

Are Heidi Montag & Spencer Pratt Calling It Quits?



Heidi Montag of *'The Hill's'* fame revealed to [People](#) that she has moved out of the Pacific Palisades, Calif. home she shared with husband Spencer Pratt. Montag said she needed time alone to get away from the lies she believes her family and friends are saying about her. She added that she wants time to concentrate on herself, and will spend the summer with new roommate Jen Bunney, as they will be shooting their own reality show.

For couples that have weathered continuous ups and downs in a relationship, how can you make things work?

Cupid's Advice:

Montag is doing the right thing by spending time away from Pratt. Sometimes, all you need to do is figure who you are before you can figure out who you can be with someone else.

1. Distance yourself: If problems aren't getting solved while together, it's time to spend some time apart to reevaluate your relationship. Clearing your head can help put a new perspective on things.

2. Tackle new projects: Along with a new reality show, Montag told *People* she is also working on writing a movie script. Focusing your energy on your own projects is a way to get the creative juices flowing, and a way to redirect any negative energy you may have towards something that will benefit you.

3. Spend time with girlfriends: Hanging out with friends that are both single and attached can help you realize what you want to work on in your own relationship – and can even help you figure out which problems are just not worth fixing.
