

Celebrity News: 'Parenthood' Star Joy Bryant Gives Marriage Advice



By Courtney Shapiro

In [celebrity news](#), Joy Bryant dished on her career, her love of sports, and her marriage to stuntman Dave Pope. The actress, well known for her role in NBC's *Parenthood*, shared that she was not always the outdoorsy type, but has become more accustomed to the lifestyle through her husband. As she's been in a [celebrity marriage](#) for 10 years, Bryant shares her advice on how to keep her [celebrity relationship](#) fresh. In an interview with *Men's Journal*, she says, "You've got to do your own thing... there are plenty of people who spend every single day together and hate each other or get divorced."

In celebrity news, Joy Bryant talks about how to keep marriage fresh. What are three ways to keep your marriage fresh and the spark alive?

Cupid's Advice:

Everyone has ways of keeping their marriage spark alive, but will they always work? Cupid has some tips on how to keep your marriage fresh and the spark alive:

1. Try new things together: It gets tiring and boring when you and your spouse are always doing the same thing. Breaking out of the typical routine and trying a new activity, or even a new food, can bring excitement to both of you. It'll be special for just the two of you, and you'll be able to hold on to that memorable experience as a couple.

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2. Continue to talk to each other: Talk frequently to one another. Don't just go through the motions, and talk about work or other daily routine items, but really sit down and talk to each other. If you are feeling a certain way or something really got in your head, share it with your partner. Having these deeper conversations will help further the relationship, as well as keeping things interesting.

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3. Create shared goals: Being married automatically gives you a partner for life, so why not create goals as a couple. The goals can be anything the two of you want to accomplish, and they are more likely to be achieved if you are constantly

supporting one another throughout the process. Find something you both can enjoy, and work towards that accomplishment together.

What are some tips that kept the spark alive for your marriage? Tell us in the comments below!