

# Pregnant 'Teen Mom 2' Star Jenelle Evans Is Behind Bars Post-Fight with Boyfriend



By Kerri Sheehan

Jenelle Evans is at odds with the law again! The pregnant 'Teen Mom 2' star ended up behind bars after a dispute with baby daddy and boyfriend Nathan Griffith. Evans and Griffith were allegedly arguing when the police were called and they brought Evans out in handcuffs. The 21-year-old adds her tenth arrest in three years to her record. According to [UsMagazine.com](http://UsMagazine.com), Evans claims that her neighbors called the police on them just so they can sell a story to the tabloids.

**What are some ways to keep conflicts with your partner from escalating?**

## **Cupid's Advice:**

Every couple has their arguments, but it's important to keep these fights in check. Let Cupid help you keep the fights from escalating:

**1. Stay calm:** It's easy to get overly angry and yell during a fight, but staying calm and discussing things like the adults that you are will guarantee that the spat won't turn too sour. If you start screaming then your partner will follow suit, so don't let your temper get the best of you.

**Related:** [Teen Mom 2's Jenelle Evans and Gary Head Are Both Behind Bars](#)

**2. Pick your battles:** Not everything that you and your significant other disagree over is worth arguing about. Save your fights for things that really matter to you.

**Related:** [5 Celebrity Couples That Fight Dirty](#)

**3. Admit when you're wrong:** There is not always a right or wrong when it comes to many fights, but sometimes there is. If whatever started the argument happens to be your fault then admit it to your partner and apologize. Sometimes all it takes is an, "I'm sorry," and a kiss on the forehead to let a fight be forgotten.

**How do you keep conflicts with your partner from escalating? Share below.**