

Demi Lovato Hints that Celebrity Love Wilmer Valderrama Loves Her Curves



By [Courtney Omernick](#)

According to [People.com](#), Demi Lovato recently reminded everyone to love their curves. And, it may be because of her celebrity love, Wilmer Valderrama. Demi hinted that she and Wilmer have a strong celebrity relationship when she mentioned that “a special someone” taught her how to love her curves on Instagram.

This celebrity love is going strong! What are some ways to instill confidence in your partner?

Cupid's Advice:

While this celebrity couple has remained a model for others in celebrity and regular relationships, their individual struggles bring up a good point. Demi struggled with body issues for a long time, and her celebrity relationship helped her accept herself. Below are some ways that you can instill confidence in your partner.

1. Affirm their strengths: We all need a cheerleader in our corner! When you see that your partner has an area of excellence in their life, tell them. You should be their biggest supporter.

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2. Critique carefully: There will be times during your relationship when you'll want to constructively criticize. This is a dangerous territory. Select the words you use carefully!

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3. Public praise: One of the most harmful things you can do to your partner is to criticize them in front of others. On the other hand, the most powerful thing you can do is praise them in front of others. There's nothing more uplifting than public affirmation!

How have you instilled confidence in your partner? Comment below!