

# Relationship Advice: What Makes a Marriage Strong?



By Dr. Jane Greer

Actor Hugh Jackman's marriage to Deborra-Lee Furness has stood the test of time. He recently appeared on *The Ellen DeGeneres Show*, where he spoke fondly of his wife saying, "it gets better and better" with time. This [celebrity couple](#) has been together for more than 20 years, and are a perfect example of a couple making marriage succeed. It's heartening to hear, especially in Hollywood where there are a lot of exit opportunities as well as added stressors that can tax any relationship. So what's the secret (or [relationship advice!](#)), for them and for anyone who manages to have a marriage with mileage?

**How do two people love and respect each other, learn to work through conflicts and problems, and maintain intimacy, attraction, and desire for the long run? The bottom line is, how do you make it strong so that it lasts? Check out this [relationship advice](#).**

### **Appreciation.**

Many things go into keeping two people together for the long haul, but there are four core ingredients that stand out to me as important in keeping that union humming. The first is appreciation. I can't stress its power enough. Being grateful and recognizing the things your partner does for you, and the TLC they give you, can go a long way. Without realizing it, you can get used to all that and, as it becomes part of your average day, you might stop noticing it and even take it for granted. But you want to start taking the opportunity to show your spouse that the things they do for you mean a lot. It is a real chance to build and strengthen those fibers that go into constructing the fabric of your connection. Oftentimes in my office I hear one partner express how angry they are about the things the other partner doesn't do. However, when I help them change their expectations to see who their partner really is instead of who they want them to be, it allows them to stop seeing their spouse coming up short and instead to see them as tall, looking up to them for the support they do show. It enables them to feel lucky that their partner is there for them by focusing on what they do rather than what they don't do. It makes all the difference.

## **Consideration.**

Another important ingredient is consideration. It isn't that you always have to agree with your partner, or do just what they say, but to let them know that they are important to you and are being considered when you're deciding to do something. If you're planning to go out with your friends on Friday night, check in and make sure it works for your spouse instead of just telling them. That way they will feel considered and probably tell you to have a good time. If you simply announce what you are doing they are likely to feel abandoned and might become angry. The goal is to avoid resentment building because it then turns into bricks that will make you feel divided, keeping you apart rather than feeling on the same team. By considering each other's needs, and knowing you are each part of the equation when it comes to making plans and choices, you at least leave room for both of you to voice your preferences before making the final decision.

## **Acknowledgement.**

The third key factor in a successful marriage is being able to acknowledge the other person. I can't tell you how often I sit in my office hearing one person complain that when they talk to their partner at home the other person doesn't answer them, doesn't look up from their computer, doesn't look at them directly, so basically they feel ignored. Consequently, the first person winds up either repeating themselves because they haven't felt heard, or asking in an annoyed tone, "did you hear me?" It's really important to pay attention and convey to your partner that you are listening when they talk to you. A simply okay, fine, I get it, I hear you, that works, any verbal acknowledgement as well as looking at them goes a long way. Even if you disagree with what they are saying, you can reply, "well, I don't necessarily agree, but I do hear what you're saying, and we can talk about it at another time." This will prevent one person from feeling ignored and neglected, and the other person from feeling nagged and badgered by their

partner's saying the same thing over and over.

### **Laughter.**

Finally, laughter. It seems so obvious and simple, but it has such tremendous healing power. It takes effort to keep up with all the communication, appreciation and everything else in your daily lives, and all that work needs an antidote – which is laughing together because it creates instant intimacy. Developing a Morse code with a shared joke or funny expression is a default button that can diffuse the heat of any argument, and give you a chance to let it go and clear the resentment rather than letting it turn into a big deal. When you're married you learn you have to pick and choose your battles, otherwise there are so many things to go to the mat over, and you need a tool that says this is not that important, let's laugh it off. You can then revisit the more important issues later to address them in a serious matter.

If you are able to keep these four very potent techniques in mind and you begin to use them regularly, you're likely to find that you and your partner start to feel happier with each other.

The key to a positive marriage is to feel that your spouse has your back and is looking out for you, and they know that you always have theirs as well. It certainly seems that Hugh and Deborra-Lee have their secret to making their marriage strong.

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## **20 Hollywood Couples With A Big Age Gap**





Stephen Moyer and Anna Paquin

These sexy stars of 'True Blood' wed in 2010, paying no attention to their 12-year age gap. Moyer is 45 years old, and Paquin is 33 years old. Photo: Juan Rico/FAMEFLYNET PICTURES

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## Celebrity Kids: They're Just Like Us





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Kim Kardashian with daughter North and niece Penelope

Even celebrity kids need hobbies! North and her cousin Penelope are ready for their dance class. Photo: 4CRNS/Dunkin

# Celebrity Families: Stars Who Have Adopted Children







Angelina Jolie and Brad Pitt with son Maddox

The Jolie-Pitt's are perhaps the best known family in Hollywood when it comes to adoptions! Three of their celebrity kids -- Maddox, Zahara, and Pax -- were adopted from Cambodia, Ethiopia, and Vietnam respectively. They also have three biological children: Shiloh, Knox, and Vivienne. Photo: Andrew Evans / PR Photos

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## 5 Celebrity Couples That

# Adopted



By Louisa Gonzales

Lately, Hollywood has been flooded with celebrity baby news and baby bumps! However, many celebrities have chosen adoption over having a biological child. Here are five [celebrity couples](#) who recently adopted:

## Celebrity Baby Adoptions

1. [Angelina Jolie](#) and Brad Pitt: It wouldn't be right if we didn't put these two at the top of our list. They met back in 2005 while filming *Mr. & Mrs. Smith*. Soon after, they began their celebrity relationship and now have six children together, three of whom are adopted. Jolie adopted her first

child, Maddox Chivan Thornton Jolie, a Cambodian infant born on August 5, 2001, with her then-husband, Billy Bob Thornton. The actress adopted her second child, Zahara Marley Jolie, who was born in Africa on January 8, 2005, without Pitt. However, Pitt later adopted both kids. The famous couple adopted Pax Thien from Vietnam on March 15, 2007. Initially, Jolie filed alone because of the country's regulations, but Pitt adopted Pax when they went back home. Pitt and Jolie's first biological child, Shiloh Nouvel Jolie-Pitt, was born in 2007, and twins Knox Léon Jolie-Pitt and Vivienne Marcheline Jolie-Pitt were born in 2008.

**Related Link:** [Brad Pitt and Angelina Jolie Enjoy Weekend Getaway Without Kids](#)

## **Even If A Celebrity Couple Goes Through A Divorce, A Family Can Still Be Maintained**

**2. Tom Cruise and Nicole Kidman:** Back when these two A-List actors were a famous couple, they adopted two children: daughter Isabella Jane, born in 1992, and son Connor Anthony, born in 1995. The pair first hooked up in 1990 on the set of *Days of Thunder* and married later that same year in Colorado. However, this Hollywood relationship came to an end when they announced their separation in February 2001 after Cruise filed for a celebrity divorce. Both Cruise and Kidman share custody of the two children.

**3. Katherine Heigl and Josh Kelley:** The former *Grey's Anatomy* actress and musician are no strangers to adoption. The pair married back in 2007 in Utah and have two adopted daughters. This celebrity couple adopted their oldest daughter Nancy Leigh (nicknamed Naleigh) from South Korea in 2009. They expanded their family in 2012 when they adopted their now three-year-old daughter Adelaide, who was born in Louisiana.

**Related Link: [Katherine Heigl and Josh Kelley Step Out with Newly Adopted Daughter](#)**

4. **[Hugh Jackman](#) and Deborra-Lee Furness:** The *Wolverine* actor and his wife married back in 1996 in Toorak, Victoria, a suburb of Melbourne. The pair adopted two kids: Oscar Maximillian, born May 15, 2000, and Ava Eliot, born July 10, 2005. The Aussie actor and actress decided to adopt after they were unable to conceive naturally and through IVF. Jackman and Furness continue to advocate for adoption while raising their two children.

**What other famous couples have adopted? Comment below!**

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## **Hugh Jackman On Wife's Miscarriages, The Joys Of Adoption**





By Jenny Schafer for Celebrity Baby Scoop

The road to parenthood wasn't easy for *Wolverine* star Hugh Jackman and wife **Deborra-Lee Furness**.

During a Tuesday appearance on [Katie](#), the *Les Misérables* star opened up about adopting their two children – son **Oscar**, 12, and daughter **Ava**, 7.

“To be clear, Deb and I always wanted to adopt. So that was always in our plan,” the Australian actor, 44, said.

*“We didn't know where in the process that would happen but biologically obviously we tried and it was not happening for us and it is a difficult time,”* he added. *“We did IVF and Deb had a couple of miscarriages. I'll never forget it the miscarriage thing – it happens to one in three pregnancies, but it's very very rarely talked about.”*

“It's almost secretive, so I hope Deb doesn't mind me bringing it up now,” he continued. “It's a good thing to talk about it. It's more common, and it is tough. There's a grieving that you have to go through.”

But as soon as Oscar was born, “all the heartache just melted away,” the proud papa said.

*“Many of you are parents, you guys know you can’t prepare for that moment. Nothing can prepare you,” he shared. “You can’t even explain how incredible it is and that avalanche of emotion that comes and how it opens up your heart, how it frustrates you, how it angers you, how everything is just all the sudden how alive you are as a parent.”*

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## Celebrity Kids Go Trick-Or-Treating



By Jenny Schafer at [celebritybabyscoop.com](http://celebritybabyscoop.com)

It's Halloween in Hollywood! Could you imagine the likes of [celebrity kids](#) like Shiloh Jolie-Pitt or Honor Warren coming to your front door on this spooky night? For some lucky neighbors, that's just what happened last year. This week, we're taking a look at five celebrity couples that love to go trick-or-treating with their tots in their swanky neighborhoods.

## Celebrity Kids That Trick-or-Treat

**1. Angelina Jolie and [Brad Pitt](#):** Yo Gabba Gabba! [RadarOnline](#) caught Brangelina and their brood trick-or-treating in the Los Angeles area on Halloween night last year. Pitt looked hilarious dressed up as DJ Lance Rock from the kids TV show *Yo Gabba Gabba!* His celebrity love went as the walking dead, while Maddox was a dead army soldier, Zahara was Batgirl, and Shiloh was a jet fighter.

**Related Link:** [Best Celebrity-Inspired Halloween Candy Choices](#)

**2. [Jessica Alba](#) and Cash Warren:** This married celebrity couple got festive with their two daughters, Honor and Haven. Dressed in costumes, the family of four were seen trick-or-treating in their Pacific Palisades neighborhood. Warren looked great as Superman, while Alba wore a cute cat outfit. Honor was the one who stole the show, though, in her Princess Ariel costume.

**3. Sarah Jessica Parker and Matthew Broderick:** Twin sisters Tabitha and Loretta looked absolutely adorable in their Halloween costumes last year as they headed out trick-or-treating in New York City's West Village. The adorable tots were joined by big brother James Wilkie – dressed as Finn from *Adventure Time* – and their dad. Unfortunately, Parker was not with the festive group.

**Related Link:** [Our Favorite Celebrity Couple Halloween Costumes](#)

**4. Deborra-Lee Furness and Hugh Jackman:** Ava Jackman was spotted with her mom in New York City last year. The adorable daughter of the *Wolverine* actor dressed up as a squirrel as she went trick-or-treating in their Manhattan neighborhood. Meanwhile, Jackman and big brother Oscar were spotted collecting candy with a group of friends.

**5. Naomi Watts and Liev Schreiber:** Watts and Schreiber (we assume it was him under there!) got into the spirit last Halloween night, dressing up as they headed out for some trick-or-treating in New York City with their sons Sasha and Kai. The week before their big night out, Watts admitted that her boys were still deliberating over their costumes, saying, "They're very into it this year. We've got kings. We've got dragons. We've got turtles. We've got policemen. They're all over the place."

*To read more about these celebrity kids and families during their spooky escapades, you can read the full article at [CelebrityBabyScoop.com](http://CelebrityBabyScoop.com).*

**Which celebs would you like to see at your door this Halloween? Tell us below.**

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## **Hugh Jackman's Wife Doesn't Like Her Man Too Buff**







There's no denying that Hugh Jackman is in good shape, but this *X-Men* star's wife isn't all for her man being buff.

According to [UsMagazine.com](http://UsMagazine.com), Deborah-Lee Furness thinks her hubby's job is to do the opposite and stay out of shape for her. "My wife is always upset with me if I'm in really good shape," says Jackman, who has been married to Furness for 15 years. "Overall, Deb would say to me my job is to be out of shape so that she can look as good as possible."

**What do you do if your man becomes obsessed with working out?**

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

Staying healthy and in shape is almost always a good thing, but when working out becomes an obsession and begins becoming a problem in your relationship, it may be time to search out ways to deal. Cupid has some ideas:

**1. Make plans in advance:** Purposely make plans at a time when you know your partner has planned to work out. Stress that it's very important to you that you keep the plans you have, and begin weening him out of his obsessive ways one

interruption at a time.

**2. Tell him how you feel:** Sometimes men can get frustrated when women tell them how they feel in detail, so keep it short and to the point. Tell him that when he works out instead of spending quality time with you, it hurts your feelings.

**3. Show him it doesn't matter:** The best way to get your beau to quit working out non-stop is to show him that you're attracted to him even when he's not super buff. Make it known that you would actually *prefer* some less substantial physique.

**Does your man work out too much? What did you do? Share your ideas below.**