


# Celebrity News: Khloe Kardashian Reunites with Tristan Thompson in Boston After 'Mystery Woman' Drama



 By Nicole Maher

In the latest [celebrity news](#), Khloe Kardashian joined Tristan Thompson in Boston as he prepares for his first basketball game with the Celtics. According to *UsMagazine.com*, the [celebrity couple](#) was spotted out to dinner at the same restaurant Thompson was seen with a different woman earlier in the week. The other woman has since been identified as an estate manager that has worked with Thompson in the past.

**In celebrity news, it looks like Khloe Kardashian still trusts her man. What are some ways to know your partner is being truthful with you?**

## **Cupid's Advice:**

Although trust is a crucial part of any relationship, it can sometimes be hard to achieve. If you do not have trust in your partner, who will continue to face obstacles as the relationship progresses. If you are looking for some ways to know if your partner is being truthful, Cupid has some advice for you:

**1. They communicate clearly:** While constant communication is not needed to determine if someone is being truthful, clear communication is. If someone communicates openly with you about topics such as where they are going and how they are feeling, then there probably is no reason to worry about them lying. Red flags should only appear if the person is continuously giving vague answers or avoiding questions.

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**2. They acknowledge your concerns:** Sometimes the only way to resolve a trust issue is to address your concerns with your partner. If your partner is willing to have a conversation that acknowledges your concerns and does not get defensive, then they are likely being truthful. However, having this conversation too often can sometimes cause someone to become offended if they need to keep defending themselves.

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**3. They haven't lied to you before:** If you have never caught someone in a lie before, then there is likely no reason to worry about them lying moving forward. Relationships may experience periods of distance or decreased communication, but these are not necessarily signs that someone is being dishonest. Until it's proven, don't jump to conclusions about your partner being untruthful!

**What are some other ways to know if your partner is being truthful with you? Start a conversation in the comments below!**

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# Celebrity News: Taylor Swift Opens Up About Bonding Over Sad Songs with BF Joe Alwyn



By Nicole Maher

In the latest [celebrity news](#), Taylor Swift provided her fans with some details about her [celebrity relationship](#) with Joe Alwyn. According to *EOnline.com*, Swift revealed that her and longtime boyfriend Alwyn bonded while writing sad songs for her latest album. The couple has been dating for about four years, but have chosen to keep their relationship relatively private due to Swift's past experiences with public relationships and break-ups.

**In celebrity news, Taylor Swift gave fans rare insight into her relationship with boyfriend Joe Alwyn. What are some reasons to keep details about your relationship to yourself?**

## **Cupid's Advice:**

There is nothing wrong with wanting to keep some of the details about your relationship to yourself, whether it one that is relatively new or one you've been in for years. If you are looking for some reasons to keep details about your relationship to yourself, Cupid has some advice for you:

**1. Past traumas:** If you've experienced some kind of public fallout from a break-up in the past, you may want to keep your future relationships more private. Sharing too much of your new relationship with the public could cause you to fear the same result if things end, which can add unnecessary stress to your current situation. Keeping this quiet and revealing selective details is a great alternative to sharing everything if you don't want to!

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**2. Work-life separation:** If you have a relatively public career, you may desire to keep other aspects of your life private, such as your relationships. Having a private relationship while working in the public eyes is a great way of ensuring you don't feel like the public knows everything about your life, and takes the pressure off your partner if they are not used to their lives being incredibly public.

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**3. Value privacy:** Some people simply value their privacy and do not want everyone else knowing the details of their relationship. This desire for privacy is a valid reason for keeping details of your relationship to yourself. Share what you wish to share, and keep the rest as details between just you and your partner.

**What are some other reasons to keep details about your relationship to yourself? Start a conversation in the comments below!**

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# Celebrity Couple News: 'Bachelorette' Tayshia Adams Picks Her Final 3 And Sends Someone Home



 By Nicole Maher

In the latest [celebrity news](#), *Bachelorette* Tayshia Adams narrowed down her remaining contestants to just three men after hometown dates. According to *UsMagazine.com*, Adams hoped these dates would provide an opportunity to get to know both the men and their families better. The [reality tv](#) star went on four individual dates during the episode and made the heartbreaking decision to send one man home.

**In celebrity couple news, Tayshia Adams is down to her final three suitors. What are some ways to know that someone is right for you?**

## **Cupid's Advice:**

Sometimes we encounter a person who we find both attractive and kind, but inevitably do not have the best chemistry with. These situations can be challenging because you may be reluctant to let go of someone when nothing is necessarily wrong, they are just not your perfect match. If you are looking for some ways to know that someone is right for you, Cupid has some advice for you:

**1. Your bond feels natural:** While it may not be love at first sight, creating a bond with someone should feel easy and natural if they are the right person for you. There may be awkward silences in conversations or mild miscommunications while you are getting to know someone, but the overall progression of the relationship should never feel forced.

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**2. You're progressing at the same pace:** There is no set timeline that you need to follow when you are getting to know or dating someone new. However, the two of you should be progressing at relatively the same pace as the relationship continues. If one person is still holding back months into the relationship, it may be a sign they are not the right person for you.

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**3. You don't feel stressed:** Your intuition is your best friend when starting a relationship with someone new. Sometimes we still feel stressed with things appearing to be going perfectly, which may be a result of some underlying factor you are avoiding. If the current situation you are in causes you to feel a constant low level of stress, it may be a sign that person is not your perfect match.

**What are some other ways to know if someone is right for you? Start a conversation in the comments below!**

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# Celebrity Break-Ups: Kelly Clarkson Gets Primary Custody of Kids Amid Split



 By Carly Silva

In the [latest celebrity news](#), Kelly Clarkson was awarded primary custody of her children with soon-to-be ex husband Brandon Blackstock. After announcing their [celebrity divorce](#) earlier this year, the two exes, who share a daughter River, 6, and son Remington, 4, will share joint custody in Los Angeles, with Clarkson having primary custody.

**In celebrity break-up news, split proceedings are still ongoing with Kelly Clarkson and her soon-to-be ex husband Brandon Blackstock. What are some ways to keep the divorce process from affecting your kids?**

## **Cupid's Advice:**

Going through the divorce process can be extremely stressful, and it can be even more difficult to navigate for the kids involved. If you're looking for some ways to keep the divorce process from affecting your kids, Cupid has some advice for you:

**1. Keep the legal talk to a minimum:** When you're going through the legal process of a divorce, try not to let your kids hear

too much about this. You will have to be honest about new living situations and rules, but they don't need to know all the details of the custody battle and legal ramifications. This will only add to their stress and sadness.

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**2. Stick to their routines:** Another important factor in keeping your kids from being affected by the divorce process is to minimize disruptions to their routines as much as possible. You don't want them to feel like too much has changed, so try to maintain a sense of stability for them. This will keep them from feeling like their whole life has been uprooted because of the divorce.


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**3. Don't talk negatively about your ex:** Even though it may be tempting, talking negatively about your ex in front of your children may only confuse them. You don't want your relationship issues with your ex to carry into their own relationship. Your children still deserve a good relationship with both of their parents, so try to refrain from blaming or bad mouthing your ex in front of them.

**What are some more ways to keep the divorce process from affecting your kids? Start a conversation in the comments down below!**

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# Celebrity News: Khloe Kardashian Posts Cryptic Messages One Day After Tristan Flies to Boston to Join Celtics

 By Nicole Maher

In the latest [celebrity news](#), Khloe Kardashian posted a series of cryptic messages the day following Tristan Thompson's arrival in Boston to join the Celtics. According to *UsMagazine.com*, the Kardashian sister shared a series of inspirational quotes on her Instagram stories about focusing on the positives of life. The [celebrity couple](#) has experienced a rocky relationship with allegations of Thompson's cheating first surfacing in February of 2019, but plan to split their time between Los Angeles and Boston.

**In celebrity news, Khloe Kardashian may be dealing with a long distance relationship after Tristan flew across the country to join his new basketball team. What are some ways to make a long distance relationship successful?**

**Cupid's Advice:**

Long distance relationships can be difficult to navigate, no matter how prepared you may feel to take on the challenge of living in different places. However, with some hard work, long distance relationships can be successful. If you are looking for ways to make a long distance relationship work, Cupid has some advice for you:

**1. Have a communication plan:** When you are not physically near someone, it can feel more tempting to want to talk to them more often. However, if you're expecting to talk to your partner all day when it is not realistic for either of your schedules, you may find yourself getting disappointed. Selecting methods of communication and times to talk early-on in a long distance relationship can help manage expectations and avoid conflict.

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**2. Plan enough visits:** Even if you have good communication in your different locations, it is still important to make the effort to see each other in person. Trying to see each other relatively often, as well as making sure both partners are making the effort to travel if possible, is a great way to strengthen a long distance relationship.

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**3. Focus on the end-goal:** Every long distance relationship is going to experience hardships relating to the difference of location, which makes it especially important to focus on your end goal. If the distance is only temporary, focus on working toward being in the same location again. This reminder that the distance is only a phase in your relationship will help the two of you work through the challenges connected to it!

**What are some other ways to make long distance relationships successful? Start a conversation in the comments below!**

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# Celebrity News: 'Bachelorette' Clare Crawley Says She's 'Going Through Things' After Thanksgiving with Dale



 By Nicole Maher

In the latest [celebrity news](#), former *Bachelorette* Clare Crawley alluded to some troubles in her [celebrity relationship](#) with Dale Moss after the pair spent this Thanksgiving together. According to *UsMagazine.com*, Crawley provided insight into the issues of their relationship in an Instagram caption, and explained how being a [reality television star](#) does not “exempt” her from having real emotions. The pair made history after getting engaged after just two weeks on the show this past season.

**In celebrity news, things may not be rainbows and roses for Clare Crawley and her new beau, Dale. What are some signs your relationship needs help?**

**Cupid's Advice:**

Every relationship is bound to run into issues at some point, whether it is early-on or after some time. While tough to navigate, these issues can point you to the areas of your relationship that need some more attention. If you are looking for some signs that your relationship needs help, Cupid has some advice for you:

**1. You've stopped trying to problem-solve:** In a healthy relationship, most issues are addressed with problem-solving and compromise. However, if these issues have caused you to avoid discussing possible solutions and led you to avoid the topic altogether, then it is a sign that your relationship needs help. Looking for new areas of compromise or different communication strategies may help you work through this rocky period.

**Related Link:** [Celebrity News: New 'Bachelorette' Tayshia Adams Defends Contestants After Taking Over for Clare Crawley](#)

**2. You've purposely spent less time together:** Everyone needs a break from the partner occasionally, even if it is just for a few hours. But if you find yourself looking for extra opportunities to spend some time away from your partner, it may be a sign that your relationship needs help. This person should be considered a safe-space in your life, not someone you are looking to avoid.

**Related Link:** [Celebrity News: DeAnna Pappas Hints At Clare Crawley's Relationship Status with Dale Moss](#)

**3. You have fundamental differences:** Especially in newer relationships, it can be exciting when you have a lot in common with your partner, but challenging when you start discovering differences. Large fundamental differences, such as desired living situations and future ideas of marriage and children, can reveal areas of your relationship that need help. If both partners are willing to compromise in some areas, it could easily become a resolved issue.

What are some other signs that a relationship needs help? Start a conversation in the comments below.

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# Celebrity News: Tamera Mowry Says Quarantine Tested Her Marriage to Adam Housley



 By Nicole Maher

In the latest [celebrity news](#), Tamera Mowry revealed that being quarantined with her husband Adam Housley tested their marriage. According to *UsMagazine.com*, Mowry described both herself and her husband as workaholics, and said that being home together constantly was a change to which they needed to adapt. The [celebrity couple](#) tied the knot in May of 2011, and share two children together.

**In celebrity news, Tamera Mowry is opening up about the test she and her husband are going through due to COVID-19. What are some ways to cope with being quarantined with your partner?**

**Cupid's Advice:**

Quarantine has proved as a relationship test for even the strongest of couples. While you may love your partner endlessly, being confined to one home for months on end can test your relationship. If you are looking for some ways to cope with being quarantined with your partner, Cupid has some advice for you:

**1. Allow for some alone time:** Just because you and your partner are in the same house does not mean you have to be together the entire time. As quarantine progresses, you may feel the need to have some time apart. Taking a few hours every day or so to relax or sit on your own can help prevent any frustrations or tensions you may be feeling with your partner. If possible, safely getting some alone time by going for a walk or drive is also a good option.

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**2. Have off-limit areas:** Quarantine can make any living space feel claustrophobic after some time, so designating some areas that are reserved for each partner is a good idea to maintain the peace. If you are working from home, an office is a great space to reserve for yourself. In smaller living situations such as apartments, having a designated chair where your partner knows to give you space can also work.

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**3. Plan in-house events:** Despite feeling confined to your partner because of quarantine, it is still important to nurture the relationship by scheduling things to do together. By doing at-home dates such as cooking together or watching a movie, it will show your partner that you still want to spend quality time with them. This miniature date can help relieve some tension and make your partner more willing to give you space when you need it.

What are some other ways to cope with being quarantined with your partner? Start a conversation in the comments below.

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## Celebrity News: Dean Unglert Admits He Was ‘Disappointed’ in Caelynn Miller-Keyes Past



By Carly Silva

In the [latest celebrity news](#), *Bachelor in Paradise* alum Dean Unglert addressed his feelings about girlfriend Caelynn Miller-Keyes' past relationships. The [reality TV star](#), who addressed the topic during an episode of his *Help! I Suck at Dating* podcast, said that he at first had a difficult time hearing about Miller-Keyes previous relationships. According to *UsMagazine.com*, he eventually decided that he couldn't blame Miller-Keyes for her past experiences.

**In celebrity news, Dean Unglert admits he had a difficult time accepting Caelynn Miller-Keyes' dating history, what are some ways you can prevent your partner's past from affecting your relationship?**

Cupid's Advice

Dealing with your partner's past relationships can cause a lot of trouble in your own relationship. If you're looking for ways to keep your partner's past from affecting your relationship, Cupid has some advice for you:

**1. Don't spend too much time talking about it:** When you first start dating someone, the last thing they want to do is talk about their ex. If you focus too much on their past, or constantly bring up their exes, you will shift the focus from your current relationship to their past ones. Remember that there is a reason they are no longer with their ex, and by spending less time talking about it, you will avoid making it a problem within your relationship.

**Related Link:** [Celebrity News: New Bachelorette Tayshia Adams Defends Contestants After Taking Over for Clare Crawley](#)

**2. Don't get too caught up in their ex:** Another thing that can be detrimental is focusing too much on who your partner's exes are. Refrain from stalking them on social media and trying to learn more about their life. This will only make you compare yourself to them and bring up negative feelings that you could otherwise avoid. It also could potentially upset your partner if you are constantly talking about this person from their past.

**Related Link:** [Celebrity News: Alex Trebek's Wife Shares Photo of Their Wedding After Thanking Fans for Support After His Death](#)

**3. Remember to trust your partner:** At the end of the day, the most important thing to remember when dealing with your partner's past is to remember that it is past, not present. Trust that your partner has changed from their past relationships and don't blame them for their actions in previous relationships. Trusting your partner will eliminate all of the stress and insecurity that comes with obsessing over their past.

What are some other ways you can prevent your partner's past from affecting your relationship? Start a conversation in the comments down below!

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# Celebrity News: Vanessa Hudgens Opens Up About What She Wants in an Ideal Partner After Split



 By Nicole Maher

In the latest [celebrity news](#), Vanessa Hudgens revealed what she wants in the ideal partner following her [celebrity break-up](#) with Austin Butler. According to *UsMagazine.com*, Hudgens is open to dating someone whether they are in the public eye or not. Hudgens and Butler separated in January of this year after dating for nearly nine years. Since their break-up, Hudgens has revealed that she has not been dating amid the coronavirus pandemic and her busy acting schedule.

**In celebrity news, Vanessa Hudgens is reevaluating what she looks for**

# in a partner after her split from Austin Butler. What are some ways to learn from a break-up?

## Cupid's Advice:

Although challenging, break-ups provide a great opportunity for learning lessons from a past relationship, as well as determining what you want out of future relationships. If you are looking for some ways to learn from a break-up, Cupid has some advice for you:

**1. Set priorities:** Break-ups provide a great time to reestablish your priorities and expectations about what you want in a future relationship. While you likely had an idea of your priorities before you even started dating, going through an unsuccessful relationship can reveal what you truly need from a partner to make things work. Take this time to update your priorities so that you know what is a must-have the next time around.

**Related Link:** [Celebrity Break-Up: Julianne Hough Files for Divorce from Brooks Laich 5 Months After Split](#)

**2. Establish deal-breakers:** Deciding on deal-breakers is just as important as setting priorities. A person can have all of the characteristics you favor, but if they have a major lifestyle habit that you disagree with, it can cause conflict in the future. Deal breakers also don't have to be "negative" attributes about the person, but can simply be factors like distance and the type of relationship you are both looking for.

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**3. Consider external factors:** When we're in a relationship, we sometimes tend to put that aspect of your life above others. Break-ups are a great time to look at other aspects of your life and decide if you'd like to spend some time improving them as well. By working to better yourself professionally or mentally between partners, you will enter your next relationship with a more solid foundation and be ready to put in all the necessary effort.

**What are some other ways to learn from a break-up? Start a conversation in the comments below.**

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## **Celebrity News: Tristan Thompson Gifts Khloe Kardashian Flowers After People's Choice Win**



 By Carly Silva

In the [latest celebrity news](#), Tristan Thompson went all-out to celebrate Khloe Kardashian's win at the People's Choice Awards on Sunday. Kardashian, who won the award for top [reality TV star](#), posted a photo of her daughter standing next to the extravagant flower bouquet from Thompson. According to *UsMagazine.com*, the couple are thought to be back together after splitting in the beginning of the year.

# In celebrity news, Tristan Thompson gifted Khloe Kardashian an extravagant bouquet of flowers to congratulate her. What are some ways to celebrate your partner's accomplishments?

## Cupid's Advice:

Letting your partner know that you're proud of their accomplishments is extremely important in order to be a supportive partner. If you're looking for some ways to celebrate your partner's achievements, Cupid has some advice for you:

**1. Get them a gift:** One of the simplest things you can do to celebrate your partner's accomplishments is to get them a celebratory gift. Any simple gift will make your partner feel special, whether it is flowers, a new tie, or a bottle of champagne.

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**2. Take them out:** Another way to celebrate your partner's accomplishments is to take them out for a special night to congratulate them. Take them out for a nice dinner or go out for drinks to make the celebration something they will always remember.

**Related Link:** [Celebrity News: Machine Gun Kelly Says He's a Better Person After Falling in Love with Megan Fox](#)

**3. Do something special:** Even if you don't want to do something extravagant, or if you are looking to celebrate a

smaller achievement, you can still do something simple to make your partner feel special. Try making them breakfast or buying them a card, or leaving them a note to make the day extra special for them.

What are some other ways to celebrate your partner's accomplishments? Start a conversation in the comments down below!

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# Celebrity Interview: Relationship Coach Lee Wilson Talks Negative Effects Reality TV Has on Relationships



 Interview by Carly Silva. Written by Carly Silva.

Guilty pleasure reality TV shows are a great way to pass the time, especially during the COVID-19 pandemic, but according to relationship coach Lee Wilson, they may have a negative effect on our relationships. Coach Lee, who is the founder of [My Ex Back](#) and specializes in helping men and women save their dwindling relationships, sits down with us to shed some light on the psychology behind romance-focused reality TV shows.

# In our celebrity interview with relationship expert, Coach Lee Wilson, we get some insight on the potential effects that romance reality TV shows have on real-life relationships.

As a Verified Expert on [Marriage.com](https://www.marriage.com) and as someone with numerous certifications, Coach Lee talks to us about the psychology of reality TV dating shows, such as the *Bachelor* Franchise, *90-Day Fiance*, and *Love is Blind*. He points to why these shows are so popular, not only because they are versed in “stirring up drama,” but also because they provide a “romantic sport,” and viewers love to root for who will win the prize of love. But, can these shows have a negative effect on our real-life dating behavior? Coach Lee, who has over 20 years of experience as a relationship coach, believes so.

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Although he does admit that the relationships formed on these shows can sometimes lead to lasting and successful true love, he notes that many contestants are often “put in a situation to rush their feelings completely in artificial and unrealistic ways” in order to compete and ultimately win the show. He not only acknowledges that this path to love can be unhealthy, but also says that this method is “not how it is best for two people to develop a relationship.” He advises viewers to recognize the misconceptions that are promoted in the “artificial world” created in these shows, even if they are undeniably entertaining.

While we all love to admire and root for our favorite contestants to find love on these TV shows, Coach Lee cautions that the romance portrayed in reality TV shows often promotes unrealistic expectations and can give viewers the “idea that dating is this competition with a prize, rather than having a healthy mentality” about getting to know somebody. He also mentions that these dating shows can present viewers with a false idea of how love is developed, and they can display misconceptions where people are left to assume that they can find love by “being artificial, rushing themselves and rushing the other person.” Coach Lee notes that emulating this fantasy world in real life can result in people comparing their relationships to the “magical romantic times” that are presented in reality TV shows, and that viewers comparing this “Hollywood level” romance to their real-life relationships can make them believe that something is wrong with their own relationships.

**Related Link:** [Celebrity Interview: ‘High School Musical: The Musical: The Series’ Star Frankie Rodriguez Talks Love and Reboot](#)

The question is, why are the relationships cultivated on reality TV shows so unrealistically romantic? Well, according to Coach Lee, it’s because of a phenomenon called [“limerence.”](#) He defines “limerence” as a “chemical addiction or chemical dependence on dopamine, and serotonin changes in the mind,” which explains the addiction some people have to the “fireworks” of a new relationship or the “new high” that occurs when a relationship is just starting out. He says that shows, such as *The Bachelor*, “romanticize limerence and almost make it into the idea of what true love should be.” Because reality TV shows idealize this “limerence level of obsession,” Coach Lee explains that this makes viewers think that their relationships, especially older relationships where limerence has faded, should be more like the ones we see on TV, which is “unrealistic.”

So, what about those of us who love watching these romance-focused reality TV shows? How can we continue to watch these shows now that we're aware of the toxic nature they promote? Luckily, Coach Lee also gives us some tips on how to navigate our guilty pleasure TV habits without falling victim to the unrealistic standards these shows set. He tells us that his personal trick is to "approach it with a good sense of humor, and be able to be vocal and express that this is not real life." He recommends viewing these types of shows as pure entertainment, or even playing a fun drinking game with friends, and reminding yourself along the way that "this is a game show."

**For more expert advice from Coach Lee Wilson, you can follow him on [Instagram](#) or check out all the latest videos on his [YouTube channel](#)!**

*Coach Wilson has lectured at several universities, and has assisted with multiple Ph.D research projects on relationships. He is a Verified Expert on Marriage.com, and has received Family Dynamics certifications and His Needs/Her Needs Certifications. He is the founder of [My Ex Back](#), where he developed the Emergency Breakup Kit, along with the Emergency Marriage Kit.*

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## **Celebrity Divorce: Julianne Hough Posts Cryptic Quote Amid Brooks Laich Divorce**



 By Carly Silva

In the [latest celebrity news](#), Julianne Hough took to Instagram to express her new definition of love last Sunday. According to *UsMagazine.com*, the actress, who moved forward with a [celebrity divorce](#) from Brooks Laich earlier this year, posted a Bianca Sparacino quote about love and the beauty of change.

## **In celebrity divorce news, Julianne Hough is venting on social media using cryptic quotes. What are some ways to use social media to cope with a split?**

### **Cupid's Advice**

Getting over an ex and dealing with a break-up can be a difficult journey, but there are some tricks that can help you cope. If you're looking for ways to use social media to cope with a split, Cupid has some advice for you:

**1. Unfollow or block your ex:** One of the best things you can do for yourself when coping with a split is unfollowing, muting, or blocking your ex on social media. Even if you ended on good terms, cutting off contact on social media will help you to start moving on instead of constantly focusing on what they are posting.

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**2. Post things for you:** Using social media can be extremely empowering if you're using it for the right reasons. Instead of posting to impress others, gain approval, or show your ex how well you're doing without them, focus on using your accounts for your own self expression. Only post things you want and use social media to empower yourself.

**Related Link:** [Celebrity Divorce: Ant Anstead Says He Lost 23 Pounds Amid Divorce from Christina Anstead](#)

**3. Follow accounts that make you feel good:** Another great way to use social media during a break-up is to follow accounts that make you feel good. Whether that means following accounts that give relationship or break-up advice, or accounts with inspirational quotes, paying attention to these types of users can help make your social media experience useful and beneficial.

**What are some other ways to use social media to cope with a split? Start a conversation in the comments down below!**

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## **Celebrity Break-Up: Olivia Wilde Ditches Engagement Ring After Jason Sudeikis Split**



 By Nicole Maher

In the latest [celebrity news](#), Olivia Wilde has removed her engagement ring after her [celebrity break-up](#) with fiancé Jason Sudeikis. According to *UsMagazine.com*, Wilde was first spotted without her ring while spending some time at a horse stable in Los Angeles, California. The couple began dating in November of 2011 and announced their engagement in January of 2013.

**In celebrity break-up news, Olivia**

# Wilde is no longer sporting the engagement ring she got from ex Jason Sudeikis. What are some physical ways you can cope with a break-up?

## Cupid's Advice:

One of the hardest things to deal with in a break-up is letting go of some of the physical reminders of your relationship. If you are looking for some physical ways you can cope with a break-up, Cupid has some advice for you:

**1. Lose the jewelry:** Whether it's an engagement ring or a necklace, taking off any jewelry that was given to you by your ex is a good first step in removing physical reminders of your break-up. This will also give others the clue that your relationship has ended without you necessarily needing to tell everyone verbally. After some time has passed, you can decide what to do with the jewelry long-term.

**Related Link:** [Celebrity Break-Up: Lamar Odom & Fiancée Sabrina Parr Call It Quits](#)

**2. Clean your social media:** In the modern age, nearly everyone in a relationship has shared some pictures with their partner on social media. Another physical way of coping with a break-up is to clear that person from your field. This can include archiving pictures of you two together, removing tags from past photos, and muting or unfollowing your ex's account.

**Related Link:** [Celebrity News: Alex Trebek's Wife Shares Photo of Their Wedding After Thanking Fans for Support After His Death](#)

**3. Put away past gifts:** While you may have a sentimental

attachment to some of the gifts your ex has given you in the past, it is a good idea to remove these gifts from view. Just like with jewelry, placing the gifts you've received in a box and putting them away for a while can help take your mind off the break-up. Once your emotions have settled, then you can decide what to keep, return, and get rid of.

**What are some other physical ways that can help you cope with a break-up? Start a conversation in the comments below.**

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## **Celebrity News: Alex Trebek's Wife Shares Photo of Their Wedding After Thanking Fans for Support After His Death**



 By Nicole Maher

In the latest [celebrity news](#), Alex Trebek's wife shared a wedding photo of the couple after thanking his fans for their support. According to *People.com*, Jean Trebek shared a photo on Instagram following the death of her husband and host of *Jeopardy!* Trebek passed away at the age of 80 after fighting stage four pancreatic cancer for nearly two years. The [celebrity couple](#) had been happily married for twenty-nine years at the time of his passing

# In celebrity news, Alex Trebek's wife is thankful for the support of the public after Trebek's passing from cancer. What are some ways to cope if your partner passes away?

## Cupid's Advice:

No matter how much time you may have to prepare, losing the life your partner is heartbreaking. While the support and wishes of loved ones can help, there will still be strong feelings of loss. If you are looking for some ways to cope with a partner's passing, Cupid has some advice for you:

**1. Give yourself time:** One of the easiest and most effective ways to cope with a loss is to give yourself time. While it sounds simple, many people try to force their way through the grief process so their life can return to some form of normalcy. However, this can cause issues to rise in the future, so giving yourself ample time following the loss of a partner is the best way to cope with their absence long-term.

**Related Link:** [Celebrity Break-Up: Lamar Odom & Fiancée Sabrina Parr Call it Quits](#)

**2. Consider your surroundings:** It is important to take into account your surroundings following the loss of a partner. Decide whether going places you enjoyed together brings you peace or makes you upset. The same consideration should be thought about in terms of your partner's belongings. Consider whether being surrounded by items that remind you of them is beneficial or harmful in your personal healing process.

**Related Link:** [Celebrity Break-Up: 'RHOBH' Star Erika Jayne & Tom Girardi Split After 21 Years Together](#)

**3. Tell their stories:** Sometimes when we lose someone we love, we tend to stop talking about them. However, just because they are no longer physically does not mean that you have to completely remove them from your life. After enough time has passed, continue to share the memories you created with your past partner with others to help in remembering them.

**What are some other ways to cope with the loss of a partner? Start a conversation in the comments below.**

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## **Celebrity Baby News: 'Bachelor in Paradise' Contestant Krystal Nielson Is Pregnant with First Child**



 By Nicole Maher

In the latest [celebrity news](#), former *Bachelor in Paradise* contestant Krystal Nielson revealed that she is expecting her first child with boyfriend Miles Bowles. According to *UsMagazine.com*, Nielson revealed the couple is expecting a [celebrity baby](#) in a video posted to YouTube. Nielson and Miles made their relationship official this past October following Nielson's split from her husband Chris Randone. Nielson and Randone had been married for roughly eight months before their deciding to separate.

# In celebrity baby news, *BiP* star Krystal Nielson is pregnant with her boyfriend of eight months. What are some ways to prepare a newer relationship for a baby?

## Cupid's Advice:

Having a child can be a large adjustment for any relationship, especially one that is relatively new. If you are looking for some ways to prepare a newer relationship for a baby, Cupid has some advice for you:

**1. Balance responsibility:** There is a lot of planning and preparation that comes with expecting a child. Be sure that these responsibilities are balanced between you and your partner. While one of you may be responsible for getting the nursery ready, the other may take on the task of baby-proofing the kitchen. Balancing these types of responsibilities is a great way to get both of you involved and excited about the child you are having.

**Related Link:** [Celebrity News: New 'Bachelorette' Tayshia Adams Defends Contestants After Taking Over for Clare Crawley](#)

**2. Discuss expectations:** Having a child can drastically change the dynamic of a relationship, so discussing future expectations is a must. Topics such as child care plans, living situations, and the future of your relationship are important to have early on to avoid conflict later. If you and your partner have different expectations, find ways to work through them and compromise for the benefit of your future child.

**Related Link:** [Celebrity News: DeAnna Pappas Hints At Clare](#)

## [Crawley's Relationship Status with Dale Moss](#)

**3. Continue relationship growth:** Even though you may be focused on preparing for your child, it is still important to prioritize the growth of your relationship. Continue to go on dates and spend time together that does not revolve around child-preparation activities. This will show your partner that you view them as equally important to your future child and get them excited about becoming a family!

**What are some other ways to prepare a newer relationship for a baby? Start a conversation in the comments below!**

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# Celebrity News: New 'Bachelorette' Tayshia Adams Defends Contestants After Taking Over for Clare Crawley



 By Nicole Maher

In the [latest celebrity news](#), new *The Bachelorette* Tayshia Adams defended the character of the remaining male contestants after taking over for Clare Crawley. According to *EOnline.com*, Adams described the men as “phenomenal” while discussing the season on the *Bachelor Happy Hour* podcast. The [reality tv star](#) describes that during Crawley's time on the show, very few of the men had the opportunity to express their personalities, which changes as the season advances with Adams.

# In celebrity news, Tayshia defended the men on her season of *The Bachelorette* after taking over for Clare. What are some ways to find love in an unusual setting?

## Cupid's Advice:

Even if we are not planning on going on a dating television show, it is still possible to find love in unconventional settings. However, these settings may cause us to feel closed off or skeptical. If you are looking for some ways to find love in an unusual setting, Cupid has some advice for you:

**1. Drop preconceived ideas:** When we find ourselves in a new setting, we often have preconceived ideas about what the people and experiences will be like once we arrive. In order to give the idea of finding love a fair chance, it is important to get rid of those preconceptions. Having a clean slate and open mind is the best way to find love in unusual situations.

**Related Link:** [Celebrity News: DeAnna Pappas Hints At Clare Crawley's Relationship Status with Dale Moss](#)

**2. Don't force anything:** Sometimes when approaching a situation with the hope of finding love, we may unintentionally feel ourselves trying to force a connection. Even in unusual settings, it is better to let things progress naturally. Make sure that the person you are finding interest in is someone you would want present in your normal life as well, and not simply the best option out of the people around you.

**Related Link:** [Celebrity News: Former 'Bachelor' Colton](#)

[Underwood Says Cassie Randolph Dropped Restraining Order](#)

**3. Take advantage of your time there:** Whether your unusual setting is a business trip or simply your local gym, it is important to take advantage of the time you have there. If you are looking to find love, use every opportunity to talk to the people around rather than waiting for them to approach you. By using your time wisely, you'll open as many doors as possible for potential bonds.

**What are some other ways to find love in an unusual setting? Start a conversation in the comments below!**

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## **Celebrity Break-Up: Lamar Odom & Fiancée Sabrina Parr Call It Quits**



 By Nicole Maher

In the latest [celebrity news](#), Lamar Odom and Sabrina Parr have decided to call off their engagement. According to *UsMagazine.com*, Odom and Parr's [celebrity break-up](#) stems from personal issues that Odom needs to work through on his own. The couple was engaged in November of 2019, just three months after first being seen together in Atlanta, and had planned their wedding for November 2021.

**According to Sabrina, this**

# celebrity break-up is a result of Lamar Odom needing to work on himself. How do you know if you're in a good place mentally and emotionally for a relationship?

## Cupid's Advice:

Sometimes the state of a relationship is dependent on internal factors, such as mental and emotional readiness, rather than external factors. If you are wondering if you're mentally and emotionally ready for a relationship, Cupid has some advice for you:

**1. You have other outlets of happiness:** Being in a relationship should be one of the highlights of your current life, but it should not be your only outlet of happiness. If the only thing that truly brings you joy is being around your partner, then you may not be mentally or emotionally ready for a relationship. Placing all of your happiness on one person can lead to unhealthy standards and more disappointments even if neither partner is in the wrong.

**Related Link:** [Celebrity Break-Up: Julianne Hough Files for Divorce from Brooks Laich 5 Months After Split](#)

**2. You're happy with the timing:** When you are in a sound mental and emotional place, you are often happy with the progression of your life. If you are content with the rate at which your relationship is moving, as well as how it fits into your life overall, then you are ready to be in that relationship. However, if you feel that this relationship will cause you to miss out on different areas of your life, you may be in the spot to commit mentally.

**Related Link:** [Celebrity Break-Up: 'RHOBH' Star Erika Jayne & Tom Girardi Split After 21 Years Together](#)

**3. You've processed past experiences:** An obstacle that many people face in relationships is getting over negative past experiences caused by an ex. If you are entering a new relationship but are still holding onto issues caused by a past partner, you may not be emotionally ready. However, if you've processed and coped with these past issues, then you are likely in a good spot to go forward with a relationship.

What are some other ways to tell if you're mentally and emotionally ready for a relationship? Start a conversation in the comments below.

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## Celebrity News: DeAnna Pappas Hints At Clare Crawley's Relationship Status with Dale Moss



 By Carly Silva

In the [latest celebrity news](#), DeAnna Pappas hinted at Clare Crawley and Dale Moss' relationship status when she appeared on the "Almost Famous" podcast earlier this month. According to *UsMagazine*, the [reality TV star](#) confirmed that *Bachelorette* Clare Crawley is apparently still smitten with Dale Moss, one of the contestants on Crawley's season of the *Bachelorette*.

# In celebrity news, DeAnna Pappas referred to Clare's relationship status multiple times in a recent podcast episode. What are some ways to keep outside chatter about your relationship from affecting you?

## Cupid's Advice

When gossip and rumors are circulating about your relationship, they can put a major damper on the excitement of being in love. If you're looking for ways to keep outside chatter about your relationship from affecting you, Cupid has some advice for you:

**1. Address it:** The most direct way to handle gossip regarding your relationship is to address it directly. This may mean confronting those spreading rumors in person, or even acknowledging haters online. While this may be an intense way of stopping the noise surrounding your relationship, it will definitely make it clear that you want the chatter to stop.

**Related Link:** [Celebrity News: Bachelorette Clare Crawley Spotted Wearing Diamond Ring](#)

**2. Go private:** Another way to avoid letting the negative rumors about your relationship affect you is to make your relationship less public. It will be extremely difficult for people to comment on and critique your relationship if they don't know anything about it. Try to limit how much you express your relationship on social media and start to enjoy your time with just your partner.

**Related Link:** [Celebrity News: Bachelorette Alum Tyler Cameron Says He and Hannah Brown Have Struggled to Figure Out](#)

## Relationship

**3. Switch your focus:** The best way to stop chatter surrounding your relationship from affecting you is to switch your focus to what really matters. Instead of listening or responding to the rumors and gossip, try focusing on your partner and your relationship instead. Don't spend your time caught up in what other people are thinking, and channel that effort towards nurturing your relationship.

**What are some other ways to keep outside chatter about your relationship from affecting you? Start a conversation in the comments down below!**

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# Celebrity Break-Up: 'RHOBH' Star Erika Jayne & Tom Girardi Split After 21 Years Together



 By Nicole Maher

In the latest [celebrity news](#), *Real Housewives of Beverly Hills*' couple Erika Jayne and Tom Girardi have announced their split. According to *EOnline.com*, their [celebrity break-up](#) comes following 21 years of marriage. The couple had originally met while Jayne was working in West Hollywood and were engaged after six months of dating. Despite being married for two decades, Jayne expressed frustration about the public's continued reference to the couples' age gap.

# In celebrity break-up news, it's over for Erika and Tom, who have been together for over two decades. How do you know when a long-term relationship has run its course?

## Cupid's Advice:

Break-ups are never easy, no matter how long you and your partner have been together. However, spending years, or even decades, with another person can make the process of breaking up even more challenging. If you are looking for signs that your long-term relationship has run its course, Cupid has some advice for you:

**1. Holding on to happier times:** Creating memories together can be one of the best parts of a relationship, but it can also cause people to remain in relationships that are reaching their end. If you find yourself holding on to memories that happened months or years ago, but have not made the same type of memories since, your relationship may have run its course. Breaking-up doesn't mean you have to forget all the great times in your relationship, it opens you up to new experiences.

**Related Link:** [Celebrity Break-Up: Julianne Hough Files for Divorce from Brooks Laich 5 Months After Split](#)

**2. You've grown in different directions:** People are constantly growing and changing over the years. It's possible that you and your long-term partner have grown in different ways since the beginning of your relationship. While this is no one's fault, staying together despite your different paths in life may continue to cause conflicts that you're already facing.

**Related Link:** [Celebrity News: Kristin Cavallari & Jay Cutler Reunite to Celebrate Halloween With Their Kids](#)

**3. Loss of feelings:** No one wants to be told that their partner has lost feelings for them. Likewise, many people might not want to admit they've lost feelings for their partner. However, it's possible of the course of a long-term relationship for feelings to change, and holding on to past feelings of love that have disappeared will eventually lead to an unhealthy relationship.

**What are some other signs a long-term relationship has run its course? Start a conversation in the comments below.**

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## **Celebrity News: Former 'Bachelor' Colton Underwood Says Cassie Randolph Dropped Restraining Order**



 By Carly Silva

In the [latest celebrity news](#), Colton Underwood addressed his status with ex Cassie Randolph after their messy break-up earlier this year. In September, Randolph filed a restraining order against Underwood, citing domestic violence prevention in the request, and accusing the [reality TV star](#) of stalking and harassment. According to *UsMagazine.com*, Underwood confirmed that Randolph has dropped the restraining order, and the two have since reached a private agreement.

# In celebrity news, things have been anything but civil between Colton and Cassie, but it seems they've come to a civil agreement. What do you do if you feel unsafe around your ex after a break-up?

## Cupid's Advice:

Sometimes break-ups can get seriously intense. If you feel unsafe around your ex after a break-up, Cupid has some advice for you:

**1. Let them know:** The first step you can take when you feel unsafe around your ex is to let them know. They may not realize they are making you feel that way. If you aren't comfortable speaking to them, you can have a mutual friend or a family member reach out for you and let them know how it is making you feel unsafe.

**Related Link:** [Celebrity Break-Up: Christina Anstead Talks About Choosing Peace Over Drama After Split](#)

**2. Cut off communication:** If you feel that circumstances with your ex have become even more intense, or if you are extremely uncomfortable around your ex, cutting off communication may be a good idea. Be sure not to communicate through social media, as it can only add fuel to the fire.

**Related Link:** [Celebrity Break-Ups: Former Bachelor Colton Underwood Cassie Randolph Restraining Order Court Hearing Set for October](#)

**3. Take action:** If you believe that your ex may even be dangerous, it may be necessary for you to take legal action.

Filing a restraining order or police report, or even just letting your family and friends know, can help to protect you. Take whatever safety measures you need to take to ensure that you feel safe and comfortable after your break-up.

What are some other things you can do if you feel unsafe around your ex after a break-up? Start a conversation in the comments down below!

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## Celebrity Vacation: Maren Morris Celebrates Ryan Hurd's Birthday with Romantic Getaway



By Carly Silva

In the [latest celebrity news](#), Maren Morris celebrated Ryan Hurd's birthday with a romantic getaway to the Tennessee mountains this weekend. According to *UsMagazine.com*, this [celebrity couple](#) has been going strong together since 2017.

**This celebrity vacation was a celebration! What are some ways to make your partner's birthday special?**

**Cupid's Advice:**

Finding new ideas to make your partner's birthday special can be difficult, especially if you've been together for a long time. If you're looking for some ways to make your partner's birthday extra special this year, Cupid has some advice for you:

**1. Get them something sentimental:** A great way to make a birthday feel special for your partner is to get them something meaningful as a gift. Thinking of sentimental and thoughtful gifts to give, like a handmade card, a handwritten poem, or a scrapbook of some sort will let your partner know how much you care, and can make their birthday feel even more special.

**Related Link:** [New Celebrity Couple: Zac Efron Is Dating Model Vanessa Valladares](#)

**2. Surprise them with an experience:** If you are trying to find an extravagant gift for a partner's birthday, surprising them with an experience is a great way to go. Whether it is tickets to a game or show, a day of adventure planned, or a vacation getaway, there are plenty of events that you can surprise your partner with to make their day extra exciting. You can even make the surprise as simple or extravagant as you want.

**Related Link:** [Celebrity Couple News: Jacob Elordi & Kaia Gerber Confirm Relationship With a Kiss](#)

**3. Do the little things:** If you want your partner's day to be super special, but you aren't planning on doing something huge and extravagant, there are also ways to make their birthday special by doing the little things. Cooking your partner breakfast, bringing them coffee at work, setting up a candlelit dinner, or any other small effort can make their birthday extra special without costing a lot of money.

**What are some other ways to make your partner's birthday special? Start a conversation in the comments down below!**

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# Celebrity Break-Up: Julianne Hough Files for Divorce from Brooks Laich 5 Months After Split



By Carly Silva

In the latest [celebrity break-up](#) news, Julianne Hough has officially filed for divorce from [celebrity ex](#) Brooks Laich. According to *UsMagazine.com*, the pair, who tied the knot in 2017, announced their split five months before officially filing for divorce earlier this week.

**In celebrity break-up news, it's officially over between Julianne Hough and Brooks Laich. How do you know when your relationship is irreparable?**

## **Cupid's Advice:**

Trying to salvage a relationship can be tricky, so it's important to know when to call it quits. If you're looking for signs that your relationship is irreparable, Cupid has some advice for you:

**1. You've already tried everything:** If you're trying to decide

if your relationship is able to be fixed, it's important to assess what you've already tried. If you and your partner have tried to fix things for quite a long time, or even tried therapy, and you find yourself exhausted because things still aren't working, it may be time to call it quits.

**Related Link:** [Celebrity Divorce: Ant Anstead Says He Lost 23 Pounds Amid Divorce from Christina Anstead](#)

**2. Your relationship has become harmful to one or both of you:** Another sign that may help you know that your relationship is irreparable is if you find the relationship to be doing more harm than good to one or both of you. Once your relationship makes you and your partner unhappy often or has caused damage or harm to you, that is definitely a major sign that it may not be salvageable anymore.

**Related Link:** [Celebrity Break-Ups: Lenny Kravitz Blew It During First Meeting with Ex Lisa Bonet](#)

**3. You no longer trust each other:** Another sign of an unfixable relationship is a lack of trust. Continuing in a relationship without trusting your partner will only cause more problems down the road, so if you have tried everything to rebuild trust, and you still can't rely on each other, your relationship may not be repairable at that point.

**What are some other ways to tell that your relationship is irreparable? Start a conversation in the comments down below!**

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**Celebrity News: Kristin**

# Cavallari & Jay Cutler Reunite to Celebrate Halloween With Their Kids



 By Nicole Maher

In the latest [celebrity news](#), Kristin Cavallari and Jay Cutler celebrated Halloween together with their kids despite being in the midst of a divorce. According to *EOnline.com*, Cavallari shared an Instagram post showcasing the [celebrity exes'](#) costumes, along with those of their three children. The couple first announced their divorce in April of this year after ten years of marriage, and Cavallari has been rumored to be casually dating comedian Jeff Dye.

**In celebrity news, these exes took the high road and celebrated Halloween together with their kids. Why should you come together as a family for holidays if you're not together as a couple anymore?**

## **Cupid's Advice:**

Holidays can be challenging for separated families, especially when both parents want to be present. Even though it may be difficult to come together for a holiday with your ex, it may be worth it. If you are looking for some reasons to come together as a family for the holidays, Cupid has some advice for you:

**1. Create new memories:** Holidays are the perfect occasion for creating memories with your children. It is important not to skip out on these types of memories just because you are no longer with your partner. Looking back, both you and your children will be happy you chose to spend these days together as a family despite any differences.

**Related Link:** [Celebrity Couple News: Jeff Dye Appears to Reference New Romance With Kristin Cavallari in Funny Post](#)

**2. Demonstrate healthy relationships:** Spending the holidays together despite no longer being together is a great way to demonstrate healthy relationships to your children. They will learn that even if two people have a differing opinion on something, it is still possible to compromise and communicate effectively. They will also learn how to set realistic expectations and boundaries in their future relationships.

**Related Link:** [Celebrity Break-Up: Christina Anstead Talks About Choosing Peace Over Drama After Split](#)


**3. Relieve family stress:** Whether people are showing it or not, the holidays can be stressful for everyone involved in a separated family. While you may be worrying about not being able to see your children on a specific holiday, they may be facing the same fear. By making an effort to all be in the same house, you'll be relieving stress for everyone involved.

**What are some other reasons you should come together as a family for the holidays? Start a conversation in the comments below!**

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# Celebrity News: Megan Fox Slams Ex Brian Austin Green for Sharing Halloween Photo of Their Son



 By Nicole Maher

In the latest [celebrity news](#), Megan Fox publicly slammed her [celebrity ex](#) Brian Austin Green for sharing a photograph of their son on Halloween. According to *UsMagazine.com*, Green posted an image of himself along with the couple's youngest son, Journey, to his Instagram. Fox was quick to comment on the image and questioned why her estranged husband did not crop their child out of the image. The [celebrity couple](#) officially split in May of this year after 10 years of marriage.

**In celebrity news, there's definitely some drama between these exes, who share three kids together. What are some ways to iron out parenting differences with your ex?**

## **Cupid's Advice:**

It can be difficult to navigate co-parenting with an ex, especially if you have differing opinions on many fronts. If you are looking for some ways to iron out parenting

differences with your ex, Cupid has some advice for you:

**1. Establish predetermined rules:** An easy way to prevent conflict or differences from arising in the future is to establish some predetermined rules. If you are against having your children featured on social media, or want a universal curfew for both of your houses, these are rules that can be established ahead of time. Be sure to keep these rules straightforward and collaborative to help eliminate as many parenting differences as possible.

**Related Link:** [Celebrity Divorce: Ant Anstead Says He Lost 23 Pounds Amid Divorce From Christina Anstead](#)

**2. Ask for permission:** There will always be gray-area when it comes to parenting, whether you and your partner are still together or not. A great way to avoid differences is to simply ask for permission when you are unsure if what you're about to do will upset the other parent. The other person involved will appreciate the open communication and hopefully do the same when faced with a situation they are unsure of.

**Related Link:** [Celebrity News: Cardi B & Offset Spotted Kissing at Her Birthday Party One Month After Split](#)

**3. Discuss differences privately:** While it can be frustrating to navigate parenting differences, especially when they are repetitive issues, it's important to discuss these differences privately. Opening up your conflicts to many other people, such as posting on social media, will only add unnecessary tension to the strained relationship and make it harder to iron out differences in the future.

**What are some other ways to iron out parenting differences with your ex? Start a conversation in the comments below.**