

Mel B Walks Out on Husband Amid Domestic Abuse Rumors



By [Courtney Omernick](#)

This week, it has been reported by [UsMagazine.com](#) that former Spice Girl Melanie Brown, better known as Mel B., has walked out on her husband of seven years, Stephen Belafonte. Worried fans began speculating that Belafonte abused Brown after she appeared on *The X Factor* without her wedding ring and seemed to have bruises on her face and arms.

What do you do to cope with emotional or physical abuse?

Cupid's Advice:

The dark side of a relationship is never easy to talk about,

but there are many people out there who are unfortunately involved in abusive relationships, whether they are emotional or physical. However, there are ways to cope with the abuse and seek help. Below are three pieces of advice:

1. Put your safety first: Abusers rarely change. Think about your needs and how you can meet them while staying safe.

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2. Reach out to family and friends: It can be hard at first to confess to your loved ones that you're not being treated with respect in your relationship. However, family and friends can provide you with the support you need to get through this difficult time. Who knows, maybe a friend or a family member has gone through a similar situation and can guide you through everything.

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3. Speak with a professional: It is possible for both partners to be able to solve the issue if they speak to a therapist. Sessions with a professional can help your partner determine the causes of abusive and put them on a road to change their behaviors.

What have you done to cope with physical or emotional abuse? Share your stories in the comments.