

Celebrity Break-Up: Bradley Cooper & Irina Shayk Split After 4 Years Together



By Katie Sotack

[Celebrity couple Bradley Cooper](#) and Irina Shayk broke up after four years together, according to *UsMagazine.com*. The news arrived not long after reports came out that the couple were going through relationship problems, which began earlier this year amid talk of Cooper's chemistry with *A Star Is Born* costar, Lady Gaga. Shayk claims to know they were both "in character" and denies the relevancy to the break-up. The two are still living in Cooper's house for now as they care for their two-year-old daughter, Lea.

This celebrity break-up comes after speculation that the pair's relationship was on the rocks. What are some ways to work through a tough time in your relationship?

Cupid's Advice:

Relationships aren't always smooth sailing. They take time and effort from the individuals involved. When your relationship requires work, here are some steps you can take to mend bridges:

1. Honesty is the best policy: it may be tempting to soften-blows and tell white lies, but the truth is mandatory in a relationship. Sooner or later your partner will find out, it's better you're the one to tell them.

Related Link: [Back On! Celebrity Couple: Ben Affleck & Lindsay Shookus Are Back Together After Split](#)

2. Listen to your gut: If you feel like something's wrong, something probably wrong. Your intuition is your best friend and it's trying to help you out. Sort through your feelings and talk to your partner about what your body's been telling you.

Related Link: [Celebrity Exes Jennifer Lawrence and Nicholas Hoult Reunite in 'X-Men' Movie Scenes](#)

3. Know when to seek outside help: sometimes your relationship problems are bigger than the two of you can handle. There's no shame in that and plenty of trained professionals are willing to mediate. Whether you see a relationship counselor or sit down for legal mediation, considering bringing in a conflict expert.

**What are some ways you manage conflict with your partner?
Share in the comments below.**