

Celebrity News: 'Teen Mom OG' Stars Catelynn Lowell & Tyler Baltierra Are Not Splitting



By Rhodesia Williams

In [celebrity news](#), Catelynn Lowell wants the world to know that she and Tyler Baltierra are stronger than ever. According to *UsMagazine.com*, on Tuesday, May 15th, *Teen Mom OG* star, Catelynn Baltierra changed her last name on Instagram back to her maiden name, Lowell. This celebrity couple has been put to the test. Catelynn struggles with mental health issues and being in and out of treatment has put strains on their [celebrity relationship](#). She felt guilty leaving Baltierra to look after their clothing business as well as their daughter, Nova, while going to get help for her issues. Despite the recent drama, Catelynn says, "Tyler and I are not getting a divorce. Couples go through ups and downs. That's normal life. We are a solid couple that will work through anything life throws at us."

Despite [celebrity news](#) to the contrary, Catelynn and Tyler are not divorcing. What are some ways to strengthen your relationship during the hard times?

Cupid's Advice:

Every relationship experiences its rough patches, but it's

what you do during those times that determines the fate of that relationship. Cupid has some tips:

1. Spend more time together: It is important to spend time with each other in general, but when things start to get rocky, sometimes you need that positive reinforcement. Communication is key, but it's not always enough on its own. In an instance like this, sometimes we need our partner physically there. Their presence eases our minds and shows that they are there and willing to work through things.

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2. Compromise: Maybe you two are arguing about who didn't do dishes. Sometimes you have to throw the whole argument away. Talk about what's bothering you, and if it can be negotiated, then work on some type of agreement. There's no need to start a war over a minor battle.

Related Links: [5 Ways to Stop Fighting over Minor Things](#)

3. Space: In some instances, you may need space from each other. Depending on the issue at hand, your partner may be having a hard time communicating, and you may need to give him or her some space to gather their thoughts. Make sure you both understand this isn't a break up, just some time to gather thoughts before having a discussion.

What are some other ways that you use to strengthen your relationship? Share below.