

Celebrity News: Dax Shepard Shares Throwback Pic with Wife Kristen Bell



By [Jessica DeRubbo](#)

In [celebrity news](#), one of Hollywood's cutest [celebrity couples](#) has done it again. According to [UsMagazine.com](#), Shepard posted a throwback photo of himself with now wife [Kristen Bell](#) from nine years ago. It's a photo of Bell on Shepard's lap, captioned, "9 years ago. And unfortunately that bottom lip isn't from injections, it's Skoal. That's right, I landed @kristenanniebell while in the throes of a nasty dip habit. Thanks for being an optimist, honey." Shepard and Bell have been married for four years and have two children together, Lincoln, 3, and Delta, 2.

This celebrity news has us believing in love again. What are some ways to keep the spark alive in your relationship?

Cupid's Advice:

Kristen Bell and Dax Shepard are definitely #relationshipgoals. Cupid has some tips to keep the spark alive just like they do:

1. Publicly gush once in a while: You don't need to go crazy with the public gushing, but it's almost guaranteed that your partner will appreciate the recognition with family, friends, or social media connections. If you're proud of your partner for something, yell it from the rooftops!

Related Link: [Kristen Bell and Dax Shepard Consider Having Kids Out of Wedlock](#)

2. Plan a surprise "just because": When you're in a long-term relationship, it can be easy to get into a routine. Before you know it, your relationship is hitting the "rut" stage. To keep things interesting, consider planning a surprise trip or date for your partner. It's even better if it's "just because" and not for a special occasion, to show you're thinking about him/her all the time.

Related Link: [Famous Couple Kristen Bell and Dax Shepard Plan Date Nights Mathematically](#)

3. Do your own things: We're sure you've heard the phrase, "Distance makes the heart grow fonder." Well, it's true! You definitely want to keep your independent lives intact, just as you keep your together lives in mind. Keep your own groups of friends, and get away sometimes. When you come back together,

you'll be even more grateful for your relationship.

What are some other ways to keep the spark in your relationship alive? Share your thoughts and experiences below.