

# Avril Lavigne's Bar Fight Lands BF Brody Jenner In Hospital



A bar fight and a trip to the hospital doesn't exactly make for a romantic Saturday night date. Avril Lavigne and Brody Jenner began the night in a harmless way at Chateau Marmont and then settled in at Hotel Roosevelt's lounge, according to [RadarOnline](#). Unfortunately, Lavigne got into a heated argument with another female toward the end of the evening and Jenner, trying to protect his girlfriend, got a big gash on his head from a thrown bottle. It's probably not the brightest idea to get in the middle of a girl fight!

**What are some ways to support your partner when they get into a fight?**

## **Cupid's Advice:**

Watching your partner get into a brawl with a stranger can really send you into protective mode. Fighting is the last thing you want to do. Here are some ways to support your partner during a fight, minus a trip to jail or the hospital:

**1. Try to calm your partner:** Instead of adding to your partner's anger, try to calm them down by talking to them quietly and rationally.

**2. Walk away:** It may be hard for your partner to walk away once they're already upset. Take the initiative and start to walk away first, while guiding your partner with you to the exit.

**3. Let them vent:** After a fight or heated argument, listening to your partner complain about the situation will help them begin to forget about retaliation or violence. Venting can really do wonders.

**Have you ever had to calm your partner down during a fight? Share your experiences below.**