

Celebrity News: Courteney Cox Says Split From Johnny McDaid Was 'So Brutal'



By [Stephanie Sacco](#)

In [celebrity news](#), Courteney Cox is typically linked to David Arquette, but more recently, she started dating Johnny McDaid of Snow Patrol. The [celebrity couple](#) got engaged in June 2014, but have hit a few rough patches. According to [UsMagazine.com](#), they broke up in December 2015. Cox said, "I definitely have learned a lot, and no matter what, I will be a better person from that breakup, even though it was so brutal." However, the couple are now giving it another go.

In celebrity news, Courteney Cox is opening up about her split. What are some ways to get over a particularly brutal split?

Cupid's Advice:

Break-ups are always followed by heartache, whether you are the heart breaker or not. It's never easy to end a relationship, no matter how long it's been. Cupid is here to help with some [relationship advice](#):

1. Closure: Always try to get closure at the end of a relationship. It will help with the moving on process as well as keeping the break-up in a positive light. Save the important stuff, but trash the rest.

Related Link: [New Celebrity Couple? Courteney Cox & Will Arnett Grab Dinner After Her Split](#)

2. Friendship: Surround yourself with a good support system in the form of great friends and family. Stay close to them in your time of need and be grateful that you have such strong bond. Be sure to be there for them in their break-ups as well.

Related Link: [Are Former Celebrity Couple Courteney Cox & Johnny McDaid Getting Back Together?](#)

3. Laughter: Laughter is always the best medicine so laugh as much as possible. Laugh through the pain, laugh with your friends, and laugh when you feel like crying. Once you start accepting the break-up, you'll feel a whole lot better.

How do you handle a messy split? Comment below!

Are Former Celebrity Couple Courteney Cox & Johnny McDaid Getting Back Together?



By [Cortney Moore](#)

In exciting [celebrity news](#), Courteney Cox was spotted with her ex-fiance Johnny McDaid on Easter Sunday. This [celebrity couple](#) split in Nov. 2015, but according to a source from [UsMagazine.com](#), the pair may have reignited a spark after spending time with each other recently. A representative of Cox said, "They really care about each other and they are spending time together," in regards to the [celebrity](#)

[relationship](#).

We're excited to see if this former celebrity couple will reconcile! How do you know whether to give your ex a second chance?

Cupid's Advice:

It can be hard getting over an ex, and sometimes you just don't want to. Depending on the reason for the break-up, it might not be a bad idea to give it another shot. Cupid is here to offer [dating advice](#) on whether you should get back together with your ex:

1. Ask questions: Before contacting your ex to declare your undying love, you need to ask yourself the tough questions and figure out why you want to be with this person. Did things end badly? Will things be different this time around?

Related Link: [Former Celebrity Couple News: Selena Gomez Spotted at Justin Bieber Concert After Kissing Post](#)

2. Make a move: Once you have decided whether or not your ex is worth pursuing, reach out to them. This is the only sure way to find out if their feelings are mutual. If they feel the same way it can be the start of something new.

Related Link: [Relationship Advice: Love the Second Time Around](#)

3. Evaluate the situation: After contacting your ex, make a judgement call on whether it is safe to resume a relationship. Are they still the same person you broke up with? Is there room for compromise to make this work? You need to be absolutely sure of your decision to avoid wasting anymore time on the same person.

Have you ever given an ex another chance? How did it work out for you? Share your experience in the comments below!

New Celebrity Couple? Courteney Cox & Will Arnett Grab Dinner After Her Split



By Abbi Comphel

There may be a new [celebrity couple](#) in Hollywood. According to [UsMagazine.com](#), Courteney Cox and Will Arnett grabbed dinner on Tuesday in Beverly Hills. Cox just recently split from her

celebrity ex, Johnny McDaid. Arnett and Cox have been friends for some time. Their celebrity relationship may be something more. We will just have to wait to see!

This potential new celebrity couple isn't trying to hide! How do you know you're ready to move on from an ex?

Cupid's Advice:

A break-up can be taken really hard or you can move on quickly. Cupid has some [relationship advice](#) on when you will know that you are ready to move on from your ex:

1. Just a memory: If you feel like your ex is just another lesson learned, then you have really moved on. Now your relationship has just become a memory in the past. This means you are able to move on and start new relationships.

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2. Not bitter: When you see your ex mingling with other people it does not bother you anymore. They aren't in your thoughts anymore and you don't feel bitter about your break-up. You will feel like it was meant to be.

Related Link: [New Celebrity Couple? Selena Gomez & Niall Horan Stoke Romance Rumors](#)

3. Happy with yourself: You will find peace with yourself and your ex. You will no longer feel empty or miss the routine you once had. The best way to know you have moved on is if you wake up in the morning feeling happy and blessed for the life you have.

When do you know you're ready to move on from your ex? Comment below!

Celebrity Photo Gallery: Famous Couples That Co-Parent





Jennifer Lopez and Marc Anthony

Although they're no longer together, the two singers co-parent and do business together. These celebrity exes didn't let their break-up get in the way of their children or career.

Photo: Charles Norfleet / PR Photos

Top 5 Secret Celeb Matchmakers





By [Courtney Omernick](#)

Sometimes, even the most famous of celebrities need a bit of help finding “the one” with whom they want to spend the rest of their life.

Cupid has five celebs who have played matchmaker to the most A-list of celebrity couples.

1. Robert Downey Jr.: Downey introduced mutual friends [Jennifer Aniston](#) and Justin Theroux to one another back in 2007. The famous celebrity couple celebrated their celebrity wedding this past week.

Related Link: [Anna Kendrick Speaks Out About Celebrity Marriage](#)

2. Ellie Goulding: Goulding is proud to announce that she is the reason behind the celebrity relationship between Calvin Harris and [Taylor Swift](#). Goulding jokingly commented that she

set the two up because, “They’re both really tall.”

Related Link: [5 Celebrity Marriages That Are Rock Solid](#)

3. Anne Hathaway: Back in 2008, Hathaway decided to introduce the now married celebrity couple, John Krasinski and Emily Blunt. At the time, Krasinski said that he “wasn’t really looking for a relationship,” but when he saw Blunt, he knew he was going to fall in love with her.

4. Ed Sheeran: Who would’ve guessed that Sheeran and Courteney Cox were good friends? Such good friends, in fact, that he set her up with her now fiancé, Johnny McDaid.

5. Jimmy Kimmel: Back in 2008 at a Comedy Central show, Kimmel decided to introduce [Kanye West](#) to [Kim Kardashian](#). The pair didn’t get together until 2012, but Kardashian noted that when they met, “There was definitely a spark.”

Who are some other celeb matchmakers? Share in the comments below!

David Arquette Says He Doubts He’ll Attend Ex Courteney Cox’s Celebrity Wedding





By [Courtney Omernick](#)

Even though David Arquette has remained close with his celebrity ex Courteney Cox, he doubts that he will be attending her upcoming [celebrity wedding](#) to *Snow Patrol* band member, Johnny McDaid. According to [UsMagazine.com](#), Arquette said about his relationship with Cox and her fiancé, “We are all very tight and very close and very supportive of everyone.” These two celebrity romances have proven that, even among the stars, friendship with exes *is* possible!

Celebrity romances don't always end in drama! What are some ways you can also remain supportive of your ex post-split?

Cupid's Advice

It can be challenging to remain close or develop a friendship with your ex post-split, but if you're looking to remain

supportive of them, Cupid has you covered! Check out our love advice below:

1. Focus on yourself first: If you want to go back to just being “friends” with your ex, the first thing you need to do is focus on yourself and lose your “couple” identity. Take some time to be away from the person and work on you as an individual. Deal with the break-up in your own way before connecting with the other person again.

Related Link: [Courteney Cox's Fiance Johnny McDaid's Mom "Loves" Her](#)

2. Support their milestones: After you've spent time away from the relationship and understand yourself as an individual, you can show the other person your support through simple texts, e-mails, and phone calls. For example, if your ex just finished their first marathon, extending your thoughts through a “congratulations” text can show them that you're still a part of their support system. We're sure that Arquette expressed his happiness about Cox's upcoming celebrity wedding!

Related Link: [Courteney Cox Is Engaged to Snow Patrol's Johnny McDaid](#)

3. Be a resource: If you hear that your ex is going through a hard time with a family member or having problems with their computer, make sure they know that they can come to you for advice or help. Assisting them in finding a solution for their problems shows that you still want to remain active in their lives and support them through difficult situations.

Have you been supportive of your ex post-split? Share your stories in the comments.

Courtney Cox's Fiance Johnny McDaid's Mom "Loves" Her



By Shannon Seibert

Impressing the parents is quite the feat, but Courtney Cox has certainly mastered the art of making a lasting impression. Cox's fiancé Johnny McDaid's mother Pauline McDaid gushed about her daughter-in-law to be. Pauline shared that the *Cougar Town* star is extremely empathetic and that she feels like a part of the family. According to UsMagazine.com Pauline said the pair are happily in love, and can't wait to be married.

What are some ways to impress your partner's parents?

Cupid's Advice:

Meeting the family is a huge deal. First impressions say a lot about people, but you do want to make a lasting impression. The best way to impress his parents is to not try to be overly impressive. Just be yourself and take these subtle suggestions into consideration for when you're with his family:

1. Remember stuff about them: It sounds simple enough, right? Remembering her favorite recipes, their hobbies, his favorite place to go fishing. All of the little things accumulate over time. His parents will feel appreciated that you would take the time to get to know them and want to learn about them. Ask them questions about how they met, funny memories, and what your partner was like growing up. They'll enjoy the conversation and you'll get to know them through the way they talk about him.

Related: [Adam Levine Shares First Post-Wedding Pic with Wife Behati Prinsloo](#)

2. Not being afraid to be yourself: Your partner's parents are going to be looking for a good match for their son. They will value your honesty over everything else. Don't shy away from talking about your goals, plans, and what has made you who you are. If they can't appreciate you, then it's a good thing you're dating your partner and not his parents.

Related: [Zac Efron and Michelle Rodriguez Amp Up PDA in Spain](#)

3. Be inclusive: There is nothing more exciting to parents than being included in their children's life. Be the one to reach out and invite them over for a barbecue, get your nails done with his mother, play a family game of poker, anything to interact with them. This way you won't just be the woman steering their son away, you'll be a part of their family too.

What are some ways you were able to get close to your partner's family? Share with us in the comments below!

Courtney Cox Is Engaged to Snow Patrol's Johnny McDaid



By Sanetra Richards

Another soon-to-be husband and wife! According to UsMagazine.com, Courtney Cox is on her way to becoming a married woman. The *Cougar Town* star and boyfriend Johnny McDaid both sent out their announcement via Twitter on June 26th: "I'm engaged to him!" and "I'm engaged to her!" The two

were first spotted as a couple back in December 2013 at a holiday party hosted by actress Jennifer Aniston in Los Angeles. Ed Sheeran, the couple's mutual friend, spread the word in April that the pair moved in together. "I'm not sure that it's public knowledge, so maybe I shouldn't have said anything—but, yes, they're already living together," the singer told *The Mirror*, a UK magazine. "Things are moving fast. He moved in and, judging by the last time I saw them, they couldn't be happier." Later on that month, the love birds gushed about their relationship and singled out each other at Cox's directorial debut premiere, *Just Before I Go*. "He supports me in every way," Cox said. "He supports me creatively. He really believed in the movie...and not just because he likes me, though I know that helps." McDaid added onto the gushiness: "Courteney is the most completely confident person I've ever met—at everything." He continued on to say, "She gets music. She gets art. She gets the way a scene gets constructed, the way dialogue works. And she puts it all together in her mind and then explains it to the world and makes movies that make people laugh and cry, squirm and jump, all those things."

How do you know when your relationship is ready for marriage?

Cupid's Advice:

You and your partner have had conversations in the past about what the future may hold. The questions probably revolved around whether or not you'll still be a couple, buy a house together, and have children together. Now, you're ready to take it to the next level and actually turn those conversations into a reality. The only problem is, you are unsure of how to exactly make this happen and if the timing is right. Cupid has some tips to help:

1. You don't want to be with anyone else: You're pretty sure you have met your soul mate. This person understands you

completely, and you understand them in the same way. You daydream about waking up to their face every morning and kissing them good night at the end of the day. If this describes what you are feeling, you may be ready to exchange VOWS.

Related Link: [Courteney Cox and David Arquette Finalize Their Divorce](#)

2. You don't have any major problems: Of course, it's normal for a couple to have a fight here and there. Still, you seem to agree on things most of the time and have the same values/morals. And let's not forget, the two of you don't fear the thought of an eternal commitment! I hear wedding bells – do you?

Related Link: [David Arquette Says Having a Second Child Is 'Less Scary'](#)

3. You're stable as a couple: This means mentally, emotionally, and financially. It is smart to be all three (or close to it) before thinking about marriage. Once you and your significant other become one in matrimony, you become one in these three factors as well.

What are some ways to know your relationship is ready for marriage? Share your thoughts below.

David Arquette Says Courteney Cox's New Beau Johnny McDaid

is “a Great Man”



By April Littleton

According to UsMagazine.com, David Arquette approved of his ex wife's new boyfriend on the *Wendy Williams Show*. “He's amazing. Great guy,” he said about Johnny McDaid. Arquette and Courteney Cox finalized their divorce last May after 13 years of marriage. Arquette is expecting his second child with girlfriend of two years, *Entertainment Tonight* correspondent Christina McLarty.

How do you remain civil with an ex?

Cupid's Advice:

Maintaining a positive relationship with an ex can be hard. Sometimes, you have to remain friends for the sake of

children, or any other loved ones who may be involved. Cupid is here to help:

1. Communicate when necessary: You and your ex don't need to communicate with each other everyday. You shouldn't know what's going on in their love life unless they disclose that information to you themselves. If you have children together, let meeting together be strictly about your family.

Related: [Lea Michele Says Cory Monteith is 'Watching Everything I'm Doing'](#)

2. Be mature: If you're both two mature adults, there shouldn't be any reason for the two of you not to get along. Forget all of the petty behavior and act your age. Don't throw insults back and forth at each other – doing so will get you nowhere.

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3. Move on: In order to remain a civil, platonic relationship with your ex, you'll need to let go of all of your old feelings from them. All of the anger, hurt, pain, etc you felt toward your former flame needs to be put in the past. You'll never be able to move on and find someone new if you're still hung up on your ex.

How do you remain civil with your ex? Share your experience below.

Courtney Cox Says She Wants

Celebrity Ex David Arquette to Be Happy



By Louisa Gonzales

Courteney Cox and David Arquette may have separated back in 2010, but the ex couple still maintains a positive relationship with each other. Cox, 49, even talks about her ex in a friendly way, going on to reportedly say she wants him to be happy. The once lovers have both moved on as Arquette is expecting a baby with girlfriend Chrisina McLarty, while Cox is linked to musician Johnny McDaid. Although the two have one of the most amicable splits in Hollywood, according to [People](#), Cox still notes the difficulty of divorce. She mentions how having a daughter together, Coco, 9, helps them keep their priorities straight, as they want what's best for her. Cox also relies on friends such as *Friends* costar Jenifer Aniston

for support.

What are some ways to remain amicable with your ex post-divorce?

Cupid's Advice:

Divorce is difficult for everyone involved no matter if the choice to separate was mutual or not. Yes, divorce is never going to be a smooth ride and it will have lots of bumps, but someday you will both move on. The biggest question after divorce is once you are no longer together romantically can you still be friends or at least stay on good terms with each other? Cupid has some advice on ways to keep the peace with your ex after a divorce:

1. Communicate: It is important to communicate often and honestly. Keeping yourselves open to speaking and sharing what's going on in your lives, even though you are no longer linked romantically, can help keep the two of you on good terms. Make sure to remain honest about your feelings and with anything else you have to say. Trust is important for any relationship and if you hide or keep secrets from each other, it could ruin whatever good feelings you have left for each other.

Related: [5 Celebrity Couples Who Are Still Friends After Divorce](#)

2. Support their choices: Whatever the future holds for both of you, whether it's moving on with some one else or doing new things, giving them your support lets them know you still care. It is hard to see you ex with some one else, there is no escaping it, but if you truly still care about them, you should want them to be happy. Being able to let your ex know or giving them a sign of approval about them moving on is a really nice gesture and can help you too move on as well.

Related: [David Arquette Says Having a Second Child Is 'Less Scary'](#)

3. Keep calm and be kind to each other: Divorce is hard for both parties, keep that in mind when you are making decisions about dividing assets. It is good to remain calm and be nice to one another, especially if you want to stay on each others good graces and want the divorce to go as smoothly as possible. If children are involved this even more important, doing what is best for your family should be the number one priority. Together you can come up with a fair agreement on how to move forward.

What do you think are good ways to stay friendly with your ex? Share you tips below.

5 Celebrity Couples Who Are Still Friends After Divorce





By Louisa Gonzales

Breakups are hard. Divorce is even harder. Some are nasty, while others end amicably, but even so, for some couples transitioning from ex lovers to buddies just isn't possible.

Many celebrity partners have gotten married over the years, and not all of them have worked out. However, some pairs have managed to go from being in a romantic relationship to remaining friends. Here are Cupid's top 5 celebrity ex couples who still remain friends to this day.

1. Miranda Kerr and Orlando Bloom: The pair married for three years before calling it quits in 2013. The ex couple shares one son, Flynn, born in 2011. The ex lovers may have ended their marriage, which their reps stated the split was amicable, but the family is still spotted in friendly outings together. Having a son together it makes sense the two remains more than cordial with one another.

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2. Courteney Cox and David Arquette: The two got hitched back

in 1999 and were together for 11 years before splitting up and then officially divorcing in 2012. The ex lovebirds have one child together their daughter, Coco. The two have reportedly stated they still remain best friends and are both fully committed to raising their daughter together even though they are no longer married.

3. Ryan Phillippe and Reese Witherspoon: The couple who tied the knot back in 1999 married young, but remained together for eight years, unusual for Hollywood standards, before ending their romance. The ex lovebirds have a son and daughter together and still maintain a healthy relationship with each other to this day.

4. Demi Moore and Ashton Kutcher: The once power couple both made headlines when they first got together back in 2003 because of their major age difference, about fifteen and half years total! Their divorce may have been one of the nastier ones, there's speculation Kutcher was unfaithful, but the ex's have both since moved on. Kutcher stated he would always cherish the time they spent together in a tweet and the pair appears to still be friendly toward one another.

Related: [Top 10 Celebrity Couples of 2013](#)

5. Demi Moore and Bruce Willis: These two former flames haven't been married for years divorcing way back in 2000 after being married for 13 years. They had three daughters together. The duo remained close after the split. Willis even use to pose with his daughters, Demi and her now other ex husband Ashton Kutcher! Talk about having no hard feelings!

Do you think it is good to stay friends even after a divorce? Share your comments below.

New Couple? Courteney Cox Takes Snow Patrol's Johnny McDaid to Jennifer Aniston's Party



By April Littleton

According to UsMagazine.com, Courteney Cox was photographed attending Jennifer Aniston's party with a date Sunday, Dec. 8. Snow Patrol rocker and the former *Friends* actress were spotted driving up to the party together. Cox was previously linked to *Cougar Town* costar Brian Van Holt in June.

How do you introduce your new partner to family and friends?

Cupid's Advice:

Introducing your new boyfriend/girlfriend is a big step in your relationship. Having the person you're dating meet all of your loved ones can be stressful and nerve-racking, especially if you don't set up the meeting in the right way. Don't worry, Cupid is here to help:

1. Baby steps: Don't overwhelm your significant other by introducing them to all of your friends and family at one time. Take it slow. Your new honey will already be pretty nervous as it is. Start off by meeting up with one or two of your closest friends for a nice lunch or dinner. If your partner gets along well with them, introduce him/her to a few of your family members.

Related: [New Couple? Ryan Seacrest Steps Out With Shayna Terese Taylor on Vacation](#)

2. Heads up: Before you set up any meetings between your partner and your loved ones, give both parties a heads up first. Make sure your family and friends are aware of your new relationship. Give them a little bit of information about the person you're dating so they'll have some topics to talk about when they do see each other for the first time. Also, keep your partner's feelings in mind. Give them time to adjust to the idea of meeting your family and friends.

Related: [Kendall Jenner Says She and Harry Styles Are 'Cool'](#)

3. Ground rules: Let your significant other what is and isn't acceptable in your family's household. Make sure your friends are aware of how they should act around your boyfriend/girlfriend. You wouldn't want them to offend your new honey in any way – even if what they do or say was meant as a joke.

What are some other ways to introduce your new partner to family and friends? Comment below.

New Couple: Courteney Cox Is Dating 'Cougar Town' Co-Star Brian Van Holt



By Petra Halbur

Courteney Cox is now officially dating *Cougar Town* co-star, Brian Van Holt. The two reportedly found love while playing each other's ex on the TBS series. A source confided to UsMagazine.com that the pair have been going out for six months. According to the source, Cox feels more comfortable discussing her relationship with Van Holt now that her ex-husband, David Arquette, has found new love in girlfriend,

Christina McLarty.

What are some reasons to keep your relationship under wraps at first?

Cupid's Advice:

Honesty is the best policy ... most of the time. Sometimes though, it really is better to keep your relationship from family and friends for a period of time. Cupid is here to help you recognize if you're in such a position:

1. You're unsure about the relationship: If you don't really know what kind of relationship you're involved in, you might want to put off inviting him or her to meet your parents.

2. You anticipate disapproval: If you're worried that your friends and family won't approve of the gender, race or religion of your partner, it's understandable to want to put off announcing your relationship until you and your partner are on more solid ground. Just remember that this can only go on for so long. Sooner or later, for better or for worse, you're going to have to introduce your partner and face the consequences.

3. There's been a tragedy: If your family has suffered a loss, then it's probably best to defer your announcement to a later date. Not only do you want to avoid seeming insensitive to your loved ones' grief, you probably don't want your family to associate your partner with a period of mourning.

Have you hidden your relationship from friends and family? Tell us why in the comments below.

Relationship Advice: Maintaining a Positive Image While Going Through Divorce



By Joanne Pittman of Pittman Consulting & Image for Hope After Divorce

The teenage son of a dear friend of mine said something one day that really stuck with me. He was speaking about a relationship his mother was building with a new boyfriend, and he flatly stated, "He is not the star of my show!"

As an image consultant who has worked with celebrities, models and public figures as well as professionals and individuals, I see all of my clients as "stars of their shows." Life is filled with transitions, and divorce is one of them. While in

a transitional state, it's common and needful to make adjustments to our images that allow us to circumvent needless and costly detours on our road ahead.

In fact, we are each the stars of our show – train wrecks, triumphs and all. We have our own paparazzi in the form of friends, peers, colleagues, parents and children. Dare I mention the long line of predators ready to take advantage of our tender state while undergoing divorce and all of its rigors?

Related Link: [The EX Word](#)

While most people don't have the advantage of having a team of public relations (PR) experts ready to announce or confirm rumors of personal relationships in failure, the need to have help managing the distress of divorce is no less significant. In order to attract the best people into your world, I impress upon you the importance of maintaining an authentic and clear image statement during this precarious time in your life.

Two celebrity couples that have navigated their divorces brilliantly are Jennifer Aniston and Brad Pitt and Courteney Cox and David Arquette. Each leading lady maintained consistent appropriate looks and, with the help of her PR team, was clear about her messages. They both managed to appear simple, chic and tastefully put together and demonstrated their resolve to stay true to themselves while going through divorce with dignity.

Pitt and Arquette also managed the very public ending of their marriages gracefully by preserving a well-defined message and image presence. Despite the media blitz making Pitt out to be the man who broke the heart of America's sweetheart, he maintained his impish good looks by keeping his intentions clear. Similarly, Arquette has kept his understated look with a slight modern edge while being committed to a healthy and friendly co-parenting relationship with his former wife.

Related Link: [Must We Remain Friends With Our Ex-Husband?](#)

Consider your image just as important as that of a public figure or a rising actor.

Here are a few tips for you as you move forward with reshaping your storyline. As the leading character, choose your look wisely. Be clear about who you are and why you matter. This isn't always easy to ascertain when going through the metamorphosis of divorce, but I assure you, now is the time to create your outline, your plot and your script.

– Create a personal mission statement. Use key character traits that you possess like integrity, loyalty, highly-organized, etc. Then include character traits that you wish to improve or that you admire in others. Doing so helps keep you focus on goals and desires which are meaningful.

– Rid your closet **and** overall image of anything that is incongruent with your intended message. For example, if you have the goals of becoming "holistic, natural and healthy," refrain from elective and excessive plastic surgery, implants, hair extensions, filler injections, etc. We all know those choices are fake and far from holistic! For clothing, you would choose natural fibers and textures as well as colors and prints that are soothing.

– Create a budget and acquisition plan. You're not an A-list celebrity; you're not going to be offered free clothing from the A-list designers so they can use you for their PR campaigns. However, **you are a star** and should dress yourself accordingly. Therefore, take time to work out a budget that will allow you the **BEST** for your needs. Don't settle for less!

While you may not live the dream of receiving an Oscar, Tony, or Emmy, you can live the dream of a happy and authentic self as the star of your show!

For more information about Hope After Divorce, visit our

Experts page.



As founder of Pittman, Lamitie & Associates, Joanne has developed their proprietary IMAGE Authenticity™ Training Programs which address the multifaceted work and lifestyle demands on employees and executives in the corporate world today. Her innovative approach has evolved over the past twenty three years in the fashion, fitness, luxury retail and image consulting industries. Joanne has been writing training curriculum and presenting developmental workshops to large and small audiences for over eighteen years. She is known for raising new questions and expectations which successfully foster authentic corporate and personal brand presence.

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Courtney Cox and David Arquette Finalize Their Divorce





By Petra Halbur

Courtney Cox and David Arquette's 13-year marriage officially ended on Tuesday, May 28th. According to [UsMagazine.com](https://www.usmagazine.com), the couple, who have an 8-year old daughter named Coco, announced their separation in October 2010 and filed the divorce papers in June 2012, citing "irreconcilable differences." Despite these differences, though, the pair remain on good terms. "I don't recommend divorce in general," Cox said when she was on *The Ellen Degeneres Show* in January. "But he is my best friend and we've both grown and changed, and I think we both appreciate each other more."

How do you know when to start dating again after a divorce?

Cupid's Advice:

Your love life doesn't have to end with your divorce. That said, after something as difficult and draining as a divorce is finalized, it may be difficult to tell when you're ready to start dating again. Cupid is here to help:

1. You've healed: Don't drag the heartbreak and turmoil left

over from your divorce into your dating life. Give yourself the time you need to come to terms with your ended marriage.

2. The kids are ok: You may feel ready to get back out there, but make sure that your children are ready to see you with someone new. Talk to them about your feelings and encourage them to express their own.

3. No rush: Make sure you're not hurling yourself back into the dating game for fear of being alone. As difficult as it may be to be single again, this could be a wonderful opportunity to rediscover who you are. Don't pass it up in a hurry.

How did you know when to start dating after your divorce? Tell us below.

Can You Be Friends With an Ex?





By Melanie Mar

Lovers cannot be friends until both parties have a new lover. Many factors come into play with regards as to whether you can remain friends with a former loved one.

Did the relationship end on good or bad terms? If the two of you merely grew apart and perhaps the physical intimacy died in the relationship, then you may have already started developing a friendship within the relationship. It is far easier to continue an already-established friendship post-breakup. However, if one of the parties did something immoral or unethical and hurt the other one deeply, the chances are certainly much slimmer.

Does one of you not have the ability to remain friends mentally or emotionally? One's life experiences and role models (i.e. if you are a product of divorced parents, did they maintain a friendship post-breakup?) will dictate one's emotional ability and openness to establishing a future friendship.

Is it in your nature to remain friendly after an intimate

relationship? I have clients who literally go into relationships telling their partner that, if this doesn't work out, there will not be a friendship afterward, which makes your desire to maintain a friendship impossible, however disheartening this truth may be to you. I have other clients who are friends with most everyone they have dated and would feel sad at the thought of losing that person from their lives.

If you're currently in a relationship that you know has a limited shelf-life, but you desire to eventually have some form of friendship post-breakup, here are some things to consider:

Related Link: [How to Break Up Without Breaking Down](#)

1. Why is the relationship breaking down, and is it mutual? A lot of relationships fade to grey.
2. Were you friends before you became lovers, and had you put in the foundations of friendship before you became intimate?
3. What will this person positively bring to you and your life as a friend, and vice versa?

After asking yourself these questions and writing down the answers, you'll have a clearer vision of whether or not a friendship is something viable. Here are a few more points to remember:

1. If you want to end this relationship, and your partner is unprepared, unaware, or wanting to continue the relationship, it is unrealistic to think he or she would want a friendship with you.
2. If you had a secured friendship prior to becoming intimate, the chances of you establishing a friendship are higher. If you became intimate sooner rather than later, having not gotten to know the other person as an individual, and your

connection was short-term and sexually driven, then it could be less likely.

3. Are your lives better by having each other in it? Can you rely on this person? If you're in need in any way, is this person going to be there for you? If the answer is yes, that is a true friend. Nobody needs another type of friend, so make sure the ones you choose to have in your life are worthy.

Related Link: [Falling Out of Love and Back into Life](#)

Now, if your relationship has already expired and you hope for a friendship with an ex, the only thing that you can do is lay yourself bare. Put yourself out there and ask your ex if enough time has passed for feelings to heal and if he or she is willing and wanting to be your friend. There are many famous faces that have achieved a post-split friendship; examples include Demi Moore and Bruce Willis, Reese Witherspoon and Ryan Phillippe, and, most recently, Courteney Cox and David Arquette. And some relationships actually work better as friends. Engaging in a friendship with someone who knows the most intimate parts of your life and accepts you despite them means that the friendship will be stronger and much more successful than any romantic relationship could have been for the two of you.

Ultimately, there are no hard and fast rules on whether or not you can be friends with your ex. Each split is the same as each relationship: completely different. The most important thing to consider is...do you both really want it?

Courtney Cox Says She and Ex-Husband David Arquette Are 'Better As Friends'



By Michelle Danzig

While taping an episode of *The Ellen DeGeneres Show*, actress and Courtney Cox said that, despite their recent divorce, she and ex-husband David Arquette are on excellent terms, according to UsMagazine.com. Since announcing their separation in October 2012, Cox, 48, and Arquette, 41, have remained friends throughout the entire process. The *Cougar Town* star and Arquette have a daughter Coco, 8. Although Arquette is dating *Entertainment Tonight's* Christina McClarty, Cox remains single. The two have requested joint legal and physical custody of their daughter and the removal of Cox's surname.

Cox does not recommend divorce, but she says that she appreciates David even more and that they both have grown through this experience. Arquette will remain an executive producer of *Cougar Town*, which will now move from ABC to TBS this Tuesday.

What are some ways to tell you're better off as just friends with someone?

Cupid's Advice:

Whether you're curious if your friendship is worth examining on a romantic level or you and your significant other suffer a split but remain friends, it is difficult to decide whether you are better off in one situation or the other. Here are some ways you can tell that you and your partner are better off as friends:

1. You have the companionship but lack intimacy: This is probably the easiest way to tell that you and your significant other are better off as friends. If you enjoy doing activities together and genuinely care about the other person but the intimacy has been lost, it's almost certain that your relationship has simply become one between friends.

2. You both wouldn't mind seeing other people: If both parties are okay with the other dating or seeing other people, it is pretty obvious that you have lost the romantic attraction to each other. This goes double if you don't feel even the slightest bit of jealousy when thinking about him/her seeing someone else.

3. If you have different expectations: If you find that you and your partner have so many different interests that you barely do things together anymore, or you disagree of future plans such as having children and moving away, it may be time to think if your relationship is really romantic and not just a friendship.

How do you know when it is better to just be friends? Share your ideas below.

Celebrity Couples Who Function As Families After Divorce



By Evan Goldaper

In the world of Hollywood, it's easy for celebrities to move on after they've been through a breakup. After all, there are always new and exciting people for them to meet, and everyone

already admires them. However, some celebrities don't choose to completely separate from their exes. Although they didn't start dating each other again, these celebrity couples had their reasons to remain a family even after their divorces:

Related Link: [Five Ways Being Friends With Your Ex Can Ruin You](#)

1. Bruce Willis and Demi Moore: For thirteen years, Bruce Willis and Demi Moore were among Hollywood's strongest power couples. The two actors were at the heights of their careers when they married in 1987, making their wedding one of the most talked-about events of the year. However, by 2000, their marriage had fallen apart and the two divorced. Unlike many other settlements, both in and out of Hollywood, Willis and Moore's split was uncontested and ended peacefully. They both agreed on the reasons for the divorce, blaming the increasingly small amount of time the two could spend together. Willis always said that Moore and their children's happiness was the most important thing to him, and he gave around \$90 million to her in spousal support. When Moore was still married to Ashton Kutcher, they would their spend holidays with Willis as one large family. As Bruce said to *People*, "Life is too short to spend what little precious time you have alive being unhappy."

2. Courteney Cox and David Arquette: It's rare to see any relationship end as amicably as that of Courteney Cox and David Arquette. After meeting on the set of *Scream* in 1999, the two actors were married. Eleven years later, they began a separation that ultimately ended this June with a legal divorce. This separation was very simple and surprisingly friendly. Neither used a lawyer, assets were split 50/50 and Arquette didn't ask for any support. In a statement they both released, they said that "the reason for this separation is to better understand ourselves and the qualities we need in a partner and for our marriage." Even while separated, the two

remained committed to raising their daughter Coco as a team. Cox told [People](#) in 2012 that Arquette is still her “favorite person in the world.” It’s easy to believe that: Cox came to cheer Arquette on when he appeared on *Dancing With The Stars*, Arquette had a guest role on Cox’s sitcom *Cougar Town*, and their joint production company Coquette Productions still makes television shows.

Related Link: [Hollywood’s Messiest Splits](#)

3. Arnold Schwarzenegger and Maria Shriver: Although this divorce was one of the messiest splits in recent years, Arnold Schwarzenegger and Maria Shriver have managed to remain respectful and friendly. We’ve all heard the story: after being married for 25 years, Schwarzenegger revealed that he had fathered a child with their housekeeper over a decade earlier. He remained apologetic and said he deserved all the criticism he was sure to get, making him very accepting of his marriage’s inevitable end. In part because of the love they still shared and in part because of Schwarzenegger’s political position, the two tried to fix their marriage in couples therapy, but a divorce still seemed likely. Though the two are now separated, Schwarzenegger still has a great deal of respect for Shriver and the two raise their children as a team. As he said to the [Huffington Post](#) earlier this year, “The most important thing is that the kids are doing well, and Maria always has been an extraordinary mother and always has worked with the kids very closely.”

What couples do you think have had the friendliest breakups? Tell us below.

Find Out Why David Arquette Loves Acting With Ex Courteney Cox



David Arquette has not left his relationship with Courteney Cox behind completely. According to [People](#), Arquette will be appearing on *Cougar Town's* season finale with Cox. "It's great to act with Courteney. I love it. We met on a set, and it's great to revisit that," Arquette said at a dinner hosted by Creative Coalition in Washington, D.C. on Thursday. Cox, who is said to have no hard feelings, and Arquette have been separated since 2010. "We treat each other with respect," Arquette said. "You don't throw out all the good times you shared just for the change in feelings."

What are some ways to keep things between you and an ex civil?

Cupid's Advice:

Being normal around someone you once shared strong feelings for is seemingly impossible. Here are a few tips on how to remain calm and collected.

1. Shake on it: Agreeing with your ex-sweetheart to both be civil is the first step in being able to be around each other without old feelings lurking around. If you do agree to be comfortable around each other be sure to stay true to your word.

2. Keep distance: Just because you and your ex can tolerate each other does not mean you need to know everything about one another's lives. Knowing what your ex-lover did after his date will only create tension between you both and leave you hurting.

3. Be respectful: Treating each other like adults is key to staying civil. Respect your exes boundaries and feelings and they will reciprocate the same behavior.

How did you keep things between you and your ex civil? Share your stories below.

Courtney Cox Steps Out with a Mystery Man





Since her separation from ex David Arquette, Courteney Cox has been slow to move on. In fact, she recently stated that she hasn't slept with anyone new since the split. Last weekend, however, Cox was caught with a mystery man in West Hollywood at Chateau Marmont, according to [People](#). The man wore a suit, and the couple were situated in a table toward the back of the patio. An onlooker says that the actress was smiling and pulled her hair up into a ponytail as she enjoyed the evening.

How do you know when it's time to move on after a separation?

Cupid's Advice:

Breaking up or separating can be very emotionally damaging, and sometimes it takes a while to get back up on your feet and move on. Cupid has some tips on how to know when it's time:

1. Grief completion: You may still harbor hurt feelings as a result of your split, but if you've completed the grief process and no longer cry into your pillow at night, it may be time to start getting out and experiencing what life has to offer again.

2. Time limit: Sometimes it's good to give yourself a set amount of time to heal after a breakup, and then move on after that point no matter what. You can't mope forever, as life is for living.

3. You're happy: If you find yourself smiling a lot and re-establishing your independence, it's now okay to let someone in.

How did you know it was time to move on from a breakup? Share your comments below.

Five Celebrity Divorces We Really Weren't Expecting





By Francesca B.

The world of celebrity is fraught with ups and downs. Scandals of drug abuse, cheating husbands and lying wives make for gripping and sensational stories when they come to public attention. We have come to expect a bit of drama from Hollywood romances, but even so, there have been some celebrity divorces that we really didn't see coming. Here are a few:

Related: [10 Most Beautiful Celebrity Couples](#)

Tom Cruise and Nicole Kidman

The original Hollywood sweethearts, Tom and Nicole met on the set of the hit movie, *Days of Thunder*, in which they played a young and romantically entwined couple very believably indeed. It was therefore no great surprise when their on-screen romance started to become apparent off screen as well, and they were eventually wed on Christmas Eve, 1990. A popular and adorable couple, they stuck it out for over a decade before "irreconcilable differences" saw them seeking the

advice of divorce solicitors and putting an end to the fairy tale romance the whole world had enjoyed. Still, both parties have now happily remarried and have children with their new partners.

Kate Winslet and Sam Mendes

The beautiful actress of *Titanic* fame, who we all thought would marry the gorgeous Leonardo DiCaprio, instead fell for dashing director, Sam Mendes. Despite being 10 years her senior, he definitely wasn't her sugar daddy, with Winslet being worth about double the Mendes fortune. They painted a picture of domestic bliss, but following the making of *Revolutionary Road*, a film starring Winslet and directed by Mendes and ironically about a couple stuck in a failing marriage, their relationship hit the rocks. To the surprise of the couple's friends and fans, they split in March 2010, leaving Winslet with two children from two marriages at just 34.

Related: [Why Celebrities Fall In and Out of Love So Quickly](#)

Courtney Cox and David Arquette

One of the world's best-known faces of the '90s for her role in *Friends*, Courtney Cox surprised everyone when she hooked up with David Arquette after starring in the *Scream* movies with him. However, even more shocking was the news that after 11 years of marriage and a child together, the couple had decided to split. Despite speculation about the real reasons, Cox stated that she "was tired of being (David's) mother."

Madonna and Guy Ritchie

We all love Madge, and when she decided to marry a quirky British director and settle down in the English countryside, the place we held in our hearts for her grew a little bit bigger. The announcement that the couple were splitting up in 2011 came as a complete shock to most, with Madonna claiming

that Ritchie 'drinks too much' as the reason for the split. That's OK, Madge, we still love you.

Jennifer Aniston and Brad Pitt

Another celebrity of *Friends* fame and so popular she had an entire generation of young ladies going into hairdressers and asking for 'a Rachel,' Jennifer Aniston tied the knot with the most eligible bachelor in the world, Mr. Brad Pitt. Without a doubt the hottest couple in Hollywood, it seemed nothing could come between them. But that was until naughty Brad went off to film *Mr. and Mrs. Smith* and reportedly fell in love with Miss Luscious Lips herself, Angelina Jolie. Brad and Jen split a few months later, back in 2005, but even today Hollywood still rumbles with the scandal from time to time.

Whether expected or unexpected, Hollywood splits never cease to rock the Tinseltown boat with rumors and gossip. If only everyone could just be happy all the time!

Francesca is a freelance writer and blogger who enjoys writing about a variety of subjects from celebrity gossip and fashion, to travel and food. Be sure to let her know what you think of this guest post by leaving a comment below or Tweeting her @franki_blogs.

David Arquette Guest Stars on Courteney Cox's 'Cougar Town'





Courteney Cox and David Arquette will once again be sharing screen time. Arquette will guest star as a hotel concierge in the season 3 finale of Cox's sitcom *Cougar Town*, reports *People*. Though the two separated in October of 2010 after 11 years of marriage, Cox said last month, "He's my favorite person in the world. No matter what happens in our future, he's my very best friend."

Is it OK to work with your partner after a split?

Cupid's Advice:

Though most individuals prefer distance after a breakup, it is possible to work with your former partner again. Here are a few things to consider before working with your ex:

1. Time: Make sure to take some time before reconnecting with your ex. Work together only after the two of you have had time to heal and move on with your love lives.

2. Your ex: Though your feelings may have passed, the same may not be true for your ex. Make sure that your former partner has moved on before working together. Working with unresolved

tension will not be productive.

3. Your reasons: Before you work with your ex, you should be sure that you have pure intentions. Don't work with your ex if you feel guilty about the breakup or your ex's current situation. Make sure your top priorities are work-related.

Have you ever worked with an ex? Feel free to leave a comment below.

Courtney Cox Says Kissing Co-Star Was Confusing to Daughter





Courteney Cox's involvement with *Cougar Town* costar Josh Hopkins is too complicated for daughter Coco to comprehend, reports UsMagazine.com. "[Coco] shouldn't watch *Cougar Town*, but she does," said Cox. "She's always like, 'Mommy! Did you really kiss Josh? And I'm like, 'I'm just faking it!'" Though Cox and Hopkins were seen vacationing together with Coco in March of last year, both deny a romantic relationship.

What are some ways to explain moving on after a split to your child?

Cupid's Advice:

Moving on is a difficult hill to climb, even without the added pressure of telling your child. Here are a few things to consider before breaking the news to your kids:

- 1. Your new relationship:** Before introducing your new partner to your children, make sure that you're serious about the relationship. Children look for stability, so introducing your kids to a mere fling could harm them in the long run.
- 2. Your past breakup:** Let your children adjust to the changes

in their life before you change yet another element. Instead of introducing your new partner immediately, give your children some time. Eventually they will be more accepting of a new relationship.

3. Your children: You know your children's personalities better than anyone. Use your best judgment before introducing your partner. Decide if a face-to-face meeting or a discussion is the best way to break the news.

Have you ever had to explain a new relationship to your child? Feel free to leave a comment below.

David Arquette Says That He's Entered Friend Zone With Courteney Cox





Although rumors of a possible rekindled romance between David Arquette and Courteney Cox have hit the tabloids recently, Arquette insists that he has now entered the “friend zone” with his estranged wife. Cox has been seen supporting her ex at *Dancing With the Stars* the last few weeks with the duo’s daughter, Coco, according to UsMagazine.com. Arquette, who is currently dating *Entertainment Tonight*’s Christina McLarty, says, “We’re pretty much in the friend zone. Though we love each other and we love to laugh and have a great time, it’s difficult.”

How do you know when you’ve permanently entered the friend zone with someone?

Cupid’s Advice:

Sometimes, no matter how romance you once were with someone, the “friend zone” is an inevitable situation. Here are some signs you’re in it:

1. Distance: If there’s always a good amount of physical distance between the two of you and he or she makes no effort

to close that, it's a sign that you may be destined to just be friends.

2. One of the boys: If he invites you out to watch the football game with a group of his guy friends and claps you on the back after each touchdown, you're probably not his romantic interest.

3. Lack of moves: The thing is, if he's really into you, he'll eventually make a move in that direction even if he's shy. If it's been weeks and you're still not feeling a spark, you probably never will.

What are some other ways to tell if you're in the "friend zone" with someone? Share your thoughts below.