings. And you know for sure he's falling for you when he takes the time to say that he is. A man that isn't afraid to open up and show his vulnerable side is someone that's worth holding on to. However, you also need to make sure his actions also match his words.

Related Link: [Expert Dating Advice: Signs That He's Not Interested in You](#)

3. He'll remember little details. It's a great sign when he shows that he listens to you. You need to appreciate the effort a man puts into committing aspects of your life to memory. He wouldn't be doing that if you meant nothing to him. Aside from that, he also wants to impress you by showing he remembers.

Related Link: [Expert Dating Advice: How to Be a Smarter Dater](#)

4. People in his circle know you. A man is not going to introduce you to his family and friends if he doesn't like you. So take note if the people in his life know about you, or if he's making it a point to invite you to social events. If he wants the world to know that you're both an item, then he's definitely fallen for you.

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

5. He's talking about marriage. If you hear him talking about marriage after spending some time together, then he's fallen for you. Men don't have these serious conversations with just anyone. He's having these talks with you because he's picking your brain and making preparations for a future.

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Dating Advice: The One Thing Men Want More Than Sex!



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Jed Diamond to offer their [dating advice](#) on how to figure out what men want in a relationship more than sex. Learn how you can attract and satisfy a lifelong partner with the following

dating tips!

Dating Advice That Will Reveal What Men Really Want

1. Want a safe harbor. Living in the world can be tough. It can be competitive and stressful. This is what makes men want security in a relationship. More than anything else, a man wants to be nurtured and taken care of physically and emotionally. So give your man the same love you want to feel.

Related Link: [Dating Advice: What You Don't Know About Men!](#)

2. Show him acceptance. A man doesn't want to be criticized all the time and feel like he's not enough for you. Constant nagging and asking for change is a form of rejection. So make sure your words are constructive, and let your man know you appreciate him for the person that he is, flaws and all.

Related Link: [Dating Advice: The Biggest Turn On's for a Man](#)

3. Be able to love yourself. Oftentimes, people go into relationships with baggage. This is especially true when it comes to women. If you want to have a successful relationship, you need to know how to leave a painful past behind you. A man wants to support you, but he won't be able to if you have walls built up.

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Dating Advice: What You Don't Know About Men!



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Robert Manni to offer their [dating advice](#) on how to figure out what men do and don't want in a partner. Learn how you can attract a lifelong partner with the following dating tips!

Dating Advice That Will Reveal Male Secrets

1. Want you to win. Men want to see women actualize their dreams in personal and professional settings. They're supportive and want their partner to be happy when it comes to love. Don't be misled by aloof behavior. If you're both in a

committed relationship, he cares about you more than you realize.

Related Link: [Dating Advice: Who Should Pay For a First Date?](#)

2. Sports win their heart. You can really get to know a guy when it comes to sports. Most men are interested in some type of sport, so get involved in his interests if you also like sports. If you can't bring yourself to enjoy sports, then give him time to engage in his own sport-like hobbies. Don't limit him from things that bring him joy.

Related Link: [Dating Advice Q&A: Am I His Catfish?](#)

3. Guys can't read signals. More often than not, men are blindsided by breakups. The reason for this, men are bad at reading signals of a strained relationship. Men aren't mind readers, so if you're unhappy, you need to express this at some point. This way your man can work with you to fix the problems you're experiencing.

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Dating Advice: How to Manifest Your Man (A Man's Perspective)



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert PJ Dixon to offer their [dating advice](#) on how to manifest a man's potential. Learn how you can find yourself with a lifelong partner with the following dating tips!

Dating Advice On Getting The Most Out Of Your Man

1. Identify your best qualities. First and foremost, you need to be confident and comfortable in your own skin before you pursue a relationship. When you're in touch with your best qualities, you put your foot forward with a smile on your face. This way you'll attract the right man and be able to recognize the traits you want them to have in common with you.

Related Link: [Dating Advice: How to Answer 'Why Are You Still Single?'](#)

2. Identify your 'two top threes.' Make a list of your absolute "must have" qualities, and another list of the things you won't ever accept. Each list should be narrowed down to the three most important traits you're looking for in a mate. Try to center your lists around aspects that move you emotionally, rather than the superficial: "I want someone tall, dark and handsome."

Related Link: [Dating Advice: 5 Things He Must Have](#)

3. Identify your areas of improvement. Take time to critique yourself and find traits that can make you a better match for your partner. It's easy to name all the qualities you want in a man, but it can be difficult to admit you're lacking in an aspect of your relationship. If your man has an interest you're not involved in, make an effort to connect with him. If you have jealousy or trust issues, find ways to healthily cope. Become the ideal woman for your man!

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Dating Advice: How to Answer 'Why Are You Still Single?'





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Duana Welch to offer their [dating advice](#) on how to handle the difficult question: "Why are you single?" Learn how you can answer this inquiry in a smart way with the following dating tips!

Dating Advice On Handling Questions About Your Single Status

1. Explain your position. If the question offends you, you can tell the asker you don't like being asked this and why. Or another option you can try is being honest about why you're single in a way that's lighthearted. "My man-picker is broken," "I'm in a relationship with chocolate," or "I'm in a relationship with myself" are all nice ways you can answer this question without adding awkward tension.

Related Link: [Dating Advice: 5 Things He Must Have](#)

2. Consider before you speak. Yes, this question is loaded and invasive, but it's also important that you know the asker's intent before answering. Are they being snarky? Or are

they showing sincere concern? If they're not asking from a place of love, then you can respond to their inquiry as respectfully as possible and redirect the conversation back on them. No need for drama.

Related Link: [Dating Advice: How Long Should You Date Around, After You Meet a Man You Like?](#)

3. Use your own dating service. If the person who asked you this question actually cares about your single status, you can turn this around by using their network. Tell them you're not sure why you're single and ask if they want to help you. This could potentially get you a date with someone special. People love being matchmakers, so enlist their help if you trust them.

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'Orange Is the New Black' Actress Alysia Reiner Talks Cool Effect & Season 5 of Her Hit Netflix Show in Celebrity Interview



By [Delaney Gilbride](#)

We all know Alysia Reiner as ex-assistant warden Natalie “Fig” Figueroa from the smash hit Netflix show *Orange Is the New Black* (*OITNB*), but did you know she’s also a passionate environmental advocate? The actress is adamant about spreading knowledge and awareness concerning the damages done to our Earth day after day, which is why she joined Cool Effect, a non-profit environmental group that allows individuals to create a tangible impact on climate change through a digital platform. In our [celebrity interview](#) with the star, she shares her best Earth-saving tips and also opens up about what’s next on *OITNB*.

Celebrity Interview with Alysia Reiner

Talking about her passion for protecting our planet, Reiner believes that *right now* is a “very crucial time” when it comes

to saving our only home – Earth. When the actress asked herself what she could do as only one person to save our environment, she decided to focus on taking small steps. She became a member of Community Supported Agriculture (CSA); she began using public transportation; and she started carrying her drinks around in travel mugs rather than plastic cups. She says that, on an individual level, it's important to begin with the little things like buying your groceries locally, eating less meat, and being aware of the clothes you buy. "I'm wearing, right now, a piece of clothing that uses waste [and] scraps from other pieces of clothing," she shares. "It's called 'Zero-Waste.'"

Related Link: [Top 5 Fashion Trends Blossoming for Spring](#)

Reiner states that "we have to become aware" that there are ways to cool down our environment. This, among many others, is one of the reasons why she teamed up with Cool Effect's new "Tons of Reasons" carbon-reducing projects campaign. This campaign is actively perusing new ways to eliminate the use of carbon, which is heating up our world at a steady rate.

The *OITNB* actress also talks about how Cool Effect is reaching its way to India, where individuals are turning their waste into clean, usable energy. "Take action in a way that gives [us] hope," she encourages in our celebrity interview. Taking the simple step of joining organizations such as Cool Effect will help our planet in a huge way.

Related Link: [Date Idea: Embrace a Physical Activity](#)

Lucky for us, Reiner didn't forget about the return of *OITNB* on Friday, June 9th (although that date may change given the recent hacker release of the first 10 episodes). "Yes, Fig is back," she says, "and [the season] takes place in three days." We can't help but love Fig and her continual returns to Litchfield Penitentiary in order to twist the knife just a smidgen more to make life hell for those who have wronged her.

Reiner is also working on season 2 of the FX show *Better Things* with comedian Louis C.K. and actress Pamela Adlon.

To help make the world a better place, please visit CoolEffect.org and TonOfReasons.org now. You can follow Alysia on Twitter [@alysiareiner](https://twitter.com/alysiareiner).

Dating Advice: 5 Things He Must Have



On this week's episode of *Single in Stilettos*, founder and matchmaker Suzanne Oshima talks to relationship expert Tinzley Bradford to offer their [dating advice](#) on what it is that a man needs to have before you attempt a relationship with them.

Learn how you can win the right man over and stay happy with the following dating tips!

Dating Advice That Will Help You Find A Quality Man Without Settling

1. Must have vision. A man must be able to see a future with you for the relationship to get serious. Someone who can't imagine themselves with you long-term isn't the right person for you. Commitment is a goal you should both share and work toward. If there's no common vision, then what's the point?

Related Link: [Dating Advice: Who Should Pay For a First Date?](#)

2. Must have a job. Any potential mate should have had a stable job at some point in their life. If you end up with a man who is inconsistently employed, then this can be a telltale sign of what the relationship could be like. You don't want to worry about your partner all the time, so find someone who can take care of their self.

Related Link: [Dating Advice: The Biggest Turn On's for a Man](#)

3. Must have transportation. Depending on whether you live in a place that has reliable public transportation or not, you need to consider how important it is to you that a man have a car. It might be a red flag if he depends on you to take him places and run errands all the time. If a man doesn't have a car or license, it's at least important that he's responsible enough to arrange transportation when needed.

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

4. Must have positivity. A quality man should have confidence, morals and be respectful towards you. If he has issues with people around him like family or friends, that could be a red

flag that there is something wrong with his attitude. Don't settle for someone who exudes negativity or has other bad traits.

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

5. Must have something going for him. You should find a man who has a hobby that keeps him busy. Someone that is clingy and has no interests is a person that will get bored and try to bring you down when you're not paying attention to them. Your mate needs to support your passion and vice versa for a successful relationship.

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Dating Advice: Who Should Pay For a First Date?





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Robert Manni to offer their [dating advice](#) on who should be paying for first date activities. Learn how you can handle this delicate situation with the following dating tips!

Dating Advice That Will Help You Determine Who Pays On First Dates

1. Whoever asked first. It can go either way nowadays, but the person who made the first move and asked for the date should be the one to pay. And since men are usually the ones to ask for a date, the responsibility of paying tends to fall on them. It's also a nice touch if a guy picks up the check on the first date for first impression purposes.

Related Link: [Dating Advice: How Long Should You Date Around, After You Meet a Man You Like?](#)

2. Give and take. If you feel uncomfortable letting a man pay on a first date, then make attempts to contribute in some way. Picking up the tab on a glass of wine or treating a guy to movie tickets are nice ways to get equal footing in a new

relationship. This sets precedent on how payment will be handled on future dates without the awkward “who pays” discussion.

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

3. Be thankful. Nobody wants to feel taken advantage of, so say thank you after someone takes you out on a date. Men in particular get frustrated when women expect to be taken out and aren't appreciative. So mind your manners and show you're grateful when taken out. The same applies when a man doesn't show appreciation after you pay for a date. If he can't say thank you, you don't have to be with him.

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