

Rumor: Is Demi Lovato Hooking Up With Ryan Phillippe?



18 year-old Demi

Lovato and 36 year-old Ryan Phillippe. Could it be true? Reportedly, Lovato has been hooking up with Reese Witherspoon's ex-husband and the father of their two children. According to a UsMagazine.com source, it was "nothing serious."

How do you keep a relationship casual?

Cupid's Advice:

There are plenty of reasons to want to keep the relationship casual, especially if you just started seeing someone. But how do you go about it? Cupid has some tips:

1. Expectations: If the relationship is not of a serious nature or isn't at that stage, then make sure you know what to expect. Don't assume that your partner will be more

emotionally available than he or she actually is. Don't expect that the relationship is more meaningful than it is, or you may risk getting hurt.

2. Communication: Communication is key. It may be awkward discussing the status of the relationship, but it's important to be open about where you stand and make sure you and your partner are both on the same page.

3. Group dates: A good idea may be to go on a group date. This will ensure that the setting is more fun and less intimate. If you're out with a group of friends, you'll be less likely to discuss your feelings.

How do you keep your relationships casual? Share your experiences below.