

# Celebrity News: Melania Trump Is 'Very, Very Unhappy with Her Life'



By [Jessica Gomez](#)

In [celebrity news](#), Melania Trump is living in an unhappy marriage to President Donald Trump, according to a source. It seems the [celebrity couple](#) has been going through a rough patch recently due to Trump's alleged affairs coming to light. Playboy model Karen McDougal and adult film star Stormy Daniels (also known by her real name Stephanie Clifford) both came forward about their affairs with the President. According to [UsMagazine.com](#), Stephanie Grisham, a spokesperson for the first lady, said that after all of the drama, Melania "is focused on being a mom and is quite enjoying spring break at Mar-a-Lago while working on future projects." But behind closed doors, Melania is apparently feeling the heat because "all eyes are on her relationship with her husband. It's not an easy time for her," according to Grisham. Are we sensing a celebrity divorce coming, or is Melania Trump going to tough it out? We'll keep you posted!

**In celebrity news, it looks like the First Lady isn't very happy with her life at the moment. What are some ways to communicate that you are unhappy to your partner?**

**Cupid's Advice:**

Effective communication is essential in all relationships. When you're unhappy, you must talk to your partner in order for you both to move forward. Cupid has some [relationship advice](#):

**1. Speak in person:** Do not talk about something this serious over text message or on the phone. If you have no other choice, then talk on the phone. The reason why speaking in person is better is not only because it's intimate, but also because you get to see their face while hearing their tone at the same time. Speaking on the phone, and texting especially, can cause miscommunication.

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**2. Choose the right time and go for it:** Don't beat around the bush. You have to say how you feel, and try to choose the right time. A time when neither of you are in a bad mood works best because the conversation will most likely be productive. Also, you have to make sure that there is enough time to have a discussion. When it comes to a problem like being unhappy, that is no 10-minute conversation.

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**3. Don't sugar coat:** You have to be straight up if you intend on getting anywhere. If you try to make things nicer and sweeter than they really are, you'll just be misleading your partner. You need them to understand exactly how you feel if there's going to be any chance of you both fixing the issue at hand. Don't be aggressive and mean either. Just find a good in between and go for it. Don't be scared or shy.

**What are some ways you communicate with your partner about a difficult matter? Share below!**