

New Docu-Series Will Show Tori Spelling and Dean McDermott's Marriage Troubles



By Louisa Gonzales

New docu-series on *Lifetime* starring Tori Spelling and husband Dean McDermott, will invite viewers and TV cameras into their home during a rough time in their marriage. According to [People](#), the couple's marriage was recently in hot waters because of a cheating scandal involving McDermott, 47, which caused the actor to enter rehab. The series, *True Tori*, will focus on the married duo and it will follow them as they work on their problem, starting when McDermott's leaves treatment. Spelling, 40, has been married to her husband for seven years and they have four children together.

What are some ways to confront issues in your relationship?

Cupid's Advice:

Every relationship has problems, its normal. When you and your partner are having issues in your relationship it is better to face them than ignore them, but what's the best way to go about it? Cupid has some advice on ways to confront issues in your relationship.

1.Practice Beforehand: Before you confront your significant with your relationship woes, take the time to prepare what you are going to say, open with, end with, etc. Practicing on what you're going to say can help calm your nerves and help you focus on what exactly you want to discuss. Make sure you remember the purpose of your confrontation and that you're trying to resolve your issues not create new ones.

Related: [Tori Spelling Slams Rumors That She Is Divorcing Dean McDermott](#)

2.Make private time to talk: Take the time to sit down in private and discuss all the relationship problems you may be having with your lovebird. The issues you are having with your partner won't resolve themselves, which is why you both have to schedule a time to talk with each other. Also, be willing to listen to your lovers' side and then sit and think on it before making any rash decisions.

Related: [Nikki Reed and Paul McDonald Split After 2 Years of Marriage](#)

3. Make a list or write out your thoughts: Sometimes talking isn't enough, so why not write a letter of your feelings to your sweetheart. If that is not something you're good at you can still write out a list of the issues in your relationship to help prepare you for your 'talk'. Writing is a good form of expression and writing could help you face your issues.

What do you think are good ways to confront issues in your relationship? Share in the comments below.