

Heidi Montag Files for Separation from Pratt



Well, it's official:

[US Weekly](#) confirms Heidi Montag filing for legal separation from Spencer Pratt on June 8. She was photographed leaving a Santa Monica, Calif. courthouse, papers in hand, sans wedding ring. While [TMZ](#) has a PDF of the papers, *US Weekly* speculates that this is another publicity stunt to keep the duo in the news. It's important to note that the 24-year-old filed for separation, and *not* divorce, meaning that her earnings will become hers alone from the date of separation.

How do you know if legal separation is right for you?

Cupid's Advice:

While Montag and Pratt may have publicity reasons for going through a legal separation, it's important to realize that this is a situation that shouldn't be taken lightly.

1. Think about it: Is your separation warranted? Do you believe the marriage is worth saving? Lay out the issues on

the table and discuss if separation truly is the best option.

2. There's paperwork: Like anything involving the legal system, obtaining legal separation is a process, especially if children are involved. Montag moved out of her home before filing paperwork – try this option before you place your signature on anything.

3. Don't dismiss counseling: Marriage counseling sometimes gets a bad rap, but that shouldn't discourage you and your spouse from trying it out. While some couples can't be saved by hashing it out with an unbiased listener, it's always worth a shot.