

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

Heidi Klum Talks Life After Celebrity Break-Up from Seal





By Abbi Comphe

Heidi Klum finally opened up about her life after her [celebrity break-up](#) from Seal. [UsMagazine.com](#) reports on Klum's recent *Redbook* interview. She told them, "I'm a mom and dad at the same time." Seal has always spent a lot of time traveling, so Klum is used to taking over with the kids. These celebrity exes have been apart for a while now, since January 2012. Klum is enjoying her life and the time she spends with her four children.

This celebrity break-up was a real heart-breaker. What are some things to consider before breaking up with your partner when you have kids?

Cupid's Advice:

When two people fall out of love, it can be tricky figuring things out when you have children. Cupid has some relationship

advice on what to do when you are breaking up and you have kids:

1. Make a plan: Before you decide to make the big split, you must come up with a good plan when it comes to the children. Especially when you are telling them what is going on. This will be hard enough on them, so make sure it is organized and they understand what is happening.

Related Link: [Blake Shelton Says 'I'm in a Good Place' After Celebrity Break-Up from Miranda Lambert](#)

2. Be friends: The best way for things to be peaceful with children involved is for you and your partner to be friends. If you two can put your differences aside and raise your children together, that will make a big difference.

Related Link: [Former Celebrity Couple Pamela Anderson and Tommy Lee Reunite at Gala](#)

3. Share time: Make sure you are both getting enough time with your children. Spread the time evenly and make sure the children feel the same way. It can be hard having to go back and forth, make it as simple as possible for them.

What should you consider when breaking up with your partner and you have children involved? Comment below.

6 Celebrity Break-Ups That Shocked Everyone



By Molly Jacob

Breakups can be hard, but they get even more difficult when they're in the spotlight. While we know that Hollywood couples, with the pressures that come from being famous, often don't last long, it's still hard on fans when their favorite celebrity couple goes through a [celebrity break-up](#).

See what celebrity break-ups shocked everyone, including us at Cupid's Pulse!

1. Heidi Klum and Seal:

Heidi Klum and Seal seemed to be one of those Hollywood couples who had it all. That's why we were especially shocked in April 2012 when Klum filed for divorce after six years of

marriage. But we're happy to hear, according to TMZ, that the celebs' divorce was a "clean break" with no fights over money or custody of their four kids.

2. Mariah Carey and Nick Cannon:

Mariah Carey and Nick Cannon seemed to be deeply in love during their six years of marriage. But this celebrity couple fell apart when Cannon filed for divorce this past January. This celebrity breakup was in the spotlight this spring when Carey released her new song, "Infinity," which throws some jabs at Cannon. Next time you're thinking of getting tattoo for your significant other, think about this: Cannon had to cover up his "Mariah" tattoo with a larger tattoo last October.

Related Link: [Nick Cannon Opens Up About Split From Mariah Carey](#)

3. [Jennifer Aniston](#) and [Brad Pitt](#):

We were heartbroken when this celebrity couple split up in 2005. Whether you were Team Aniston or Team Jolie during the publicized celebrity breakup, Aniston and Pitt seemed to have had the perfect relationship. But don't spend too much time worrying about this heartbreaking split – Aniston told US Magazine last January, "I don't find it painful."

4. Susan Sarandon and Tim Robbins:

Susan Sarandon and Tim Robbins appeared to be the classic, enduring Hollywood couple – until they announced their breakup in 2009. While the celeb couple never got married, they were together for over 20 years and had two sons. The two met in 1988 while shooting the film *Bull Durham* and immediately clicked. Although there were rumors that they broke up because Robbins had an affair with Meg Ryan, Sarandon said a major reason for the split was a reexamination of her life after performing in the Broadway show, *Exit the King*.

5. Robin Thicke and Paul Patton:

Thicke made the headlines in the last couple of years with his catchy and controversial song, “Blurred Lines” and also his breakup with his teenage sweetheart, Paula Patton. In February 24, the celebrity couple announced their marriage was over, but it seemed like Thicke wanted Paul back more than she wanted him. This was pretty evident after he released his tribute to his ex-wife, the 2014 album title *Paula*.

Related Link: [Does Robin Thicke’s “Get Her Back” Have Enough Passion For Paula Patton?](#)

6. Gwyneth Paltrow and Chris Martin:

Coldplay and *Shakespeare in Love* fans alike were shocked when Paltrow announced on her blog, Goop, that the Hollywood couple would be splitting. After being married for 11 years and having two children, the duo’s bond seemed unbreakable. Their divorce seemed amicable, with Paltrow using the vague term “conscious uncoupling” to describe their breakup.

What other celebrity breakups shocked you? Share in the comments section below!

Celebrity Couples: Did She Really Date Him?





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Brody Jenner and Avril Lavigne

This surprising pair started dating in 2009 after the singer filed for divorce from her first husband, Sum 41 singer Deryck

Whibley. They split after nearly two years together but have remained friends. Jenner even wished Lavigne the best of luck in her most recent marriage to Chad Kroeger. Photo: Andrew Evans / PR Photos.

Heidi Klum and Seal Finalize Divorce After Two Years



By Amanda Boyer

After being separated for two years now, Heidi Klum and Seal finalized their divorce on Tuesday, Oct. 14, according to USmagazine.com. The former couple, who had been together since

2005 and has 4 children, have been putting their differences aside for their family. They are sticking to the statement they released when they first separated and are putting their family first.

What are three important ways to compromise in the midst of divorce?

Cupid's Advice:

Divorce is almost always complicated, so it's definitely important to compromise when possible. Cupid has some advice:

1. Talk it out: Talk it out what you and your partner both want out of this divorce. Make sure you both are being open and honest the whole time.

Related: [Heidi Klum and Ex Martin Kirsten Step Out Post-Breakup](#)

2. Balance: Be sure there is a balance in everything you are dividing or splitting up. If one partner has more or less, it can cause more of a hassle later on. Figuring it out now will solve many problems that will arise down the line.

Related: [Heidi Klum and Bodyguard Boyfriend Martin Kirsten Split](#)

3. Relax: This can be a stressful time for everyone involved, but giving time to yourself to recollect your thoughts and actions can help you reflect.

Have any other ideas on how to get through a divorce smoothly? Comment below.

10 New Celebrity Dads



By Jennifer Harrington

Pregnancy, babies and parenting are always some of the hottest topics when it comes to celebrity news. Much of this news revolves around the mom and baby (think of how much time we spend on “bump” watch and anticipating Hollywood baby name choices), and an important part of the equation is often overshadowed: the celebrity dad. There are some great fathers in the celebrity world, and we wanted to shine a spotlight on them to celebrate their dedication to their children and fatherhood. Here is a list of our top 10 celebrity dads:

Brad Pitt

Hollywood heartthrob Brad Pitt is a father of six (Maddox, Zahara, Shiloh, Pax, Knox and Vivienne) with longtime love,

Angelina Jolie. Often when Angelina is working, Brad plays the role of stay-at-home dad with the kids, and it seems to be a duty he relishes in. In a 2012 interview with *People* magazine, Brad revealed that fatherhood has made him a better man and explained that being a dad “takes you right off yourself.”

Related: [Mario Lopez Wants “At Least 4 More” Children](#)

David Beckham

Soccer superstar David Beckham is the dad of four (Brooklyn, Romeo, Cruz and Harper) with wife Victoria Beckham. David has confessed that he hopes his children will be independent and lead normal lives, despite their parents’ star status. He is open about how challenging it is to spend time away from his family for his soccer commitments. He’s also very proactive when he’s with the little ones (he was recently spotted having some quality one-on-one time with Harper in Paris).

Chris Noth

Sex and the City star Chris Noth is the father of one child (Orion) with his wife, Tara. Despite a long list of acting accomplishments, Noth is emphatic about his favorite role. He said, “I love being a dad... being a dad is by far my favorite role!” It may be difficult for some to imagine Mr. Big as a devoted dad, but Noth is frequently photographed as a hands-on dad (we have even seen him sport matching Halloween costumes with his little one), and has even said the sound of his son crying is “music” to his ears.

Tom Cruise

Major movie star Tom Cruise is a dad of three (Isabella, Connor and Suri). While Isabella and Connor are grown and embarking on their adult lives, Tom is famously undertaking the role of single dad, in light of his recent divorce from Katie Holmes. While Suri calls New York City home with Katie, and Tom is frequently traveling for his movies, Tom remains

committed to daddy duty for Suri. The duo has been photographed at Disney World together, and most recently, celebrating her 7th birthday together. Tom has also remarked that Suri can call him whenever she needs him!

Ben Affleck

Boston-native Ben Affleck has three kids (Violet, Seraphina and Sam). After a whirlwind year of work and accolades for Ben, his current focus now is parenting his children, so his wife, Jennifer Garner, can go back to work. The couple has agreed that while one is working, the other will stay at home with the kids. Of his summer plans, Ben has been quoted as saying, "There's going to be a little Mr. Mom action."

Matt Damon

Ben Affleck's best buddy, Matt Damon, is also a fantastic dad. Matt is a father to three daughters (Isabella, Gia and Stella) and a stepfather to Alexia, from wife Luciana's previous marriage. Matt has a simple rule that guides his life and establishes his commitment to his daughters: the family can't be separated for more than two weeks at a time. Matt is open about the fact that his feelings toward his family are much more than he ever expected, and has remarked that parenthood is "really quite something."

Will Smith

The Fresh Prince of Bel-Air star is a father of three (Trey, Jaden and Willow). Will famously rapped about fatherhood in the 1990's song "Just the Two of Us", and he's watched with admiration as Jaden and Willow, his children with wife Jada Pinkett Smith, have launched their own acting/music careers. Will is very involved and supportive of their blossoming careers, and is always available to provide them with counsel as they navigate Hollywood. He has remarked, "I love producing my kids and my wife's TV show and all that. I think that's my

most natural space in the business.”

Seal

The singer is father to four children (Leni, Henry, Johan and Lou) with ex-wife Heidi Klum. While Seal and Heidi are no longer married, Heidi knew that Seal would be a good dad the first time she met him because of his “kindness and compassion.” She has publically stated that he is a great father and always puts the needs of the children first (even Leni, who is not biologically Seal’s child), noting that he “does everything in his power” to make sure the kids are happy and safe. Time will tell how Seal adjusts to fathering without Heidi by his side, but we have no doubt he will continue to be a fantastic papa.

Matthew McConaughey

Matthew is dad to three kids (Levi, Vida and Livingston) with wife Camila. His recent acting schedule has been packed, but when he’s not on set, Matthew’s favorite activity is story-time with his tots! Matthew shared with *People* magazine, “My favorite thing is reading a five-minute story that turns into a never-ending story. When it’s story time and I get to the end, there’s no the end. The kids hate the end!” Matthew also loves long phone chats with Levi, when he’s away shooting movies!

Related: [10 New Celebrity Moms](#)

Barack Obama

President Barack Obama has two daughters (Sasha and Malia) with wife Michelle. Despite his schedule loaded with meetings with world leaders and policy negotiation, Obama makes spending quality time with his teenage daughters a priority. Sasha and Malia absolutely know where they stand with their father; Obama told *Essence* magazine, “I want my girls to know that no matter what else is going on, they’re my first

priority.”

What qualities make a terrific celebrity dad? Any other celebrity dads we should include on this list of Hollywood’s finest?

Wendy Williams Lashes Out at Heidi Klum for Relationship with Bodyguard Boyfriend



By Jennifer Ross

Wendy Williams speaks her mind about Heidi Klum’s new

relationship and it is not nice. Last Tuesday on [The Wendy Williams Show](#), Williams criticized the Victoria's Secret model, insinuating that Klum and bodyguard boyfriend Martin Kirsten began their relationship while Klum was still married to Seal. She even went as far as implying that intimate moments may have taken place under Seal's nose while Kirsten worked for the family the past four years. "Seal, you know what that means – and not just when you were out of town." The TV host ended with giving Seal advice on revenge. "I don't how much you're worth, but she's worth more. You need half. You need yourself a new girlfriend; someone young, hot and with a long future in modeling, and really fertile."

What are some signs that your partner is cheating?

Cupid's Advice:

No one ever wants to find out their partner is cheating. As a result, many people will turn a blind eye to the infidelity and live in denial. A problem with this is that the truth will eventually surface and you will need to deal with it. So rather than wait for your mate to confess, here are a few signs that someone is cheating:

1. Private phone calls: Yes, there are moments when your partner will need to take a phone call into the next room for privacy. However, if your partner runs to the next room every time the phone rings, something is not right. Also, your mate may refuse to let you know who called or what the call was about.

2. Change in appearance: Another sign of cheating is if your spouse has changed their appearance, such as previously dressing conservative but now focuses on designer clothing. Also, your mate wasn't much for grooming but now is finicky about their hair style, jewelry, and/or make-up. A new love in their life will have them feeling more conscious about their look.

3. Overly defensive or angry: When a spouse is cheating, they may come off more defensive about answering for their whereabouts or any question at all. The defensiveness could lead to criticizing or controlling you for any little thing and impatience or aggression in just speaking to you. The infidelity signs will get stronger so pay attention.

What signs did you see that told you your partner was cheating? Comment below.

Heidi Klum Opens Up About Celebrating First Holidays Post-Split from Seal





By Jennifer Ross

Christmas in California – is what Heidi Klum has in mind for the holiday season. The supermodel, 39, opens up about the holidays, planning a lovely Christmas at home with her four children from ex Seal, according to UsMagazine.com. On Saturday, when asked about her specific plans, while she was at the Children's Hospital of Los Angeles gala, Klum stated, "We're going to get a big Christmas tree and we might go to Disneyland. We go all over the place." In all this, one question remains. Will Seal, 49, join the family? No news has been said yet. Klum and Seal have recently begun to speak again after the nasty comments Seal made about Klum's new relationship with her ex bodyguard Martin Kirsten. Seal contends that his words were taken out of context.

What are some ways to avoid feeling lonely during a first holiday post-divorce?

Cupids Advice:

Whether you are recently divorced or in the process of one,

your first holidays sans your ex can be a very challenging time for you. Although it is natural to feel sadness, that doesn't mean you have to go through it surrounded by gloom. To get you into the spirit of a "different" style of holiday season, here are a few tips in keeping your happiness alive, even after New Year's:

1. No worries about the ex: During the holidays, pay no mind to how your ex will be spending his time. Instead, focus on yourself and necessary loved ones. Obsessing about what he might be doing will only prevent you from having a happier time.

2. Put negative feelings on hold: Any jealousy, heartache or anger needs to be stored in the back of your mind until after the holiday season; this is not the time to hash them out. Don't worry; you are not in denial. There will be plenty of time later to deal with the pain.

3. Keep yourself busy: In keeping your mind out of the negativity pool, it is best to accept as many party invitations as you can. If partying is not your thing, then try spending your time volunteering at your favorite charity. Just do anything constructive that will help to get your mind off your divorce and keep your spirits up.

How did you keep your spirits up during your first holiday post-divorce? Comment below.

Heidi Klum Has an

Affectionate Lunch with Rumored Bodyguard Beau



By Nicole Weintraub

Recently divorced Heidi Klum was spotted grabbing a bite to eat with her rumored bodyguard boyfriend, according to [People](#). Martin Kristen and Heidi Klum went for lunch at Joe's Stone Crab in Las Vegas on Tuesday where an onlooker described their behavior towards each other as very affectionate. The duo has not yet been confirmed as an official couple, but the starlet has spoken fondly of her bodyguard. Kristen has been Klum's bodyguard for the past four years, caring for and helping with her children as well. The two have been photographed together frequently since her divorce from former husband Seal.

What are some ways to be sensitive to your ex's feelings?

Cupid's Advice:

Breaking up is hard to do, especially when there are children involved. When children are involved, it is extremely important to try to remain civil with one another. Here are some tips on how to be sensitive to your ex's feelings:

- 1. Don't boast:** If you have had the opportunity to find someone else, there is no need to shout your new love from the rooftops. Take things slow and keep them low-key, at least until it becomes serious and monogamous.
- 2. Do be open:** Lying will only hurt your ex's feelings even more, especially if you get caught. In order to avoid a sticky situation, just be open and honest if they ask about your love life.
- 3. Keep it clean:** Posting scandalous and revealing photos, comments or videos will only get you into trouble. Keep your personal life private – it will be beneficial for the both of you.

How have you been sensitive to your ex's feelings? Share your stories with us in the comments below.

Heidi Klum Says She and Seal Aren't 'the Greatest Friends' Right Now





By Erin Minty

The relationship between now separated Heidi Klum and Seal is complicated at best, after things got heated last week. After some rude comments Seal made about Heidi, including that she should “at least wait until we separated first before deciding to fornicate with the help,” the supermodel is speaking out about where things stand between the former couple. According to UsMagazine.com, Klum told Katie Couric, “I don’t know if we’re the greatest friends right now, especially because of the things that he said.” She went on to say that they were in an “okay” place. After 7 years of marriage, hopefully the two will be able to work things out, especially for the sake of their 4 children, Leni, Henry, Johan and Lou.

How do you keep a messy breakup from affecting your children?

Cupid’s Advice:

Breakups can be hard, especially when you and your ex had children together. Cupid has some advice on keeping a messy breakup from affecting your kids:

1. Don't talk about it in front of them: One of the most important things is to try to keep your kids out of it. You should never be badmouthing your partner in front of your kids; it will make things uncomfortable and awkward.

2. Don't ignore their questions: On the other side of the spectrum, you don't want to ignore your kids' questions about your breakup. If they ask you what is going on, try to explain it to them without giving too many details about the situation.

3. Act normally around them: As much as it may hurt, it is important to try to act as if nothing is wrong when you are spending time with your kids. Take them to school, make their meals and talk to them about their day just as you would have before the breakup. You need to make them comfortable even when you aren't.

How did you keep a breakup from affecting your kids? Share your insight below!

Heidi Klum Says She's Moved on from Seal





By Erin Minty

Supermodel Heidi Klum says she's moved on since her divorce from husband Seal, according to [People](#). The two split last January after being married since May of 2005. The exes have both been speaking to the public about their relationship and moving on in their separate personal lives. Klum was seen cozying up with her bodyguard recently, to which Seal made some comments that were misinterpreted. The two both claim that their split was completely amicable, and that they still love each other very much despite both moving on.

How do you know when it's time to enter the dating scene after divorce?

Cupid's Advice:

Approaching dating after a marriage has ended can be a daunting task that must be approached carefully. Cupid has some advice:

1. Wait until you are ready: There are probably a lot of people in your life that will try to push you into a

relationship before you are ready by trying to set you up with friends, or asking you about any potential dates. The most important thing is to wait until *you* are ready. Take your time; don't rush into the dating scene because of any social pressure to do so.

2. Don't take it too seriously: After a divorce, you will probably be in the mind-set of a serious relationship. Take a breath. Go on one date. This person doesn't have to be your future partner; you can just go out, relax, and have a good time. Take it very slow at first until you know you are ready.

3. Think about who you are looking for: It may be difficult for some time to picture yourself with anyone else besides the person you just divorced. Take some time to think about the kind of person you want to be with. When it gets to a point where you can imagine yourself with someone else besides your ex, you may be in a good position to go out on that first date.

**How did you know when to start dating again after divorce?
Leave us a comment below!**

Seal Clarifies That Heidi Klum Did Not Cheat





By Nicole Weintraub

After seven years of marriage Heidi Klum and Seal called it quits in January, with Klum officially filing for divorce in April. According to [People](#), Seal would like to clear the air and state that Klum was not cheating on him whilst they were together. In a statement he had made prior in an interview, rumors spread that Klum had cheated on Seal with her bodyguard Martin Kirsten. Seal sets the record straight by explaining the statement in his interview by claiming that they are separated, but still legally married. Photos of Klum and her bodyguard vacationing surfaced and Seal said he expected her to “have shown a little more class...before deciding to fornicate with the help.”

What are some ways to know that your partner is being unfaithful?

Cupid's Advice:

Being in a relationship, no one wants to find out that the person they trust the most is the one that is hurting them.

Here are a few tricks on how to find out if your partner is being unfaithful:

1. Hot and cold: If your relationship has been on the rocks or unstable recently, that could be a huge clue that your partner is experiencing a wandering eye. When we are not happy in current relationships whether it be due to the spark dulling or constant arguments, we tend to look elsewhere to see if we are missing out on anything. Keep an eye out for your partner being out of tune with you emotionally and keeping you out of their schedule.

2. Excuses, excuses: Honesty is one of the most important ingredients in a healthy relationship. When you start hearing excuse after excuse, it's time to start looking for more clues. One late night at the office is understandable, but when the same excuse comes up over and over again, chances are it's not just an excuse anymore.

3. Sudden changes: Sudden changes in mood, behavior and scheduling may be indicators that your partner is unfaithful. Constant canceling and postponing plans that your partner has with you is a red flag. It may be a sign that your partner is seeing someone else, or it may be a warning that the spark is dulling in your relationship.

Have you found your partner being unfaithful? What red flags did you find? Share your comments below.

Love Advice For a Stronger

Long-Term Relationship



By Ricky Peterson

Everyone wants to have a great long-term relationship that keeps on getting better, but it simply won't happen without some effort on the part of both partners. Making a stable relationship and love work isn't always easy though, as we see many famous couples going through their ups and downs in public via celebrity news and gossip...and it's no different for us regular folk. That being said, here are four pieces of love advice (with help from some of our favorite celebrity couples!) that we can all use to make our relationships stronger.

Love Advice To Follow

1. Be prepared to listen to each other: Listening is the hallmark of all good relationships. If you don't listen to your partner or they don't listen to you, how can you hope to develop a strong relationship and love for the long haul? Talking is good, but recognize when listening is required of you, and practice doing it more often. Everyone feels more valued when their partner sits and really listens to them. Listening means comprehending and not just making the right noises in the right places!

Related Link: [Relationship Advice On How To Fall In Love](#)

2. Don't ignore problems – they'll only get worse: You cannot hope to go through life with no problems at all. There might be minor setbacks in your relationship or problems that occur outside the relationship that affect you both. The trick is to never ignore them and to confront them head-on. Talk about these issues and decide how to tackle them as a team.

Celebrity Couple Example: Seal and Heidi Klum are a great example, as Seal's reported anger management issues seem to have caused a rift in their celebrity relationship. This is the sort of thing that, if worked on early, could have been resolved, possibly saving the marriage.

3. Never wait for the other person to apologize: The apologies have to come from both partners; otherwise, one of you will always be saying "sorry" even when the other one does something they shouldn't. You've probably heard the idea that you should never go to bed angry, and that definitely applies in this case.

Related Link: [Heidi Klum and Seal – What Blew Up Their Marriage?](#)

4. Be positive in lots of little ways: We would all benefit

from being more positive in our daily lives. For example, if your partner has a job interview, be sure to call them just before they go in to provide some support. Then, call them afterwards to see how it went. You could even plan a dinner to mark the event, whether they were successful or not. You can either congratulate them or provide support and let them know the experience was still a positive one because it will help them gain experience for a the future.

Celebrity Couple Example: [Angelina Jolie](#) and [Brad Pitt](#) have had their ups and downs, but recent reports of a date night show that they are at least making the effort. Sadly, the media is much more into reporting on Hollywood couples who are having problems than those who are happy, but little bits of effort like this can make all the difference. Let's hope it works out for these two!

Stronger Relationships and Love

By following this love advice, it'll be easier than you think to build a strong partnership that will survive the test of time. Be sure you know how to make the most of your relationship and love, and start putting more effort into it today for the best results in the future.

Ricky Peterson is a writer who works for passionsearch, an online dating site.

How Decoding Your Love Map

Can Heal a Broken Heart



By Rachel Sussman

When it comes to celebrity breakups, many of us spend plenty of time analyzing their trials and tribulations. We identify on many levels with our favorite Hollywood couples by getting inspired by their romances and mourning their losses. In fact, we even tend to fear that the same types of failures they experience can happen within our relationships as well.

Whether you're a celebrity or not, there are numerous ingredients which go into determining whether a connection exists between two people. Love, attraction and pheromones are key components, but there are many others that dictate the choices we make as well, and they happen from the very beginning of our lives. It's important to remember that genetic/biological, social/cultural, and psychological issues

determined your partner selection, romance and grieving period. In other words, they're part of your personal "love map." Through interpreting your love map, you will understand how important events from your past shaped your individual personality development and self-esteem, which directly correlates to your relationship behavior.

Here are two celebrity examples where creating a love map would be invaluable:

Demi Moore and Ashton Kutcher

Since the beginning of their relationship, Demi Moore and Ashton Kutcher's romance fascinated the public. They're both attractive and accomplished actors, and, of course, there's the famous age difference. Sadly, Moore has suffered from depression and grappled with addiction since the pair's split.

In a recent interview, she said, "What scares me is that I'm going to ultimately find out at the end of my life that I'm really not lovable, that I'm not worthy of being loved."

Moore's unworthy feelings most likely existed long before she ever met Kutcher. According to multiple reports, she experienced a difficult childhood and both of her parents were alcoholics, which undoubtedly influenced her relationship choices and her behavior in those relationships. By creating her personal love map, Moore would be able to work through her pain in order to regain strength and health.

Related: [Demi Moore Proves There's Hope After Divorce](#)

Heidi Klum and Seal

Heidi Klum and Seal also recently went through an unexpected split. Many of us were thrilled to see a beautiful bi-racial couple with a large blended family who were happily wed. That said, Seal's hard childhood inspired him to create beautiful music, but it also affected him negatively as well. It's been reported that he was raised by a foster family, which would

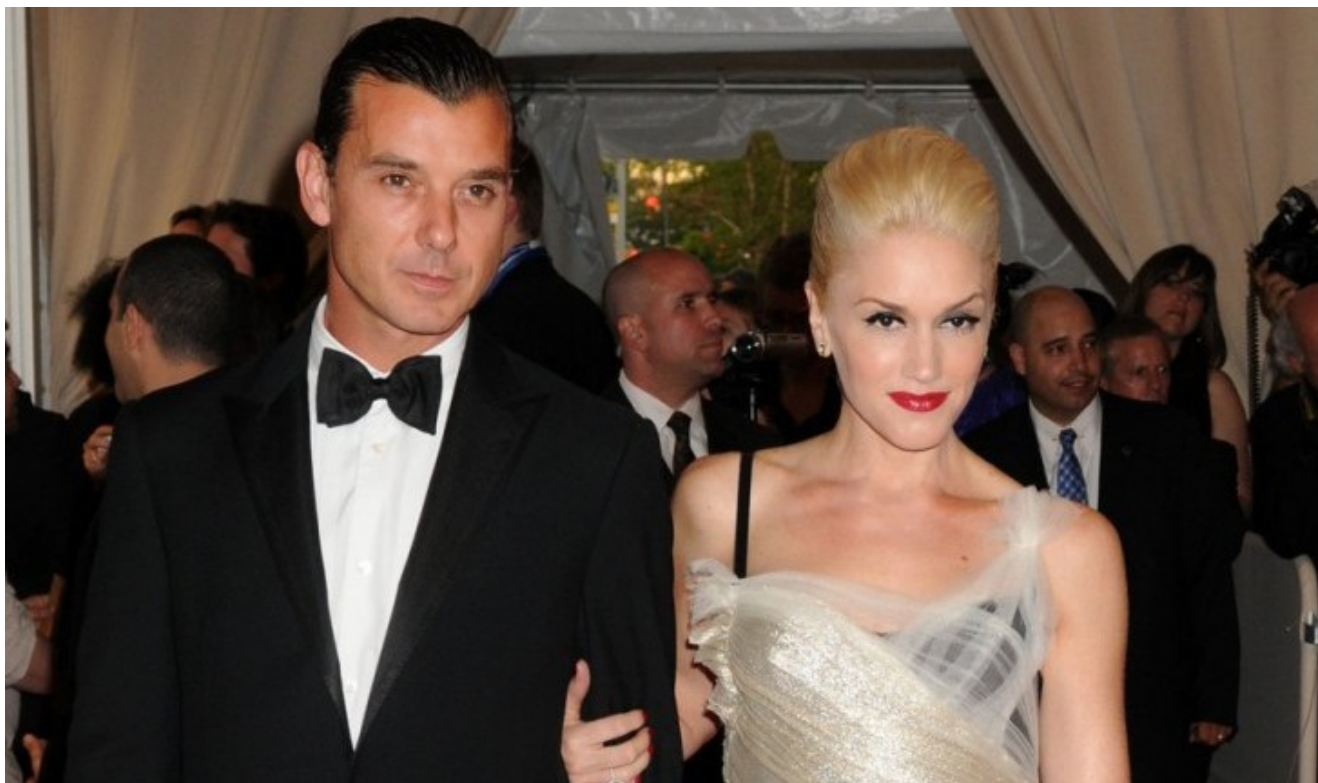
have influenced his personality development during his formative years. Apparently his emotional problems, in particular his inability to control his anger, had become too much for Heidi to take. In this case Seal should decode his love map to understand his psychological makeup. Heidi, on the other hand, should interpret her love map in order to discover what factors from her earlier life led her into the arms of a volatile man in order to expedite her emotional recovery.

Related: [Heidi Klum and Seal Confirm Separation](#)

Creating and interpreting a personal love map will enable anyone, celebrity or not, to heal and recover from a bad breakup. It will also allow you to understand and change behaviors that may be negatively impacting your romances – and that is definitely something worth striving for.

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Heidi Klum Protects Her Kids from Public Split



In an effort to stand strong after her very public split with Seal, Heidi Klum isn't speaking publicly about the details of what led to their unexpected divorce for the sake of her children. "I'm a lioness. I have four cubs. I'm a mom. I want to take care of my kids and protect them. I don't want to talk about them, or him, or me," said Klum. However, she did reveal that things between her and the singer weren't always as perfect as they seemed. According to [People](#), the model is spending time at home with her children and avoiding reading about her divorce in the news.

How do you keep the drama of your divorce away from your kids?

Cupid's Advice:

1. Be careful what you say: Never argue or talk about the details of the divorce in the front of the kids.

2. Answer their questions: Encourage your children to come to you with their questions and concerns about the changing situation.

3. Don't put them in the middle: The worst thing you can do when kids are involved in a divorce is to put them in the middle of a custody battle or a fight.

If your marriage isn't working out, should you stay together for the kids? Share your thoughts below.

Heidi Klum's Soon-to-Be Ex Seal Finally Removes Wedding Ring





It looks as if Heidi Klum and Seal are officially over, as Seal was recently been photographed without his wedding ring for the first time. The sighting took place in Australia Wednesday where Seal made no attempt to hide his ringless hand. The choice to remove the ring seems to be bittersweet. According to UsMagazine.com, the singer told Ellen DeGeneres, "Just because we have decided to separate doesn't necessarily mean you take off your ring and you're no longer connected to that person."

What do you do with your wedding ring after you divorce?

Cupid's Advice:

What to do with your engagement ring really depends on how smooth the split was and if you are still on good terms with your ex after calling it quits. Cupid has some tips:

- 1. Pawn it:** In the case of an ugly divorce, you'll probably never want to see your ring again, so you might as well get some money for it at your local pawn shop or jewelry store.
- 2. Give it to your kids:** After a divorce, your wedding ring

might not mean much to you, but it might mean something to your children.

3. Bury it: Yes, they actually do make coffins for wedding rings. A divorce is similar to a death, and burying the ring just may give you the closure you need to move on with the next chapter in your life.

Is it ever acceptable to continue wearing your wedding ring after a divorce? Share your thoughts below.

Sources Say Heidi Klum and Seal Have No Plans to Get Back Together





No serenade can change Heidi Klum's mind. Sources say that Klum does not wish to get back together with Seal, her husband of seven years, according to *HollyScoop*. Though Klum and Seal still wear their wedding rings, a source close to Klum says, "They have zero plans to get back together." Klum is reportedly miffed that Seal "won't shut up" about their separation.

How do you keep from falling back into an unhealthy relationship?

Cupid's Advice:

Though looking back on old relationships can be emotionally trying, it's important to stick to your decisions. Here are a few ways to avoid going back to an ex who's not right for you:

1. Remember your breakup: Though anger fades over time, the reasons behind your breakup are still present. Think back on the mistakes made in your previous relationship and hopefully those thoughts will deter you from reentering the relationship.

2. Stick with your friends: Spending time with friends—people with whom you have a healthy relationship—will help you realize just how imperfect your previous relationship was.

3. Look to the future: Instead of looking back at your relationship, try looking forward to future relationships. Be optimistic and hope for one that's better than the last one.

Have you been in an unhealthy relationship? Feel free to leave a comment below.

Heidi Klum and Seal: Marriages Don't End Overnight



By Melanie Mar

When a seemingly “rock solid” celebrity couple separates – as with Heidi Klum and Seal’s divorce announcement after seven years of marriage – the first public reaction is always surprise. Thanks to the sheer volume of attention paid to celebrities’ lives via television, tabloids and other media, it is easy to believe you actually know these stars. You feel a connection to them that makes their relationship issues cause you to feel like a personal friend’s relationship has broken up. You begin to analyze the celebrity relationship in the same manner, questioning what happened and what went wrong. Of course, the tabloids add fuel to your frenzy when they get down and dirty with many and varied rumors: He cheated. She cheated. He has anger issues. She has an alcohol problem. You begin to feel dismayed, thinking, “Again? Another one bites the dust?”

Related: [Heidi Klum and Seal – What Blew Up Their Marriage?](#)

Having had the pleasure of socializing with Heidi and Seal, I found in them a friendly couple with open affection towards each other. There is no doubt in my mind they still love each other and may have the possibility of a potential reconciliation; however, the only people who truly know what is happening behind closed doors are the two in the relationship themselves.

Related: [Finding Love After a Breakup – Should You Jump In?](#)

Marriages, especially those that have young children, do not end overnight. Heidi and Seal were together almost a decade, and their marriage could not have ended over only a matter of days or weeks. There is usually the constant chipping away of the relationship that causes the cracks and ultimately the break. Some of the warning signs of this are; infrequent sexual intimacy, apathy, disrespect and/or lack of cherishing.

The most important thing is to be aware and look for these

signs. As soon as you think they are beginning, address the issue immediately. The longer the behavior pattern exists the harder it is to stop. Most every relationship problem can be helped with concise communication. State what you want and don't want in a non-threatening, respectful, loving manner.

Ask how you can help each other do better and feel better. Learn how to listen and also be heard. With that in mind, write down the following and read it daily to help keep yourself in check.

Beware of your thoughts, because they become your words.

Beware of your words because they become your actions.

Beware of your actions because they become your habits.

Beware of your habits because they become your destiny.

For more information, visit Melanie's Mar's Facebook page or contact her at info@melaniemar.com. A complete overview of her services can be found at www.melaniemar.com.

Heidi Klum and Seal: What Blew Up Their Marriage?





By [Dr. Jane Greer](#): Marriage & Family Therapist, Author, Radio Host & *Shrink Wrap* Celebrity Commentator

After almost seven years of marriage, Heidi Klum and Seal have decided to part ways. Many people were surprised by their announcement, since they made such a point of telling the public how truly happy they were. For a time, they even seemed like a model couple, defying the odds with two high-powered careers and balancing that with their home life, which included four children, three together and one from Heidi's previous relationship whom Seal adopted. Now, however, it seems that the separation may have been in the works for sometime as they dealt with something more than their love, success and family: Seal's reported anger issues.

TMZ was the first to report that the pop singer has a "volcanic temper," and that his inability to control his anger has become too much for Heidi to take, in part because it is affecting their children. They may very well have been honest about their love for each other, but dealing with an angry spouse can take a toll on a marriage, even a seemingly strong one.

Related: [Three Tips to Enjoy Marriage Despite the Battles](#)

The reason couples can go on for so long in this situation is that the outbursts are often self-contained, and when they are over, they are over. Life goes back to normal. That is, until the next one. For a while you learn to live between the explosions in the land mines and focus on the good while you can. However, it eventually comes down to this: in an intimate relationship, everyone ultimately seeks a loving and safe shelter, a place where you can let down your guard and know someone is looking out for you. You want to be able to trust that your partner has your best interests at heart.

When one of the partners has frequent temper tantrums, that feeling of safety is slowly etched away. Over time, you lose the sense of sanctuary and begin to feel fearful and anxious knowing that at any time your spouse might blow up. If you aren't in physical harm's way, you are at the very least in emotional harm's way. When your spouse rages, you feel frightened and upset; you feel that you are being attacked, and often it is hard to understand what is behind that fury.

You feel like you are walking on egg shells, afraid that one wrong move can make your partner irascible. That pattern of behavior destroys the foundation of your mutual trust and commitment.

Related: [How to Dignify Your Relationship Daily](#)

Eventually, the question becomes: how long can you live that way? I can only speculate about the havoc Seal's volatility wreaked on he and Heidi's union, but I can tell you what I've learned over the years with my patients. The first thing to do is to put checks and balances in place so that you feel you can gain some control. Wait until the anger has dissipated so you can have a calm conversation. At that time, when things are more peaceful, suggest to your spouse that you put all of his or her complaints into a box, and then you can pull them out one by one and talk about them in a rational way. Even more important, though, would be to talk to your spouse about

getting outside help. This can be daunting, but necessary, because without that help you might skip from talking about getting support to learning how to handle conflict in a constructive way to talking instead about getting out of the marriage completely.

It is when your spouse refuses to seek help, or when he or she will get the help, but then flat out refuses to change, that you might reach the point of having to decide to take yourself out of the danger zone, as Heidi has done. All the renewed vows in the world won't fix that, but hopefully, with help, you can.

Please tune in to "Let's Talk Sex" which streams live on HealthyLife.net every last Tuesday of the month at 2 p.m. EST, 11 a.m. PST. We look forward to listener call-in questions, dealing with relationships, intimacy, family, and friendships, at 1.800.555.5453.

Sources Say Aspen Was the Last Straw for Heidi Klum and Seal





Heidi Klum and Seal's family vacation to Aspen over the holidays appeared to be about fun, love and skiing. However, sources told [People](#) that the trip to a Colorado resort is where the now separated couple realized their marriage was over. "Aspen didn't go as well as planned ... there were more lows than highs," one source says. "Aspen was the final straw." The couple were often apart due to work commitments, but planned to enjoy quality time while on the trip. "When they came together for Christmas as a family, things had changed and they fought a lot," another source says. "Their Aspen trip was a bit of a mess. Instead of enjoying being back together as a family, it was difficult for them to get along." During their vacation, Klum reached the point where she was "done with arguing" and thought it would be best to separate before their arguing affected their kids.

How do you know when your relationship is over?

Cupid's Advice:

Ending your relationship is definitely not easy, especially when there are kids involved. But, when you and your mate can

no longer seem to make things work, it may be the best thing to do:

1. You're always arguing: No relationship is perfect, but when you can never have a moment of peace with each other and can never seem to stop arguing or make it right, it's time to pack your bags.

2. You'd rather be away from your lover: There are times that you will need your space in a relationship to sort some things out, but if it gets to the point that while you're away you don't miss your partner at all, then you need to leave.

3. Body language starts to change: If your mate no longer makes eye contact with you during conversation, that can be a troubling sign. Also, if they're no longer in the mood or seem uninterested in having sex, that may be a clear indicator that they want to avoid having an emotional connection with you.

**What are some other ways to know when a relationship is over?
Share your comments below.**

Seal Says He's Grieving and Shocked Post-Split with Heidi Klum





Similar to our own shock over the news, Seal is upset and grieving over his breakup and impending divorce from model Heidi Klum. That said, according to [People](#), he remains amicable saying that his love and respect for Klum hasn't changed. Seal also claims that this will help "make it easier to make that transition," and that the children are the "first priority." For Seal, it's important to acknowledge that he isn't that only one who has gone through a painful split like this. He adds, "It is just unfortunately a chapter of life."

What are some ways to mourn after a split?

Cupid's Advice:

Sometimes it can be hard to get over a difficult breakup or split. Cupid shares some ways to mourn:

- 1. A specific end is helpful:** Being able to look back at the relationship and acknowledge when it was really over can help you to move on. It allows you to adjust to the breakup or divorce more easily.
- 2. Accept some responsibility:** Being able to realize what went

wrong in the relationship can be very therapeutic. It's important to be able to realize that this divorce is not really a rejection of you personally; it's just a combination of two people that didn't work out.

3. Cut off communication: Completely shutting down communication lines can be hard when you have children like Heidi Klum and Seal, but to be able to truly mourn and get over a split, you have to take some time for yourself.

What are some ways you've gotten over a relationship? Let us know in a comment below.

Heidi Klum and Seal Confirm Separation





After almost seven years of marriage and four children, Heidi Klum and Seal are calling it quits. The *Project Runway* host and Grammy winner began dating in 2003, and became engaged in December of 2004. As of January 2012, however, the supermodel is rumored to be filing for divorce from the singer claiming “irreconcilable differences,” according to [People](#). In a statement, Klum said, “While we have enjoyed seven very loving, loyal and happy years of marriage, after much soul-searching we have decided to separate. We have had the deepest respect for one another throughout our relationship and continue to love each other very much, but we have grown apart. This is an amicable process and protecting the well-being of our children remains our top priority, especially during this time of transition. We thank our family, friends, and fans for their kind words of support. And for our children’s sake, we appreciate you respecting our privacy.”

How do you keep a split amicable when there are children involved?

Cupid’s Advice:

Breaking up is difficult as it is, but when you bring children into the picture, it's even more taxing. Here are some ways to keep your split amicable for the sake of your kids:

1. Be fair: Although you and your ex-husband may be upset with one another due to a divorce, remember that they most likely love your children as much as you do. You also have to remember that the children deserve and love both parents as well, so be fair to your ex and the kids.

2. Win-win outlook: You need to discuss and plan together with a positive attitude instead of an *I win, you lose* motive. The split is going to be hard on both you and your kids, so don't make it worse for the kids by using them as leverage.

3. Pay attention: Your feelings aren't the only ones involved. Don't be selfish, and sit down as a family to discuss the situation. Let everyone take a turn talking about how they feel and what they want, and then later make the executive decisions with your ex. Your children will appreciate being involved in the choices you're making for them.

What are some other ways to keep a break-up amicable? Share your thoughts below.

Rumor: Are Heidi Klum and Seal Getting a Divorce?





Though they are both still wearing their wedding bands, rumors are flying around Hollywood that Heidi Klum and Seal are headed for a split. According to [People](#), distance has been the major issue within this rocky patch in the marriage. Seal has been away a lot lately promoting his new album, *Soul 2*, which has put a strain on the couple. However, now that the two have reunited, they seem to be doing a lot better.

What do you do if you notice the fighting in your relationship is increasing?

Cupid's Advice:

All relationships have their highs and lows. When fighting increases, don't be afraid to ask for help, look within yourself or change your surroundings:

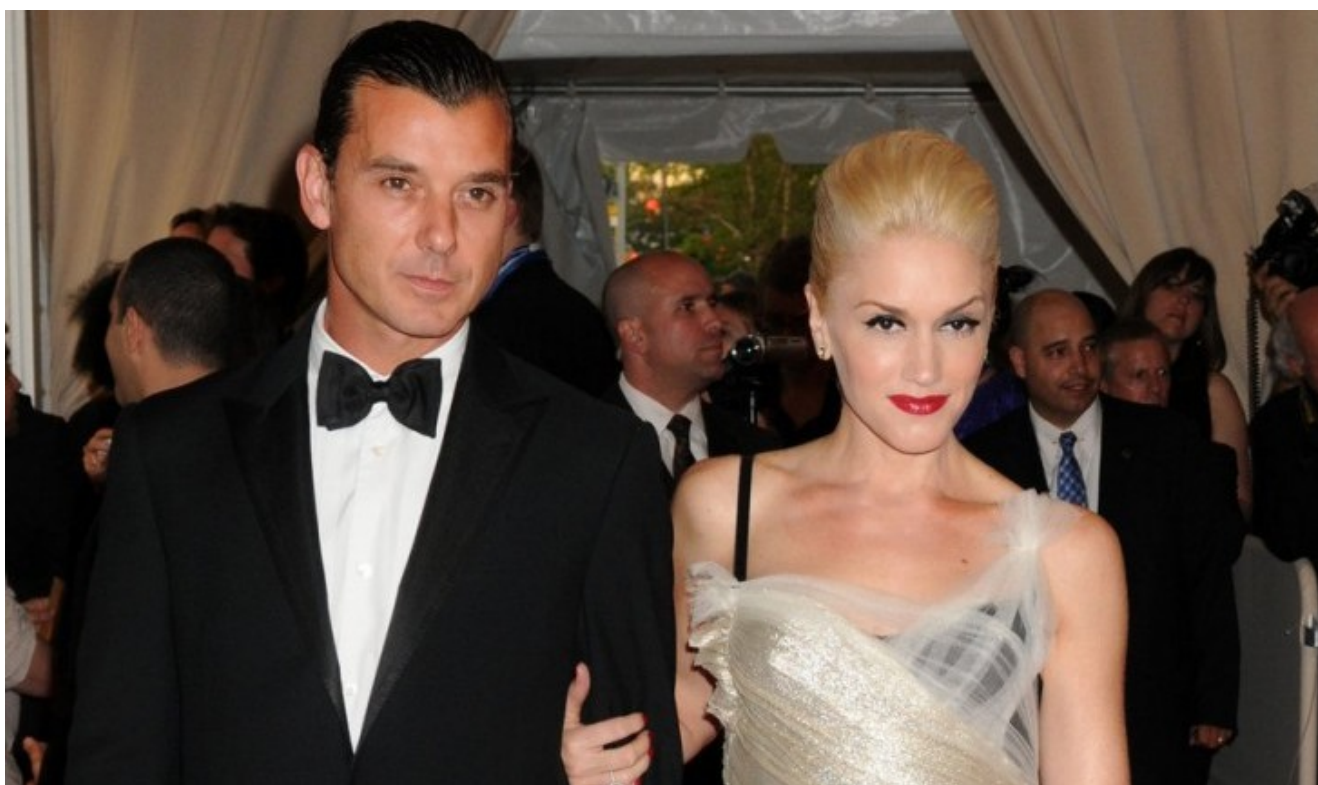
- 1. Couples therapy:** Lots of couples have gotten through their troubles by bringing in an involved third party professional, such as a therapist, to talk out your problems with.
- 2. Look within yourself:** You may not be able to change the

actions of others, but you certainly can change your own. Reevaluate yourself to see if there is something you're doing to cause distance between you and your partner.

3. Talk it out: Problems are solved by talking, not by yelling.

What amount of fighting is too much in a relationship? Share your thoughts below.

Top Five Ski Destinations for Celebrity Couples



By Abbi Comphe1 and [Whitney Johnson](#)

As evidenced by the popularity of ski resorts like Park City, Utah and Telluride, Colorado, [celebrity couples](#) love sneaking away for a snowy romantic vacation – and what's not to love? Afternoons spent on the slopes of a majestic mountain and evenings spent snuggling up by a fire or exploring the local nightlife make for a perfect wintery holiday.

When temperatures drop and snow begins to fall, there is sure to be an influx of Hollywood couples at the following ski destinations:

1. Aspen, Colorado: The slopes of Ajax Mountain or Snowmass are often teeming with celebrity duos – although it may be hard to spot these famous faces when they're covered in scarves and snow goggles. Celebrity couple Goldie Hawn and Kurt Russell keep a house here, often inviting children Oliver and [Kate Hudson](#) and their families to join them.

Related Link: [Have Winter Fun In The Sun](#)

2. Park City, Utah: Although this winter wonderland is a popular destination for tourists and celebrities alike, the rich and famous come out in droves during the Sundance Film Festival. Married celebrity couple Justin Timberlake and [Jessica Biel](#) have been long-time snowboarders and enjoyed a snowy getaway here early on in their relationship. Although these two are now celebrity exes, Gwen Stefani and Gavin Rossdale, who played a concert during the Deer Valley Celebrity Skifest in 2011, took their oldest son Kingston to Deer Valley in Park City for a day of family fun on the slopes.

3. Whistler, British Columbia, Canada: Whistler, known as the host of some of the 2010 Olympic Winter Games, is as popular

for its nightlife as for its 7,000 acres of ski-worthy terrain. Seal proposed to Heidi Klum here in 2004, while Paris Hilton and boy-toy of the past Doug Reinhardt took advantage of the skiing, snowboarding and sledding during a snow-filled vacation in 2009.

Related Link: [Date Idea- Go Ice Skating](#)

4. Telluride, Colorado: This snowy spot is a favorite playground of the rich and famous, perhaps because of its particularly remote location. Oprah Winfrey recently sold her “log cabin” here, and before their [celebrity divorce](#), Tom Cruise and Katie Holmes would steal away for a romantic getaway to their home away from home in Mountain Village, a sister town connected to Telluride by a free gondola.

5. Chamonix, France: Located in the French Alps, Chamonix, known as the birth place of skiing, is one of the most popular ski resorts in Europe. In addition to the unbeatable snow and challenging trails of Mont Blanc, the city is known for its apres-ski offerings as well: great French food and a cozy village atmosphere. David and Victoria Beckham often choose this spot for a family vacation.

What is your favorite snowy spot for a romantic getaway? Share your thoughts below.