

Celebrity News: It's Official! Gwyneth Paltrow Wishes Boyfriend Brad Falchuk Happy Birthday on Instagram



By [Mallory McDonald](#)

In recent [celebrity news](#), Gwyneth Paltrow has made her [celebrity relationship](#) official on social media! According to [UsMagazine.com](#), she shared a sweet message to boyfriend Brad Falchuk on Instagram. She simply captioned the photo, "Happy Birthday handsome." The two have been together since 2014, but they keep their relationship private and out of the spotlight. Despite her still very close relationship with [celebrity ex](#) Chris Martin, she is moving forward in her

relationship with Falchuck. We hope to see more of the couple in the near future!

In celebrity news, Gwyneth made her new relationship official on social media! What are some ways to use social media to your advantage in a relationship?

Cupid's Advice:

Social media can have a negative effect on a relationship, but done in the right way it can be an advantage:

1. Show them off: Insecurity can be a struggle for a lot of people in relationships, but posting them to your social media page for all of your followers to see it can reassure them of your commitment. It is also just a nice way to show you appreciate and love for them.

Related Link: [Former Celebrity Couple Gwyneth Paltrow & Chris Martin Reunite for Daughter's Birthday](#)

2. Surprise them: Use social media as a clever way to surprise them with a nice dinner or romantic date. While they are at work or busy doing something, you can tag them in a post about your secret surprise.

Related Link: [Former Celebrity Couple Gwyneth Paltrow and Chris Martin Spend Thanksgiving Together](#)

3. Retain memories: Social media is an awesome way to keep the memories of your relationship documented in one place. Scrolling through your profiles and going through all of the fun and interesting thing you and your significant other have done together is a huge advantage.

How do you use social media as a positive in your relationship?