

Celebrity Couple News: Kristin Cavallari Says Her Marriage to Jay Cutler 'Isn't Perfect'

By [Marissa Donovan](#)

[Kristin Cavallari](#) understands the hardships that come with marriage. The *Laguna Beach* alum is the mother of three children, and the wife to an NFL quarterback. According to [UsMagazine.com](#), Jay Cutler has recently left his position for the Chicago Bears to pursue NFL commentating. Their family has relocated to Nashville for his new job. It has been a difficult adjustment for the [celebrity parents](#), but the [celebrity couple](#) manages to work out their problems through the techniques they have learned in couples therapy.

This celebrity couple doesn't claim to have it all figured out! What are some ways looking at your relationship realistically can help?

Cupid's Advice:

Sometimes it's hard to communicate your problems as a couple with your partner. Here are some tips for keeping your relationship on the same page:

1. Couples therapy: Like Cavallari and Cutler, try couples

therapy and figure out your problems. A therapist can hear what each of your problems are in the relationship in an unbiased way and can help you both find a solution for communicating those problems to each other.

Related Link: [Celebrity News: Find Out What Kristin Cavallari's First Impression of Jay Cutler Was](#)

2. Take a vacation together: Find a way to have a couples' getaway during your busy lives. Have a weekend [getaway](#) in a new city, or take a week off from your responsibilities in a tropical oasis. Spending time together will make it easier to express how you feel without work schedules from keeping you tied down.

Related Link: [Celebrity News: Kristin Cavallari Reveals Her Third Wedding Anniversary Celebration With Jay Cutler](#)

3. Spend time apart: Have alone time away from each other once in awhile. Spend a few days apart to reevaluate your problems as a couple. This time apart does not suggest that you see other people, but it's a time to reflect on how each of you can improve the relationship.

What relationship advice do you have for a couple struggling in their relationship? Leave your thoughts in the comments!