

# Celebrity Couple News: Kristin Cavallari Says Her Marriage to Jay Cutler 'Isn't Perfect'



By [Marissa Donovan](#)

[Kristin Cavallari](#) understands the hardships that come with marriage. The *Laguna Beach* alum is the mother of three children, and the wife to an NFL quarterback. According to [UsMagazine.com](#), Jay Cutler has recently left his position for the Chicago Bears to pursue NFL commentating. Their family has relocated to Nashville for his new job. It has been a difficult adjustment for the [celebrity parents](#), but the [celebrity couple](#) manages to work out their problems through

the techniques they have learned in couples therapy.

## **This celebrity couple doesn't claim to have it all figured out! What are some ways looking at your relationship realistically can help?**

### **Cupid's Advice:**

Sometimes it's hard to communicate your problems as a couple with your partner. Here are some tips for keeping your relationship on the same page:

**1. Couples therapy:** Like Cavallari and Cutler, try couples therapy and figure out your problems. A therapist can hear what each of your problems are in the relationship in an unbiased way and can help you both find a solution for communicating those problems to each other.

**Related Link:** [Celebrity News: Find Out What Kristin Cavallari's First Impression of Jay Cutler Was](#)

**2. Take a vacation together:** Find a way to have a couples' getaway during your busy lives. Have a weekend [getaway](#) in a new city, or take a week off from your responsibilities in a tropical oasis. Spending time together will make it easier to express how you feel without work schedules from keeping you tied down.

**Related Link:** [Celebrity News: Kristin Cavallari Reveals Her Third Wedding Anniversary Celebration With Jay Cutler](#)

**3. Spend time apart:** Have alone time away from each other once in awhile. Spend a few days apart to reevaluate your problems as a couple. This time apart does not suggest that you see

other people, but it's a time to reflect on how each of you can improve the relationship.

**What relationship advice do you have for a couple struggling in their relationship? Leave your thoughts in the comments!**