

Kendra Wilkinson & Hank Baskett Celebrate One Year Together



The Pulse in Paradise

Reality TV star Kendra Wilkinson, 25, celebrated one year of marriage to Hank Baskett, 27, of the Indianapolis Colts on Sunday. Wilkinson tells UsMagazine.com, "Hank is such an amazing husband and father and I fall more and more in love with him every day." Their son, Hank Jr., will celebrate his second birthday this December. While their first year as a married couple was stressful due to a Super Bowl loss for Baskett, and a sex tape scandal for Wilkinson, they survived their hardships by being there for each other.

How can you keep your relationship going strong when stress makes an appearance?

Cupid's Take:

Wilkinson and Baskett seem to have what it takes to make it through even the toughest of stressful situations. Here are some tips to help during those rough patches:

1. You are not perfect: No matter what is said or done, everyone is prone to errors along the way. The trick is to see and acknowledge mistakes, and work through them together.
2. Speak up: It's sometimes harder than you think to deal with a situation on your own. Step up to the plate and talk to your partner about it. They may be able to help you resolve your issue – but only if you let them.
3. Make informed decisions: Regardless of the situation you're dealing with, do the research on it before jumping to rash options. The more you know, the better you can handle what's on your plate.

Working together with your mate will go a long way in solidifying your bond together. If you're unsure how to involve your lover, just blurt it out, then work on the details later.