

# Celebrity News: Wilmer Valderrama Spotted Visiting Demi Lovato One Day After Her Overdose



By [Haley Lerner](#)

In [celebrity news](#), Wilmer Valderrama was spotted visiting [celebrity ex](#) Demi Lovato at the hospital, just one day after the singer's drug overdose. According to *EOnline.com*, Valderrama's car was seen entering Cedars-Sinai Medical Center in Los Angeles, where Lovato is receiving treatment. A source said that Valderrama stayed at the hospital for over two hours and said, "He was somber and quiet and you could tell he was in a very serious mood. He arrived and left by himself."

Lovato and Wilmer dated for almost six years until breaking up in 2016, but have remained on good terms. Valderrama is the first celebrity guest to visit Lovato in the hospital after she was rushed to the hospital by ambulances from her home in Hollywood Hills on July 24 after suffering an apparent overdose. Lovato's publicist confirmed the news in a statement, but refuted tabloid claims that the singer overdosed on heroin. "Demi is awake and with her family who want to express thanks to everyone for the love, prayers and support. Some of the information being reported is incorrect and they respectfully ask for privacy and not speculation as her health and recovery is the most important thing right now."

## **These celebrity exes still clearly hold love for one another. What are some ways to support your ex during a trying time?**

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

In difficult times, sometimes the right thing to do is to be there for your ex. Cupid has some tips on how to support them:

**1. Show up:** Just like Valderrama did, sometimes the best thing you can do when your ex is struggling is to show up and be there for them. Just because you are no longer in a relationship doesn't mean you don't have to be supportive of them when they are going through something difficult. Just going to them to offer your support and presence is a huge help.

**Related Link:** [Celebrity Exes Demi Lovato & Wilmer Valderrama Haven't Ruled Out Reconciliation](#)

**2. Keep it platonic:** One thing to remember when supporting

your ex during a trying time is to not let things go too far and end up getting romantic. Your ex is going through a lot and a past relationship is easily something they can turn to for comfort, but you could end up getting hurt in the end if it doesn't work out. Make sure to support your ex only as a friend and make your boundaries clear.

**Related Link:** [Celebrity Exes Demi Lovato & Wilmer Valderrama Reunite for Lunch Date](#)

**3. Rally their friends:** If you actually being around your ex might be too stressful for them, maybe try supporting your ex in a different way. If you still have mutual friends, contact them and let them know they should reach out to them. You can also try to organize a get together where you all can be there for him, without things being as awkward as meeting with just the two of you.

**Have any more tips on how to support an ex in trying times? Comment below.**

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## **Celebrity Exes Demi Lovato & Wilmer Valderrama Haven't Ruled Out Reconciliation**





By [Karley Kemble](#)

Demi Lovato has always been vocal about her feelings toward her ex boyfriend Wilmer Valderrama. The [celebrity exes](#) previously dated for six years before their celebrity break-up in 2016. However, the pair made [celebrity news](#) a couple days ago, after they were spotted grabbing lunch together. Now, a source close to the former couple tells [People.com](#) that there is a chance they could become exclusive again. For now, though, the source says Valderrama and Lovato are “extremely close friends” though “there’s always potential they could give a romantic relationship another try.” Guess it is possible to be friends with an ex, after all!

**These celebrity exes are on good terms, and may end up back together. What are some reasons getting back together may actually**

# work out?

## Cupid's Advice:

Regardless what others may say, getting back with an ex is not always a bad idea. Sometimes time apart is what's needed to grow stronger. Cupid weighs in:

**1. It's all on the table:** If you're thinking about getting back together with an ex, the most important thing you must do is talk with each other. If there is any unfinished business or unresolved resentment, you must lay it all on the line. Once all the feelings are accounted for, be sure to set clear guidelines before jumping back in.

**Related Link:** [Celebrity Exes Demi Lovato & Wilmer Valderrama Reunite for Lunch Date](#)

**2. You've forgiven:** Forgiveness isn't easy, but it is possible! Contrary to popular belief, forgiveness does not weaken your character: it shows you have the strength to accept the past, look beyond the mistakes, and move on. If you have come to terms with an ex who may have hurt you, but genuinely want to give them another chance, that shows a maturity toward both parties involved.

**Related Link:** [Celebrity News: Demi Lovato Has Dating Advice For Fans](#)

**3. You're both in better headspaces:** Break-ups usually happen because two people are unable to be on the same page. The time spent as a single person is pivotal in personal development. If you and your ex have given each other enough time and space apart, allowing each other to grow, then getting back together might be worth a shot. Though you already know each other, and the relationship is by no means "new," it is exciting to begin a new chapter and get to know each other's newfound headspaces.



Have you gotten back together with an ex? We want to hear about it: share your comments below.

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## Celebrity Exes Demi Lovato & Wilmer Valderrama Reunite for Lunch Date



By [Jessica Gomez](#)

In [celebrity news](#), celebrity exes Demi Lovato and Wilmer Valderrama were spotted having a lunch date at Sol Y Luna in Los Angeles, according to [UsMagazine.com](#). The former [celebrity](#)

[couple](#) dated for six years, and their [celebrity break-up](#) occurred in the summer of 2016. However, Lovato and Valderrama sparked rumors last year when they were spotted together in multiple places. Could these two be reconciling their celebrity relationship or are they just good friends? We'll have to be on the look out!

## These celebrity exes are either on good terms as friends or may be giving their relationship another try. What are some benefits to remaining friends with your ex?

### Cupid's Advice:

Sometimes break-ups don't end badly, and in those times you may want to stay friends with your ex. Cupid has some advice on the benefits to staying friends with an ex:

**1. They know you:** If you guys end on a good note and stay cool with one another, then they can give you advice. The people we date get to know us in ways others don't. This comes in handy when it comes to your new relationship, because your ex can give you advice based on your past experiences and the fact that he indeed knows you in that way. Just make sure you are not dealing with a bitter or spiteful ex – you would not want to take the wrong advice.

**Related Link:** [Would Jennifer Aniston Get Back Together With Brad Pitt?](#)

**2. You've got history:** It's a shame to let all that history go to waste if you are both decent people that get along well after the break-up. Just because your romantic relationship didn't work out doesn't necessarily mean that a friendship

won't work. You never know – maybe you were not compatible as lovers, but you make great friends, and the history can make the friendly bond stronger.

**Related Link:** [Justin Theroux Found Post-Its from Brad Pitt During Jennifer Aniston Marriage](#)

**3. You get closure:** Becoming friends with an ex can be a path into getting over them, but only as long as you're both ready and willing to actually be friends. If you're friends, then you obviously should have let go of any resentment between the both of you. The past is in the past, and now you've got a friendship. You didn't have to lose a good person just because it didn't work out.

**What are some reasons you stayed friends with your ex? Share with us below!**

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## **Celebrity News: Minka Kelly Says Any Woman Would Be Lucky to Have Wilmer Valderrama**







By Kayla Garritano

Sparks are flying once again. After a [celebrity break-up](#) between Wilmer Valderrama and Demi Lovato, Minka Kelly opened up about Valderrama during a radio interview with Power 106's J Cruz and Krystal Bee on Thursday, September 8. The [latest celebrity news](#), according to [UsMagazine.com](#), is Kelly said he's a really good friend and a really good person, and anyone would be lucky to have him. Kelly and Valderrama recently rekindled their relationship after dating in 2012.

**This celebrity news has us buying into the new relationship buzz. What are some reasons to rekindle a romance with your ex?**

**Cupid's Advice:**

Getting back together with an ex may not always be a great idea. But sometimes, it works out for the best. How do

you know if it's okay to rekindle that flame? Cupid is here to help with some [relationship advice](#):

**1. The timing is finally right:** Maybe in the past you broke up because you couldn't make long distance work, or you were both busy with your separate schedules. It doesn't mean your feelings left; it was just hard to make the relationship work at the time. But now you're both ready to commit, so why not try again?

**Related Link:** [Celebrity Exes Wilmer Valderrama & Minka Kelly Are Dating Again](#)

**2. They've changed:** Sometimes, you break up with someone because you didn't like how they acted or their attitude. However, sometimes they come back with some personality changes. If they changed for the better and can prove it to you, you can reconsider taking them back.

**Related Link:** [Relationship Advice: Why Isn't It Easy To Say Goodbye?](#)

**3. They were the one that got away:** Somehow, at some point, the person you fell in love with was gone. You felt as if they were the one you were going to spend the rest of your life with, but something unexpected happened. If that was ever a feeling, and this person is coming back for you, then it's definitely a reason to rekindle the romance!

**Have you ever gotten back together with your ex? What was your reasoning? Comment below!**

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# Celebrity Couple Predictions: Kendall Jenner, Nicki Minaj and Minka Kelly



By [Shoshi](#)

In the latest celebrity news, three famous couples have caught the public's attention, two of which are celebrity relationships that are just getting started, such as with Kendall Jenner and A\$AP Rocky, and former exes Minka Kelly and Wilmer Valderama. In terms of more serious relationships, one of Hollywood's most anticipated marriages involve rappers Nicki Minaj and Meek Mill. But who's stepping out this time around hand in hand? Join me as I look into the crystal ball of relationships and love. Below, I share my predictions

for these [celebrity couples](#).

## Celebrity Couple Predictions: Celebrity Relationships That May or May Not Last

**Kendall Jenner and A\$AP Rocky:** I'm convinced that Kris Jenner had a secret meeting with the Kardashian/Jenner kids where she told them they could only date black people associated with rap music. It appears that Kendall Jenner is now following the family trend by allegedly dating rapper A\$AP Rocky. Jenner and Rocky been spotted having dinner together as they creep out during the late night hours. While they're doing the "date thing," don't call them boyfriend and girlfriend just yet. Jenner is taking it slow. She wants to enjoy herself. Basically, she is testing him out to see if he's worth her time. If Rocky wants Jenner to take him seriously, he is going to have to step it up. Kendall tends to be a little more "low key" and drama free with her relationships. She won't flaunt her love affair like Kylie or Kim. But only time will tell if they officially become a couple. Don't be surprised if Jenner is on mystery dates with someone else.

**Related Link:** [Kendall Jenner Says Parent's Split 'Sucked'](#)

**Nicki Minaj and Meek Mill:** Everyone seems to be wondering when Nicki Minaj and Meek Mill will walk down the aisle. That wedding may be getting closer. The celebrity couple just moved in together in fancy crib in Beverly Hills. In April, Minaj said she was single on the Ellen Show, so this move is a big step. Minaj looks all the way into the relationship, but there is something about Mill that looks shady for lack of a better word. I'm not saying that he's cheating on Minaj, but he leaves the door open for other women. He likes to get his

flirt on which could lead to trouble down the line. If they don't get married soon, it may never happen. There is a big chance that they will simple crash and burn after the relationship runs it's course.

**Related Link:** [Celebrity Couple: Nicki Minaj & Meek Mill Spark Engagement Rumors Again](#)

**Minka Kelly and Wilmer Valderrama:** Didn't Wilmer Valderrama and Demi Lovato break up like five minutes ago? Well Valderrama is not wasting time crying about it. He has already hooked back up with his ex Minka Kelly. The two dated in 2012, so this is their second time around. While they will have some fun, the relationship is not for the long haul. Kelly will want more than what Valderrama can give her, which is marriage or at least a nice long term commitment. She will eventually have to move on. Valderrama is always dating a hot actress or singer. What is it about him that is hard to resist? He will continue to woo the ladies and probably won't be ready to settle down until he hits his 40s.

**Related Link:** [Celebrity Exes Wilmer Valderrama & Minka Kelly Are Dating Again](#)

*For more information on Shoshi click [here](#).*

**What celebrity couples do you want to see predictions for next? Tell us in the comments below!**

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# **New Celebrity Couple? Demi Lovato Allegedly Hooking Up**



# with UFC Fighter Luke Rockhold



By Mallory McDonald

A new [celebrity couple](#) may be in the making. Demi Lovato recently ended a long term relationship with Wilmer Valderrama, but she seems to be ready to jump back into dating. According to [UsMagazine.com](#), she is ending her summer in a new [celebrity relationship](#) with UFC fighter, Luke Rockhold. An insider said, "She's just trying to have fun right now. They've been talking, hanging out and hooking up, and they like each other." The same source shared that Rockhold has no desire to settle down at this time, and Lovato is happy where their relationship is. It sounds like the perfect end of summer fling that could turn serious!

# Rumors have it that there's another celebrity couple in the works. What are some good ways to meet someone with similar interests?

## Cupid's Advice

One of the strongest ways a new relationship can begin is by meeting through a common interest. Finding that person may seem difficult, so Cupid's here with some [dating tips](#) for finding a connection with someone new:

**1. Get out:** We always seem to put our passions on the back burner and focus on things that demand our attention. Try to get out once a week and do something that interests you. Mr. or Mrs. right may be there, but you will never know if you don't go.

**Related Link:** [Celebrity News: Wilmer Valderrama Posts Sleeping Demi Lovato Selfie on Social Media](#)

**2. Be open:** Sometimes when we are passionate about something, we only focus on that. Make a conscious decision that when you are doing something you love, to not focus your attention solely on that activity because you may be missing out on that special someone you have been searching for.

**Related Link:** [Demi Lovato Denies Rumors She's Getting Back Together with Joe Jonas](#)

**3. Attend events:** Most likely there are going to be events happening around you that are in line with your interests. This is the perfect opportunity to not only attend something fun and that you may enjoy, but is also the perfect place to mingle with people you already have something in common with.

What ways do you meet someone who shares your interests?  
Comment below!

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# Celebrity Exes Wilmer Valderrama & Minka Kelly Are Dating Again



By [Stephanie Sacco](#)

Sometimes [celebrity exes](#) don't stay celebrity exes. Wilmer Valderrama and Minka Kelly have been broken up for four years, but somehow found their way back to each other. According to

[EOnline.com](#), the [celebrity couple](#) went on a Mexican vacation with a few friends, as well as more recently, a dinner date at Palms Thai restaurant in Hollywood. In [celebrity news](#), it's been about three months since Valderrama and Demi Lovato called it quits. It's time for him to move on.

## These celebrity exes have reunited after breaking up four years ago! What are some factors to consider before reuniting with your ex?

### Cupid's Advice:

Exes can be permanent or they can be on and off. Sometimes you get back together and it works out for the best. Cupid is here to help:

**1. Growth:** Only consider getting back together with an ex if there's growth in the relationship. If you both have grown up and found that you were immature or too young and think it's a good time now to try again, by all means. Four years is a long time to have grown and to be a new person.

Related Link: [Celebrity News: Demi Lovato & Wilmer Valderrama Break Up](#)

**2. Change:** If there were specific problems that kept you two apart and your ex is willing to change his behavior to get back together, then it's worth the consideration. Don't immediately let him back into your life, but ease your way into it. You don't have to get back together right away.

Related Link: [Celebrity News: Wilmer Valderrama Posts Sleeping Demi Lovato Selfie on Social Media](#)

**3. Future:** Don't fall backwards unless you think there's going



to be a different outcome. It's not fair to either of you to try again if it's not going somewhere. Be absolutely sure it's what you want before diving in again.

Would you reunite with an ex? Comment below!

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## Celebrity News: Demi Lovato & Wilmer Valderrama Break Up



By [Nicole Caico](#)

In the latest [celebrity couple](#) news, after six years together, Demi Lovato and Wilmer Valderrama's [celebrity relationship](#) has come to an end. According to [UsMagazine.com](#), on Friday, June



3, both stars posted a joint statement on their Instagram accounts that read, "After almost 6 loving and wonderful years together, we have decided to end our relationship. This was an incredibly difficult decision for both of us, but we have realized more than anything that we are better as friends. We will always be supportive of one another. Thank you to everyone who has offered us kindness and support over the years." This is a [celebrity break-up](#) no one saw coming.

## **In celebrity news, another celebrity couple bites the dust! What are some ways to know you are better off as friends with someone?**

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

Whether you are a Hollywood star or not, love comes and goes just the same—and sometimes it's for the better. It's not always easy to see that a break-up is beneficial when it's happening, but often times it ends up as a good thing. The love you shared as a couple has the potential to turn into a stable friendship if things go correctly:

**1. Identity thief:** This doesn't necessarily mean a significant other stealing your credit card number. It could mean losing yourself in your relationship. If you get to a point where you feel you've taken on so much of your significant other's qualities and interest over the course of your relationship, it may be time for a break or break-up. Choosing to step back from your relationship to be friends instead will allow you to rekindle your own interests before you forget what they were to begin with.

**Related Link:** [Celebrity News: Kylie Jenner Is Trying to 'Stay Strong' After Split with Tyga](#)

**2. No spark:** At the beginning of a relationship, the butterflies come easily because everything is new, but if you're a few months in and it feels more like a few years, it may be time to turn this romantic relationship into a friendship. You two may enjoy each other's company, but without a real spark, you're headed for friendship bracelets rather than wedding bands.

**Related Link:** [Celebrity News: Amber Heard Files for Celebrity Divorce from Johnny Depp](#)

**3. Fundamental differences:** In order to have a long lasting romantic relationship, certain things need to line up. You should like each other's families, have similar priorities, want to live in the same region—basic, necessary things like that. If you want to lead an expensive lifestyle and your significant other pinches pennies at every turn, or you need to live in a city and your significant other wants to live in the country—those may be an early indicators that you two will be better as friends in the future.

**Tell us about a time you were glad to see your friend's relationship end. Comment below!**

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**Celebrity News: Demi Lovato Says 'Manly' Boyfriend Wilmer Valderrama 'Loves So Hard'**





By [Stephanie Sacco](#)

Demi Lovato seems to have found “the one.” In [celebrity news](#), Demi Lovato and Wilmer Valderrama are still going strong. According to [UsMagazine.com](#), this [celebrity relationship](#) has lasted for six years. Lovato had nothing but good things to say about her man, saying, “When I dated white guys, it wasn’t as passionate as my relationship with Wilmer. Maybe that’s just Wilmer. But I do believe that Latin people are just more expressive, more passionate with their emotions.” She added, “He’s very manly, and he can be stubborn like Latino men can, but he’s protective and he cares so much and loves so hard.” This duo are proving that long-term relationships can last.

**In celebrity news, Demi Lovato is totally smitten. What are some ways to keep the spark alive in your**

# Long-term relationship?

## Cupid's Advice:

Long-term relationships can get dull or tedious and can even provoke thoughts of break-ups. It's important to keep the spark alive. Cupid is here to help:

**1. Surprises:** Plan surprise dates for your partner or cook a meal for them without their knowledge. Send flowers to your partner's place of work. Keep them on their toes.

**Related Link:** [Ways to Remain Confident In Your Long-Term Relationship](#)

**2. Try new things:** Go someplace different or plan a trip somewhere special. Take a hike, a road trip, or stay put but try a new restaurant. Don't settle into a routine that's going to get old fast.

**Related Link:** [5 Pieces of Love Advice From Celebrity Couples in Long-Term Relationships](#)

**3. Hobby:** Take up a hobby that you can do together that you both enjoy. Take a class together or start binge watching a show. Anything that can bring you two closer will help.

**Do you know how a better way to keep the spark alive? Leave a comment below!**

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## Celebrity News: Demi Lovato

# Takes Birthday Boy Wilmer Valderrama to Wolf Sanctuar



By Abbi Compel

Demi Lovato surprised her celebrity love Wilmer Valderrama with a birthday trip to a wolf sanctuary. According to [UsMagazine.com](http://UsMagazine.com), the [celebrity couple](#) spent the day at a wolf sanctuary, and they really enjoyed themselves. This [celebrity news](#) is so sweet! The two just recently celebrated their sixth anniversary.

**This celebrity news makes us**



# jealous for its unique factor! What are some unique ways to make your partner's birthday special?

## Cupid's Advice:

Birthdays can be a very special day to those having them and those around them. It is really nice when you can make your partner's day very special. Cupid has some advice on how to do that:

**1. Family dinner:** Have a big dinner with their family and friends. It will be nice to be surrounded by the people they love the most. It is always a special birthday with those closest to you.

**Related Link:** [Celebrity Couple News: Christina Milian Hints She's Hooked Up with Leonardo DiCaprio](#)

**2. Weekend away:** Take them on a nice weekend getaway, especially if they are celebrating a big birthday. They will appreciate the time away from responsibilities and will enjoy their time with you.

**Related Link:** [Celebrity News: What Happens in Vegas On 'The Bachelor'](#)

**3. Surprise:** Surprise them with a gift they have wanted for quite some time now. Give it to them on their birthday and see your partner's face light up.

**What do you think are some creative and unique ways to make your partner's birthday special? Comment below!**

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# Celebrity News: Wilmer Valderrama Posts Sleeping Demi Lovato Selfie on Social Media



By Kyanah Murphy

The latest in [celebrity news](#) is a cute one. After a whopping 37 weeks, Wilmer Valderrama managed to get “payback” with his celebrity love, Demi Lovato. On Oct. 20, a brave Valderrama posted a selfie on Instagram that featured a sleeping Lovato at his side! According to [People.com](#), Lovato posted a picture of Valderrama back in February fast asleep on her and this was Valderrama’s payback, many months later. It looks like this celebrity couple knows how to have a bit of fun with one

another. We're sure Lovato isn't too mad at Valderrama for being brave and posting the sleepy photo.

## **This celebrity news came in the form of payback! What are some ways joking with your partner can make your relationship stronger?**

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

There's just something really cute with this celebrity news and the playfulness of joking with your partner. They say laughter is the best medicine, so here's how joking with your partner can make your relationship stronger:

**1. Joking can diffuse tension:** Well, the joke has to be well timed of course otherwise the opposite effect could happen. But if you can manage to diffuse a tense situation, you and your partner will be able to resolve the issue you're having.

**Related Link:** [Celebrity News: Taylor Kinney Says Lady Gaga Slapped Him After Their First Kiss](#)

**2. You might be less defensive:** In a playful, light-hearted atmosphere, we can hear what's said to us in a different way and can tolerate learning and hearing things about ourselves that might be otherwise unpleasant to take in.

**Related Link:** [Famous Couple Kylie Jenner and Tyga Make Funny Snapchat Videos](#)

**3. You can create inside jokes together:** An inside joke is something only you and someone else will understand. When the joke comes up, it will probably get at the very least a smile out of you and your partner. Not to mention, if you two are the only ones "in" on the joke, you're creating intimacy which

will bring you closer together.

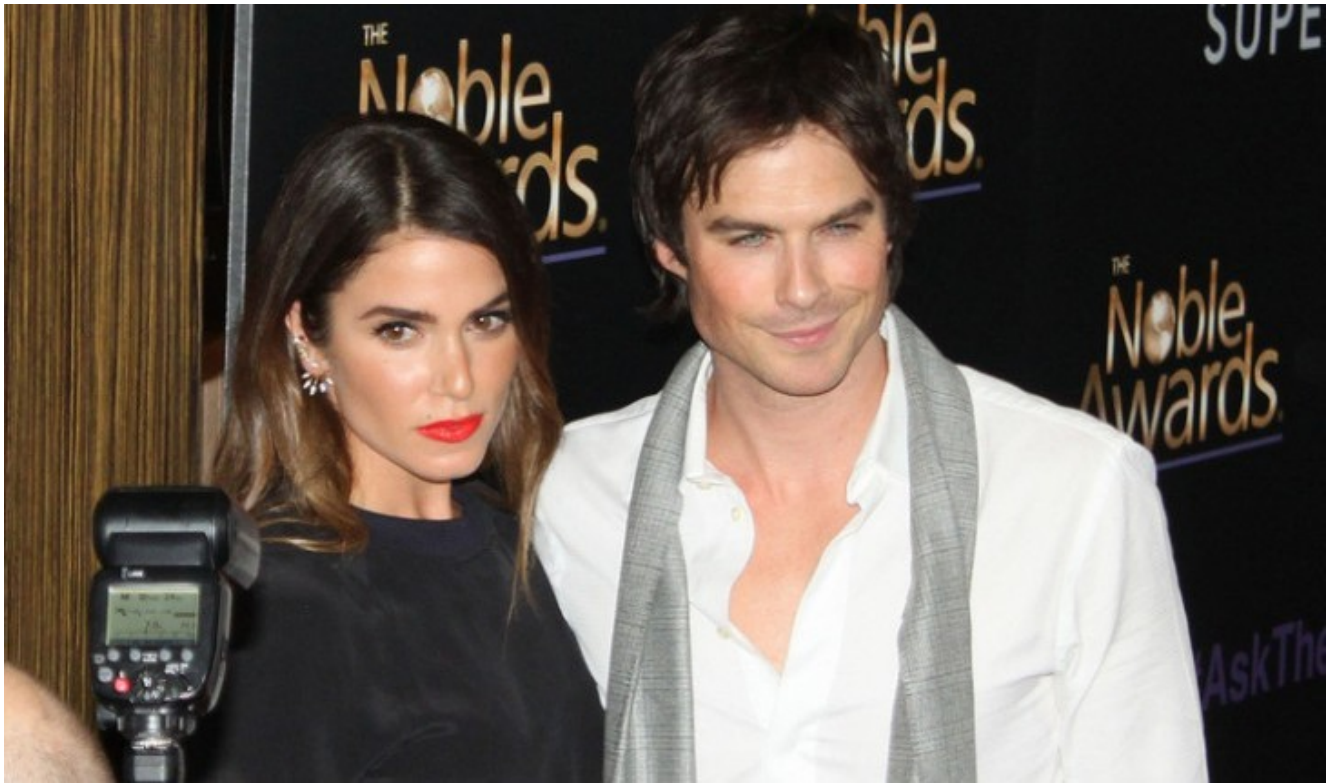
What are some ways you're playful with your partner? Comment below!

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## 20 Celebrity Couples Who Are Just Like Us







Nikki Reed and Ian Somerhalder

Like many of us, the actors, who tied the knot this summer, have a passion for animals and consider their pets to be their babies. Photo: Willie Pena/Diana Pena / PRPhotos.com

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## **Demi Lovato Hints that Celebrity Love Wilmer Valderrama Loves Her Curves**







By [Courtney Omernick](#)

According to [People.com](#), Demi Lovato recently reminded everyone to love their curves. And, it may be because of her celebrity love, Wilmer Valderrama. Demi hinted that she and Wilmer have a strong celebrity relationship when she mentioned that “a special someone” taught her how to love her curves on Instagram.

**This celebrity love is going strong! What are some ways to instill confidence in your partner?**

**Cupid's Advice:**

While this celebrity couple has remained a model for others in celebrity and regular relationships, their individual struggles bring up a good point. Demi struggled with body issues for a long time, and her celebrity relationship helped her accept herself. Below are some ways that you can instill confidence in your partner.

**1. Affirm their strengths:** We all need a cheerleader in our corner! When you see that your partner has an area of excellence in their life, tell them. You should be their biggest supporter.

**Related Link:** [Love Advice: 5 Signs You're in a Lukewarm Relationship](#)

**2. Critique carefully:** There will be times during your relationship when you'll want to constructively criticize. This is a dangerous territory. Select the words you use carefully!

**Related Link:** [Leading Non-Verbal Expert Shares Online Dating Love Advice](#)

**3. Public praise:** One of the most harmful things you can do to your partner is to criticize them in front of others. On the other hand, the most powerful thing you can do is praise them in front of others. There's nothing more uplifting than public affirmation!

**How have you instilled confidence in your partner? Comment below!**