


Sources Say Rob Pattinson and Kristen Stewart Are a Couple Again



 By Jennifer Ross

The love story of Robert Pattinson and Kristen Stewart – take two! Several sources have confirmed to [People](#) that the Twilight on-and-off-screen couple is back together at last. To recap, the two broke up back in July when Stewart, 22, admitted to having a short affair with her *Snow White and the Huntsman* director, Rupert Sanders, who himself was a very married man. Soon after, Pattinson, 26, put their L.A. home up for sale and moved out. After much time separated, the two decided to meet up in L.A. around September 15 and have been practically inseparable since then. The newly reunited couple has yet to make their formal public debut on the red carpet, which is scheduled to happen while promoting *The Twilight Saga: Breaking Dawn – Part 2* movie at the end of this month.

How do you know when to forgive and forget in a relationship?

Cupid's Advice:

No matter what horrible thing has happened, letting go of the bitterness and anger surrounding it will benefit your love life. It's imperative that you do this, if not for the sake of your relationship, then for your health and peace of mind. The alternative only imprisons you in a cell you create. Understanding these few tips below will give you strength to let go and lead you towards a better attitude within:

1. Get rid of the resentment: When being interviewed by the *New York Times* in 1998, author Malachy McCourt said,

“Resentment is like taking poison and waiting for the other person to die.” He could not be any more correct. Holding on to resentment will not only kill your inner self, it definitely stops your relationship from strengthening and growing. Learn to let it go.

2. Look for the lesson: Some spiritual people believe that bad events are a test of our character, a challenging of our inner strength. Whether you believe this or not is up to you. However, when working on forgiving and forgetting your partner, focus on the lesson behind your situation. Something emotionally within you may be hindering your self-growth. Here is a perfect chance to find out what.

3. Purposefully forgetting: Obviously some situations are going to be too difficult to naturally forget. In these instances, look at it from a different perspective. Each time you remember this bad moment, teach yourself to associate it the happy times that came as a result of it. It is not a matter of never forgetting the pain, but a determination of consciously choosing to remember the good.

Were you able to forgive and forget in your relationship? If so, how did you do it? Share your story with us below.