

Celebrity Marriage: Kendra Wilkinson Takes Off Wedding Ring and Breaks Down on Instagram



By [Carly Horowitz](#)

In [latest celebrity news](#), Kendra Wilkinson is seemingly having marriage problems with her partner, Hank Baskett, once again. The two had their [celebrity wedding](#) in 2009, but they were recently spotted at their son's soccer game in L.A. both not wearing rings according to [EOnline.com](#). The pair shares two children together: Eight-year-old son Hank Baskett IV, and three-year-old daughter Alijah Mary Baskett. Another occurrence that is causing speculation in regards to Wilkinson

and Baskett's marriage problems are the Instagram stories that were posted on Sunday night. Wilkinson posted multiple black and white selfies with sayings like "How much strength does it take to be strong?", "I need to love myself again and I will. Life is too precious", and "No matter what...I am labeled. *Playboy* party girl. Bad mom. D list celebrity. Crazy. Always wrong." She posted another Instagram story on Monday morning stating "I'm proud of myself," and she was not sporting her wedding ring yet again.

This [celebrity marriage](#) may almost be over. What are some ways to re-establish a love of yourself amid relationship issues?

Cupid's Advice:

The deepest love you can have is for yourself. You are the only person who has been there since birth and through all your struggles. When everything else isn't going your way, the only person you can count on is yourself. It is so important to love yourself! But, it is much easier said than done. Cupid is here with some tips on how to re-establish a love for yourself:

1. Make contact with your inner-self: The first thing you must do is truly get to your core. You can do this through meditation, self-reflection, or by just taking a few quiet moments with yourself to ponder your innermost thoughts and feelings. Things become a lot more clear and refreshing when you truly understand yourself and why you make the decisions that you do. Most importantly, forgive yourself. This is a very important step in re-establishing this intimate love.

Related Link: [Celebrity Couple Kendra Wilkinson & Hank Baskett](#)

[Don't Watch Marital Struggles on TV](#)

2. Go on a date with yourself: Take time to embark on activities that you enjoy. Do you love to go hiking, biking, boating? Whatever it is, plan to do an activity that you really like to do, and then take yourself out to your favorite lunch spot! Practice the love that you wish to receive.

Related Link: [Kendra Wilkinson Opens Up About Sleeping with Hugh Hefner on 'I'm a Celebrity'](#)

3. Make positive affirmations everyday: It is a daily, constant effort to maintain this attachment with yourself. You don't want to become disconnected by worldly stresses. Say out loud to yourself every day things like: "I love and accept myself unconditionally." Take breaks throughout the day to remind yourself of this as well. You are a wonderful and unique soul, don't forget that.

What are some other tips on how to re-establish a love of yourself amid relationship issues? Comment below!