Celebrity Divorce: Mel B's Sister Slams Her Ex Stephen Belafonte After Abuse Claims

By Noelle Downey

One dramatic celebrity divorce took a turn for the disastrous recently when Danielle Brown, former Spice Girl Mel B's sister, lashed out at her past brother-in-law, Stephen Belafonte, amid allegations that Belafonte had emotionally and physically abused her sister during their almost ten years of marriage. According to *People.com*, in spite of the sister's eight years of estrangement, Brown took to Instagram to defend sister Mel B., writing to Belafonte, "you are a sorry excuse of a man" and telling the world that she hopes Belafonte and the celebrity couple's former nanny, whom Belafonte allegedly

impregnated, would “go to jail and rot in hell!” She ended the post with a series of hashtags, calling Belafonte everything from a “wife beater” and a “psychopath” to an “animal killer” and a “devil man.” Belafonte, meanwhile, remains adamant that no such abuse occurred, maintaining that the allegations “shocked” him, despite Mel B.’s attempts to file a restraining order against him.

This celebrity divorce has drama written all over it. What are some ways to cope with negativity during your divorce proceedings?

Cupid’s Advice:

In this celebrity break-up, things are heating up in a noticeably nasty way! While every divorce comes with its own set of problems to be resolved, some are far more complicated than others. If you’re experiencing a difficult divorce, never fear! Cupid is here with the top tips on how to cope with conflict during your divorce proceedings:

1. Rely on your close friends and family: Despite the fact that these celebrity siblings haven’t spoken in years, Danielle Brown is still clearly rooting for her sister. If you’re going through a difficult time with your divorce, reach out to friends and family that you trust and let them know how they can help you. Chances are they are dying to assist you in dealing with your drama in any way they can because they care so much about you!

Related Link: Mel B. Speaks Out About Husband Stephen Belafonte’s Alleged Abuse

2. Get some professional help: There’s no shame in visiting a therapist when you’re going through a tough emotional time, or

even if you just need an unbiased listening ear to help you sort through your feelings. Whether you were in a celebrity relationship or not, a failed marriage can feel like earth-shattering headline news. Making sure you have someone to talk to can help you get perspective on this painful time in your life.

Related Link: Mel B. Walks Out on Husband Amid Domestic Abuse Rumors

3. Spoil yourself a little: Are you feeling as though your world is crashing down around you in the midst of your divorce? Then don't delay, give yourself a reason to smile again by luxuriating in a little self-care. Visit a spa, plan a relaxing trip, splurge on an expensive item just for you or even just escape to a luxury hotel for a night. By treating yourself, you'll be reminded that in spite of your conflicted feelings, you are still worth being cared for and pampered.

Celebrity exes Mel B. and Stephen Belafonte are locked in a dramatic and emotionally devastating divorce battle. What are some ways you deal with emotionally difficult times in your life? Let us know in the comments!