

Mel B. Speaks Out about Husband Stephen Belafonte's Alleged Abuse



By Maggie Manfredi

If you wanna be my lover, you gotta get with my fans! According to UsMagazine.com, Melanie Brown, better known as Mel B., finally addressed the public on the rumors that her husband has been abusing her. The Spice Girls alum recently shared on Instagram, "This is for my fans havin problems with my Twitter will be back soon! I'm very good was very polly but much better now and for the record my hubby never would lay a hand on me sorry took so long but any response fuels rumors #lovemyfamily #lovemyfans."

What are some ways to keep rumors about your relationship to a minimum?

Cupid's Advice:

The rumor mill can be a dark place for relationships, so Cupid has some tips on how to survive it:

1. Stay off social media: If you're having a bad day or a silly fight, don't post about it. It can be easy to feel the urge to vent to your friends, but often times, it does more damage than good. Things live on in social media history, so take a deep breath and really think before posting your feelings on Facebook, Twitter or Instagram.

Related Link: [Bruce Jenner Attends Ex-Wife Kris' Annual Christmas Eve party](#)

2. Your problems are your problems: If you don't want rumors to spread, don't give people anything to share. It's as simple as that. If you do feel the need to address them (like Mel B.), keep it simple and to the point. Don't write a novel or go into too much detail.

Related Link: [Nicki Minaj Blasts Her Ex-Boyfriend on Twitter](#)

3. Don't sweat the small stuff: If there are silly rumors out there that are false, don't let them tear you and your partner apart. Just laugh it off because giving the rumors attention only heightens them. Remember to keep the truth in the back of your mind, no matter what lies are floating around.

What's your best advice for handling rumors? Share your tips below!