

Source Says Tom Cruise Is in 'Major Crisis' Mode Post-Split from Katie Holmes



Since Katie Holmes

filed for divorce from her husband of five years, Tom Cruise, the award-winning actor and father to their daughter Suri, is in “major crisis mode,” according to UsMagazine.com. Sources say that “Tom’s whole life is being [torn apart](#),” which was something he never saw coming. While Cruise is constantly consulting with lawyers in an effort to deal with custody of the six-year-old and division of their properties, he tries to remain as private as possible because he “doesn’t want his entire life laid out for everyone to dissect anymore.”

How do you remain private in the midst of a divorce?

Cupid’s Advice:

Celebrities may be used to the spotlight, but when it comes to

divorce no one wants their failed marriage to be the center of attention. Famous or not, here are some ways to have control over your privacy in the midst of a divorce:

1. Don't make a scene: If you want things to go as smoothly as possible, it's important not to give people a reason to talk. Go about your business in the most mature manner, which means refraining from throwing your spouse's clothes and belongings all over the front lawn.

2. Stay away from gossip: Venting is healthy during a divorce, but make sure to only go to the people you trust for advice. Don't dish out the details to anyone who's willing to listen, because you never know who's going to repeat something you may have already regretted saying.

3. Keep mutual friends out of it: You and your husband probably have a lot of the same [friends](#), and if this is the case, don't make them pick sides. By making sure your friends don't find their way into the crossfire, it will give you and your husband more [control](#) over what you're both going through, instead of allowing others to meddle.

How do you keep your divorce from being the talk of the town? Share your experiences below.