

Why Having a Pet Can Be Beneficial to Your Relationship



By Bernadette McCadden and Laura Seaman

Having a pet can be extremely beneficial in creating and maintaining a healthy relationship. A study of 240 couples by the University at Buffalo found that those who own cats or dogs “have closer relationships, are more satisfied in marriage, and respond better to stress than couples who do not.” But as with anything in life, there *can* be too much of a good thing. While many couples thrive when raising a pet together, some couples overwhelm themselves with the responsibility.

If you and your partner are in a new relationship, having a pet can give you fun things to do together. If either of you have a dog, take the pup out for late night walks together or pack a picnic and enjoy a day in the park! If you are already in a serious relationship and are thinking about starting a family, getting a kitty or puppy can be a great next step. It introduces you to the idea of focusing your time and energy on helping something other than yourself grow. Consider these two couples for some celebrity inspiration!

Related Link: [Date Idea: Volunteer Your Time Together](#)

Ellen DeGeneres and Portia de Rossi: This blonde-haired, blue-eyed couple makes for adorable pet parents. DeGeneres has gushed about their animals on her show, and the couple can often be seen taking care of their funny friends. Their fuzzy entourage includes cats Charlie, George, and Chairman and dogs Wolf and Mable. The TV star loved animals so much that she wanted to be a veterinarian when she was younger, but everyone can agree that she makes a great entertainer!

The comedian once told her viewers a funny story about a time when she came home and talked to her cat over the intercom to let it know she was home. She didn't think it was weird, but her wife just stared and asked her, "Did you just intercom the cat?" She replied, "Well yeah, it's the same thing as calling out. I was just using an intercom."

Related Link: [Stars and Their Pets: Dating and Mating Habits](#)

Mary Tyler Moore and Robert Levine: The actress and her husband take Moore's passion for animal rights to a personal level. The couple has 11 horses and 2 goats at their home in the country. They also have two rescued dogs, a miniature schnauzer and a golden retriever. Six of their horses are rescued as well, with two of them being "cop" horses that weren't cut out for the force. "They are just out to pasture and have nothing but a good time, eating their heads off,

romping, and frolicking and just doing all good horsy things,” said Moore in an interview with *The Pet Press*.

Levine had a part in naming their miniature schnauzer Shana Meydela, as his Jewish heritage helped them come up with the name. Put together, Shana Meydela means “pretty girl.” The couple later adopted their dog Shadow, the golden retriever.

How has having a pet affected your relationship? Let us know in the comments!

Leaving Your Mark: Celebs Who Profess Their Love with Tattoos





By Nic Baird

The rich and famous get tattoos for the same reasons as everyone else: They're about self-expression and an unchanging reminder in a changing life. A celebrity's brand is their image, and that's often something to consider when deciding between Mike Tyson's tribal face design or Drew Barrymore's navel butterfly. While we common folk might get a little attention for a bold new tat, it doesn't compare to the [celebrity news](#) created by famous new ink. Here are some of the reasons celebs get tattoos. For the most part, they're not that different from anyone else!

Celebs And Their Ink

1. Self-expression: Maybe our expectations of rock stars like Amy Winehouse push artists to mark themselves as such. Music superstars seem like credible artists with some eye-catching body art. *Rock Of Love 2* runner-up Daisy de la Hoya was a human canvas. Her iconic three-quarter sleeve led to her own dating spin-off show and attracted the attention of

heavily painted rocker Tommy Lee. The bottom line is that whether it's for the fans or for themselves, real rock stars get ink.

Related Link: [LeAnn Rimes Announce Love for Eddie Cibrian with a New Tattoo](#)

2. Proof of change: [Miley Cyrus](#) went under the needle again last month to get a Teddy Roosevelt quote on her wrist. She may be trying to remind us that she isn't 14-year-old Hannah Montana anymore but instead a more serious – or at least more tattooed – adult celeb. Actress [Angelina Jolie](#), who seems to be the lead celebrity spokesperson for tattoos, described them to *USA Today* as “something permanent when you've made a self-discovery, or something you've come to a conclusion about.” Just as a serial killer might etch the names of victims into his skin, you can record important life events by marking the occasion on your body. Jolie takes this to a whole new level.

3. Memory makers: Fond memories and self-discovery inspired Jolie to collect at least 14 tattoos over the years. Her body is a map of her life. A Buddhist Pali incantation to protect her adopted Cambodian child sits on her left shoulder blade. All six of her children have a place beside it on her shoulder where geographical coordinates represent their scattered birthplaces. Jolie says she uses body art to remember the good times. When it comes to relationships and love, a lot of celebrities are guilty of this celebratory use of ink.

Tattoos For Celebrity Couples

4. For love: In fact, Jolie's infectious love of tattoos has spread to husband Brad Pitt. He's been marked with his celebrity loves' birthday in Khmer script on his chest. Thankfully, tattoos are not really all that permanent for those who can afford to get them removed. Jolie knows this because she was able to laser off three pieces of Billy Bob Thornton memorabilia and a Japanese symbol on her arm she had

shared with Johnny Lee Miller. She also covered several others; after all, not everyone is comfortable sporting memories of their celebrity exes! Rocker Avril Lavigne shares four matching tats with her former boyfriend, reality TV's Brody Jenner, including his name under her right breast. And she's still hanging on to two with ex-husband Deryck Whibley of Sum 41, despite being engaged to Nickelback's Chad Kroeger.

Related Link: [Angelina Jolie's Tattoo Is 'for Brad'](#)

5. Brand billboard: While it's clear that celebs mostly get tattoos for all the usual, relatable reasons, there are exceptions. Pop icon Lady Gaga is blurring the line between self-expression and self-marketing. Recently, she gave her nearly 29 million Twitter followers and 53 million Facebook fans a look at her tenth tattoo. A picture showed ARTPOP printed along her wrist, which was also revealed as the title of her upcoming album. The confidence is admirable at the very least.

The only problem after getting inked up is regret. People change, but tattoos don't. It seems ironic to commemorate something as fleeting as a celebrity couple with something as lasting as a tattoo. But artists at every level have always been attracted to body art. For Gaga's sake though, ARTPOP better not bomb.

What are some unforgettable tattoos that you've seen? Comment below.

'I See Your Soul Mate': Sue

Frederick Discusses How to Find the Love of Your Life



By Bernadettle McCadden

Sue Frederick is more than just an author; she is an intuitive life coach who helps people get in touch with their spirituality and higher self. She uses this intuition to guide her through life and encourages people to trust their gut when it comes to making decisions. Her previous book, *I See Your Dream Job: A Career Intuitive Shows You How to Discover What You Were Put on Earth to Do*, shows people how their specific birth date corresponds with the mission they were put on this Earth to do. Her newest book, *I See Your Soul Mate: An Intuitive's Guide to Finding and Keeping Love*, follows the same premise but focuses on romance instead. Frederick

explains how you can't truly find your soul mate until you are fulfilling your unique mission. She uses birth paths to help you recognize your strengths and weaknesses in relationships and also provides other birth paths that work well with your own.

We had the chance to talk with Frederick about trusting your intuition to find the love of your life.

Your book focuses a great deal on discovering your own birth path before focusing on finding your soul mate. Can you briefly define birth path and explain the importance of it?

We all come here to do significant work that helps our own soul evolve and also helps to raise the consciousness of other people. We have the potential to do something great, which is explained in the vibrations in our birth path order. That's why we're drawn to different careers and have certain dreams. Yet, when we get here, we buy into the negative messages that talk ourselves out of that greatness. At every opportunity in life, we can still make a choice to live up to that full mission, and that's what's in the birth path.

You talk about intuition as well. How can you develop your intuition and make it stronger?

Intuition comes from our right brain, while logic and reason come from our left brain. We live in a world dominated by the left brain, which is good and bad. We have great advancements in technology, but we've lost touch with our spirituality. That's why there is so much unhappiness in the world. As we each step into our right brain and trust our intuition, we're able to get in touch with our higher self. We can really see our mission and begin fulfilling it, which is what attracts true love and helps us find our soul mate.

My favorite way to make your intuition stronger is daily meditation, which quiets your left brain and gets you into

right brain consciousness. The Buddhists and Hindus figured out a technique thousands of years ago where you repeat a sacred sound, which they called “a mantra.”

Related Link: [Are You My Guru? How Medicine, Meditation and Madonna Changed My Life](#)

Can you give us an example of an intuitive dating technique?

The minute that somebody asks you out, make sure you have a piece of their information, whether it's their name, birth date or career. Write it down and put your hand on that piece of paper. Then, close your eyes and do a little bit of mantra meditation for a few minutes. You're going to start feeling their energy. These odd little images, words or thoughts, which are about this person, will start popping into your subconscious out of seemingly nowhere. If the words are good, like sweet and loving, that means you should go out with this person. If the words are negative or you feel fear, it's someone you don't want to pursue.

The book provides readers with birth path numbers that work well with their own number. What would you say to people who are currently in love or with someone whose birth path number does not match their own?

There's a lesson in that relationship. If you look at Kim Kardashian and Kris Humphries, both are master soul paths 22 who came together with great work to do. Their relationship number is an 8, which is the number of power. It would've worked if Kris hadn't become a conventional man who wanted Kim to give up her career and be a stay-at-home mom. Kris was abusing his power, and Kim could see that her life was going down the drain.

There is a lot of research we have to live through until we find our soul mate. I've had great passion and joy but also great heartbreak, and I think it's all been on purpose.

Related Link: [Is Dating Your Ex Off Limits?](#)

What do you think about the ever increasing divorce rate? Are younger couples failing to find their soul mate as older couples have done? Or are they simply more open to splitting up and starting over?

I think the vibrations of awareness have increased. You can't just be miserable and hate your partner and not have it fall apart. It used to be that you could live a life in that negativity and never really wake up. Now, you get into that negative state and something instantly changes. You have to make a choice to evolve to your highest state and make the relationship work or to go on your own learning journey and find your own mission. If you're really living true to your mission and highest self, you can find your soul mate and have that love last for a lifetime.

How can someone truly know if their partner is their soul mate?

It's about how you feel when you're with them. If you feel empowered to be your best self and if your partner is looking at you and seeing that greatness in you, even when you can't see it, that's a soul mate.

In your book, you share that fear and worry prevent us from fulfilling our true mission and ultimately finding true love. How can people avoid this pitfall?

Meditation. That negative self talk is part of being in the physical world, but we can learn to override it with a positive thought. Say to yourself, "Who am I to doubt myself? I came here with something important to do, and I brought gifts and talents to do it." It's not about the ego of doing your work; it's about letting the work come *through* you to help the world. Once we can look at our lives this way, everything shifts.

You can purchase 'I See Your Soul Mate: An Intuitive's Guide to Finding and Keeping Love' on Amazon. You can also receive guidance from Frederick or get information on her live events at www.CareerIntuitive.org.

How to Turn a Summer Fling Into a Healthy Relationship



By Bernadette McCadden

The summer time is notorious for producing flings, and why not? When the sun is high and you and your man are together, everything seems perfect. It's easy to just have fun with your

guy and not have it become too serious or worry about where it might lead. But what happens to your summer fling when the temperature cools and the leaves start changing? Do you make transform that fling into something more or just call it a great three months? If you decide you want to make the relationship into something more serious, make sure you go about it the right way. Create and maintain a healthy relationship by following a few simple rules:

1. Communicate: Talk to your man and express your wishes to continue the relationship and see if he wants to move to the next level as well. Communication is the most important thing in creating and maintaining a healthy relationship. Remember that this includes listening to his wants and needs, not just expressing your own.

2. Manage your expectations: Summer time means freedom and the demands of the fall can put stress on a relationship. Whether the autumn season means a new school year, living somewhere else or just going back to work, the change can make your relationship seem more difficult. Realizing and understanding that you might not see each other as much and life may not be as carefree as it was in the summer months can prevent future arguments. The adjustment back to work or school may be hard, but give it time and let things fall into place. Patience is key.

Related: [Five Steps to Turn A Date Into A Relationship](#)

3. Be willing to work at it: Relationships take work. Things won't always be perfect, but if you are both willing to put the time and effort into the relationship it can withstand anything. Don't give up at the first sign of trouble, but learn from your mistakes and push through.

4. Support each other: Going from a carefree fling to something more substantial means that you need to put more emphasis on the other person's needs, not just your own. Learn

more about his future goals and support him in his endeavors, showing him you care however you can.

Related: [Date Idea: Explore the Wilderness](#)

5. Explore new things: A summer fling insinuates that most of your time is spent in an informal atmosphere. Change things up; go out to dinner or take a walk in the park. Engaging in activities together can spark greater conversation so you can really get to know your guy.

Mike Eli Welcomes a Baby Girl



Mike Eli, the front man of the Eli Young Band, couldn't be

more ecstatic about the new addition to his family. His wife Kasey Diaz gave birth to a healthy, beautiful baby girl, Kline Olivia Diaz, this past Monday. Eli express his joy to [People](#), stating, "They tell you about this feeling that is beyond comparison...and the moment Kacey and I laid our eyes on little Kline we understood it's absolutely the coolest thing ever!" Eli only gets a short time with the newborn though, as his band rejoins the Rascal Flatts tour next week.

How do you prepare to have a daughter?

Cupid's Advice:

Having a baby can be scary, but if you know your future child's gender, you can at least get started with planning. If you discover you're going to be having a baby girl, here are some ways to begin preparing:

1. Go shopping: There's no better way to prepare to have a girl than to go shopping for her. Hit up some stores near you and pick out some cute outfits with your friends or your significant other. If you're due in the summer, purchase some bathing suits. If you're preparing for a winter arrival, stock up on some adorable hats and mittens.

2. Prepare the nursery: Take some time to decide with your partner if you want to paint your nursery in a more feminine tone, or keep it gender-neutral. Once you paint the room you can pick out some furniture and begin decorating.

3. Inform the bridal shower guests: If the people close to you are aware that you'll be having a baby girl, they can be more specific when picking out a gift for the baby shower. Let them know what color you plan on painting the nursery so they can plan accordingly.

How did you prepare for a baby girl? Share your advice below!

Jessica Biel Has Done Nothing for Her Wedding Yet



Although Jessica Biel has been with Justin Timberlake since 2007, and the couple announced their engagement this past January, she has done “almost nothing” to prepare for her wedding. In Biel’s eyes, there’s no reason to rush things. According to [People](#), she said, “Being engaged is just absolutely amazing. You’re in this romantic, ahhhhh, breathless moment that I’m just trying to extend as long as possible.”

How do you know when to start planning your wedding?

Cupid's Advice:

So you've shared the good news of your engagement with your friends and family. Now what? Here's some advice on how to figure out when to start preparing for the big day:

1. Talk it over with married couples: After announcing your engagement, ask friends and family for some helpful tips. Receiving advice from couples who have already been through the wedding planning process can be a big help. Ask them for recommendations and what they wish they knew when they started planning their own wedding.

2. Have an open mind: Planning can be very difficult. Whether the venue you want may is already booked, or the dress you want is too expensive, things can always get out of hand. But, before you get upset and overwhelmed, remember that no matter what, it's going to be an *amazing* day. Once you're able to think positively like this, you're ready to start your plans.

3. Get a time frame to work with: Deciding how long of an engagement you and your partner want is crucial for obvious reasons. It'll help you decide whether to start planning now or if you can allow yourself time to bask in the joy of being a fiancé. Once you know how long you have to plan, you can make a list of things to accomplish and work through them at your own pace.

How did you know when to begin preparing for your wedding? Tell us your story below.

Jennifer Lopez Celebrates Her

43rd Birthday with Casper Smart



She might be getting older, but Jennifer Lopez shows no sign of slowing down. According to [People](#), to celebrate her birthday, the singer was spotted with her partner Casper Smart as they were on their way to lunch at Nobu. Smart held her hand and led the star through a crowd of paparazzi outside of their hotel. Turning 43 isn't the only thing Lopez should be celebrating: she recently was named number one on Forbes' Celebrity 100 list.

What are some ways to make your partner's birthday special?

Cupid's Advice:

✖ Birthdays should always be special, so there's often a lot of pressure to find the right thing to do for your partner's special day. Consider these fun ways to make sure that your significant other has a great day:

1. Book a trip: Vacations are expensive, but you can still plan a weekend getaway on a budget. If your beau loves to golf, look up nearby resorts. If they're more of a gambler, check out some casinos! Even just preparing a picnic lunch and heading to a park can make for a pleasant day trip.

2. Wake him up with breakfast in bed: Wake up extra early and prepare your partner's favorite meal. Whether it's bacon and eggs or pancakes and French toast, go all out and make what they like best. This also gives you an excuse to spend some extra time together in bed.

3. Plan a day of surprises: Coordinate a day with all of your beau's favorite activities, but don't tell them what you'll be doing. Do they have a favorite restaurant? Take them there for lunch. Obsessed with baseball? Get tickets to a game!

How did you celebrate your significant other's birthday? Share your story below!

'Bachelorette' Emily Maynard Says 'Love Is Worth the Chaos'



At the end of *The Bachelorette*'s eighth season, Emily Maynard couldn't be happier with her fiancé, Jef Holm. Maynard tells [People](#), "There were many ups and downs, and at times things were very chaotic, but love is worth the chaos!" The reality star says that while she always dreamed of great love, she didn't know that the love that she and Holm share even existed. After a failed first attempt at finding a man, Maynard reaches out to her fans stating, "Thanks again for the second chance and sticking with me until I got my fairy tale ending!"

How do you overcome challenges as a couple?

Cupid's Advice:

Even if you and your partner are incredibly in love, your relationship is sure to have some challenges every once in a while. Don't assume that these problems ensure a breakup.

Instead, use tips like these to work through them:

1. Confront the problem: Whatever dilemma you and your beau are facing, the first step is to acknowledge the problem. If you let an important issue bother you but don't speak up, you'll end up getting angry over irrelevant things and confuse them with your bad moods.

2. Communicate: Set aside a specific time to talk about the issue. Express your feelings to your partner and be sure to listen to their thoughts on the issue as well. Keep calm and try to come to a solution.

3) See a counselor: Going to relationship counseling gets a bad reputation, but it's nothing to be ashamed of. When you feel like you've done all you can and don't know where else to turn, seek out professional help.

How did you and your beau overcome a difficult challenge? Tell us your story below.

Rumor: Is Emma Roberts Dating 'American Horror Story' Actor Evan Peters?





On Saturday, Emma Roberts and *American Horror Story* star Evan Peters were spotted together at Roberts's stylist's wedding in California. According to [People](#), the two looked like more than just friends. "They were holding hands and locking arms at the wedding and looked really cute," sources said. Both actors have roles in the upcoming movie, *Adult World*, and there have been reports that the two have been dating for months. Neither the representatives for Roberts nor Peters have commented on the relationship.

What are some ways that sharing a career can bring you closer as a couple?

Cupid's Advice:

It's always good to have some things in common with your partner. If you both share an occupation, there can be plenty of added benefits. Here are a few of the ways that sharing a similar career path as your beau can strengthen your relationship:

1. You can exchange advice: If you both work in the same

field, you can easily support each other. Look at where your strengths and weaknesses lie: if you aren't great at something, but your partner is, ask them for advice. Helping each other out to better yourselves will bring you closer as a couple.

2. You understand the ups and downs of the profession: Being able to truly understand the difficulties of a certain line of work will enhance your communication and improve your relationship. If your beau comes home from a hard day at work, you'll be able to sympathize with their grumpy mood and can show them you care.

3. It provides more opportunities to spend time together: There is a reason why both of you chose this career path, so figure out what it is and embrace it. If you're both teachers because you love educating others, volunteer to tutor kids after school. Figuring out hobbies you both enjoy based off your career will enhance your time together.

Does sharing the same career with your partner benefit your relationship? Tell us how below!

Jennifer Lopez Isn't Giving Up on Marriage





Even after three failed marriages, Jennifer Lopez still hasn't given up on the idea on finding Mr. Right. According to [People](#), the star told *ABC News's* Amy Robach that she would give marriage another try, stating, "For me, the biggest dream is the fairy tale. I will never give up on that dream." Lopez's divorce from Marc Anthony last summer doesn't seem to be keeping her from finding a new man, as she clearly has something going on with her backup dancer, Casper Smart. Lopez would not open up about her love life, but Smart says it was not love at first sight. "It was very natural how it happened," he says. "There was nothing before. No flirting, nothing before. Just natural. It just happened."

How do you decide whether to get married again after a divorce?

Cupid's Advice:

It can be difficult to believe in everlasting love after a messy split. Here are some ways to decide whether to say "I do" to your new man:

1) You've learned from the past: No matter how difficult the divorce was, it's important to at least learn something from your previous marriage. Perhaps you and your ex had poor communication or disagreed on fundamental issues. If you've grown and feel confident that you won't repeat the same mistakes, it may be time to try marriage again.

2) You are over your ex-husband: No matter how many times you might tell others and even yourself that you're over him, only you truly know how you feel. If your mind is constantly bombarded with thoughts of him, hold off on another marriage.

3) You still believe: Do you still have faith that relationships can last forever if they are between the right two people? If you still trust in the power of marriage and are prepared to do the hard work that comes with keeping a relationship strong, you may be ready for another big day.

How did you decide if you were ready for another marriage? Share your story below.

Christina Aguilera and Matt Rutler Enjoy Five-Course Dinner Date With Her Son Max





This weekend, Christina Aguilera was spotted at dinner with her husband, Matt Rutler. According to [People](#), the couple also brought along their 4-year old son, Max. The party of three enjoyed a five-course meal at Restaurant 1833, paying over \$65 a person. A source who was also dining out tells *People*, “Christina was very kind to the staff and incredibly attentive to Max.”

How can you include your kids in date night?

Cupid’s Advice:

If you can’t find a babysitter, there’s no need to panic. There are plenty of ways to include your children on your date night. Consider these simple and romantic ideas:

- 1. Have a picnic at home:** Prepare some food in a basket and lay out a blanket on the living room floor for your whole family. Even though you’re still at home, changing where you eat can spark new conversations and create lasting memories.
- 2. Make your home a movie theater:** Set up blankets and pillows

on the floor for your kids while you and your beau take over the couch. This will give you and him some time together while still involving the whole family.

3) Take your kids to the park: Allow your kids to have fun together, running around and playing on the swings. Meanwhile, you and your partner can enjoy some time alone sitting on a bench as you watch them from afar.

How do you include your kids in a date night? Tell us below.

Rumor: Is Sofia Vergara Engaged?





After breaking up almost two months ago, it seems that Sofia Vergara and Nick Loeb are back on, perhaps for good. Just recently, Loeb surprised Vergara with a beautiful diamond ring for her fortieth birthday. While one source tells [People](#) that the couple is engaged, others say Vergara wouldn't say that they are. Although the couple got back together in June, a source tells *People* that there are still "compromises to work out on both sides."

What are some ways to know it's time for marriage?



Cupid's Advice:

No matter how long you've been with your man, it can be difficult to decide whether it's time to get married. Here are some ways to know you're ready for a life together:

1. You have complete trust in your partner: In order to have a successful marriage, you and your partner must have complete trust in each other. If you have no worries or doubts in his words or actions, it may be time to tie the knot.

2. You understand that people change: Make sure you are mature enough to accept that over time, people grow and change. Although it's unlikely that your beau will grow to be someone completely different, their views and opinions may begin to alter after a few years. Be prepared for this possibility.

3. You have similar goals for the future: Have you both communicated your expectations for the future? If you understand and are open to each other's ideas about family, finances and living situations, you may be ready to say "I do."

How did you know that it was time to get married? Tell us below!

Emma Stone and Andrew Garfield Indulge in a Group Date





Emma Stone and Andrew Garfield, the stars of *Amazing Spider Man*, were seen out together at the W in Los Angeles- Westwood Thursday night. The two were not alone, however. According to [People](#), they were out to dinner with about ten other people, but held hands the entire time. Although Stone didn't order anything, Garfield showed his affection by spoon feeding her some of his meal.

What are the advantages of group dates?

Cupid's Advice:

While going out on dates one-on-one offers you and your partner some alone time, there are definite advantages to going out with multiple people:

1. You get to know the person better: One-on-one, the conversation tends to start as small talk. However, if you each have some friends there, you can really get to know what the other person is like by sharing stories you otherwise would not hear.

2. It's less nerve wracking: Everyone gets nervous before a

first date, but if you have other people around to talk, it can ease the tension. Also, it can be hard to decide what your boundaries are. If you end up really liking the guy, how do you show it? What if you don't like him? If other people are around, it takes the pressure off of you both.

3. It's more fun: When you go out on a group date, you're more comfortable because you know other people. It's not just you and him so you can interact with your friends, tell funny stories and play games.

Do you prefer group dates over one on one dates? Let us know why below!

Katie Holmes Removes Her Wedding Ring





Katie Holmes is making her divorce from Tom Cruise public by removing her wedding ring. According to [People](#), the Hollywood Star was taping a segment for *Project Runway: All Stars* this week without it. A source says that although she appears to be handling the situation well, she has left Cruise “devastated and heartbroken.” The two had been married for five years and apparently Cruise “had no idea this was coming.”

How do you announce your divorce to friends and family?

Cupid's Advice:

Informing the people in your life of your divorce can be a difficult task. Cupid has some advice:

1. Be honest with your children: If you have kids, talk to them and explain the situation. Let them know why it's not working out, and that it will be difficult, but that it has nothing to do with them. Remember, no matter why you're divorcing your significant other, that person is still their parent so the children still need to see him or her in a

positive light.

2. Decide beforehand how much you want to share: Try to keep it simple when you're telling friends or co-workers with whom you're not very close. Everyone will want details on the situation, so before having the conversation, figure out how much you're willing to share.

3. Make your close friends and family aware of why you are getting a divorce: If the marriage was just not working, but your significant other did not necessarily do anything bad to you, let people know that. Be ready to face people judging you for the decision as well as people trying to side with you or him.

Do you have advice on how to tell people of your divorce? Tell us below.

EXCLUSIVE: The 'Hollywood Ex' of Will Smith, Sheree Fletcher, Says, "I Never Should've Filed For Divorce"





By Bernadette McCadden

In the first season of 'Hollywood Exes,' which premiered on VH1 on Wednesday, June 27, viewers will see the real life of Mrs. Sheree Fletcher – not to be mistaken for that of ex-Mrs. Will Smith. In the season premiere, Fletcher goes to dinner with the other cast members, where she meets Andrea Kelly, the recent divorcee of R&B artist, R. Kelly. Kelly desperately seeks advice from the other women about how to get through the hurt of a break-up, and Fletcher encourages her to focus on her kids – something that she did in the wake of her own divorce.

Smith and Fletcher, who divorced in 1995, had one son together, Willard Christopher Smith III, better known as Trey, who is now 19 years old. Looking back on it, Fletcher realizes she had been naïve about marriage, forgetting that it takes hard work to keep a relationship strong. "I went into that marriage with false expectations of what marriage should be. I thought I would be happy every day; I didn't know there would be up's and down's," she shares. "Based on my situation with Will, I never should've filed for divorce. It wasn't that

bad, it wasn't that serious."

The divorce took a toll on Fletcher, who now understands that no matter what, after a divorce, you have to give yourself time to mourn. You can't just ignore the heartache and rush into another relationship. She says, "I went to a therapist; I cried, I cussed and I screamed. It was a safe place. She made me think, and she made me do the hard work necessary to overcome the pain."

Related: [Rachel A. Sussman Helps Us Recover After a Break Up in 'The Break Up Bible'](#)

For Trey's sake, Fletcher and Smith have remained friends. In fact, the two families have even spent Christmas together, just so Trey wouldn't feel bad about choosing one parent over the other. So how does Fletcher's current husband Terrell feel about this arrangement?

"Terrell absolutely loves Will and Jada, and we all get along well. It wouldn't have worked otherwise. I needed someone who would be on the same page as us and put my child first," Fletcher explains. "I felt so guilty after the divorce, like I did my child a disservice. I needed to forgive myself and then become a good co-parent with Will to ensure that Trey remained the priority. Terrell completely understood."

The two have been happily married now for over a decade. Fletcher's husband is a pastor at Hope International Church in San Diego, California, where she also works. As seen on 'Hollywood Exes,' the couple only get to see each other a few days a week because her primary residence is in Los Angeles, not San Diego. "Because we're in different cities, it can be easy to get caught up in your day, so we always make the effort to stay connected," she says.

Related: [Making the Most of Your Long Distance Relationship](#)

So when they are together, what is their favorite thing to do

on a date? Go to the movies!

"We're simple people," Fletcher says. "There's this movie theatre called iPic in Pasadena, California. We drive thirty miles just to go there because they have these big plushy seats, and you push a button to order food! They'll bring you lamb chops and filet mignon sliders – it's very gourmet!"

You can catch Fletcher on 'Hollywood Exes,' which airs on Wednesdays at 9/8 CT on VH1.

Kendra Wilkinson Says Her Plans for Second Child Keep Changing





Having a child is an extremely difficult decision to make, and it's one that Kendra Wilkinson is facing right now. The reality starlet already has one child, Hank IV, with her husband, Hank Baskett, but is unsure about having a second. After having Hank IV, the couple was ready to have another right away, but now Wilkinson is not quite sure. One day her friend visited with her newborn son and Wilkinson told [People](#), "I just got an instant baby phobia. I looked at Hank behind my best friend's back, and I shook my head, 'No.'" Baskett, however, still really wants another child.

How do you know when you're ready to have kids?

Cupid's Advice:

Kendra Wilkinson and Hank Baskett are having trouble deciding on whether to have a second child. Here are some things to consider when you and your man are thinking of starting a family:

1. You're doing it for the right reasons: Having a baby should not be about you, but rather the child. If you're unhappy or

lonely and think a child would solve these problems; hold out. The decision to get pregnant should be because you want to offer someone else the opportunity for a great life, not just improve your own.

2. Both you and your man are on the same page: Just because one of you is ready to start a family doesn't mean the other is ready. Make sure the two of you have talked about the consequences of having a baby and feel equally excited to embark on this journey.

3. You understand it will be a challenge: While starting a family is an extremely exciting experience, it can also be quite stressful. Make sure you and your man are able to dedicate your time to a child and are ready to take on the financial obligation. You both must be ready to go from selfishness to selflessness.

How did you know you were ready to have a child? Share your advice below.

Tamara Mowry-Housley Spills How She Found Out She Was Pregnant





Finding out you're pregnant is one of the most exciting and overwhelming things a woman will ever experience. Tamara Mowry-Housley of *Sister Sister* and *Strong Medicine* knows this feeling all too well. The star tells [People](#) that she and her husband, Adam Housley, hadn't made a conscious decision to get pregnant, but decided to leave their fate up to God. Two months later, Mowry-Housley found out the couple would be starting a family! She snapped a picture of the pregnancy tests and sent them to Housley, stating, "HAPPY EARLY FATHER'S DAY!" After thirty minutes of no response, she called him and told him to check his texts. The star says that once he saw the pictures, he responded with, "C000L!!!"

What are some ways to announce your pregnancy to your partner?

Cupid's Advice:

Tamara Mowry-Housley got creative when telling her hubby they would be having a child. Here are some fun ways to let your man know you'll be starting a family:

1. Spell it out: Does your man have a favorite dessert, like

chocolate cake or a certain cookie? Make a special dinner, and then bring out the dessert with the words “I’m Pregnant!” or “9 Months ‘Til You’re A Dad!” written on it in frosting!

2. Decorate: Before your man gets home, decorate the place with pink and blue flowers, streamers and balloons. Surprise him with the great news when he walks in the door.

3. Photo evidence: Take a cue from Mowry-Housley and snap a picture of your sonogram or pregnancy test, and text it to your man. If you’d rather be there to see his reaction, print the pictures and put them in an envelope. Address the envelope to him with the return address saying something cute like, “Stork.” Leave it with the rest of his mail and wait to see his confusion turn to joy!

How did you let your man know you were expecting? Share your story below.

Find Out How Andy Samberg Fell for Joanna Newsom





Andy Samberg was falling for Joanna Newsom before he even met her! “He liked her music and would go to her shows,” Samberg’s friend tells UsMagazine.com. “He had the biggest crush on her.” The couple has been together for five years, and they are still standing strong. They enjoy spending time at home, where Newsom loves cooking dinners for them, and listening to his goofy music. “They have great chemistry,” the friend says. “She’s so proud of everything he has accomplished.” Newsom was right there to support Samberg when he made the difficult decision to leave *Saturday Night Live*.

How do you know when it’s “meant to be”?

Cupid’s Advice:

Whether you’ve been with someone for a while, or you’ve fallen head over heels right away, you may start wondering if he is “the one.” Here are some signs that you and your partner could be in for a lifetime of romance:

1. You support each other: It’s important to be with someone who will constantly empower you to be your best self. If he

encourages you to go after your goals and recognize your own greatness, this may just be a sure thing!

2. You communicate well: Just because the two of you work well together doesn't mean you won't hit some speed bumps. If you can get through your arguments by speaking your part while still listening to and appreciating his, it shows how much you care, even if you disagree on certain points.

3. You're genuinely happy: The emotions and energy you have when you're with your significant other are the best way to tell if he's right for you. If you feel great about yourself and he makes you want to be a better person, stick with it! If you feel fearful or put down, it's time to let him go.

How did you know you and your man were "meant to be"? Share your story below!

Johnny Depp and Vanessa Paradis Tried to Save Their Relationship





Johnny Depp, 49 and Vanessa Paradis, 39, fought gallantly to keep their relationship alive, according to [People](#). The couple has two kids, Lily Rose, 13, and Jack, 9, and has reportedly been living separate lives for many months now. A source close to the couple confirms, “They’ve tried for months to save the relationship, but have known for weeks that it couldn’t be saved.” Paradis arrived in France last week to promote her film *Je Me Suis Fait Tout Petit* at the Cabourg Festival of Romantic Cinema. It was no coincidence that the couple announced the separation once she had landed; “It was all decided before she got on that plane,” the source says.

How do you save your relationship when it’s headed downhill?

Cupid’s Advice:

It takes a great deal of work to keep a relationship strong and healthy. When it seems that you and your man are headed in the wrong direction, here are some ways to reconnect and salvage the loving relationship you once had:

1. Get intimate: Actions say a lot more than words. Remind

each other how comforting it is just to be touched or kissed. When you're not sure what to say, at least remind the other that you're there by offering a back massage or engaging in a passionate kiss.

2. Remember why you fell for each other: Do the things you used to do together. Go out to eat at that restaurant you had your first date. Take a walk through the park where he first kissed you. Bringing up old memories and reminding yourselves of the good times will help you rekindle your romance.

3. Get professional help: If you have tried communicating, but are not getting through to each other, seek out a professional. People don't like admitting they need help and therefore, relationship counselors get a negative connotation. However, therapy can be extremely helpful for the both of you as she or he is coming from an unbiased standpoint with the ability to see what you cannot.

Do you have any ideas on how to save a relationship? Share your thoughts below.

Kim Kardashian and Kanye West Buy His and Her Shoes





Kim Kardashian is lucky to be in a relationship with Kanye West, if only for her love of shoes! According to [People](#), Kardashian tweeted a picture of her and West wearing the highly sought after Nike Air Yeezy II, with the caption “His & Hers!#AirYeezys.” West designed these limited edition sneakers that are going for a retail price of \$245, but are over \$90,000 on eBay. Even though adult men were camping outside of stores for these sneakers, it’s the gal dating the designer, who’s rarely spotted in anything but heels, who gets the first pair!

What are some ways to coordinate your style with your partner’s?

Cupid’s Advice:

1. Formal attire: It may sound cheesy, but why not relive some high school prom memories and match his tie to your dress? If you’re going to a fancy event, coordinating your outfits can be fun and looks great in pictures.

2. Casual wear: If you and your man are going for a day time

look, sport matching flannels. They're comfortable for him and can easily be dressed up with some jewelry for you.

3. Accessorize: Hats, scarves, and sunglasses are great items that both you and your man can rock. Aviators look great on almost anyone, and you don't necessarily have to be going to a baseball game to wear the same cap.

What are some other ways to coordinate your style with your partner's? Tell us below.

Justin Theroux Says He's the 'Luckiest Guy in the World!'





Justin Theroux could not be happier in his current relationship with Jennifer Aniston. "I always go to bed thinking I'm the luckiest guy in the world," he told *Extra*. The couple recently went on a romantic vacation to Paris together and where they were spotted linking arms as they walked past the Tuileries Gardens. Although Aniston is known for her rocky relationship past, she insists that Theroux is nothing like Brad Pitt or John Mayer. "The relationship is completely different than the other ones," Aniston's friend told UsMagazine.com. "Everything about Justin feels right."

How do you show appreciation about being happy in a relationship?

Cupid's Advice:

1. Speak: You don't have to constantly tell your man how great he is, but every once in a while let him know how lucky you feel to be in such a great relationship. Remember to always be considerate about the little things, too. Say please and thank you, compliment him when it's deserved, and tell him you love him every day.

2. Go on dates: Remembering to spend time alone, no matter how busy each of you are, is the most important way to show you care. Go out to eat once in a while or take walks after dinner. Stay connected to each other by separating yourselves from everyone else.

3. Plan a surprise you know he'd like: Is your guy a huge Lakers fan? Get him tickets to the next game! Does he love going to the beach? Make a day of it. Even doing small things like stocking the fridge with his favorite beer or cooking his favorite dinner are great ways to show you care.

How do you show appreciation for your significant other? Share your advice below.

The Gaggle: Jessica Massa and Rebecca Wiegand Discuss 'The Gaggle' of Guys in Every Woman's Life





By Bernadette McCadden

Three years ago, Jessica Massa's best friend and now business partner, Rebecca Wiegand, was complaining about her love life – or lack thereof. As Wiegand was telling Massa about her dating dilemma, she was subconsciously resurrecting the different (platonic) men she had in her life. It was that very evening that Massa realized that her best friend actually had a gaggle of men around her and like most women, these men made up her list of non-dating romantic prospects. It was then that "The Gaggle" was born.

In Massa's new book, *The Gaggle: How the Guys You Know Will Help You Find the Love You Want*, Massa discusses what she calls the post-dating world. This is the place she says that the rules of traditional dating no longer apply. The gaggle of men in a woman's life can range from "the career booster" to "the boyfriend prospect," and this gaggle of guys can help you on your path to find love. 'The Gaggle' encourages women to stop worrying if every guy they meet is "the one" and, instead, to start wondering if he is a potential gaggle member.

CupidsPulse.com recently spoke with Massa and Wiegand and learned more about gaggles, non-dates and dating in the post-dating world.

What is so great about having a gaggle?

Massa: The beauty of the gaggle is that it really caters to the individual because finding love is such a personal journey. That's the difference between this method and other dating ideas that have so many rules, forcing you to conform to certain beliefs about why men fall for you and why they don't. This concept gives structure to your search for love and helps you think about it without telling you what to do.

Each woman's gaggle journey is different: the guys who populate your gaggle are different, how you deal with them is different and what you want out of them is different. No two gaggles are alike.

Related: [Do Fairytale Relationships Only Exist in Hollywood?](#)

In 'The Gaggle,' you talk about non-dates. Can you tell us about this concept?

Massa: Everything can feel like a non-date because, these days, everything and nothing is a date. Basically, it's any interaction you have with a guy, usually in person but sometimes online, to see if you have a spark. Maybe you're at a work conference, and all of a sudden, you're talking to the guy next to you about a recent vacation; then, you decide to grab coffee together. That's a non-date.

Wiegand: These non-dates happen in your love life without you even noticing. I followed up on a non-date with a guy I met at work who was also a theater performer. I went to one of his shows and talked to him afterwards; later that night, he sent me a friend request on Facebook.

What do you think is the biggest mistake women are making

today?

Massa: Women often spend their days wondering if every guy they meet is Mr. Right. It makes them judge men too harshly, and it makes the dating world seem too stressful. Instead, look at every guy in your life – old friends and new crushes alike – and think, “I feel a connection here. Is he in my gaggle?” Noting that you have a gaggle of guys, rather than focusing on one guy who could be your future boyfriend, will get you excited about interacting with men and dealing with the ambiguity that comes with it. Once I realized that I had a gaggle, I started viewing men as potential gaggle members instead of potential husbands. I was able to enjoy my love life and not worry about what anyone else thought.

Related: [Is that you, Mr. Right?](#)

Why is it important for women to understand and consider these ideas of a gaggle and non-date?

Massa: It’s important because it will impact the way you interact with men. It takes the stress out of the situation. You can just say, “Hey, there’s a guy in my life who wasn’t there before. I wonder where things will go with him.” Your energy completely changes when you approach dating this way rather than constantly wondering if you’re going to fall in love. Not to mention, your relationships with men will be more enriching and much healthier.

How does technology play into the post-dating world?

Massa: We have found that technology is the number one way to follow-up on a non-date. It allows you to be not too forward but still let a guy know that you had a great time, whether it’s by liking his Facebook status or replying on Twitter. People love to talk about technology as the death of romance, but we really feel that it allows you to cultivate these connections. It creates a middle ground, somewhere between “I’m going to ask you on another date” and “I’m never going to

talk to you again.” Technology will never be a replacement for face-to-face time, but you can chat throughout the day, explore each other’s interests and get to know one another in a more casual way.

You talk about keeping your gaggle around even after you’re in a relationship. Why is this step necessary?

Massa: What really impresses me are couples who understand that there is no way to fulfill each other’s needs completely and 100 percent of the time. To expect your partner to be your perfect match will lead to disappointment.

Wiegand: Our cultural discourse around relationships and marriage really feeds into this idea that once you find ‘the one,’ it’s happily ever after. But you still need a life outside of love.

I’m in a new relationship, and while I’m not keeping my “hot sex prospect” around, I still go out to dinner with other guys in my gaggle. Similarly, my boyfriend still texts his female friends. We recognize that the other person has their own gaggle, and we’re not threatened by it. This understanding allows us to be ourselves and feel comfortable with each other. That being said, there definitely has to be a greater level of trust and communication in relationships today than there has been in the past.

The Gaggle is truly inspiring for women and can change the way they have thought about dating (or non-dating) in the past.

If you’re interested in reading ‘The Gaggle: How the Guys You Know Will Help You Find the Love You Want,’ you can purchase it on Amazon. You can also keep up with Massa and Wiegand on WTF Is Up With My Love Life?! and through Twitter @jessmassa and @electra526.

Miley Cyrus and Liam Hemsworth Are Engaged



Miley Cyrus is all grown up! The 19-year-old singer and actress is engaged to Liam Hemsworth, whom she met on the set of the Nicholas Sparks film *The Last Song*. The two have been dating on and off for the past three and a half years, but a source confirms to [US Weekly](#) that they are officially saying “I do.” Rumors were spreading last March that the couple was engaged, but Miley objected to them all, stating “I’ve worn this same ring on this finger since November!” Although the two are extremely busy, they are very supportive of each other and enjoy the time they can spend together.

How do you know when you're ready for marriage?

Cupid's Advice:

Marriage is a wonderful and beautiful thing. But how do you know if you're really ready for a lifetime with your partner?

Here are some things to consider:

1. You've planned for a marriage, not just a wedding day:

Before getting married, you should make sure you're both aware of each other's expectations for the future. Questions like whether you're going to have a family, where you'll live, what to do with your bank account and the like should all be discussed before the big day.

2. You understand that people change: We're not saying that after the honeymoon your new spouse is going to morph into some type of animal, but people's goals and expectations for their life often do change. They may want to switch occupations or live somewhere else, as may you. You have to be willing to accept them both for who they are and for who they may become, flaws and all.

3. You have complete trust in each other: With the rapid growth in technology, trusting your partner is even more important today than it was in the past. From Facebook to texting, there's no longer just one face-to-face world. You may not know where your spouse is at all times, but if you communicate with each other and remain honest, you can rest assured that your marriage will stay strong.

How did you know you were ready to get married? Tell us your story below!

'Bachelorette' Star Roberto Martinez Has No Interest in Being the 'Bachelor'



Rumors were swirling in Hollywood last week that Roberto Martinez, a former contestant on *The Bachelorette* and ex-fiancé of Ali Fedotowsky, would be the next star of *The Bachelor*. "That's far from the truth!" a source confirms to [Us Weekly](#). "They are asking him to be the next bachelor, but he has no interest as of right now." Martinez was engaged to Fedotowsky for 18 months until they called off the wedding in November of 2011.

When is it time to put yourself out there after a difficult breakup?

Cupid's Advice:

Breaking up after a serious relationship requires enough time to heal before getting out there again. Here are some ways to know when it's time to give dating another shot:

1. You feel confident in yourself: Having someone break up with you can be a huge blow to your self-esteem. Don't try to find another partner when you're lying in bed all day eating ice cream. Get back into your normal routine, hang out with your friends, eat healthy and exercise. Once you've taken care of yourself and feel good again, you'll carry around a more positive energy. That will help you feel more comfortable dating.

2. You feel positive about the future: After a hard breakup, it can seem like the days drag by and there isn't much to be excited about. Once you're able to accept and learn from your past and realize all the potential the world still holds, give dating another try.

3. You've left your ex alone: Whether your breakup was civil or not, it's important to leave your ex in past for your own sake. In order to truly move on, you need to feel comfortable putting them out of your thoughts and not contacting them. This way, you will be totally open to any opportunities that come your way.

How did you know when it was time to try dating again? Share your story below!