

Single Celebrities: Selena Gomez Clarifies Relationship Status After Being Spotted with Ex



By [Ahjané Forbes](#)

In [celebrity news](#), “Lose You To Love Me” singer [Selena Gomez](#) recently went out with her [celebrity ex](#) Samuel Krost. According to *UsMagazine.com*, the pair arrived at a restaurant called La Esquina in New York City on October 29 with their friends in tow. The next day, the Disney Channel alum cleared the new celebrity relationship rumors by telling her Instagram followers, “I’ve been single for two years. I’m on Gods timing not mine.” Although Gomez hasn’t been in a relationship for a

while, the star seems to enjoy flying solo.

This [single celebrity](#) hasn't been in a relationship for two years. What are some benefits to being single?

Cupid's Advice:

Even though being in a relationship can be nice, staying single has its benefits as well. First, don't think about the negatives. Just because you are a party of one does not mean you can't still have fun. Next, keep a positive mindset. If someone is truly there for you, they will gravitate toward you. Lastly, stay true to yourself. Don't jump into a relationship because your friends say it's been "too long." Start dating when you are ready. Cupid has some advice on how to make the process of being single a little bit easier:

1. Focus on yourself: Sometimes when you are in a relationship you forget the importance of self-love. Treat yourself to Spa day. Start going to yoga classes. Reconnect with your inner-self.

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2. Take opportunities to grow: This does not mean that you have to better yourself for the next person you're going date. Find areas in your life that you feel need some improvement. For example, if you've always wanted to do something, but you've never had the chance to do it before, now is that time. Motivate yourself to accomplish your goal.

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3. Set new standards: You might have been single for a while,

but that does not mean you are any less attractive. After you have spent some time on yourself, reevaluate what type of partners are a match for you. List all the qualities you would like your future partner to possess first, and then go from there. Building up your confidence and staying true to yourself can you turn a lot of heads.

What are some ways you improve you life while your are single? Let us know in the comments below!

Celebrity Exes: Selena Gomez Opens Up About Justin Bieber in New Song





By [Meghan Khameraj](#)

In [celebrity news](#), [Selena Gomez](#) is back with a new song! According to *UsMagazine.com*, many speculate the track “Lose You to Love Me” is about her ex-boyfriend, [Justin Bieber](#). The pair began their drama-filled relationship in 2010. Although the [celebrity couple](#) was on and off for a few years, Bieber recently tied the knot with model Hailey Baldwin. In her latest track, Gomez sings, “In two months, you replaced us / Like it was easy.” The couple officially ended their [celebrity relationship](#) in March of 2018, just two months before rumors began circulating of Bieber’s relationship with Baldwin. Gomez, however, isn’t letting this heartbreak bring her down any longer, as she sings, “And now the chapter is closed and done...and now it’s goodbye, it’s goodbye for us,” as the closing line of the new track.

Selena Gomez’s new song reveals her

difficult journey to healing after her split from celebrity ex Justin Bieber. What are some ways to cope with an ex who has moved on?

Cupid's Advice:

Selena Gomez dropped a new song that seemingly called out her famous ex, Justin Bieber, for the pain he caused her during their celebrity relationship. Cupid has some [relationship advice](#) to help you cope with an ex who has moved on:

1. Speak to a therapist: Break-ups can cause a lot of emotional stress, and seeing your ex with someone new can intensify what you're already feeling. If you're feeling overwhelmed with emotion you should seek the guidance of a therapist. They will help you discover healthy mechanisms to cope with the pain you're feeling.

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2. Spend time with family and friends: Surrounding yourself with people who make you happy and lift you up is a positive way to distract yourself from what your ex-partner is doing. Gomez spent a lot of time with pal [Taylor Swift](#) and her close family to help her find herself again post-Bieber break-up. Avoid isolating yourself and try to get out and be social with people you like.

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3. Write down your feelings: Gomez turned to songwriting to express the immense emotions she was feeling after the break-up with Bieber. Her latest track "Lose You to Love Me," is a

cathartic anthem that fully airs out her emotions while also officially closing the chapter on her and Bieber's relationship.

What are your go-to ways to deal with a break-up? Let us know in the comments below!

Celebrity News: Selena Gomez Explores Mental Health Journey



By [Mara Miller](#)

In the latest [celebrity news](#) according to *USMagazine.com*, [Selena Gomez](#) speaks candidly about her struggles with mental health. Gomez was diagnosed with Lupus in 2014. She admitted that anxiety, depression, and panic attacks can be side effects of Lupus, among other symptoms of the disease. In 2016, the [single celebrity](#) took a step back from the spotlight to focus on herself. Breaking her silence, Gomez released a new song with Julia Michaels, titled "Anxiety." It's great to see that Gomez is performing again, but, even better than having her music, she has been reaching out to her fans to let them know that she loves them. Gomez has, on occasion, even reached out to fans on Instagram to speak with them when she finds out they are struggling with mental health.

Selena Gomez's honesty with her mental health has made celebrity news because of the impact on her fans. What are some ways we can follow Selena's example and encourage mental health?

Cupid's Advice:

When you're going through a difficult time, whether with depression, anxiety, or any other number of other issues, here are some things that can help.

1. Try positive thinking: Negative thinking can be a downward spiral that is hard to come back from, and it can become difficult to be positive when you hardly have been. Only use words that will empower yourself. It may seem hokey and redundant, but positive thought is a powerful tool and will reshape the vocabulary your brain uses.

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2. Reach out to someone who you trust: Have a serious conversation with someone close who is willing to listen. Also, if it's bad and you don't have a support system, do not be afraid to seek professional help. There's *never* a reason to be ashamed of how you feel.

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3. Exercise: Exercising can release endorphins in the body that relieves stress and boosts the mood. This doesn't have to mean working out in a gym. Try picking up martial arts classes or borrow a book from the library on introductory yoga. Exercise can also play double duty as something that you're doing for yourself, by yourself, and it can help you take your mind off of the things that are upsetting you.

What techniques do you have for maintaining mental health? Share your tips below!

Celebrity News: Selena Gomez 'Doesn't Care' About Justin Bieber & Hailey Baldwin's Engagement





By Rhodesia Williams

In [celebrity news](#), [Selena Gomez](#) is reportedly unbothered by [celebrity couple Justin Bieber](#) and Hailey Baldwin's engagement. According to *UsMagazine.com*, Gomez was seen on a boat with her friends living her best life when news broke about the engagement. Bieber and Gomez were a couple from 2011 to 2015, on and off. After the celebrity relationship ended for the last time, Gomez and her circle don't speak about Bieber. Apparently in the past, Bieber had a habit of making his relationships very public to upset Gomez. By the looks of it, Gomez is more than okay with this recent development.

In celebrity news, there's no big green monster to be found in Selena Gomez. What are some ways to handle jealousy when your ex moves on with

someone new?

Cupid's Advice:

In some cases it's hard to see an ex with someone new. As hard as it can be, you have to keep it together. Cupid has some advice on how to handle jealousy when your ex moves on with someone new:

1. Try not to look!: With social media taking over, it can be hard to avoid finding out about an ex and their new partner. As much as you may have the urge to lurk, don't look. Whether you broke up on good or bad terms, it will hurt the same when you see it. As long as you keep lurking, the more upset and angry you will get. Don't do it to yourself.

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2. "I don't want to hear it": While your friends may think they are doing you a favor by telling you your ex's every move, you have to tell them that you don't want to hear it. Constantly hearing about your ex won't help you heal and move on. A good idea is to have a conversation with the people closest to you and have a mutual agreement on not bringing up your ex. This combined with fun with your loved ones will help you have a smooth and healthy healing.

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3. It's not a competition: When seeing your ex with someone else, your first instinct may be to go out there and just jump into something with someone else. Bad idea! Keep your cool and take your time with getting back on the dating scene. Don't go out and hurt someone else to make your partner jealous. Not only will you hurt someone else, it will only hurt you more. Keep calm and work through it. Sometimes it gets worse before

it gets better.

What are some ways that you deal with jealousy when you ex moves on? Share below

Celebrity News: The Weeknd Scrapped an 'Upbeat' and 'Beautiful' Album After Selena Gomez Break-Up



By Rhodesia Williams

In [celebrity news](#), The Weeknd tossed an entire album and produced *My Dear Melancholy* after split with [Selena Gomez](#). According to *UsMagazine.com*, the [celebrity couple](#) broke up in October after 10 months of dating. Although The Weeknd had the previous album completely finished, the [celebrity break up](#) caused him to scrap it and produce his new six track EP. *My Dear Melancholy* was his way of expressing himself through his rough time. “He’s been in the studio pretty much nonstop,” a source said. The Weeknd said, “You want to get it out. It’s like you close a chapter.”

This celebrity news shows that The Weeknd was very affected by his break-up from Selena Gomez. What are some ways to cope with a sudden painful split?

Cupid’s Advice:

Break ups can be tough, especially if they’re sudden. Cupid has some advice on how to cope with a sudden painful split:

1. Talk it out: Sometimes you have to talk it out of your system. Expressing yourself and talking to other just may be what you need to ease the pain.

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2. Keep yourself busy: It helps to keep yourself busy after a sudden break up. Sitting at home will have your mind wandering. Keeping yourself busy keeps your mind occupied for the most part. When you finally have those down times, thinking of the break up won’t be so bad.

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3. Give it time: Your gut instinct is to reach out to the other person but sometimes that's not always the best thing to do. Give the situation time. Maybe a mixture of different things resulted the break up, but, have faith. Give it some time and then reach out. And, no, 5 minutes is not enough time.

Do you have any ways you cope with a break up? Share your thoughts below.

Celebrity Exes: Source Says Selena Gomez Has 'Moved On' from Justin Bieber





By [Jessica Gomez](#)

In [celebrity news](#), [Selena Gomez](#) has moved on from her [celebrity ex Justin Bieber](#) and has no interest in getting back together with him in the foreseeable future. According to [EOnline.com](#), sources say she is in a better place now after some self-reflection. "She respects him as a person, but has decided she is much happier doing her own thing. Selena rarely even talks about Justin anymore, and is fully open to dating," a source said. Another source added that the former [celebrity couple](#) are not in contact either. Gomez is doing great in her career and friends and family are happy to see her doing well. Good for her!

These celebrity exes are going to remain exes, at least for now. What are some ways to decide that you're better off without someone?

Cupid's Advice:

Every person is different and so is every situation, so think hard about whether someone is right for you or not. Cupid has some [relationship advice](#) on things to consider before deciding whether you're better off without someone or not:

1. Have they done unforgivable things?: Forgiving them means accepting the situation and their apology, and moving on from it. There is no point in saying you will forgive your partner, if the problem will just keep popping up in the future. So, analyze and evaluate whether what they did is something you can move on from.

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2. Are they worth it?: This question may seem harsh, but it's one you have to ask yourself and be honest about. Do you see a future with this person? How has your relationship with them been overall? Consider these things. Ponder away.

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3. Have you given yourself enough time to make this choice?: Depending on the situation, you may need a little time or a lot of time to think things over. Don't make any impulsive decisions. Don't rush, take the time you need. You need time to decide whether this person is someone that deserves to be in your life. The people in your life should be making it better, not creating complete and utter chaos.

In what other ways did you know whether you were better off with or without someone? Share with us below!

Expert Relationship Advice: 4 Ways to Build a Healthy Relationship with Your Body



By [Amy Osmond Cook, Ph.D.](#)

If you hope to build healthy relationships with other people, the best [expert relationship advice](#) is to start on your relationship with your body.

Body shaming is a real issue. [Selena Gomez](#) responded to it and so did Tyra Banks. Even celebrity [Emma Stone](#) wasn't immune from an encounter. The repercussions of this are a soaring number of cases of eating disorders and depression. For instance, the National Association of Anorexia Nervosa and Associated Disorders reports that at least [30 million](#) people

of all ages and genders suffer from an eating disorder in the US.

Social and political forums are scrambling to find ways to eliminate body shaming activities. One of the best defenses you can build against forming a negative self-image is to concentrate on building a healthy relationship with your body. "I am not a woman whose self-worth comes from her dress size," says [Kristen Bell](#) when confronted with negative comments about her physical appearance. "Comparison is one long, agonizing death and does not interest me at all."

Working on your relationship with your body will help you build healthy relationships with others. Here are four tips from [relationship expert](#) Dr. Amy Osmond Cook.

Expert Relationship Advice for Loving Your Body

1. What you eat is what you are: The focus of a healthy diet shouldn't rest on deprivation or discouragement. Instead, healthy eating is about providing fresh, nutritious, quality foods that nourish your body. We have the power to choose what fuels our body. One trend that supports a healthy relationship with our body is cooking at home. [Market research](#) shows the meal kit delivery services industry generated almost \$1.5 billion dollars in sales over the past three years and projections estimate a multi-billion dollar growth in the next five years. [Culinary schools](#) that cater to the amateur chef are popping up in cities across the country, offering hands-on instruction from professional chefs. The idea is to embrace healthy eating, which in turn, allows us to celebrate our bodies.

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2. Make exercise a routine: The benefits of an exercise routine extends beyond better health. A commitment to daily exercise helps other aspects of our lives, especially our jobs, by developing self-discipline, time management skills, and increased productivity. “Some employers take a healthy workforce for granted, until they aren’t,” says [Ryan Westwood](#), CEO of Simplus, who encourages exercise in the workplace.

“Employed athletes who pursue passions outside of the workplace bring that self-discipline to their job,” says [Cody Ferraro](#), cofounder of InxAthlete, and a former collegiate Lacrosse player. “What an employer gets is a productive, self-motivated employee who has a strong concept of time-management.”

Along with the physical benefits, exercise enhances mood and staves off depression. “Even moderate physical activity improves muscle strength, maintains healthy joints and bones, and it can help reduce high blood pressure,” said [Tonya Fisher](#), executive director of Bainbridge Island Health and Rehabilitation. The [American Psychological Association](#) says that researchers have also explored exercise as a tool for treating, and perhaps preventing, anxiety. A strong body boosts a strong mind, and that reinforces a healthy relationship between both.

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3. Find a purpose: An essential defense against negativity is finding meaningful ways to spend your time. “Living on purpose feels alive, clear, and authentic,” say [Barb Leonard, PhD, RN, PNP, and Mary Jo Kreitzer, RN, PhD](#). The article also points out that purpose influences health, including life extension, reduced risk of heart disease and Alzheimer’s disease, and it allows for better pain management. In a world seemingly brimming with shallow, superficial conversations, finding a deeper meaning that adds value to your life is a solid

strategy for being a part of the world but not consumed by it.

4. Surround yourself with great friends: Whether conscious or not, experts say we are defined by the people with whom we spend the most time. “Your best friend could be a key contributor to your success,” said CNBC contributor [Ruth Umoh](#). “[Research](#) shows that having a close friend boosts your resilience and helps you bounce back from hardships.”

One of the reasons why celebrities can bounce back from harsh criticism is their social support system. Although it may seem the more popular the star, the bigger the entourage, experts say quality outweighs quantity when it comes to friendships. “Although being friendly can get you more friends, you don’t need hundreds to help you through life,” says [Susan Krauss Whitbourne, Phd](#). “You may have to prune your friendship tree as you get older to be sure that you give enough attention to the ones who will really matter for your well-being.”

By focusing on diet, exercise, personal fulfillment, and great friends, you will develop a healthy relationship with the one person who matters most: you.

For more information about and articles by our relationship expert Dr. Amy Osmond Cook, click [here](#).

5 Things We Can Learn from

Justin Bieber & Selena Gomez's Rocky Relationship



By Ashton Dixey

There are a lot of beautiful [celebrity couples](#) out there, but there is one in particular that we've all come to admire and treasure: [Justin Bieber](#) and [Selena Gomez](#). Society has perhaps learned more from observing their dating story than we could from reading a [relationship book](#)! Although they're currently on a break right now, that doesn't mean that we can't learn from this super cute couple.

Read on to learn more about the

five things that celebrity couple Justin Bieber and Selena Gomez taught us about relationships:

1. First loves are the hardest to get over: Justin Bieber was only 16 and Selena Gomez was 18 when they both started dating each other. Fresh faced and in love, these two went everywhere together and were spotted packing on the PDA in full swing. Fast forward eight years later (past all of the drama) and these two are still in touch trying to make things work. It seemed like Bieber never fully recovered once Gomez and him broke-up. Gomez even wrote a song about it called "The Heart Wants What It Wants." Be careful who you fall in love with for the first time because that first break-up is the toughest to recover from.

2. Learn to be okay alone: It seemed as if these two kind-of lost their balance when they had their [celebrity break-up](#). One ended up in rehab and the other was caught peeing in random wash buckets in California. Be sure you are okay with who you are as a person inside so you can move on without racking up 20 tattoos on your neck to try and burn away the pain. One month shortly after the break-up, Justin ended up driving drunk without a license, running from the cops, and even egging his neighbor's house. When you go through a break-up, don't lose touch with yourself. Now is the perfect time to rediscover the greatness within you. Stay in touch with friends and family that truly support you so you can talk through your emotions instead of acting impulsively.

Related Link: [Celebrity Break-Ups: Find Out Why Justin Bieber & Selena Gomez Are Taking a Break](#)

3. Keep a cool head after a break-up: Sometimes it feels really good to go on social media and unfollow your ex-

boyfriend or girlfriend. Or, it might be fun to go out with a random person for the night and post pictures of yourself and them kissing. Although this may relieve the pain for a bit, it is not the best idea. Bieber put fuel on the Jelena rumor fires when he unfollowed Gomez and started posting steamy pictures of himself and other girls on Instagram. There was somewhat of an Instagram war occurring between the two. Try your best to keep a cool head after you break-up and don't do anything you'll regret. If you do end up back together at some point, you don't want to do anything that might spoil the relationship for the future. Collect yourself, you got this!

4. Rebounds don't work: If you're trying to get over an ex, it can be tempting to find someone that's available and willing to jump into a relationship with you. But when your heart is still reeling from wanting to be with your ex-lover, this can be a very bad decision. Instead of facing the pain, you're pouring it into a new relationship and settling to boot. Gomez ended up dating The Weeknd for about eight months before she ended up back in Bieber's arms after a sweet bicycle trip that turned out to be an awesome [date idea](#). As much as you try to forget that person that you're still in love with, it won't be easy, and it certainly won't be fair for the person who's serving as your rebound.

Related Link: [Celebrity News: Has Justin Bieber Moved On from Selena Gomez With Baskin Champion?](#)

5. If at first you don't succeed, try try again: Throughout Bieber and Gomez's rocky relationship, it seems that Bieber had tried to win Gomez back many times. From serenading her at a hotel in Beverly Hills, to posting photos complimenting Gomez on his Instagram, he tried and tried again to win her back. After several years of trying, it worked! They got officially back together and even made it Instagram official this month. If there's anything to learn here it's that true love never dies and that if there's someone you know you're supposed to be with, it makes sense to fight for their love.

Bieber did it for Gomez and even though they are on a break right now, true love is always worth fighting for.

Ashton Dixey is a recent graduate of UVU and an avid reader of romance novels. When not spending time with her family, you can find her working on her website, [Awesome Date Ideas](#), and taking writing workshops.

Celebrity News: Has Justin Bieber Moved On from Selena Gomez With Baskin Champion?



By [Jessica Gomez](#)

In [celebrity news](#), [Justin Bieber](#) may have moved on from [Selena Gomez](#)! According to [EOnline.com](#), Bieber was seen with Baskin Champion on Tuesday night at the Roxy in Los Angeles. Photos show the potential [celebrity couple](#) exiting the venue and leaving in the same car. According to sources, they've actually hung out multiple times, and always seem to flirt and have fun with one another. "Justin has been hanging out with Baskin," a source said, adding that after the show Bieber and Champion went back to his house. "Justin had friends with him but they all left and Justin and Baskin were alone together for the night." We wonder what Gomez has to say about this. Was their break an actual [celebrity break-up](#)?

In celebrity news, we're wondering if Jelena is old news. What are some ways to know you're ready to move on after a break-up?

Cupid's Advice:

Moving on from a past relationship can be hard. However, when it's done, it's done, and you have to move on. Cupid has some ideas on how to know when it's time to not look back and carry on from a former relationship:

- 1. There is no future with the relationship:** If you no longer see a future with an ex flame, it's time to ditch them and move on. If you know this valuable piece of information, then you're just waiting for the inevitable at this point. Why waste more time on the relationship when you can spend that time moving on and actually doing things that will benefit the future you have without that person?

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2. The other person has moved on: If your ex has moved on, then it is probably safe to say that you should too. It may hurt to see them with someone else, but things happen for a reason. Don't let seeing them with someone else throw you into a jealous fit. Instead, take it with a grain of salt, and move on.

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3. You're worn out: Relationships can be tiresome. However, if you feel absolutely drained, this could be a sign that it's time to move on. You can only try so hard and oh so much. If you gave it your best shot, that's what matters. If your relationship still doesn't work after all your efforts, you may be seeing a dead end, and so it is time to carry on without your ex.

How did you know you and your ex were doomed and it was time to put a pep in your step? Share below!

Celebrity Break-Ups: Find Out Why Justin Bieber & Selena Gomez Are Taking a Break





By [Jessica Gomez](#)

In [celebrity news](#), [celebrity couple Justin Bieber](#) and [Selena Gomez](#) put their relationship on hold due to her family's disapproval of Bieber, according to [UsMagazine.com](#). "Selena and Justin decided to take a break mainly because of Selena's mom and her disapproval of Justin," a source said. "Justin's family loves Selena, but Selena's family has put her in a very conflicting spot because they still don't trust Justin. Selena has tried to convince her family that Justin has changed ... but her family just isn't budging right now." Because Gomez's relationship with Mommy Dearest was affected after she got back with Bieber, there is tons of pressure and negativity in the air. "It's been hard for her because she is super close with her mom. Her mom was her rock when she was having her health complications," the source added. "Justin and Selena decided to take a break to give her family some more time to heal and take in the idea of her and Justin being a couple again." As if that's not enough, Bieber "doesn't care about anyone but himself," another source said. "The second she saw it, she walked away, especially now with her health. She knows she doesn't need him." Let's see what happens in this messy

situation.

This [celebrity break-up](#) is said to be sparked by Selena's mom. What are some ways to deal with a parent who doesn't like your significant other?

Cupid's Advice:

Being with and loving someone who your fam does not approve of can be stressful and just plain hard. Cupid has some [love advice](#) on things to consider and how to deal with a parent not liking your partner:

1. Consider if your partner is worth the fight: This may sound harsh, but if you're close to your family, you have to evaluate this. Is this person for right now or are you guys both thinking long-term? You have to assess the seriousness of your relationship before you go jumping through hoops for a person that may not be there in the not-so-distant future.

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2. Communicate with your family and partner: If you're serious about your partner, then you have to talk with both parties about the situation. First talk to your fam. Express to them your feelings about the person and relationship, and don't forget to include how the disapproval is affecting you. Do the same with your partner –discuss your feelings about them and your family, along with the way their disapproval of them is affecting you and your relationship. Sometimes it will take more than communicating, but communicating constantly is important.

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3. Take some time apart if needed: This may not work for everyone, but it may work for Selena Gomez and Justin Bieber, we'll see. Taking a break isn't ideal for every relationship, so you must know if it is something that is convenient and can help yours. Taking time apart may show your family that you really care about their opinions and it can even show them how you are affected by not being with your partner. This should not be taken as a sign of submission, but as a way to cope in the meantime.

Best of luck to any of you facing this issue! Share your stories below!

Celebrity News: Selena Gomez & Justin Bieber Taking a Break, But It's Not a Break-Up





By [Jessica Gomez](#)

In [celebrity news](#), [celebrity couple Selena Gomez](#) and [Justin Bieber](#) are putting things on hold, but it's not over. According to [EOnline.com](#), multiple sources explained that Gomez and Bieber are giving one another space, but they talk often. Seems like this couple is working through their problems and not calling it quits just yet, after they rekindled their romance in November. "They were having a lot of little disagreements recently and one fight in particular blew up and caused them to decide to 'break up,' however, they've been in contact the entire time and their feelings for each other have not changed," said a source. "They will absolutely get back together and they are not over, but they both need some time away from each other." To add on, another source explained that not seeing eye to eye is the issue on top of the pressure the couple receives from their relationship being in the public eye. Can Jelena make it through? We shall see!

In this celebrity news, Jelena are dealing with some relationship issues. What are some ways to get through a tough period in your relationship?

Cupid's Advice:

No relationship is perfect, we must know this. When problems arise, we must face them head on in order to make our relationship work. Cupid has some [love advice](#) on how to get past those rough patches:

1. Communicate effectively: You will always get this dandy piece of advice when it comes to relationships! Communicating effectively is essential. It may seem like a no-brainer, but people have different communication styles, and many do not know how to communicate properly. The important thing is to listen intently, process what your partner is saying, consider their stance and feelings, and discuss your side of it as clearly and patiently as possible.

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2. Never disrespect: Respect is similar to trust in the fact that once you disrespect someone, it opens up a whole world of problems like when you no longer trust someone. Always be considerate of your partner's point of view and feelings. If you care about someone deeply, why disrespect them. Sometimes this is easier said than done, because things can get heated. The key is to stay as relaxed as humanly possible and try to work things out with your other half.

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[Relationship With Dax Shepard](#)

3. Take space if needed: Jelena has the right idea here. Sometimes a couple just needs space. If this is the case, it is important that you both agree on it before taking this step. Create “guidelines” so that you are both on the same page and know what to expect during this period. Taking time apart can either help or hinder a relationship, so ponder this decision before making it to ensure it is the right one for your relationship.

Have any tips for when we have relationship problems? Share below!

Celebrity News: Justin Bieber Celebrates 24th Birthday Without Selena Gomez





By [Carly Horowitz](#)

Happy 24th Birthday [Justin Bieber](#)! In [celebrity news](#), Bieber enjoyed celebrating his birthday with his friends and family. According to [EOnline.com](#), Bieber met up with some friends for a birthday lunch at the London West Hollywood. After that, they went to MB2 Raceway in Sylmar, California for some fun go-kart racing. A few pals that were in attendance for this celebration were Pastor Carl Lentz, Pastor Judah Smith, Scooter Braun, Ryan Good and Justin's mom Pattie Mallette. Missing someone? The other half of the hottest [celebrity couple](#), [Selena Gomez](#), didn't make it for Bieber's birthday festivities. Although, she did send him happy birthday wishes via Instagram.

In celebrity news, Justin Bieber had a blast celebrating his birthday even without Selena. What

are some ways to make your partner's birthday special?

Cupid's Advice:

Birthday's are so fun to celebrate with your special someone. Here are some cool ideas on how to help make your partner's birthday memorable:

1. Candle-lit dinner: Chef it up in the kitchen and help your partner end their special day with a yummy feast! Make it romantic by adding candles for the dinner, and then of course candles in the delicious birthday cake you have prepared afterwards.

Related Link: [Celebrity News: Justin Bieber Takes Selena Gomez As His Date to His Dad's Wedding](#)

2. Do something they enjoy: Does your partner love baseball games? Broadway shows? Whatever it is, even if you are not the biggest fan, your partner would love it if you invested in an activity for their birthday that they thoroughly enjoy.

Related Link: [Romantic Getaway: Justin Bieber & Selena Gomez Sneak Away to Laguna Beach](#)

3. Throw a surprise party!: Why not engage in the traditional birthday surprise and throw a surprise party for your partner. This will definitely make for a memorable birthday celebration!

What are some other ways to make your partner's birthday special? Comment below!

Celebrity News: Justin Bieber Takes Selena Gomez As His Date to His Dad's Wedding



By [Carly Horowitz](#)

In [latest celebrity news](#), [Justin Bieber](#) took [Selena Gomez](#) as his date to his dad's wedding in Jamaica yesterday. According to [EOnline.com](#), Bieber arranged for Gomez to be picked up in a private jet so that they could fly to Montego Bay and spend the day with Bieber's family at a resort. The [celebrity couple](#) seemed to have a blast, as sources explained that Gomez gets along very well with Bieber's family. The pair is continuing their [celebrity vacation](#), as they were spotted on the beach. A source further states, "She and Justin ate lunch together and packed on the PDA. They were kissing and hugging throughout

the morning. He rubbed sunscreen all over her back and they enjoyed the pool and being outside.”

In celebrity news, Jelena flew to Justin’s dad’s wedding in a private jet. What are some ways to make a wedding date special?

Cupid’s Advice:

It is always a fun time when you are asked to be someone’s date to a wedding! Here are some ways that can help make that occurrence even more memorable:

1. Snazzy pick-up: Think of a fun way to get your wedding date to the wedding with you. Bieber was able to grant Gomez with a private jet. Maybe look into getting a limousine or a chauffeur for your own car.

Related Link: [Celebrity Wedding: Amy Schumer Marries Chris Fischer in Surprise Wedding](#)

2. Pick them up with a surprise: Bring something cute for your date when you pick them up. Maybe a rose, or have a glass of champagne ready for them at their door. Think of something nice that will help to start off the date in a fun romantic way.

Related Link: [Celebrity News: Prince Harry Asks Ed Sheeran to Perform at Royal Wedding to Meghan Markle](#)

3. Take lots of pictures: You want to remember your fun wedding experience. Take a bunch of pictures with your date. Don’t forget to post some on Instagram!

Share some more ideas that can make a wedding date special.

Comment below!

Romantic Getaway: Justin Bieber & Selena Gomez Sneak Away to Laguna Beach



By [Carly Horowitz](#)

This past weekend, [Justin Bieber](#) and [Selena Gomez](#) ventured on a much needed [romantic getaway](#) to Laguna Beach, California. According to [EOnline.com](#), the [celebrity couple](#) stayed at the Montage Hotel in a low-key fashion. In [latest celebrity](#)

[news](#), Bieber and Gomez “took a walk on the path in front of the resort that overlooks the ocean. It was a cloudy day, [so] they didn’t spend too much time outside.” Multiple fans spotted the couple and reported their findings. Hopefully Bieber and Gomez enjoyed their quick romantic getaway!

A mini romantic getaway is just what the doctor ordered. What are some ways to keep the spark alive in your relationship?

Cupid’s Advice:

A nice getaway, even if it is just for a day, is always beneficial to help keep your relationship fun and exciting. If you don’t have the time or money for a romantic getaway, there are still many options of things to do in your relationship that will help keep your fiery love alive:

1. Relive activities from the beginning: How did you and your partner meet? At a bowling alley, in high school, at a bar? Wherever it is, take a day to go back to this place or even just discuss with your partner how amazing it felt to fall in love with them for the first time. Reminding yourself of the reasons you fell in love with your partner in the first place will definitely help to add kindling to the fire.

Related Link: [Celebrity Getaway: Scott Disick & Sofia Richie Enjoy PDA on Mexican Vacation](#)

2. Surprise each other: Come home from work with a package of your partner’s favorite candy! Do little surprising things that will help to remind your partner how much you care for them. You can even do something as simple as leaving a small, sweet note for them on their desk or in their jacket pocket.

What a nice surprise!

Related Link: [Celebrity News: Prince Harry & Meghan Markle End African Vacation with Romantic Trip to Victoria Falls](#)

3. Keep yourself in check: When you are in a relationship, sometimes it is easy to let yourself go a little bit. Although, try to refrain from that for both the well-being of yourself and your partner. By keeping yourself looking good and healthy, this will transfer into you having a good and healthy attitude about your relationship.

What are some other ways to keep the spark alive in your relationship? Comment below!

Celebrity Break-Ups: Charlie Puth Says Selena Gomez Romance Messed Him Up





By [Carly Horowitz](#)

In [latest celebrity news](#), Charlie Puth reveals that his short relationship with [Selena Gomez](#) had a significant impact on him. According to [UsMagazine.com](#), Puth explains that his [celebrity break-up](#) with Gomez fuels the energy behind his song “We Don’t Talk Anymore.” Puth further elaborates, “You gather up a bunch of emotion with the life shovel, throw it in the life bucket, mix it up. And she evoked such good emotion on that song, it was a pleasure working with her. That’s why I’m always happy to sing it, even though it came from a dark point in my life.”

Even celebrity break-ups leave a lasting effect on their victims. What are some ways to cope with a recent break-up?

Cupid’s Advice:

Time can't measure the amount of feelings you may have for someone in a relationship. Also, you may carry the effects from a break-up for years to come. Luckily, Cupid has some advice on how to cope with a recent break-up so that you can respectfully accept what happened and become better from it:

1. Change up your workout regimen: When you exert energy from working out, endorphins are released in your brain. This helps to fight stress and heighten your happiness level. Take this post break-up time to better yourself and your body. Go to the gym with your friends and do some fun workout routines together! Remember to not overwork yourself though. Do just enough so that you feel happy and healthy.

Related Link: [Celebrity News: The Weeknd Hangs Out with Justin Bieber's Ex Post-Selena Gomez Split](#)

2. Write it out or talk it out: When emotions are bottled up inside of you continuing to boil and you don't let them spill out, it can be very detrimental to your overall well-being. It is healthy to get out how you are feeling. Identify your feelings in order to get past them. If you don't feel comfortable talking to anyone in your life about your personal post break-up feelings, start a journal. Write down your thoughts and feelings. Let it all out- so then you have more room in your heart to let love in.

Related Link: [Celebrity News: Miranda Lambert Throws Shade at Celebrity Ex Blake Shelton With Key Lyric Change](#)

3. Go outside: Fresh air has the power to boost your mood and self-esteem. This is a simple way to clear your head post break-up. It is easy to stay in your bed all day and sulk about what is going on your life. Make an effort to try to get outside at least once a day for a few hours. Smile and realize that this world is so beautiful!

How have you coped with a recent break-up? Comment below!

Relationship Advice: What If Your Family Doesn't Approve Of Your Partner?



By Dr. Jane Greer

Choosing a partner for life is a big deal under any circumstances. There's enough pressure on yourself to ensure that you're making the right decision and meeting all your needs. So what happens when you come up against a thumbs down from a parent, sibling, or friend who has been weighing in on your choices all your life? Why is it that the people you love take a contrary position and see your partner completely

unsuitable for you? Why can't they just welcome the people your care about with open arms? If this sounds like a familiar situation, you are not alone. This is a very common experience for many people, and it happens for a lot of reasons. It speaks to declaring your independence, freedom of choice, autonomy, and, most importantly, trusting your own judgement to know what is best for you, rather than what others think is best.

Here are some key pieces of [relationship advice](#) as you work to stay true to yourself and your commitment, without allowing conflict to tear apart your family:

It has been reported that [Selena Gomez](#)'s mother is not happy about her rekindled [celebrity relationship](#) with pop star [Justin Bieber](#). Considering how distraught Selena was in the aftermath of their much-publicized breakup, it makes sense that her loved ones would worry about her this time around. Whatever the reasons may be, Selena's mom has assured the public that she just wants her daughter to be safe, healthy, and happy. While the approval of your parents is always a plus in any relationship, is it crucial to the success of your union? What can you do, then, if you find yourself in a similar situation?

It is important to begin with an open conversation with the person criticizing your partner. Ask them to spell out their concerns and explain why they feel the person is not right for you. This isn't always easy to do. You might start from a defensive position, (especially if this is a continuous pattern) but it is worth hearing what's on their mind because their thinking is valid and you might be missing something.

Keep an open mind while you are talking and consider what they have to say. If, for example, your romantic partner exhibited bad behavior in the past and your parents call that out, think about what has changed and what is different now. You have likely allowed yourself to fully trust that person and move forward with them. Explain the changes and describe why the previous behaviors are no longer something to worry about.

Related Link: [Relationship Advice: Is a Bad Boy Good for You?](#)

If, on the other hand, your family members or friends raise issues about a difference in race or religion, this may be a fork in the road where you choose to go your own way. It becomes a step toward independence, and a move away from the ideals of the family you grew up in. It is a time when you can take responsibility and voice your own values, even though they may differ from your parents, siblings, or friends. It can serve as an emotional emancipation and where you start to embrace what is important to you. When this happens, you acknowledge that they have criticisms, while asserting that they are not your personal beliefs.

Related Link: [Relationship Advice: When Is the Old New Again?](#)

Whatever the case, if you continue to meet disapproval tell your loved ones that you would like them to “agree to disagree” and accept that you have clear differences of opinion in order to stay together as a family. This is also a time to put boundaries in place. Note that you are aware they don’t like your choice, but you do not want to hear anything more from them unless you specifically ask for an opinion. You can even warn that if they broach the subject, you will simply end the conversation. This will help you keep some control and prevent being blindsided.

The ultimate goal is to avoid getting into a power struggle that could make you feel controlled and judged by a parent or other loved one. It’ll also avoid lots of arguments, too! Try

not to become defensive or feel you have to justify your choice. The only thing that matters is that you are happy, excited, and comfortable as you move forward with your partner with your eyes on the future. Hopefully Selena and Justin will be able to do this and find peace even with the family discord. And, in time, Selena's mother will also come around and embrace her daughter's rekindled romance.

Please tune in to the Doctor on Call radio hour on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on [Facebook](https://www.facebook.com/DrJaneGreer), at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Celebrity News: Justin Bieber's Mom Defends Him Amid Selena Gomez Romance





By [Carly Horowitz](#)

In [latest celebrity news](#), [Selena Gomez](#)'s mom is not too fond of [Justin Bieber](#). [Celebrity couple](#) Gomez and Bieber have been stirring on and off [celebrity gossip](#) for a couple years now. Right now in latest celebrity news, they seem to be on. According to [EOnline.com](#), Bieber's mom posted an Instagram with a caption that praised how proud she is of her son and how beautifully he is maturing. With all of this talk of Gomez's mom not approving of Bieber, Bieber's mom had to show the world that no one is perfect so we need to have patience with one another.

This celebrity news has us clapping. What are some ways to get support when your partner's parents don't approve of you?

Cupid's Advice:

The only realistic expectations you should have should not be for anyone other than yourself. It is upsetting though if your partner's parents don't approve of you and your relationship. Don't worry- Cupid is here to help with some tips on how to put your best self forward to potentially make a better impression with your partner's parents:

1. Find out activities they like: Talk to your significant other and find out some things that their parents are into. Maybe boating, cooking, going on walks, etc. Then, reach out to them to do one of their favorite activities with them. This will seem like less of a "kiss-up" move since you're not buying them anything, you are just simply creating a comfortable situation for them to truly get to know your amazing self!

Related Link: [Dating Advice: 7 Reasons to Get in Good with Your Partner's Family](#)

2. Be blunt if they are: If your partner's parents really make it clear that they are not a fan of you, be blunt and ask them sincerely what you can do in order to gain their trust. Communication is key. Ask and then make efforts to do what they feel is necessary as long as it is reasonable and does not interfere with changing who you truly are.

Related Link: [Celebrity News: Selena Gomez Breaks Silence on Split from The Weeknd & Reunion with Justin Bieber](#)

3. Show them how much you love their child: If they can't get past who you are, and it is a struggle for you to see the good qualities in your partner's parents as well, there is a genuine force that cannot be denied- the love that you have for your partner. Instead of trying to boost your self-image, make it clear how much you love and care for your partner. Their parents cannot be too upset with the fact that their child is getting the love and care that they deserve.

Have more advice on how to make a better impression with your

partner's parents? Comment below!

Beauty Tips: Celebrity Hair Trends to Brighten Up for Spring



By [Karley Kemble](#)

After enduring the brutally cold winter temperatures, you're probably super ready for the sunshine and warm weather. It's time to put away your warm clothes for the season, get out the lighter colors, and update your look. Do a bit of spring

cleaning and refresh your hairstyle! If you're ready for a big change in your hair game, look no further. Cupid has the scoop on the hottest [celebrity hair trends](#) this spring. You'll surely turn heads with your new 'do!

These [beauty tips](#) and celebrity hair trends are huge game changers!

1. Blunt bangs: Bangs may seem like a somewhat risky decision, but when done right, they look absolutely amazing! The key is to make sure they go cohesively with your overall hairstyle. Look to Rose Byrne or [Taylor Swift](#) for some bang-speration! Blunt bangs go really well with a symmetrical bob. If that is too dramatic for your taste, try some light, feathered bangs with your choppy layers.

Related Link: [Get a Knockout Look with This One-Two Punch in Hairstyles](#)

2. Scrunchies: One of the most beloved trends from the '90s is making its way back into 2017! Scrunchies are a fun way to dress up ponytails and top knots, or can even be used for a more stylish look at the gym! These plush hair ties were seen on many different springtime runway shows, and [Selena Gomez](#) is a big fan of this oldie-but-goodie, too.

Related Link: [Beauty Trend: The Ultimate Guide to Eyelash Extensions](#)

3. Changing up your part: Sometimes, a major hair update is as easy as parting your hair a different way. If you always part your hair to one side, try the other side or even a center part! The best thing about parting your hair is that there's no commitment. If you don't like it, you can easily change it back. If you need some celebrity inspiration, [Rihanna](#) or [Kendall Jenner](#) are always changing up their 'dos.

Related Link: [Beauty Advice: The 5 Best Beauty Tips from Celebrities](#)

4. Lightening your color: A popular thing to do in the springtime is to change your hair color! Whether you'd like to go big and dye your whole head, or start small with some tasteful highlights, the options are endless. Celebrities who have really mastered changing their hair color along with the seasons are Rachel McAdams and [Emma Stone](#)!

5. Luscious layers: Layers are always a winning option and will liven up hair that has become dull to the chilly weather. Layered hairstyles are extremely versatile and are extremely easy to customize for your own face shape. Take notes from [Lindsay Lohan](#) if you're looking for a celebrity that has really rocked the layered look over the years!

What hairstyle will you be rocking this spring? Leave us a comment below!

Celebrity Style: Valentine's Day Date Night Outfits





By [Karley Kemble](#)

It may seem like Valentine's Day is far enough away, but it'll be here quicker than you expect! It's never too early to start planning your [date night](#) outfit. After all, Valentine's Day is the perfect excuse to get dressed up, look great, AND feel amazing. There are plenty of celebrities we can look to for some outfit inspo – so if you're looking for some [style advice](#), look no further! Cupid's got you covered.

If you're a fan of [celebrity style](#), you'll love these Valentine's Day outfit ideas!

1. Red, red, red: Red is a very timeless and festive choice. There are loads of different ways to incorporate red into your Valentine's Day outfit. You can make red the "main act" of your ensemble like [Taylor Swift](#) and wear a sexy cocktail dress or classic pea coat. If that's too daring for your taste, red makes an excellent accent color. Pair a nice pair of jeans and

low-cut blouse with a bold red purse and matching pumps! Red lipstick is always a winner, too!

Related Link: [Date Idea: Most Romantic Destinations In the U.S.](#)

2. Luxe lace: Lace is awesome because it automatically makes you feel glam! Celebrities like Diane Kruger and Penelope Cruz are big fans of lace on the red carpet. Whether you sport a lacy bodycon dress, flowy blouse, or sultry hi-slit skirt, you truly can't go wrong with anything lacy. Show some skin, but still maintain an aura of mystery! You'll be the apple of anyone's eye.

Related Link: [Valentine's Day Special: How to Have an Irresistible Online Dating Profile](#)

3. Always classic LBD: When in doubt, go with a little black dress! Everyone looks ah-mazing in black. (Seriously, everyone!) As we all know, black is naturally slimming – so even if you're not feeling 100% confident in your body, a sexy black dress *will* help change your perspective. If you need a celebrity to look to for some inspiration, [Kim Kardashian](#) slays the little black dress every. single. time.

Related Link: [Expert Dating Advice: 5 Signs He's Mr. Now and Not Mr. Right](#)

4. Hearts: While you may be thinking this idea is a tad juvenile, there are ways to be festive *without* feeling tacky! Throw on a blouse with tiny hearts all over, or even consider pairing your LBD with some heart hooped earrings. There are plenty of options out there, so find what works best for your personal style!

5. A sexy cami or slip dress: Camisoles and slips are no longer meant to be unseen from outside your (or your partner's) home! Camis and slip dresses have been all the rage of celebrity style – [Selena Gomez](#) and Dakota Fanning have both

worn slip dresses recently. You can dress up these pieces with a cute pair of heels, a velvet clutch, some simple hoops, or a bold leather jacket. Since this style is more on the casual side, you have free reign to dress it up as much as you'd like!

What are you planning on wearing for Valentine's Day? Leave us a comment and let us know!

Celebrity News: Selena Gomez Breaks Silence on Split from The Weeknd & Reunion with Justin Bieber





By [Karley Kemble](#)

[Selena Gomez](#) is finally opening up about her recent romantic reunion with [Justin Bieber](#)! Gomez and Bieber were once infamous for their on-again-off-again romance, but the singer has a positive attitude about her [celebrity relationship](#) this time around, reports [UsMagazine.com](#). In a recent interview with *Vanity Fair*, the singer spoke candidly about her past and present feelings for Bieber, saying, "I cherish people who have really impacted my life. So maybe before, it could have been forcing something that wasn't right. But that doesn't mean caring for someone ever goes away." She also revealed that there are no hard feelings toward The Weeknd, and that the [celebrity exes](#) remain best friends.

This [celebrity news](#) is something a lot of fans have been waiting for! What are some benefits to being

open about your relationship triumphs and woes?

Cupid's Advice:

Being open about your relationship has many benefits that not only help you, but also help others. Check out these tips from Cupid:

1. It's mature: There is a certain maturity that comes from being open about your woes. Nobody has a perfect relationship that is free from conflict. Being honest about your past mistakes and showing an active desire to change and grow is very mature. People will respect you and shouldn't look at you any differently!

Related Link: [Celebrity News: Selena Gomez's Family Is 'Still Getting Comfortable' With Her Justin Bieber Romance](#)

2. It's therapeutic: Sometimes, you need a listening ear to help process your feelings and emotions. When you talk to your close, inner circle about the good and bad parts of your relationship, you're allowing yourself to be vulnerable – which isn't always easy to do. It is also super beneficial to your mental health and wellbeing, and you'll have a newfound clarity in due time.

Related Link: [Celebrity News: Selena Gomez Snuggles With Her Pup at Justin Bieber's Hockey Game](#)

3. It's helpful to others: We're all familiar with the saying "everyone has something going on." We are naturally inclined to conceal the ugly parts of our lives, so you might not even realize one of your coworkers or close friends are going through a rough patch! Sharing your story is helpful to others who are facing similar situations, whether it's intentional or not.

What are some other benefits of being open about your relationship? Let us know below!

Celebrity News: Selena Gomez's Family Is 'Still Getting Comfortable' With Her Justin Bieber Romance



By [Karley Kemble](#)

Though [Selena Gomez](#) and [Justin Bieber](#) have recently reunited,

it appears those close to Gomez are hesitant to accept Bieber back into the family. According to EOnline.com, Gomez's family "is still getting comfortable with the idea of them back together." The [celebrity couple](#) spent Thanksgiving apart and both agreed to be with their families, because Gomez felt it was too soon to bring him home for the holidays. A source close to the couple says Bieber is hoping to be included in Gomez's Christmas plans, but knows that her family is hesitant. Hopefully they'll come around soon!

In the latest [celebrity news](#), Selena's family is taking a while to come around to her rekindled romance with Justin Bieber. What are some ways to foster a positive relationship between your partner and your family?

Cupid's Advice:

It can be troubling when your family doesn't approve of your partner. Check out Cupid's advice on how to deal with these tough situations:

1. Start small: If your family is hesitant to accept your partner, it's probably a good idea to start small. Having them come home for the holidays is traditionally a big deal, and it can get super awkward. Instead, try gradually making your partner a part of your family's life. Some people just take longer to warm up to than others, so it doesn't mean all hope is lost!

Related Link: [Celebrity News: Selena Gomez's Friends Want Her 'To Be Cautious' with Justin Bieber](#)

2. Don't force it: No matter how hard you try, you can't force people to get along. In fact, forcing a positive relationship upon people often works in reverse. If the relationship between your partner and your family is not what you hoped it'd be, give it some time and don't meddle! Things will pan out, in due time.

Related Link: [Relationship Advice: What To Do If Your Partner's Family Doesn't Like You](#)

3. Respect the differences: At the end of the day, your family is not the one in the relationship. You are. If you are happy, then that's ultimately what matters most. Your family and your partner are entitled to feel the ways they feel. Just make sure you keep an open mind and focus on what's important to you!

Do you have any tips on how to keep the peace between your family and your partner? Let us know below!

Celebrity News: Selena Gomez Snuggles With Her Pup at Justin Bieber's Hockey Game





By [Karley Kemble](#)

[Selena Gomez](#) and [Justin Bieber's](#) rekindled relationship appears to still be going strong. According to [UsMagazine.com](#), the [celebrity couple](#) was seen together at Bieber's hockey match on November 15th. In tow with Gomez was her adorable Cavalier King Charles Spaniel, Charlie. Gomez and Bieber caused quite a stir in [celebrity news](#) just weeks ago. Following Gomez's breakup with The Weeknd, it was revealed that she was dating Bieber again. Though there may have been drama between the celebrity couple with their past on-again-off-again relationship, sources close to the duo say that Bieber has always been Gomez's soulmate. We're happy to see that they are going strong!

This celebrity news proves that Selena and Justin are still rekindling their romance. What are

some ways to rebuild trust in a broken relationship?

Cupid's Advice:

It's not impossible to rebuild a broken relationship. While it may take a lot of work, if you are wanting to move on from past occurrences, Cupid has some tips you can implement into your lives:

1. Act lovingly: Within the tougher times when emotions are high, it will be more challenging to respond kindly. Even in the toughest of times, it is critical to keep love in the forefront. If your partner sets you off, instead of putting your guard up and acting defensively, take a step away from the situation. Then, think of an appropriate way to respond lovingly.

Related Link: [Celebrity News: Selena Gomez's Friends Want Her 'To Be Cautious' with Justin Bieber](#)

2. Follow through: Remaining consistent is very important. You must follow through on your word, and your partner must follow suit. An already rocky relationship will be impossible to mend if one person thinks they are more reliable than the other. If life gets in the way of you staying true to your word, make sure you maintain an open line of communication to show that you respect your partner.

Related Link: [Celebrity News: It's Official! Selena Gomez & Justin Bieber Are Back Together](#)

3. Maintain patience: Trusting someone is a gradual process. It's certainly more challenging to rebuild trust after a serious situation occurs. Be patient and know that you cannot magically trust someone overnight. If the relationship is worth it, it will happen, though.

How have you rebuilt trust in a broken relationship? Share with us in the comments below.

Celebrity News: The Weeknd Hangs Out with Justin Bieber's Ex Post-Selena Gomez Split



By [Rachel Sparks](#)

After only a week without [celebrity ex Selena Gomez](#), The

Weeknd has been spotted out on the town with [Justin Bieber's](#) ex Yovanna Ventura. He was seen holding hands with Ventura while hanging out with French Montana, according to [EOnline.com](#). The Weeknd's partying is the [latest celebrity news](#). He's been photographed with other celebrities, such as [Leonardo DiCaprio](#), [Robert Pattinson](#), and Emily Ratajkoski as well.

Post-celebrity breakup from Selena Gomez, The Weeknd is definitely getting around. What are some ways to recover from a split **quickly?**

Cupid's Advice:

Post-split is a disorienting feeling. You've lost the person you spent all of your time, likely other friends, and common hobbies. For the sentimental, TV shows, music, video games, etc. that the two of you shared bring back painful memories. Figuring out what to do with yourself after a breakup is hard, but it starts with getting over your ex. Here's our [dating advice](#) for all of you who are newly single:

1. Actually feel your feelings: No one wants to feel lonely, guilty, hurt, or betrayed, but pushing all of those feelings aside will only prolong the process of moving on. Grab a friend and bawl your eyes out. Get to the gym and work-out your frustrations. Drink until feel your sorrows, purge them, and move on.

Related Link: [Relationship advice: How Do I Know If I'm Rebounding?](#)

2. Cut them off: The only way to really get over your ex is to ignore them. Sounds harsh? It's worse being that guy who is stuck in the past. Delete all contact information for your ex,

get out of your shared group of friends, and find new hobbies if you shared any with your ex. Finding who you are on your own starts with actually being on your own.

Related Link: [Dating Advice for Dealing with the Breakup Blues](#)

3. Get back out there: Ok, so one-night stands, flings, and rebounds can happen if you get back in the saddle before you're ready. Prolonging jumping back into the dating pool is just as harmful, though. Even if feel under confident, start flirting with other people until you're ready to start dating again. The fun of flirting, and how good you feel when you receive it, will help you get over your ex that much quicker.

How have you battled the breakup blues fast? Share your post-split advice below!

Relationship Advice: When Is the Old New Again?





By Dr. Jane Greer

Jelena is back! [Justin Bieber](#) and [Selena Gomez](#) are officially back together. This is an instance when what was once old and finished can become new again. Rekindling a relationship in this way can sometimes mean a couple was never really over the feelings they shared for each other the first time around, or that with the passage of time they are simply ready to give it another try. Sometimes extenuating circumstances such as illness can play a role and help them realize what is truly important. With this in mind, an end is not always really an end, and you might have an opportunity one day to reconnect with an old love if they're single, too. If that happens, it may give you both a chance to deal with unfinished business, and to move forward the way you may have always hoped you would.

How, then, can you get from Point A – a breakup – to Point B – a

revived romance?

So many things can bring a relationship to a grinding halt despite the fact that two people still feel love for each other. Career opportunities that force people to live in different places, or one of you wanting one thing – such as marriage or a family – when the other isn't quite ready. Negative parental pressure can also tear two people apart even if they don't really want to say goodbye. In these cases it isn't the feelings people have for each other that threaten the relationship, it is the life/work balance and other outside forces. This can become especially hard to cope with if one or the other jumps into a new relationship quickly to get over the hurt and disappointment of the loss. Even considering that, there still might be feelings of hope that someday they will find their way back to each other and their connection will resume.

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Sometimes this can occur with simple good luck – two people find themselves living in the same city again. It can also happen more dramatically, such as when someone becomes ill, as Selena has been with lupus which required a kidney transplant earlier this year. That sort of event can change your perspective and make you question your priorities, turning the small issues that once seemed so important in the past into meaningless details in the present. It may make you more willing to compromise over differences that previously you might have stood your ground on. It might also make you realize that you don't want to waste any more time hoping and waiting, and one or the other might reach out. When one does that, if the other person is receptive and welcomes the contact, it can leave room to pick up where you left off, rebuild, or even lay down new tracks.

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If you have been in a relationship that ended, and find yourself suddenly single and thinking about a former love, if they are also single, it might be a chance to call or write to them. If that person is sick, you can reach out in the name of friendship and offer caring support in those hard times. By doing so you open the door which might lead to something bountiful for both of you, and give new life to the connection you once shared and cherished.

Whatever happens going forward, it seems clear that Selena and Justin indeed have a bond together that has endured.

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