

# Family Insiders Says There's an 'Icy Distance' in Joe and Teresa Giudice's Marriage



By Amanda Boyer

*Real Housewives of New Jersey* stars Teresa and Joe Giudice are having a tough year. According to [UsMagazine.com](http://UsMagazine.com), both recently received separate jail sentences. Teresa will be going to jail for 15 months, and Joe will go in for 41 months after Teresa completes her time. The duo has four daughters, and an inside source says that Teresa doesn't trust Joe to take care of the kids while she's away.

**Cupid's Advice:**

## **What are some ways to keep your relationship strong through a crisis?**

For some tips on how to keep your relationship strong during a tough time, check it out:

**1. Memories:** Remember what made you fall for your partner in the first place. Look through photo albums, notes, and more. Cling to what makes your relationship solid.

**Related:** [Teresa and Joe Giudice Ask Judge for Separate Trials](#)

**2. Honesty:** During a rough patch, be honest about your feelings 100 percent of the time. You both deserve to know how the other feels. Being on the same page will allow you to bond.

**Related:** [RHONJ's Teresa Giudice Debunks Divorce Rumors](#)

**3. Seek help:** If needed, do not be afraid to get the help you need to hold your relationship together. This will allow you a safe forum to discuss what you're each going through and come to terms with it.

**Have any other tips for couples that might be in crisis right now? Share below!**