

# Celebrity News: Chris Brown Opens Up About Rihanna Assault



By Meghan Fitzgerald

March 26th, Chris Brown stopped by Ryan Seacrest's KIIS FM radio show, discussing the events which occurred before the 2009 Grammys. He talked about the night no one will ever forget, which is when Chris Brown assaulted his girlfriend, Rihanna. [UsMagazine.com](http://UsMagazine.com) reported that Brown explained to Seacrest, "Everybody has a temper, but for me, it was not knowing how to control it when I thought I had the world in my hands." [NY Daily News](http://NYDailyNews.com) stated that he's trying his best to be a better man, and show her how sorry he is.

## **What do you do if your partner severely breaks your trust?**

### **Cupid's Advice:**

When your partner breaks your trust, it is challenging to allow them back in to your heart. Even though it is challenging, it is still possible to piece the relationship back together. Although you may want to ditch your mate and leave him on the sides of the street, they may have had a reason why. Or you may have misinterpreted the situation. Cupid has some more advice:

**1. Communication:** In a relationship, it is essential to communicate with your partner. If your partner lacks communication, and breaks your trust, you must learn to communicate! You need to figure out why your partner did this to you, how you can make it work, or even if you want to make it work. If you want to try and make your relationship work, you will need to talk with your partner!

**2. Rebuilding:** Rebuilding your relationship after your partner breaks your trust is challenging to do. If you are willing to make your relationship work, rebuilding with your partner is necessary. Your mate now needs to build their trust, their love, and their respect back up. Although this is challenging to do, it is still possible if you really love your beau and want to get on with the relationship.

**3. Space:** When your partner severely breaks your trust, you will inevitably need some space in the relationship. Space to figure out what you want in life, what you want of yourself, and what you want out of the relationship. Space will give you all of these things, and more. Space also allows your partner to realize what they did wrong, and how they will be able to salvage their relationship.

**Has your partner broke your trust before? Share below!**