

Giuliana and Bill Rancic Support Each Other Through Surrogate Miscarriage



By Shannon Seibert

In devastating news, *E!* stars Bill and Giuliana Rancic face a surrogate miscarriage. The couple has been struggling to have another child, who would be a sibling to their son Duke, born by surrogate in August of 2012. The Rancics have a loving, supportive relationship with their surrogate, Delphine, who had an unexpected miscarriage at about nine weeks along. Giuliana herself had undergone a miscarriage years before, which only aided the heartbreak of the circumstances, according to UsMagazine.com.

How do you support your partner through pregnancy troubles?

Cupid's Advice:

1. Don't ask questions you already know the answer to: Questions such as "Are you okay?" may seem supportive, but in reality are just plain aggravating. Asking is just trivial, especially when the circumstances are clearly not okay. Listening goes hand in hand with this idea, meaning that you have to look for the meaning underneath the words and tune into what they may not be saying. Something as simple as holding your love's hand at the right moment can make all of the difference.

Related: [New Celebrity Couple Alert: Bethenny Frankel Is Dating Marcus Lemonis](#)

2. Support with more than just words: Saying you'll be there for your partner, and actually being there for your partner are two different animals. Being at doctors appointments, making crazy food runs, and supplying the foot rubs will go miles beyond any words you speak. What people forget is pregnancy does involve two parties, although only one of them carries the child. Pregnancy still takes an emotional toll on both partners, which is why it takes a strong partnership to maintain a foundation of support.

Related: [Hayden Panettiere and Wladimir Klitschko Prepare Relationship for Kid](#)

3. Therapy is not just for the crazies: Point blank, we all need someone to talk to, and therapy is a great place to get an impartial third party opinion. Couples' therapy has proven beneficial over recent years, allowing a safe place for the couple to open up and talk about issues at home. Even if there is just an aura of stress going around, therapy is a great place to dive into the root of the problem, and fix it under a united front.

How have you gone about pregnancy struggles with your partner? Share with us in the comments below!

Actress Kim Raver Shares How To Balance A Healthy Lifestyle and Motherhood



By Shannon Seibert

Kim Raver, mother of two and actress from FOX's 24, is now an advocate for Colgate Total®, helping to encourage healthy living through simple, everyday routines. She's an inspiration for women, especially mothers, everywhere, managing her healthy lifestyle and motherhood with grace. Recently, the former *Grey's Anatomy* star shared some of her own parenting and health tips with Celebrity Baby Scoop.

Related Link: [Kristi Yamaguchi "Surprised" by Parenthood](#)

CBS: What kinds of habits have you incorporated into your healthy lifestyle?

KR: "I think its finding ways to combine my health with the things I want to get done. For example, on the weekend, I really want to be with my kids, especially if I'm working during the week. Sometimes, I think I have to choose between my workout and spending time with my kids. However, I can do both by having the kids get on their scooters, and I'll put on my running shoes, so we can run and scooter in the park. I also try to drink a ton of water. I think it's key to staying healthy. Getting enough sleep is also important, because as Moms, we rarely get enough, but it's so important, even if it is a short 20 minute nap. It can be restorative, and I totally need that when I'm working. I feel better when I'm eating well, but I love to have indulgences. I love to eat yummy things. I think it's easier to stay on course. I don't like to use the word diet because I don't think that sounds healthy. Even if I need to get into kick ass shape for a role, like playing a cop, I like to look at it as getting into athletic shape. It's leading an overall living a healthy life, so you can sustain it long term."

CBS: What are Luke and Leo up to these days?

KR: "They are learning how to live in a completely new country. My husband and I decided it is important for us to all be together even when we have to work in different places. I took them out of school in December. They had been there a couple of years, and we totally up rooted them. We found two amazing schools in London. I'm really proud of them, as they have had to learn how incorporate themselves into a new schooling system and a new culture. That's a lot of change, but they've really embraced it. They know they are very lucky to have that experience."

CBS: What is it like to raise two boys?

KR: “It’s absolutely amazing, and it’s 24/7 movement. Boys are so active and move all the time. They are into American football, soccer, and baseball, so I’ll be making dinner, and there are balls flying across the room, but I love it. I love the non-stop chaos. I have very loving children, and my family is extremely important to me. We find the time to have dinner together and read stories and tuck them in at night. That’s the highlight of my day.”

CBS: **Do you have enough energy to keep up with them?**

KR: “You’ve got to find it, right? You know what I mean? I gotta dig deep. Even if I’ve had a long day, they haven’t been with me on that long day. I think that’s part of motherhood. That’s always why having supportive friends and family is important. My mom is so amazing. She was a working single mom in the 70s before it was the hip thing to do. When you’ve got that example, the times when I’ve been exhausted and trying to find my way, I just think of my mom and how she did it. Other moms relate too. You just do it. I’m really lucky to have an incredibly loving husband. I’m very grateful. We have to be grateful for what we have. Back to health, I love that I have to try to keep up with them. I feel lucky to have that in my life.”

Related Link: [Paul Adelstein Marvels About Being a Father](#)

CBS: **Are you able to set aside me time?**

KR: “What is that? (laughter) I think it comes back to National Women’s Health Week. We have to remind ourselves to make me time. For me, I like my little cup of coffee in the morning. It’s not so much the coffee, as much as it’s a nanosecond of me time. I do think it’s important to carve that out. I think that re-energizes me, and I’m able to reach out and be there for everyone else. My girlfriends help remind and encourage me to go for that hike. I do feel re-energized afterwards, so again, making my workout enjoyable, so it is me

time and not drudgery. That's why I try to make my workout things I love to do – yoga, running, or spinning class.”

For the rest of the interview, visit www.celebritybabyscoop.com/2014/05/24/family-extremely-important/

Serena Williams Crashes Wedding in Leopard-Print Swimsuit



By Shannon Seibert

Wedding crashing is one thing, but wedding crashing in animal-print pool attire is something else. Tennis star Serena

Williams shocked one unsuspecting couple on Saturday, May 31 at their wedding ceremony on the beach in Miami, Fla. Williams had been posing for a shoot with friend and fellow athlete, Caroline Wozniacki. Williams came across the wedding ceremony and decided to pop in to give her best to the couple on their special day. The delighted couple then invited Williams to be a part of some of their wedding photos, according to UsMagazine.com.

What are some ways to surprise your wedding guests?

Cupid's Advice:

1. Put on a performance: A couple's first dance is supposed to make a huge statement that reflects the couple's relationships. Some brides submit their hubbies-to-be to weeks of dance lessons. Really wow your guests with a dance number. You could begin a flashmob, including the bridal and groom parties or even put on an impressive waltz that will have your mother's eyes watering in awe. Just have fun with it and make musical memories with the love of your life.

Related: [Kim Kardashian and Kanye West Have a 'Fun and Busy' Wedding](#)

2. Make a random change in venue: Spontaneity never disappoints, ever. If your wedding is inside, but the weather is absolutely enchanting outdoors, relocate outside the venue last second. I mean it's your wedding, right? Sure, you may not have all of the decorations you wanted, or the traditional appeal, but spur of the moment decisions is what makes this wedding yours. The day is what you make of it, so if you want to create your fairytale in the parking lot, so be it!

Related: [Evan Rachel Wood and Jamie Bell Split After 2 Years of Marriage](#)

3. Channel your inner Oprah: *"You get a gift! He gets a gift! She gets a gift! You all get gifts!"* Free stuff is the best

stuff. Let's be honest, this day is all about you, but your guests do want to feel included and appreciated on your special day. Show them some love with adorable personalized gifts, with an inside joke or an item that reflects their personal taste, such as a certain type of wine bottle. The gesture will show how much you care and they'll be even happier that they attended.

Did you surprise your guests on your special day? Tell us your story in the comments below!

The Most Publicized Celebrity Pregnancies



By Shannon Seibert

There is nothing more exciting than welcoming little bundles of joy into the world. In the realm of celebrities, baby news is always the best news. Over the years, our beloved starlets have enticed us with their unique maternity wear, adorable pregnancy announcements, and awe-inspiring sentiments about expecting. We've pulled together the best of the best, with some of the most publicized pregnancies over the past few years.

1. Catharine 'Kate' Middleton: Undoubtedly, Kate had one of the most followed pregnancies of all time. With the whole world watching with avid anticipation of the birth of royal baby, the duchess served as a maternity style-icon throughout the duration of her pregnancy. Kate kept her style classy, utilizing simple silhouettes, classic dresses, and comfortable coats as her staple pieces. She and husband Prince William, welcomed a baby boy, George Alexander Louis, on July 22, 2013. We weren't even surprised when her baby-weight seemed to melt away mere weeks after bringing George into the world. Bow down to the Duchess of Cambridge.

Related: [Ginnifer Goodwin Opens Up About Her Pregnancy and Wedding](#)

2. Kim Kardashian: She and now fiancé, Kanye West, welcomed a baby girl, North West, on June 15, 2013. Kim's pregnancy is most famous for three reasons: A. Her crazy maternity wear. B. Her famous hubby-to-be (#Kimye5eva) and C. 'North West' is the name of her baby. In terms of wardrobe Kim made some daring choices. The reality star has served as a style icon for years, and during her pregnancy she still didn't disappoint. She never shied away from leather pants or killer six-inch heels. Also, with Kanye at her side, the two are obviously a power-couple. But most importantly, the adorable North West is both wide-eyed and beautiful like her mother, and already has a dominant personality like her father.

3. Mila Kunis: Currently, the actress and Ashton Kutcher are

expecting their first child. Mila's pregnancy has graced Google's top search list since the news broke. The engaged couple began dating in 2012, four years after they costarred together on *That '70s Show*. Mila is also a Wonder Woman mommy-to-be, keeping up with yoga, publicly rocking skinny jeans, and emphasizing her pregnancy glow by canoodling with Ashton. With her and Ashton's killer looks and crazy personalities, the baby is bound to be a legend.

Related: [Kristi Yamaguchi "Surprised" by Parenthood](#)

4. Gisele Bündchen: Mother of two, both of the Brazilian beauty's pregnancies were for the books. From controversial pregnancy and motherhood comments to bikini baby-belly photos, the former *Victoria's Secret* supermodel never failed to impress us. An advocate of breast-feeding, healthy eating, and natural birth Gisele has set the standards for women. Benjamin, now four resembles his daddy's spitting image. Vivian is now 14-months-old, and has been seen rocking UGG baby booties and designer jeans to match her glowing mama. Of course with a hubby like Tom Brady, we really aren't shocked that both kiddos adorn the tabloids with their cuteness.

5. Scarlett Johansson: This woman can actually do it all. The renowned actress is expecting her first baby with fiance, Romain Dauriac and is still currently filming for *The Avengers: Age of Ultron*. As a mother-to-be and a -bride-to-be, Scarlett seems determined to balance work, love, and family while retaining her own individuality. Not only will she give birth to a stunning child, but will undoubtedly have a glorious wedding as well.

Have any baby-momma tips or tricks to share? Tell us about your pregnancy in the comments below!

Jason Kennedy Announces Engagement to Lauren Scruggs



By Sanetra Richards

Another proposal, another love story! According to [*People*](#), Jason Kennedy has asked for his girlfriend's, Lauren Scruggs, hand in marriage. The *E! News* correspondent professed his love for the fashion blogger and *Still LoLo* author about eight months ago and still has no shame in letting the world know. "She's amazing," Kennedy told *PEOPLE*. "It's a blur but I can't stop smiling," the host tells *E!* "She told me I couldn't surprise her, but I got her good. This is the best night of my life." In addition, the 32-year-old tweeted, "I flew to Dallas and asked her if she would spend the rest of her life with me. I love you @laurensruggs." The proposal was held in Scrugg's

hometown in Texas. A small number of relatives and friends were in attendance. As she stood on the balcony, Scruggs could see where Kennedy prepared a candle-filled message "Will you marry me?" Moments later, she met him downstairs where a Jennifer Meyer diamond ring was awaiting.

What are some ways to show your excitement about your engagement?

Cupid's Advice:

You are more than happy at the idea of spending the rest of your life with that special person and want to shout it at the top of your lungs. In the meantime, you would rather show your enthusiasm in other ways, but not exactly sure how to. Here are a few of Cupid's tips:

1. Speak highly of your partner: This will become second nature if you are completely over the moon with your significant other. You will find yourself talking about their greatest traits that make you blush or have butterflies. For example, if they are selfless, you may find yourself telling others about this characteristic.

2. Inform others: Share with everyone that you are soon to be happily married. Tell family, friends, whoever is in sight! Broadcast it if you feel the need, unless you both have agreed to keep it a secret). If the highest mountain top were accessible, you would do it.

3. Wear your engagement jewelry: Whether that be a ring, necklace, what ever symbolizes the engagement, be sure to rock it every chance you get. This let's everyone know, including your partner, that you are looking forward to the day when you exchange vows.

How do you show your excitement about your engagement? Share below.

Bethenny Frankel Gives Emotional Testimony and Cries in Custody Battle



By Sanetra Richards

Bethenny Frankel opened up her heart on the court stand on Wednesday, May 28th. According to UsMagazine.com, the former Real Housewife and talk show host gave her testimony in a custody case with ex-husband Jason Hoppy, with whom she has a 4-year-old daughter with, Bryn. The couple split back in 2012 and it has been a bumpy road since. In her statement, the 43-year-old was very emotional and even broke down in tears throughout various portions. Frankel recalled on the time when she and Hoppy lived together because he was unwilling to

leave: "Jason said to me, 'Get ready, we are going to war. It's over. We're done,'" Frankel remembered. "He would leave the house in shambles. There would be dishes everywhere. He would pee and poop and leave it in the toilets. He would hold Bryn, and he would say, "You're finished, you're done. I'm going to ruin you." Frankel also told the court a specific instance when her ex-husband would ridicule her in front of their daughter. Frankel claimed Hoppy's taunting happened numerous times in front of her daughter, and that he often tried to get the little girl to turn against her. "He would say, 'Mommy should be Ursula the witch. She's a great witch. You be the princess, I'll be the prince, Mommy will be the witch,'" said the Skinnygirl Dish author as the tears fell. An insider tells *Us*, "Bethenny is trying to just keep pushing forward. She's in a good place right now."

What are some ways to keep things civil with your ex for your children?

Cupid's Pulse:

With every breakup or divorce that involves children, comes the decision to co-parent (or at least try to). However, before you and your ex can make that choice, there must be an agreement and understanding shared between the two of you. So, how exactly do you keep it civil for your child's sake? Cupid has some tips to help:

1. Respect each other: Which basically means no bashing, especially not in your child's presence, whatsoever. If you are habitually arguing in front of your child(ren), they will soon start to believe one parent is not fit – this could possibly lead to lashing out and ill behavior. On the other hand, if you and your ex are showing respect one another, your child will suspect nothing wrong.

Related: [Bethenny Frankel and Jason Hoppy Reunite for Daughter's Birthday](#)

2. Come to terms: You and your ex should face that the separation is real and the chances of you all getting back together are slim to none. You both have turned the page and are now on new chapters. No matter the circumstance, those old feelings should not interfere with your parenting.

Related: [Bethenny Frankel and Jason Hoppy Ignore Each Other at Daughter's Birthday](#)

3. Delete: Let go of the anger and resentment. You must both remember, your separation was for the best. By staying together you were ultimately putting your child's happiness was at stake. Think of yourselves as parents before exes.

How do you keep things civil with an ex when children are involved? Share your thoughts below.

Evan Rachel Wood and Jamie Bell Split After 2 Years of Marriage





By Sanetra Richards

The wedding bands are off for! According to UsMagazine.com, Evan Rachel Wood and Jamie Bell have decided to go their separate ways after two years of marriage. In an exclusive statement, a rep told *Us*, “Evan Rachel Wood and Jamie Bell have decided to separate. They both love and respect one another and will of course remain committed to co-parenting their son. This is a mutual decision and the two remain close friends.” A source also added, “They love each other so much but it just wasn’t right.” The pair met back in 2004 on the video set of Green Day’s “Wake Me Up When September Ends” and walked down the aisle eight years later in 2012. The 26 and 28-year-old also welcomed a new addition to their family last July. The new mom shared with *Us* in November what motherhood was like and her busy schedule: “I’ve been having separation anxiety because I’m so used to him being right here all the time. They kind of become a part of you, you know?” said Wood as she blushed about their baby boy. “It was my dream to be a mom, so I’m loving it. I love it.” “He’s smiling and laughing. He started rolling over,” she went onto add about his steps through babyhood. “He’s grabbing things. You know, he’s making oohs and aahs.” The couple’s last red carpet appearance was also back in November for the LACMA 2013 Art + Film Gala held

in Los Angeles.

How do you know when it's time to call it quits on your marriage?

Cupid's Advice:

Unfortunately, every marriage cannot be salvaged, and it's best to know when you should part ways before letting time pass you by. Here are a few things Cupid thinks will help you come to the realization:

1. Everyday bickering: The time you spend together is consumed by arguments, whether petty or major. And at the end of the day, you and your partner cannot come to an agreement on anything. Compromise definitely does not exist in your household! Pay attention to the disputes revolving around some of the smallest issues and if there is constant finger pointing. Although proper communication can repair a relationship, there is not a 100% guarantee.

Related: [Evan Rachel Wood Welcomes a Baby Boy with Jamie Bell](#)

2. Future? More like past: Your significant other starts off as a good time – you can see planning and building your entire life with him/her . . . but then you begin to realize that you do not see them in your future. The dream of making a home, starting a family, etc., slowly vanishes. The nitpicking and dislikes become greater than ever – and so does calling it quits.

Related: [Evan Rachel Wood and Jamie Bell Tie the Knot](#)

3. Attraction fizzles: No more wild and spontaneous dates, or romance, period. You no longer desire to have your partner around. Do not ignore the warning signs! Keep in mind, they are always there before the storm approaches.

What are the signs that your marriage is in its last days? Share your thoughts below.

Cupid's Weekly Round-Up: Defining Your Relationship



By Shannon Seibert

Lately, it is becoming seemingly more difficult to define a relationship than it is to find one. The two of you have been hanging out for a couple of weeks, and you send each other flirty “I want to see you” text messages when you’re apart, but you don’t want to seem too pushy for a commitment. We’ve pulled together these five articles from our partners to help you figure out your next step:

1. Talking about it can help: Opening up a can of worms can be scary at first, but it’s always better than wondering about those “what if?” scenarios. If you’re really starting to develop feelings for him, you need to let him know. Look him in the eyes, remain calm, and be confident with each word you

speak. A stimulating conversation could be just what the two of you need in order to progress in the right direction. (GalTime.com)

2. A strong friendship is a great foundation: One of our biggest fears when we start to have feelings for someone is that we'll be trapped being "just friends." For some couples, the unforeseen future stemmed from this stage. For example, newlyweds Kim Kardashian and Kanye West began a slow and steady friendship, and now, they are happily married with a beautiful daughter. (CelebrityBabyScoop.com)

3. "Hooking up" is not an exact science: Casual relationships have become increasingly popular in recent years, therefore changing the rules of the dating game. We start out thinking that the idea of a no-strings-attached encounter is the perfect temporary solution until we figure things out, but eventually, it becomes one powerfully-enticing cocktail that will leave you with a nasty love hangover. (YourTango.com)

4. Sometimes, the wait is worth it: When it comes to mixing the mental and physical elements of relationships, things can get a little hairy. How far is too far? The answer to that, of course, is wherever you're comfortable. Never let a man dictate the happiness of your relationship or allow him to make you feel like you have to measure up to his expectations. (GalTime.com)

5. Don't rely on subtle hints: Men aren't exactly rocket scientists. We want to believe in the fairy tale we read about in Nicholas Sparks novels, but this is the real world, and sometimes, in the real world, women need to be their own heroes. Here are 50 ways to say what is weighing on your heart – without even opening your mouth. (YourTango.com)

How do you know how to define your relationship? Tell us in the comments below!

Wladimir Klitschko and Hayden Panettiere Prepare Relationship For Kid



By Laura Seaman

Hayden Panettiere is pregnant! Panettiere and fiancé Wladimir Klitschko are expecting their first child, a source tells UsMagazine.com. The couple has been engaged for a year, and have been dating on and off since 2009. "I've lived a very big life, and I don't feel my age, and I feel like I was born to be a mother," said Panettiere. "Motherhood is the most beautiful, exciting thing, and there's nothing that I feel like I can't accomplish while having children in my life."

How does your relationship change when you have a child?

Cupid's Advice:

Having a kid is a *huge* step in any relationship. You and your partner are going from being a couple to being parents. You're responsible for another life, and that baby won't be a baby forever. It's a lifetime responsibility, and you have to be prepared for the changes that come with it:

1. There's less alone time and more family time. When you have a child, you need to know where they are and what they're doing 24/7. With such a demanding new role, it's no wonder that you and your partner will have less time alone with each other. Learn to take advantage of your time together and make the most of family time.

Related: [Hayden Panettiere Supports Beau Wladimir Klitschko at Boxing Championship](#)

2. Work should take a back seat for a while. As committed as you are to your job, but have to be even more committed to your family. You can't expect one person to do all the work, so even if you're the breadwinner for your family, you need to make sure you do your part and spend time with your new baby.

Related: [10 Date Ideas for the Married Couple with Kids](#)

3. Watch your health and habits. There's a chance that some of your previous habits weren't child friendly. For example, smoking in the house or around the baby is a big no-no. Maybe you're a bit of a slob, and you leave things around the house. There's a chance some of those things might not be good for the baby to find. Just make sure you've prepared your life to fit the new addition to your family.

What are some other ways your relationship changes when you have a child? Share your thoughts below.

Single in Stilettos Show: What Makes a Man Disappear



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to New York dating coach Hunt Ethridge about what makes a man disappear. According to Ethridge, there are three things that you should avoid doing if you want your guy to stick around: being too needy or desperate, thinking about the future too soon, and saying "we need to talk" (the absolute *worst* thing you can say to your beau!).

Related Link: [Hunt Ethridge on How to Ask a Guy Out](#)

Listen up for more great advice!

For more information about Single in Stilettos shows, click [here](#).

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

How do you ensure that your new guy doesn't disappear? Tell us in the comments below!

The Height Factor: Short Men and Tall Women



By [Marni Battista](#)

Choosing a mate involves enough numbers to make the process a math equation, but daters of both genders place the most importance on a lot of the wrong ones. From a bird's eye perspective, it doesn't make sense to prioritize such an uncontrollable physical characteristic as height, but as

superficial as it may seem, biology is at work here. Women tend to go for taller men because of the masculinity and protectiveness it implies, while men seek out more petite girls who make them feel like a strong lumberjack of a guy.

I could tell you all day long that height is irrelevant in the long run and that, by following this primal urge, you're effectively ruling out a painful number of worthy potential partners who could make you feel just as meek or manly as someone who meets your height requirement would. But since it would be fruitless for me to simply suggest we all fight Mother Nature, here's a Dating with Dignity guide to how men and women who weren't blessed with traditionally ideal genes can exude the right qualities.

Related Link: [Why Hating Your Body is Destroying Your Love Life](#)

How Short Men Can Measure Up

If you're the guy who was always chosen last to play basketball in gym class and are a regular at the tailor to have new pants hemmed, you may have low expectations for your love life. If you hone other parts of your appearance and personality, however, you'll communicate power, presence, and an ability to protect no matter your magnitude:

Confidence: Many men express confidence by overcompensating and acting like a jerk, but simply being comfortable and carrying yourself accordingly will do. Don't forget that confidence is also associated with ambition and an overall happiness with your looks and personality. If you're not quite there yet, perhaps you're better off working on yourself for a while before hitting the dating game hard; it'll benefit both you and your romantic prospects.

Appearance: Height aside, overall appearance is an undeniable attraction factor – especially when attempting to snag a lady's initial interest. Take care to dress well but also in a

way that suits you, both size- and personality-wise. A well-groomed man with an eye for fashion can make a lack of height unnoticeable. Similarly, maintaining your physical shape can give a solid sense of that protective quality women seek in men.

Personality: While you may feel as though you have to embrace an abrupt and coarse demeanor to make up for your lack of height, kindness still matters and is especially desirable in a long-term mate. Believe it or not, kindness can still be considered masculine, so long as you express it with that confidence you've honed and refrain from becoming a doormat. Simply treat others, especially your lady, with respect, consideration, and compassion and stand up for what you believe in. That's sexier to us than being able to slam dunk a basketball.

Related Link: [Guys Edition: How to Behave like a Gentleman](#)

How Tall Women Can Appear Down to Earth

Many men find height in women imposing, no matter how charismatic and warm you may be. The key to attracting a man who may normally shy away from taller gals is to exude femininity and appear approachable, even if that means doing the approaching yourself.

Confidence: Though making the first move may seem like the opposite of appearing less intimidating, it may be your job to break the ice. Use your feminine wiles and approach him in a flirty, natural way to avoid seeming forward or "ballsy." Once he's had the chance to talk to you for just a few minutes, he'll likely see what a warm and welcoming person you are, and all the rest will fall away.

Appearance: You may be inclined to slouch to appear shorter, but improving your posture makes you appear more self-assured. Be sure to smile often and openly. Don't be afraid to sling a smile at the cute guy in the next aisle at the grocery store

or across the bar; it's the most surefire way to express your effusive personality and make someone feel more comfortable and open to approaching you.

Personality: If you're into soccer and fly-fishing and have an active career, by all means go for it – but try to balance it out through your relationship's dynamic. Allow yourself to be vulnerable and maybe even have your new guy take care of some of the fix-it tasks around your apartment early on, even if you're fully capable of handling them yourself. Making your man feel needed and giving him ample chance to take care of you will make your height difference irrelevant.

***Marni Battista**, founder of Dating with Dignity, is an expert dating and life coach with a 10-step system to manifesting love for your self and others. You can contact Marni at marni@datingwithdignity.com.*

Kim Kardashian and Kanye West Have a 'Fun and Busy' Wedding





By Laura Seaman

Kim Kardashian and Kanye West have officially tied the knot. Their wedding took place at the Forte di Belvedere in Florence, Italy and the couple said their vows next to a massive wall of beautiful white flowers. According to UsMagazine.com, Kim posted her favorite photos of the wedding week onto her website on Tuesday. The couple is now on their European honeymoon while mother Kris Jenner takes care of baby North West.

What can you do to keep your wedding exciting?

Cupid's Advice:

Your wedding day is possibly one of the most important days of your life. It should be one to remember, not only for you, but all of your guests. Here are a few tips from Cupid to ensure that your wedding is one you and your family will never forget:

1. Do something different. We all have basic expectations of what will happen at a wedding; vows will be said, the couple smashes cake in each other's faces, and the new pair will have a romantic first dance. Try dazzling your guests with something new! Have your wedding party dance down the aisle,

or divert from the usual wedding cake for your reception.

Related: [Social Media Etiquette for Your #Wedding Day](#)

2. Make it unique to you. Each couple is different and no two weddings should be the same. Whether it's the colors, a reception theme, or some other addition to your wedding, make sure the guests know that this is *your* wedding. It's your day as a couple, and it should be clear that you're the ones being celebrated.

Related: [Kanye West Calls Kim Kardashian 'the Most Beautiful Woman of All Time'](#)

3. Choose a special venue. The usual choices of a chapel and reception hall can be charming and unique if done right, but maybe your wedding calls for a different kind of venue. If you are an artistic couple, maybe the reception could be in an art gallery. Some brainy couples have chosen to hold their receptions in museums. If you can handle the cost and extra planning, maybe a more unique venue is right for your wedding.

What are some other things you can do to keep your wedding exciting? Share below.

LeAnn Rimes and Eddie Cibrian Ready for Children





By Laura Seaman

There are two things Hollywood is full of: reality shows and celebrity children. LeAnn Rimes and Eddie Cibrian, who have their own upcoming reality show on VH1, told UsMagazine.com that they are wanting to bring some children into the mix. "He's the best Dad already," said Rimes. "I have a little bit of experience with the kids now so, I feel like I wouldn't be too crazed. It doesn't feel like a real first, first!" Cibrian has two children with ex-wife Brandi Glanville, sons Mason and Jake. After Rimes' comment on kids, Cibrian joked, "Look, maybe we should just get another dog and then see how that goes." Rimes said, "Other than the reason of us wanting to work together and be home with the kids, why not have fun and poke fun at everything that's gone on for the last five years."

How can you tell if your relationship is strong enough to take on children?

Cupid's Advice:

Once a couple has been together for a certain amount of time, many might start thinking about whether their partner is family material, and questions of whether or not they want

kids and how many they want can start popping up in conversations. This might be one of the most important conversations you can have in life. After all, it's not just deciding to have a baby and bask in the newborn happiness. This decision will affect you for the rest of your life, and these kids are going to become adults. If you and your partner are talking about having kids, you'd better be sure you can handle them:

1. Want the kids before you have them: Maybe you've never really liked children, or you've had a bad experience with them in the past. No matter how it came about, some people just don't like being around children. This doesn't mean you won't want kids eventually, but you have to know what you're getting yourself into. If one partner wants kids and the other doesn't, a child would only create a gap in the relationship. Maybe the idea of a child seems nice, but you haven't been around kids much. Surround yourself with young relatives or babysit for a friend; get experience with children so you can be 100 percent sure you *want* children:

Related: [When Are You Ready To Be a Dad?](#)

2. Give them a sense of permanence: A child is a lifelong responsibility, and you should be willing to show it. An apartment that works for you and your partner might not be big enough for a child, or it might have some big safety risks. Make sure you're ready for a child to be in your life before you even plan on having one. This means buying cribs, creating a nursery, and thinking of good schools in the area. Not only will you be better prepared for a child, but you're showing your partner that you're dedicated and not going anywhere.

Related: [Keep Talking to Your Kids After Divorce](#)

3. Be ready for a big change in the relationship: A child will completely change the relationship between you and your partner, and you need to be ready for it. If you two have had

the same routine for years, try making changes to your schedule and seeing how it affects your mood. Time that you spend with each other might now be spent with the baby, or trying to catch up on sleep. Not only will you be a couple, but you will be parents, completely changing the nature of your relationship. New tasks, schedules, and feelings are going to put your relationship to the test, so make sure you're ready for it.

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

5 Celebrity Couples That Adopted



By Louisa Gonzales

Lately, Hollywood has been flooded with celebrity baby news and baby bumps! However, many celebrities have chosen adoption over having a biological child. Here are five [celebrity couples](#) who recently adopted:

Celebrity Baby Adoptions

1. [Angelina Jolie](#) and **Brad Pitt**: It wouldn't be right if we didn't put these two at the top of our list. They met back in 2005 while filming *Mr. & Mrs. Smith*. Soon after, they began their celebrity relationship and now have six children together, three of whom are adopted. Jolie adopted her first child, Maddox Chivan Thornton Jolie, a Cambodian infant born on August 5, 2001, with her then-husband, Billy Bob Thornton. The actress adopted her second child, Zahara Marley Jolie, who was born in Africa on January 8, 2005, without Pitt. However, Pitt later adopted both kids. The famous couple adopted Pax Thien from Vietnam on March 15, 2007. Initially, Jolie filed alone because of the country's regulations, but Pitt adopted Pax when they went back home. Pitt and Jolie's first biological child, Shiloh Nouvel Jolie-Pitt, was born in 2007, and twins Knox Léon Jolie-Pitt and Vivienne Marcheline Jolie-Pitt were born in 2008.

Related Link: [Brad Pitt and Angelina Jolie Enjoy Weekend Getaway Without Kids](#)

Even If A Celebrity Couple Goes Through A Divorce, A Family Can Still Be Maintained

2. **Tom Cruise and Nicole Kidman**: Back when these two A-List actors were a famous couple, they adopted two children:

daughter Isabella Jane, born in 1992, and son Connor Anthony, born in 1995. The pair first hooked up in 1990 on the set of *Days of Thunder* and married later that same year in Colorado. However, this Hollywood relationship came to an end when they announced their separation in February 2001 after Cruise filed for a celebrity divorce. Both Cruise and Kidman share custody of the two children.

3. Katherine Heigl and Josh Kelley: The former *Grey's Anatomy* actress and musician are no strangers to adoption. The pair married back in 2007 in Utah and have two adopted daughters. This celebrity couple adopted their oldest daughter Nancy Leigh (nicknamed Naleigh) from South Korea in 2009. They expanded their family in 2012 when they adopted their now three-year-old daughter Adelaide, who was born in Louisiana.

Related Link: [Katherine Heigl and Josh Kelley Step Out with Newly Adopted Daughter](#)

4. [Hugh Jackman](#) and Deborra-Lee Furness: The *Wolverine* actor and his wife married back in 1996 in Toorak, Victoria, a suburb of Melbourne. The pair adopted two kids: Oscar Maximillian, born May 15, 2000, and Ava Eliot, born July 10, 2005. The Aussie actor and actress decided to adopt after they were unable to conceive naturally and through IVF. Jackman and Furness continue to advocate for adoption while raising their two children.

What other famous couples have adopted? Comment below!

Screwing the Rules Video

Dating Tips: Talking About Your Relationship Needs



By [E!'s Famously Single Dating Coach, Laurel House](#)

Dating Advice from E!'s *Famously Single* Laurel House on Communication in a Relationship

Related Link: [How to Get a Guy to Commit](#)

In this week's [dating advice](#) video, dating expert and E!'s *Famously Single* dating coach, [Laurel House](#) teaches you how to communicate with your partner about your relationship needs. "Whether it's phone, e-mail, text, or in person, there are five key elements to communication," she reveals. "Those are attitude, word choice, motivation, timing, and length."

Watch the video above if you're ready to improve your skills!

For more information about our dating mentor, click [here](#).

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

How do you communicate your relationship needs? Tell us in the comments below!

'House' Alum Lisa Edelstein Marries Artist



By Shannon Seibert

Cupid has struck again, infecting another beautiful couple with the love bug. Former *House* star Lisa Edelstein has found

love with her new hubby Robert Russell. Edelstein, 48, is best known for her seven-season run on *House* and after leaving in 2011 she's made several guest appearances. She seemed perfectly happy to tied the knot with Russell on Sunday, May 25, according to UsMagazine.com.

What are some ways to personalize your wedding?

Cupid's Advice:

Not all weddings are supposed to be traditional and classic. Pick a style that matches your personality as a couple, the more creative the better. There are so many romantic and adventurous ideas, you just have to find the one that is right for you:

1. Choose a destination: If you are looking for a more personal feel in an exotic place, a destination wedding is just for you. Instead of going all-out in a local venue, a different city, state, or even country can spice things up for you and your honey. Choose a place that means something to you, like where you grew up, where you'd want to live together, or even a place you've always talked of visiting together.

Related: [Jessica Simpson Sets a Wedding Date](#)

2. Pick a crazy theme: Nothing says personality like a themed wedding. Put on your thinking cap and come up with an idea that fits the style of you and your man. Whether it's Harry Potter, under the sea, rustic, backyard country style or even murder-mystery, there are so many different ideas to choose from. Keep in mind that your wedding day is about you and your partner, so pick what you want, and don't take other people's opinions too seriously. P.S. Themes make the best wedding photos!

Related: [Mary-Kate Olsen Talks Designing Her Wedding Dress](#)

3. Get nostalgic: Demonstrate who you are as a couple by busting out all of your favorite memories. Decorate the venue with your favorite and silliest couple-photos and memories to truly show who you are together. Try making memory boards for your guests, so they can write down their favorite memory for you and your love to read after the wedding.

Do you have any crazy wedding ideas? Share with us in the comments below!

Kim Kardashian and Kanye West Are Married



By Shannon Seibert

The moment we've all been waiting for has arrived: The Kimye

Wedding. Kim Kardashian and Kanye West began dating in April of 2012, shortly giving birth to their beautiful daughter, North West, and later got engaged. The couple married this past weekend, in grand European style. The couple spent the evening, dancing, laughing, and talking lovingly about each other according to UsMagazine.com.

How do you keep your wedding look flawless all night?

Cupid's Advice:

You're going to remember this day for the rest of your life, and you'll have thousands of pictures to prove it. It's most likely impossible for a bride to look anything but stunningly gorgeous, but if you're suffering from pre-wedding jitters, we have a few tricks for you:

1. Waterproof make up and hairspray are your new BFFs: Let's be honest, there will be tears. The waterproof make up will hold longer, and is less likely to run if a tear or two does seep through. To keep your make up and hair in place, use hair spray to set your look. Spray at least 10-inches from your face and hair, in order to maintain a level amount on each aspect part of your head. And remember, don't touch your face too often, it keeps the make up from smudging off.

Related: [Kim and Kanye Will Treat Guests to Private Versailles Tour](#)

2. Pull a 'Kim': It's better to be safe than sorry, have multiple back up outfits just in case something were to go wrong at the last minute. Kardashian had multiple outfits choices on her big day, providing her a sense of security. You can do the same to ensure that your special day doesn't hit any road blocks on your way to your happily ever after.

Related: [Kim Kardashian Hopes the Rain Doesn't Ruin Her Wedding](#)

3. Spoil yourself: Today is a day about you and the love of your life, don't settle for anything less than perfect. Get your hair styled, use the best products, practice having your make up done before hand so you know what to expect. There is never too much preparation for what is supposed to be the best day of your life. So really wow your hubby-to-be and pamper yourself like a princess, after all, he's about to make you his queen.

Do you have any wedding day tips? Share with us here!

Kim Kardashian Hopes the Rain Doesn't Ruin Her Wedding



By Sanetra Richards

It never rains in Southern California, but it has been raining

cats and dogs in Paris. According to UsMagazine.com, showers were definitely in the forecast during Kim Kardashian's costly European wedding weekend, which started on Friday, May 23rd at the Versailles Palace in Paris, France. The festivities began with the rehearsal dinner at Versailles. Guests were asked to dress in vintage French royalty-themed garb. However, the reality star bride appeared to be a bit down during the celebration activities and made it known the weather was to blame: "I hope the rain doesn't ruin my wedding," Kim stated as the Kardashian-Jenner family dined at the Hotel Costes on Wednesday, March 21st. "She made it clear that this bad weather is really getting to her. She's clearly spending millions getting married in Europe, and if it all turns into a wash-out she will be really unhappy," an onlooker tells *Us*. Although her family and friends remained positive through the circumstances, the 33-year-old bride was still not pleased with the City of Love's lack of sun. "This weather has to get better," other restaurant guests heard Kanye West's fiancée say after dinner. "Spring in Paris is meant to be about sunshine, but all we're getting is rain."

What are some ways to plan a wedding around rain?

Cupid's Advice:

Every bride seems to have at least one fear in common on their special day, and that is rain. Although it can certainly be a sign of good luck for the marriage, it is still unwanted. You plan for the date months in advance and can never be too sure of what to expect when it actually comes. Cupid has a few pointers to help you plan the big day around rain:

- 1. Proper shelter:** Outdoor weddings can always be a bit tricky because of the unpredictable weather. What better way to take cover than to have a tent covering you, your honey, and the guests? When Mother Nature decides to make your day a little bit more stressful, do not fret. You will be prepared for the

worst, somewhat.

Related: [Kim and Kanye Will Treat Guests to Private Versailles Tour](#)

2. Backup plan instructions: Inform everyone in attendance of what to do just in case the weather goes wrong. You may want to do this in advance before the big day – this will help ease your worries as the wedding approaches.

Related: [Find Out How Kanye West Proposed to Kim Kardashian](#)

3. Remain pretty & polished: Don't let the rain put a damper on your mood, or ruin your perfected hairstyle, chic heels, and beloved gown. Purchase a few cute umbrellas to protect you and your wedding party from the downpour as the day continues. Who wants a muddy mess in their photographs, anyway?

How do you plan a wedding around rain? Share your suggestions below.

Are Your Dating Standards Too High?





By Liz Kim

There's nothing wrong with knowing what you want in a future boyfriend or girlfriend; in fact, you *shouldn't* settle for just anybody. But, there comes a point when unrealistic standards may actually be what's keeping you from finding Mr. or Mrs. Right. If you are turning down a potentially great relationship because he has a funny hairstyle or she has "man hands," a la *Jerry Seinfeld*, then it's time to reevaluate your priorities and loosen up a little. Below are a few signs that your standards are too high when it comes to dating:

1. You model your relationships after what you see on the big screen: "Love means never having to say you're sorry." "You complete me." "I'll never let go, Jack." Although *Love Story*, *Jerry Maguire*, and *Titanic* are beautiful films that celebrate the power of love, they've also done a good job at shattering realistic expectations when it comes to dating and relationships. We all want a love like Jack and Rose, but our idea of these relationships is false because Hollywood is scripted. With good editing and a staff of writers and makeup artists, any relationship can seem perfect. If you're keeping track of your relationship by comparing it to what you see on the big screen, you are setting yourself up for failure and heartbreak.

Related: [Ways To Help Single Friends Find a Partner](#)

2. You have unrealistic physical standards: Whether it's blue eyes, brown hair, or a certain height, everyone has a "type." And while physical attraction does play an important role in dating, there may be a point when your standards become too high. "He's tall, muscular, has kind hazel eyes, and he's great with kids...*but* he has this tiny birthmark on his left cheek that's too distracting. I can't go out with somebody with a distracting birthmark." If this sounds like you, you're letting the little details get in the way of the big picture.

3. You can't remember the last date you went on: You don't realize this at first, but after you've turned down date after date, you'll find yourself repeating the same scenario: it's Saturday night, and you're on the couch wrist deep in a pint of Ben and Jerry's and re-watching all 7 seasons of *The Golden Girls*. If you don't want this to happen, then it's time to reevaluate what you're looking for. If you refuse to shift your standards, then be prepared for frequent nights alone.

4. You've been told (repeatedly) that you're too picky: If one or two people say you're picky, you shouldn't be too concerned. However, if multiple friends and family members are pointing out that your standards are too strict, then you might have a problem. Sometimes, we forget to look at ourselves from an outsider's perspective and don't realize how our behavior is affecting our life.

Related: [10 Blind Date Etiquette Rules](#)

5. You are a stubborn, repeat offender: If Chad is the eighth guy you've gone out with who surfs, has sandy blonde hair, and a penchant for guitar playing, and it hasn't worked out, break out of your mold. Clearly, you don't mesh with your "type," and now it's time to branch out. Try asking out the hipster barista from the corner coffee shop who can't surf, has brown hair, and always gives you extra caramel drizzle and a smile.

You've taken chances with eight Chads already, so trying something new can't hurt!

6. The problem isn't you, it's him/her: This one plays off of number five. If you're consistently dating the same type of person over and over again and it's always a nightmare, we hate to break it to you, but it's probably you. If you are one for order and routine but your dream date is someone who is always spontaneous (and kind of unreliable), more often than not, you'll walk away unhappy and unsatisfied.

7. You've more than once regretted dumping somebody: Well, now you've done it. You turned down Jamie because he was into comic books, and a few months later you see him walking down the street with his new girlfriend. They're holding hands and can't take their eyes off of each other. You think to yourself, *was he always so cute?* And instantly you regret turning him down. Now, he's happy and in love and you're still along and sulking.

Imagine going to a buffet with tables and tables of food you've never tried before but only selecting to eat french fries. You know you like french fries, but all the salt makes you bloat and they're not good cold. Maybe it's time to try another dish. The beauty of dating is that if it doesn't work out, you never have to see the person again. Instead of boxing yourself in with strict dating standards, it might be time to take a chance and date outside of your comfort zone. Who knows? Maybe he or she will bring out a side of you you didn't know you had.

Do you think your dating standards are too high? Tell us in the comments below.

Pregnant Stacy Keibler Gushes About Husband Jared Pobre



By Sanetra Richards

Who knew pregnancy could look so good? Stacy Keibler shows off her bun in the oven on the cover of *Fit Pregnancy* June/July issue and talks about her love, husband Jared Pobre. According to UsMagazine.com, the 34-year-old actress opened up about how Pobre gave her a new outlook on wanting a family: ““Before we met, both Jared and I had told our parents we didn’t think we’d ever get married or have kids,” said the *Supermarket Superstar* host.”But when you’re with the right person, everything changes.” “My epiphany happened shortly after Jared and I started dating, and once we both knew, we didn’t hesitate,” the mom-to-be and wife added. “I just knew I was ready and that there’s no one else in the world I would want to do this with.” Keibler also gave a couple of her tricks to maintaining a slender figure and youthful skin, which are

prenatal pilates and a natural beauty routine.

How do you know when you've found "the one"?

Cupid's Advice:

When love crosses your path, it is indeed one of the greatest, memorable feelings. You are on cloud nine and there is no coming down. Plus, the stomach butterflies do not seem to be going away anytime soon. And if you have not experienced this yet, you are patiently waiting on the moment. Nevertheless, knowing when you have met that special person that is the reason for your insane feelings always brings up the question "Is he/she the one?" Cupid has some advice to help you figure it all out:

1. You are 100% yourself: Coming across someone who fully accepts your personality, flaws and all, is similar to finding a four leaf clover. Fortunately, when that one does come around, they are hard to pass up – the person who understands your humor, accepts your lifestyle, and so forth. If you are never hesitant to say what is on your mind or do something completely out of the norm and they value it, chances are you are a step closer to recognizing 'the one.'

Related: Stacy Keibler Is Pregnant

2. The fire continuously burns: A connection should always be felt between you and your partner, even if it is years down the line. 'The one' will constantly shower you with affection and appreciation.

Related: Stacy Keibler and Michael Chiarello Are Looking For the Next 'Supermarket Superstar'

3. Mutual understanding: A confirmation on if you genuinely have met your match usually comes about in certain situations, such as you and your partner working out a problem instead of arguing and remaining stagnant. The conversations evolve and

include “we” and “us” instead of “I” and “me”. If you notice more growth individually and together, then you have probably found “the one”.

What are some ways to know you have found true love? Share your thoughts below.

Social Media Etiquette for Your #Wedding Day



By Laura Seaman

Sharing your engagement on Instagram, sending out rehearsal dinner invites via Facebook, and getting wedding ideas from Pinterest – social media is everywhere these days, and weddings are no exception. Well, for most people anyways.

According to the eighth annual “What’s on Brides’ Minds” survey by David’s Bridal, 44 percent of brides think that digital rules are important at weddings, while 14 percent are completely banning cell phones from their special days. That means no photos, tweets, or status updates! It’s rumored that Kim Kardashian and Kanye West have set this rule for their wedding this weekend.

Even if social media isn’t allowed at your ceremony and reception, that doesn’t mean it won’t be part of your wedding at all. Page after page of Pinterest boards are dedicated to wedding décor ideas, and brides are known to bring a friend to judge their dress over Skype if she can’t be there in person. These are both simple ways to use technology to make your wedding exactly how you want it.

Related Link: [Are You Too Young for Marriage?](#)

Other couples use social media to make their wedding an Internet sensation. There’s the usual practice of putting wedding photos on Facebook, but some people go the extra mile and put videos of their wedding on YouTube or broadcast the entire occasion via video chat. In fact, 36 percent of people surveyed thought that Skype was a good way to open the chapel doors to guests who can’t attend in person.

The survey further shows that many brides have acknowledged the role social media plays and have their own dos and don’ts for their weddings. For example, 62 percent of brides believe that the bridesmaids should not post photos of the bride in her dress before the ceremony, while 58 percent of brides think that they or their husbands should be the first people to post wedding pictures. A smaller number of brides – only 22 percent – think that they should be the only ones posting wedding photos at all.

Related Link: [4 Questions to Ask Yourself Before Getting Married](#)

Of course, pictures aren't the only way to let people know about your wedding. 56 percent of brides will update their social media profiles with their new name within a day of the wedding, and 10 percent will even do it while the wedding is still happening!

So whether you plan on letting your wedding become the next YouTube sensation or you're going to put cell phones on hold like Kimye, it's clear that social media will probably play some part in your big day. Just don't forget to #livehappilyeverafter!

**What is your opinion on social media etiquette at weddings?
Let us know in the comments below!**

Hollywood Couple Angelina Jolie and Brad Pitt Are Starring in a New Movie Together





By Sanetra Richards

Another [Angelina Jolie](#) and [Brad Pitt](#) movie is in the works! However, it is not a *Mr. and Mrs. Smith: Part Two* . . . yet. Although their first project together was a memorable action film, the next one with the [famous couple](#) will be the exact opposite. According to [UsMagazine.com](#), the 38-year-old actress opened up in an interview with *Extra* on Tuesday, May 20, about the new film. "It's not a big movie; it's not an action movie," the *Maleficent* star shared. "It's the kind of movie we love but aren't often cast in. It's a very experimental, independent-type film where we get to be actors together and be really raw, open, try things."

The Oscar winner and mother of six also gushed about her celebrity love: "He's my family. He's not just a lover and partner, which is wonderful, but he's my family now...We have history; we work hard to make it great; and we don't kind of relax about it and take each other for granted." Jolie admitted that the Hollywood couple does run into a few trials and tribulations, saying, "Like everybody, we have our challenges, but we're fighting to make it great."

When this Hollywood couple films another movie, they'll be spending a lot more time together. What are some drawbacks to working with your partner?

Cupid's Advice:

You may imagine working with your partner as another way to spend time together. The commute to work won't be such a hassle; it'll be easier, and you'll save money on gas. It's important to consider the downside too. Cupid has some issues for you to keep in mind:

1. No alone time: Believe it or not, there is a thing as spending *too much* time with your significant other. Work is no longer a place for you to do your own thing because your beau is now just a cubicle away.

Related Link: [Celebrity Couple Brad Pitt and Angelina Jolie Are Filming a New Movie Together](#)

2. Nothing to talk about: Most couples enjoy coming home from work and discussing their days. If you work together though, the conversation may be limited because you both experienced similar situations with the same co-workers.

Related Link: [Brad Pitt and Angelina Jolie Enjoy Date Night](#)

3. Jealousy: Imagine if you received a promotion that your significant other had secretly (or publicly) been longing for or vice versa. Your partner will either be genuinely happy for you or envious of your success. If they are in the second boat, you'll notice tension between the two of you within days, which will eventually cause a strain on your relationship and love.

What are some negative aspects to working with your partner?
Share your thoughts below.

'American Idol' Runner-Up Jena Irene On Prom With Winner Caleb Johnson: "I Still Don't Have a Dress!"



By Liz Kim

American Idol runner-up Jena Irene Asciutto almost didn't make it onto the show. The 17-year-old singer didn't have enough votes to make it to the Top 10, but the judges saved her, and she is the first wild card contestant since Clay Aiken to make

it to the finale. Each week, she proved the decision to save her right and was in the bottom only once during her amazing run. She did admit that almost going home shook her up. "My confidence wasn't that high in the beginning because America didn't vote me in, but that lit a fire under me to prove that I could do it."

Related Link: ['American Idol' Contestant Alex Preston Says His Girlfriend Kept Him Going](#)

Once she made it to the top 10, Asciutto's star quality was undeniable. Although still young, she's a seasoned performer. From the ages of 12 to 16, she was the front woman for the band Infinity Hour. "Being in a band had a huge impact on me," she says. "I played all around the metro Detroit area, and we played with other bands and kind of did different music depending on which venue we were playing. That definitely influenced me, and to be around all these local artists was fun because I saw what made them unique." Unfortunately, she had to quit the band a few months before her audition, but her bandmates have continued to support her from the sidelines.

Despite avoiding the bottom all but once, the runner-up says that she didn't realize just how far she had made it until the top five. "Once there were only five of us left, that's when it started to sink in that this was real." Every competitor had a distinct style, and she knew that it was anybody's game. "I just remember laying in bed one night wondering how I was there. I was just so excited."

Although she became friends with all of the finalists, Asciutto has become especially close with 23-year-old Caleb Johnson, who was announced the winner last night. She said she was grateful for his support during the show. "It was a positive effect," she shares of their friendship. "Even the production team who've been doing this for 12 years said they haven't seen as good of a connection as Caleb and I have. The stress was taken down a couple notches, and performing with my

best friend made it better. You don't get to experience this with just anybody, so I'm glad we did it together."

Related Link: ['American Idol' Contestant Jess Meuse Says Show Affected her Relationship](#)

In fact, they are taking their BFF-ship to the next level, and Johnson will be Asciutto's date for prom. Fans got to watch the footage of her "prom-posal," and it was just as sweet as they imagined. "It started out as a joke a couple months ago, and as we got closer to the finale, I realized that I actually didn't have a date to the prom," she explains. "He was serious about going the whole time, so I decided why not? Our schedules were able to accommodate the prom date, so I'm really excited."

And while they're not as daunting as singing on national television, Asciutto has the typical concerns of any teenage girl going to prom. "I still don't have a dress – I'm freaking out!"

Despite wowing the judges and America with her powerhouse vocals, the talented singer remains a humble. She still worries about her grades and has plans to go to a performing arts college. As for her future in music? "The fact that I got this far being so young and a wild card gives me hope," she says. "I am a unique artist, and I'm still trying to figure out who I am. My music has been evolving for the past three years, and I can't wait to see where I end up. I can't say for sure what my album will sound like, but that's the fun part!"

American Idol may be over, but you can still catch Jena on the summer tour! Until then, keep up with her on Twitter @JenaAsciutto1. Check back tomorrow for our interview with winner Caleb Johnson!

How to Recover From a Hurtful Split



By Melanie Mar

When CupidsPulse.com asked me to write an article on this topic, I stopped for a minute to reflect upon two emails I received this week, both requesting my help: one from a man who was struggling terribly to let go of his ex-girlfriend and move on, and the other from a lady with the subject "heartbroken." The end of a relationship can be extremely difficult, and I never underestimate the pain of a breakup. In severe cases, it is truly debilitating, causing mental anguish and physical turmoil, affecting your health, and leading to weight loss and other associated illnesses.

Of course, the degree of distress is dependent on how a relationship ends. For example, if both of you have come to the conclusion that the relationship has “run its course” and each have apathy for the other, then the most likely feeling you’ll have is melancholy. You’ll wish each other well and mean it. In these cases, I recommend doing things that bring you joy to counteract the blues: dance, sing, surround yourself with friends, whatever makes you happy.

There’s also the “chipping away” of a relationship from bickering, lack of sex, lack of respect, etc. If these things have ultimately led to the end of your relationship, then relief is usually the first emotion felt. During this stage, I suggest doing things to rediscover yourself, like taking up a hobby or interest, pampering yourself, or taking some much needed “me” time.

Related Link: [Could You Be Friends With An Ex?](#)

If your relationship ends because of betrayal or immoral or unethical behavior, you will experience deep agony. The ending is usually swift and extremely hard to comprehend. Understanding the process (and yes, it is a process) will make it easier for you. Know that what you are going through is not uncommon and that having the right tools in your tool belt will assist you as you handle your loss.

Here are some other feelings you may experience during a hurtful split:

Pain can be both emotional and physical. I always tell my clients that “pain indicates change is needed or change is in progress.” Do not push away the pain; instead, *feel* it. If you deny the feeling, you’re only prolonging the inevitable. People ruminate when they are in emotional distress, which is perfectly fine for a short time. However, if extended, it can cause sickness.

Within weeks, you have to move on from the feel-think, feel-

think, feel-think merry-go-round and do something positive to make it better. Remember that the way out of any negative thought is to follow it with a positive action.

Anger is a very frequently expressed emotion. As a certified transactional analysis, I use “child” and “adult” as forms of communication styles. With that in mind, there are four types of anger:

- 1. Frustration** is created from a deep dissatisfaction from unresolved problems or unfulfilled needs.
- 2. Resentment** is a bitter feeling of persistent ill will.
- 3. Denial** is a defense mechanism in which confrontation with reality is avoided by denying the existence of the problem.

The three angers above are all child angers and are not healthy in the aid of moving on and letting go.

4. Indignant is adult anger in its simplest form, and it merely means you are logically angry about the situation. It's perfectly healthy to display your anger if done with facts and reasoning and not for an extensive amount of time.

Sadness comes after the pain has eased and the anger has subsided. It is, of course, sad to acknowledge that someone you loved deeply betrayed your relationship and that the future plans you had together will not happen. You miss that person and the special moments you shared. It's okay to mourn; in fact, it's normal, and it would be highly unusual if you didn't.

Just make sure that this phase doesn't continue for an extended period. Remember to keep reminding yourself the reason why your relationship ended.

Related Link: [Rihanna and Drake Are Off-Again](#)

Acceptance is the last stage. There will be a day when you

wake up and realize that it's over and that you survived. It didn't kill you, but it did make you stronger. When looking back at the relationship, you understand completely that it wasn't what you initially thought and that your ex was less than you deserve. It's the relationships that don't last forever that teach us the lessons that will.

You now have what I call a "clear head, clear heart" – both of which are necessary to start dating again. So get out there and enjoy the excitement of meeting someone new. You never know what it might lead to!

[Melanie Mar](#) is a celebrity relationship specialist, matchmaker and life coach.