

Celebrity Break-Up: Bradley Cooper & Irina Shayk Split After 4 Years Together



By Katie Sotack

[Celebrity couple Bradley Cooper](#) and Irina Shayk broke up after four years together, according to *UsMagazine.com*. The news arrived not long after reports came out that the couple were going through relationship problems, which began earlier this year amid talk of Cooper's chemistry with *A Star Is Born* costar, Lady Gaga. Shayk claims to know they were both "in character" and denies the relevancy to the break-up. The two are still living in Cooper's house for now as they care for their two-year-old daughter, Lea.

This celebrity break-up comes after speculation that the pair's relationship was on the rocks. What are some ways to work through a tough time in your relationship?

Cupid's Advice:

Relationships aren't always smooth sailing. They take time and effort from the individuals involved. When your relationship requires work, here are some steps you can take to mend bridges:

1. Honesty is the best policy: it may be tempting to soften-blows and tell white lies, but the truth is mandatory in a relationship. Sooner or later your partner will find out, it's better you're the one to tell them.

Related Link: [Back On! Celebrity Couple: Ben Affleck & Lindsay Shookus Are Back Together After Split](#)

2. Listen to your gut: If you feel like something's wrong, something probably wrong. Your intuition is your best friend and it's trying to help you out. Sort through your feelings and talk to your partner about what your body's been telling you.

Related Link: [Celebrity Exes Jennifer Lawrence and Nicholas Hoult Reunite in 'X-Men' Movie Scenes](#)

3. Know when to seek outside help: sometimes your relationship problems are bigger than the two of you can handle. There's no shame in that and plenty of trained professionals are willing to mediate. Whether you see a relationship counselor or sit down for legal mediation, considering bringing in a conflict expert.

What are some ways you manage conflict with your partner?
Share in the comments below.

Celebrity Break-Ups: Lady Gaga Breaks Silence on Split from Ex-Fiance Christian Carino



By Katie Sotack

[Lady Gaga](#) wowed audiences in Las Vegas this past weekend with star-studded covers and a monologue of personal feelings. Gaga

opened her song "Someone to Watch Over Me," with a brief statement about her breakup from ex-fiance, Christian Carino. She said, "Last time I sang this song, I had a ring on my finger, so it'll be different this time." According to *EOnline.com*, the split happened back in February, and this is the first she's spoken about it publicly. Her confession moved the audience, and she proved she's a singing star with or without Carino.

In celebrity break-up news, Lady Gaga finally addressed her split from Christian Carino. What are some ways opening up about a break-up can help you move on?

Cupid's Advice:

Staying silent about pain in your life is not always the best plan of action. It can build up until you explode in ways that aren't pleasant. Cupid has some ways opening up about a split can help you move on:

1. Talk to loved ones: Ending a relationship also drops the levels of intimacy you once had. Open up to your loved ones to quench your need for intimacy and vulnerability through other trusted people in your life.

Related Link: [Celebrity Break-Ups: Fans Speculate That Porsha Williams and Dennis McKinley Call It Quits](#)

2. Redefine yourself: For the past *insert-relationship-length-here*, you've been branded as a couple. Post up your best selfie and re-introduce yourself to the world as a single. Meaning you're just you and that's enough.

Related Link: [Break-Up: Kendall Jenner & Ben Simmons Split Months After Reconciliation](#)

3. Get physical: Don't be afraid to tell your friends "I just need a hug right now". Pump up a feel good hormone, oxytocin, by admitting you miss a physical connection with your ex. Then, get hugging.

How has opening up about your breakup helped to kick start the healing process? Share in the comments below.

Movie Review: A Star is Born



By [Lauren Burczyk](#)

A Star is Born is a musical romantic drama starring [Bradley Cooper](#) and [Lady Gaga](#). The 2018 version of the movie, produced and directed by Cooper, was originally filmed in 1937, bearing the same film name. In the film, Cooper plays Jack Maine, a country music phenomenon with a serious drug and alcohol problem. He meets Gaga who plays Ally, an aspiring singer, at a drag bar. After being amazed by her performance, Jack invites her to go on tour with him. The two quickly fall in love and when Jack, despite his ongoing personal demons, asks Ally to marry him, they have a [celebrity wedding](#) the same day. Get your box of tissues ready and hold your partner tight because this gut-wrenching, passionate love story about this [celebrity couple](#) will leave you in tears. Read our [movie review](#) to learn who to take!

A Star is Born is the perfect love story for your next date night!

Should you see it: If you're looking for a movie with a captivating romance, excellent performances, and you enjoy emotional, heartfelt stories, then this one's for you!

Who to take: Take someone you don't mind getting emotional in front of. Your significant other would be a great choice, or take your best friend. I would advise against taking young children or making this your choice for a first date.

Cupid's Advice:

We're inspired by the unconditional love that is felt between Jack and Ally. It can be tough when you love someone that has personal demons that they are trying to deal with. Cupid has some [relationship advice](#) on how to support your partner in their time of need:

- 1. Try not to be an enabler:** If you and your partner were

regulars at the local bar, it's time to make that habit a thing of the past. For your partner to get over their addiction, they have to stay away from anything that can entice their behavior.

Related Link: [Relationship Advice: How to Cope with a Loved One Who Is an Addict](#)

2. Stop making excuses for them: For your partner to get better, it's important for you to stop allowing them to skip family gatherings or not come to the phone when their mother calls. It's best that you don't try to handle this all on your own, so including other family members on treatment plans is a good idea.

Related Link: [Relationship Advice: Don't Let Distance & Lifestyle End Your Relationship](#)

3. Attend therapy sessions together: The last thing on your mind may be couples therapy, but it actually can help and may prevent your relationship from suffering. Remind your partner that you're in this together and that you would like to keep your relationship strong.

Have you helped your partner through a difficult time? Share some of your advice below!