

# Chris Rock and Wife Malaak Compton-Rock Are Divorcing After 18 Years



By

Maggie Manfredi

Sad news comes our way from comedian Chris Rock. According to [UsMagazine.com](http://UsMagazine.com), the funny man and his longtime wife Malaak Compton-Rock are getting a divorce after almost 20 years together. Rock's rep reported, "This is a personal matter, and Chris requests privacy as he and Malaak work through this process and focus on their family." The couple have two children together.

**How do you know when it's time to call it quits on a longterm relationship?**

## Cupid's Advice:

Every relationship has its ups and downs, and some unfortunately come to an end after a rough patch. Cupid has some thoughts on how to know it's time to split:

**1. You're not happy:** It's never easy to leave a life that's totally connected to someone else. However, if you are never feeling or finding happiness within it, then it might be time to call it quits.

**Related Link:** [Nicki Minaj Blasts Her Ex-Boyfriend on Twitter](#)

**2. You've made other plans:** Have you been planning your future...with your partner out of the picture? If you no longer envision spending time with your significant other, this is a definite sign that you should move on.

**Related Link:** ['Bachelor' Chris Soules Opens Up About Finding His Future Wife](#)

**3. You've tried your best:** You've given counseling a shot, or you've talked it through and worked on things as a couple independently of a therapist, but nothing has changed. Don't get trapped; this is a sign that, even with effort, neither of you are where you want to be.

**What are your thoughts on splitting after a long relationship? Share with us below.**

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# Bruce Jenner Attends Ex-Wife

# Kris' Annual Christmas Eve Party



By

[Katie Gray](#)

It's the most wonderful time of the year! On December 24th, former Olympian Bruce Jenner joined his daughters Kylie and Kendall at his ex-wife Kris Jenner's annual Christmas Eve party. The Jenner/Kardashian clan partied the night away, and they even had festive photobooth fun. According to [UsMagazine.com](#), Kris Jenner said of their divorce, "You just have to be grown-ups. And say, 'We're better apart than we are together.' At the same time, we have children together, and we have memories and holidays and traditions. I don't want to give that up. I don't want him to take that away from me, and I don't want to take that away from him."

**What are some ways to remain amicable with your ex around the**

## holidays?

### Cupid's Advice:

Remaining civil with an ex is always a challenge, but it becomes even more important when you have kids and are set on making the holidays a happy time. Cupid has some tips:

**1. Negotiate:** It's extremely important to remain amicable with your ex around the holidays if there are children involved. It's a special time for family to come together, and even if you're separated, you are still connected through your family. This means it's a good idea to learn how to enjoy the company of one another during holiday celebrations. You don't have to spend a ton of time with your ex, but you should at least tolerate being around them for the sake of everyone else involved. Plus, it's not good to be bitter and hold onto negativity. You will be much happier when you forgive and are at peace.

**Related Link:** [Kris Jenner Officially Files for Divorce from Bruce Jenner](#)

**2. Set an example:** Traditions are a crucial part of the festivities this time of the year. Whether it's making a gingerbread house, seeing the lights, attending midnight mass, decorating the Christmas tree, or visiting Santa, you should keep these traditions alive! Your kids want to be surrounded by you both, so don't make them choose and don't suffer by being alone. Put your differences aside.

**Related Link:** [Find Out Why Kris Jenner is 'Livid' at Bruce Jenner](#)

**3. Just smile:** Don't worry; be happy. No matter how you may be feeling, push through it and stay strong for your family. Put on a happy face because your kids and family want to see you that way. It will not only make them feel better, but it will

help you as well. This is the time of year when we are thankful for our blessings and are grateful for the relationships we have with loved ones. Look around and see how fortunate you are. There is so much to smile about in life!

What are some ways you have remained amicable with your ex for the holidays? Share your stories below.

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## Kate Hudson and Matthew Bellamy Spotted Shopping in Aspen Post-Split



By

[Courtney Omernick](#)

Who says exes can't be friends? Kate Hudson and Matthew Bellamy were spotted in Aspen this week as they were finishing some Christmas shopping, according to [UsMagazine.com](http://UsMagazine.com). The pair recently ended their relationship after a three-year engagement. Hudson and Bellamy have one child together, son Bingham.

## **How do you know how much space to give your ex post-split?**

### **Cupid's Advice:**

Breakups can have different outcomes depending on the couple. Sometimes, it's mutually beneficial and no harm has been done. Other times, one or both members are left feeling many different emotions all at once. So how do you know how much space to give your ex post-split? Cupid has listed some tips below:

**1. Assess their emotions:** If it was a mutual breakup and the other person also clearly thought that it was for the best, you probably don't have to give them too much space. However, if you both disagreed about the breakup and there are hard feelings, you may want to give your ex more space before you're able to be friends or hang out post-split.

**Related Link:** ['Bachelor in Paradise' Lovebirds Cody Sattler and Michelle Money Breakup After Six Months](#)

**2. Consider how long you've known them:** If the two of you have been friends since you were teenagers and you've been dating for the last five years and if the relationship didn't end because of a cheating scandal, you won't have to give the other person too much space. But if you haven't known each other very long and it ended because you both want to go different directions with your lives, you might want to hold off on a lot of contact.

**Related Link:** [Single in Stilettos Show: How to Move On After a](#)

## [Breakup](#)

**3. Blended friend group:** If you've been together for a long time or if you both work at the same office, went to the same school, etc., you might have the same friends, and you may not be able to take a break from each other for long. If this is the case, you should figure out how to behave around each other as friends as quickly as possible.

**How have you known how much space was needed for your ex post-split? Comment below!**

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# Nicki Minaj Blasts Her Ex-Boyfriend on Twitter





By

Maggie Manfredi

Oh no she didn't! According to [UsMagazine.com](http://UsMagazine.com), Nicki Minaj and her ex Safaree Samuels took their drama public on Saturday, Dec. 20. Minaj tweeted, "Even when I try to protect ppl, they still try to take advantage of me. Haven't u learned that God is in control? Stop while you're ahead. Anything you don't appreciate will be taken. God sees your ungrateful evil soul. I gave and gave and gave. Threatening me? Blackmail? Jump," she continued. "30K watch the night my cousin was killed on the street like a dog. More than rappers. But it was never enough. Don't make me. Too much love."

**What are some ways to keep things civil after a breakup?**

### **Cupid's Advice:**

Breakups are tough, especially when one of the parties airs your dirty laundry. Cupid has some advice on how to keep things civil:

**1. Stay offline:** Just stay off the Twittersphere and Facebook with your personal information. If you need to vent, talk to a close friend or write it out in your journal. Once you post

something on social media, it's hard to get it back. The last thing you want is to regret something down the line.

**Related Link:** [Heidi Klum Protects Her Kids From Public Split](#)

**2. Don't fear counseling:** If you are struggling after your split, don't be afraid to seek outside help. Talking it through with a therapist might be just the release you need. Someone who isn't invested in the situation and who is impartial can give you advice with an unbiased outlook.

**Related Link:** ['Bachelor in Paradise' Lovebirds Cody Sattler and Michelle Money Breakup After Six Months](#)

**3. Have fun:** Go out with your friends, try new things and play. Life is short, so try not to get caught up in the past. Though it's easier said than done, those close to you can help.

**How do you feel about tweeting about your ex? Share your thoughts below!**

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## **'Bachelor in Paradise' Lovebirds Cody Sattler and Michelle Money Breakup After Six Months**





By

[Sarah Batcheller](#)

One of the happiest reality television love stories has come to an end. [UsMagazine.com](#) revealed that Cody Sattler and Michelle Money, who met on Season 1 of *Bachelor in Paradise*, have gone their separate ways after a cross-country move and six months of dating. Both stars took to social media to gracefully announce their split, and inform fans that they will remain lifelong friends. The single mom sweetly wrote, "Cody truly has blessed my life and the life of my daughter in more ways than he will ever know. His positive impact on Brielle is something I will forever be grateful for."

### **How can you properly announce a breakup?**

#### **Cupid's Advice:**

The end of a relationship can be tough not only on you and your ex but on your loved ones as well. After all, they too have grown close to your former partner during your time together. Here are three ways to gracefully share the news of your breakup:

**1. Inform family and close friends first:** In this case, Money

has a young daughter, who spent a lot of time with Sattler. The closest people to you should always hear the news first because it will affect them the most. It's better for those who had some emotional stake in the relationship to be able to process it before everyone else hears about it.

**Related Link:** [Screwing the Rules Video Dating Tips: 'Tis the Season to...Breakup?](#)

**2. Don't share too many details:** Relationships are very personal, and that means breakups are too. If and when you announce your split on social media or in some other public way, don't disclose any intimate details that you'll regret having shared later on.

**Related Link:** [Single in Stilettos Show: How to Move On After a Breakup](#)

**3. Make sure both of you are on the same page:** Per the above statements, you want to make sure that you and your ex agree on who to tell and what details to reveal. You also want to agree on how and when you announce your breakup publicly. It may be uncomfortable, but it's the last thing you'll ever have to negotiate, so keep it amicable.

**How have you exited a relationship gracefully? Tell us in the comments below!**

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## **Mel B Walks Out on Husband Amid Domestic Abuse Rumors**



By [Courtney Omernick](#)

[Courtney Omernick](#)

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

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

### **Cupid's Advice:**

The dark side of a relationship is never easy to talk about, but there are many people out there who are unfortunately involved in abusive relationships, whether they are emotional or physical. However, there are ways to cope with the abuse and seek help. Below are three pieces of advice:

**1. Put your safety first:** Abusers rarely change. Think about

your needs and how you can meet them while staying safe.

**Related:** [Kourtney Kardashian and Scott Disick Welcome Third Child – A Baby Boy!](#)

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

**Related:** [Angelina Jolie Gushes About 2014 Saying 'I Married My Love'](#)

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

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

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**'Slumdog Millionaire' Stars Freida Pinto and Dev Patel Breakup After Six Years Together**



By

[Whitney Johnson](#)

All good things must come to an end! According to [UsMagazine.com](#), *Slumdog Millionaire* costars Freida Pinto and Dev Patel have called it quits after nearly six years of dating. In happier times, the adorable couple considered themselves “soul mates,” but a source confirms that they’ve been over for a while now. “Freida is single and happy,” another source adds. “Friends are setting her up.” Pinto even celebrated her 30th birthday in October with billionaire Siddhartha Mallya by her side.

**How do you establish yourself as an individual after being part of a couple for a long time?**

### **Cupid’s Advice:**

It’s easy to get caught up in your partner’s interests during a longterm relationship. If they cheer for the Dallas Cowboys,

you may find yourself ordering a Romo jersey and blowing your paycheck on tickets on the 50-yard line. After a breakup though, it's time to rediscover what makes *you* tick. Here are three ways to establish yourself as an individual after being part of a couple for a long time:

**1. Invest in a new hobby:** Have you always wanted to learn how to knit? Or do you want to take photography classes at your local arts center? Sign up now! Embrace your newfound independence. Instead of wallowing in your loneliness, take full advantage of your free time and put it to good use.

**Related Link:** [Selena Gomez Cries Singing Song About Justin Bieber at AMA's](#)

**2. Reconnect with loved ones:** Perhaps you missed out on birthdays and baby showers because you were so wrapped up in your love life. Rather than dwell on the past and feel guilty about your behavior, use the upcoming holidays as an opportunity to revitalize these relationships and make an extra effort to spend time with your friends and family.

**Related Link:** ['Bachelor' Winner Nikki Ferrell Confirms Split from Juan Pablo Galavis](#)

**3. Do you:** Take your favorite book to a local coffee shop and spend a few hours reading and people watching. Binge-watch *Scandal* on Netflix without your partner interrupting the most intense moments. Or spend your Sunday flipping through fashion magazines instead of devoting the final day of the weekend to football. Remember what *you* love to do...and do it!

**How did you establish yourself as an individual after a breakup? Tell us in the comments below!**

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# Leonardo DiCaprio and Longtime Love Toni Garrn Call it Quits



By

[Sarah Batcheller](#)

After over a year of dating, Leonardo DiCaprio and model Toni Garrn have ended their relationship. According to [UsMagazine.com](#), news of the split came shortly after the 40-year-old actor was seen leaving a Miami nightclub flanked by 20 women. DiCaprio has a history of dating models, and sadly, it looks like Garrn won't be his happily-ever-after.

**What are some ways to recover from a breakup after a long-term relationship?**

**Cupid's Advice:**

Being heartbroken can make you blind to moving on, so you need to recover a bit and get your life back. Cupid has some tips:

**1. Don't act scornfully:** Lashing out at your ex via phone call, text, e-mail, etc., will only worsen the hurt you're experiencing. Instead, whenever thoughts of the break-up cross your mind, choose a peaceful thought or action- like meditation, yoga, or talking to your friends- to ease the sting.

**Related Link:** [How To Break Up Without Breaking Them Down](#)

**2. Stay busy and productive:** It has been proven time and time again (by no one but ourselves) that slumping on the couch with a sad movie and ice cream doesn't help. Don't put your life on hold because of a split! Channel the emotions positively and excel at work, school, or your favorite hobbies.

**Related Link:** [Cupid's Weekly Round-Up: Surviving a Breakup](#)

**3. Don't move on too soon.** If you still find yourself missing your ex, and you're not ready to go out meeting new people, then don't! There's no rush. It takes time to heal and process the end of a relationship- that's the only way to learn from it. Take your time getting over them.

**What do you do to get over a bad break-up? Tell us in the comments!**

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# Single Khloe Kardashian Shares Sad Instagram Post



By

Maggie Manfredi

The breakup blues! According to [UsMagazine.com](http://UsMagazine.com), Khloe Kardashian is taking to social media in light of her second split from French Montana. It was also this time last year that Kardashian filed for divorce from Lamar Odom. The *Keeping Up With The Kardashians* star instagrammed a melancholy quote about saying goodbye, making it hard for her followers not to feel her pain. We love you, KoKo!

**What are some ways to conquer loneliness around the holidays?**

**Cupid's Advice:**

Are you single or away from your loved ones this holiday

season? Don't fret! Cupid has some advice on how to still enjoy the most wonderful time of the year:

**1. You better watch out:** If you have ABC Family, you can get so much holiday cheer from one channel! From the the Grinch to Rudolph, solo nights snuggled up on your couch with Chinese food will be filled with classic characters.

**Related:** [Khloe Kardashian and French Montana Split For Second Time](#)

**2. You better not cry:** Take this opportunity to help those less fortunate than you. Donate to your office's toy drive or dedicate some weekend time to community service to experience some joy in giving back.

**Related:** [Prince William and Kate Middleton Meet jay-Z and Beyonce](#)

**3. Santa Claus is coming to town:** Even if you are lonely or sad this season, remember to count your blessings. Send out positive vibes instead of perpetuating a Scrooge-like mentality, so that in the future, good things and good people will come your way.

**How do you cope with holiday woes? Share with us below!**

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# **Chris Brown Says Karrueche Tran Dated Drake and Didn't Visit Him in Jail**



By

Maggie Manfredi

Chris Brown handled his recent breakup with Karrueche Tran poorly...and nobody is shocked. According to [UsMagazine.com](http://UsMagazine.com), the former couple are taking to social media to release some of their emotions around the break up. She claimed she was mistreated, while he claims she cheated on him with Drake! Brown has nothing nice to say, so we kindly ask that he doesn't say anything at all.

**What do you do if your partner gets involved negatively with the law?**

### **Cupid's Advice:**

When things go wrong with an individual in a relationship, it's tough on the partner as well. Here is some advice if your significant other gets involved with the law:

**1. Be honest:** In order to survive, you both have to

communicate effectively. Be open and share your thoughts candidly.

**Related:** [Khloe Kardashian and French Montana Split for Second Time](#)

**2. Think long-term:** Are they going away for awhile? Before the trouble, where were you at in this relationship? Do you see a longtime commitment for this relationship? These are the questions to ask at this crossroad.

**Related:** [If Men Were Like Santa's Reindeer, Which One Would You Choose?](#)

**3. Be there:** If you are in it for the long haul, it's important to show your support and help your partner through this tough time. Don't excuse bad behavior but remember that everyone makes mistakes.

**Do you have any thoughts on Chris Brown's actions? Share with us below!**

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## Kendra Wilkinson Opens Up About Sleeping with Hugh Hefner on 'I'm a Celebrity'





By

Amanda Boyer

Kendra Wilkinson is most recently being featured on a British television show called, *I'm A Celebrity, Get Me Out Of Here!*, and it seems she's had quite a ride so far! Before leaving for the show, according to [UsMagazine.com](http://UsMagazine.com), Wilkinson and husband Hank Baskett opened up about their decision to give their marriage another go after their very public cheating scandal. On Monday, another contestant on the show confronted Wilkinson on her prior love life with Hef after finding out this information.

**What do you do if you don't want to reveal intimate details when a friend asks?**

### **Cupid's Advice:**

Want to change the subject or move on from discussing your personal life? Cupid has some tips:

- 1. Say no:** Be direct and tell them that is your own business and no one else's. They will understand it is not their place to ask how you feel.

**Related:** [Despite Reports, Kendra Wilkinson Is Still Married to Hank Baskett](#)

**2. Change it up:** If you do not want to talk about it, find something else to bring it up. Changing the subject is always a good idea and will not get you angry.

**Related:** [Source Says Kendra Wilkinson Is Going 'Back and Forth' About Divorce Decision](#)

**3. Crack a joke:** If you want to get a laugh out of the situation rather than making a scene, make a joke or tell a funny story.

**Have another way to deal with confrontation? Comment below!**

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## Selena Gomez Cries Singing Song About Justin Bieber at AMA's





By

Maggie Manfredi

The heart wants what it wants. According to [UsMagazine.com](http://UsMagazine.com), Selena Gomez stunned the audience at the AMA's on Sunday night with an emotional performance of her hit single. She dazzled in a flowing cream dress with her hair pulled back. The performance included a pre-recorded phone conversation of a sad Selena, some intense imagery and a teary superstar at the end of the performance. Celeb bestie Taylor Swift was also affected as she watched from the audience. "The Heart Wants What It Wants" singer recently shared that the muse for the song, Justin Bieber, "thought it was beautiful."

**What are some ways to express emotion to your partner when words won't cut it?**

### **Cupid's Advice:**

Sometimes when it comes to love, words just aren't enough. Here is some advice on how to let your feelings out in different ways:

**1. Write it down:** If you've tried to say the things you need

to say and they won't come out right, write it down. Sometimes that's what you need to process the thoughts in your head.

**Related:** [Back Together? Justin Bieber and Selena Gomez Snap Cozy Pic in Canada](#)

**2. Read about it:** If writing isn't your forte turn to the words of John Keats, William Shakespeare or Emily Dickinson. Reading words of love and lust and loss may be just what you need to express your own emotion through a different outlet.

**Related:** [Reunited Exes Justin Bieber and Selena Gomez Attend Bible Study](#)

**3. Don't forget about intimacy:** When you are with someone you cannot forget about the simplicity of intimacy. Nonverbal communication has a lot of power, don't be afraid to use it.

**What did you think of Selena's performance? Share with us below!**

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# Bill Cosby's Longtime Producers Say Sexual Assault Allegations "Beyond Our Comprehension"





By

[Katie Gray](#)

Bill Cosby's producers have denied the allegations that he drugged and sexually assaulted women early on in his career. These rumors surrounding Cosby have shocked the world, as he is known for being a kind and funny character on his shows. He is most well-known for his sitcom *The Cosby Show*. "The Bill we know was a brilliant and wonderful collaborator on a show that changed the landscape of television," Tom Werner and Marcy Carsey said in a statement Thursday, according to [People](#). "These recent news reports are beyond our knowledge or comprehension."

**How do you help a friend if he/she has been sexually assaulted?**

### **Cupid's Advice:**

Sexual assault is one of the greatest offenses one can commit, and it damages its victims both physically and psychologically. Cupid has some tips on what to do if you find out a friend has gone through it:

**1. Safety:** The most important thing is to make sure your

friend is safe. If they aren't, make sure you take every precaution and all of the steps needed to get them safe and secure. Encourage them to seek medical attention and counseling, with professionals who specialize in this topic.

**Related:** [Hollywood Portrayals of Domestic Violence](#)

**2. Support:** The key thing in an unfortunate situation like this, is to listen to your friend and make sure that they know they are being heard. Talk them through this hard time and remind them that it wasn't their fault. It's also good to validate your friend's reactions and feelings, with what they are going through. Don't blame or judge, just support and listen.

**Related:** [Celebrity Scandals](#)

**3. Serenity:** Provide a peaceful atmosphere for your friend. Help them to feel relaxed, stable and calm. Make sure they know they are in a safe and confidential environment. Do not ask them questions that are unhelpful and don't pry. Simply listen and be there for them, the way a friend should be. They will tell you what they are comfortable with and you have to respect that. The fact that they are opening up to you at all, shows that they trust you.

**What are some ways you have helped your friend who was sexually assaulted? Share your stories below.**

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# Kendall Jenner Says Parent's Split 'Sucked'



By

Amanda Boyer

According to [USMagazine.com](http://USMagazine.com), Kendall Jenner opened up to *Nightline*'s Juju Chang recently about how fame affected her during her parents' split this past year, and how she's learned to deal with the media. She stated how "it sucked" and how she tries to think of it as not the worst thing that could have happened in her life. Although the split has affected her, she still has two stable and close bonds with both her parents and says nothing really has changed outside of her Dad moving.

**What are some ways to keep your split from negatively affecting your children?**

**Cupid's Advice:**

A divorce is never easy to deal with, but making it easier on your kids should always be the goal. Cupid has some tips:

**1. Feelings:** Someone's feelings are always going to get hurt in this situation. However, if you do not sway your kids to thinking one way or the other about your partner, they will be able to form their own opinion with less emotional connections involved.

**Related:** [Kendall Jenner Opens Up About Parents' Divorce Rumors](#)

**2. Messengers:** Do not treat your kids as messengers between you and your partner. Not putting them in the middle is best.

**Related:** [Find Out Why Kris Jenner Is 'Livid' at Bruce Jenner](#)

**3. Listen:** If they have a question or just want to talk about it, do not shut them out. Listen and be as open and honest as is appropriate.

**Have anything to add? Comment below!**

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## **'Cake Boss' Star Buddy Valastro Arrested in NYC for DWI**





By

Amanda Boyer

Star of the hit TLC show *Cake Boss*, Buddy Valastro, was arrested in NYC on Thursday, Nov. 13, on drunk driving charges and received a DWI. According to [USMagazine.com](http://USMagazine.com), the police spotted his corvette along a local road “driving erratically” around 1 a.m., and he was immediately pulled over. CupidsPulse.com interviewed Valastro back in May when he spoke highly of his father, family and children, saying the show hasn’t changed him. After it was confirmed that Valastro was intoxicated, he received his first ever offense.

**How does an arrest impact your spouse and children?**

### **Cupid’s Advice:**

To avoid a lifetime of guilt, read ahead to see the impact an arrest can cause in the long-run:

**1. Disappointment:** Your family will look at you differently and will be upset with you. This will also make people view you differently. Your credibility will change instantly and may last a lifetime, all because of one incident.

**Related:** [‘Cake Boss’ Star Buddy Valastro on His Marriage: “I’m a Lucky Man Because the Show Hasn’t Changed Us”](#)

**2. Being included:** Your family will not want to include you in activities they normally wouldn’t think twice about. You’ll be on the outside looking in instead of the other way around.

**Related:** [Buddy Valastro and Wife Renew Wedding Vows After 10 Years](#)

**3. Embarrassment:** One of the worst results of getting in trouble with the law is that your spouse and children may be embarrassed by you. Not only will others view you differently, but they may keep their distance from your family as well. It’s a bad feeling to have such an effect on the lives of those you love.

**Have anything to add? Comment below!**

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## ‘The Bachelor’ Winner Nikki Ferrell Confirms Split from Juan Pablo Galavis





By

[Emily Meyer](#)

Sadly, it has been confirmed that another *Bachelor* couple has split. After speculation that there was trouble between celebrity couple Nikki Ferrell and Juan Pablo Galavis, Ferrell confirmed the celebrity breakup. According to [E! Online](#), the split happened over her birthday weekend. The pediatric nurse revealed, "We were just going back and forth through texting. He was questioning the relationship, and I was questioning it back. I sent him a message saying, 'We should fight for this. We should work this out.' And he didn't respond." That's when the 28-year-old posted her angry message to Instagram. She confessed, "In hindsight, I probably shouldn't have done that. I'm a tad bit impulsive." Regardless, the two still have love for one another. Ferrell said, "Who knows what the future holds, but at this point in our lives, it's not working for either one of us."

**Celebrity couple Nikki Ferrell and Juan Pablo Galavis were pretty**

# upset about their celebrity breakup. How can you stay positive when ending a relationship?

## Cupid's Advice:

We've all been there: a bad breakup that makes you feel like you'll never be happy again. We know being strong is challenging, but staying positive can help you get through the tough times that are ahead. We know this celebrity couple will get through it and so can you. Here are three tips on how to stay positive when going through a split:

**1. Forgive and forget:** A big part of being positive is learning to let things go. Not all relationships work, so there is no reason to blame yourself or your ex. Learn to move on and remember the good times you shared.

**Related Links:** [Have 'Bachelor' Couple Juan Pablo Galavis and Nikki Ferrell Split?](#)

**2. Reconnect with yourself:** You have been part of a partnership for so long; now is the time to focus on yourself again. Find out what it is that truly makes you happy and pursue it, whether it's exploring a new hobby in photography or spending extra time with your best gal pals.

**Related Links:** [Can You Really Find Love on 'The Bachelor'?](#)

**3. Surround yourself with good people:** It's important to surround yourself with friends and family who love and support you. Find things that make you smile and laugh. The happier you are, the sooner you will forget about the breakup and be ready to open yourself up to love again.

**What are some other ways you can stay positive during a breakup? Share below!**

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# Jennifer Lopez Reveals Ben Affleck Was Her “First Big Heartbreak”



By

[Katie Gray](#)

Don't be fooled by the rocks that she got; she's still Jenny from the Block! Superstar, Jennifer Lopez, AKA JLo, has revealed in a recent interview that her first big heartbreak was her split with actor Ben Affleck. They had co-starred in the film *Gigli* together. She opened up about how she was devastated over the split in a recent interview with Maria Shriver that is set to air on November 3rd and 4th on *The Today Show*. Lopez is multi-talented; she's a singer,

songwriter, actress, dancer, fashion designer, author, perfume creator, producer and judge on *American Idol* among a variety of other successful endeavors. According to [UsMagazine.com](https://www.usmagazine.com), the lovely Lopez stated in her interview, "It was probably my first big heartbreak, and to have one of my best friends who I'd known for years, who I actually love and did have chemistry with, come into my life and say, 'I'm here'...What you need to know is, nobody can save you or heal you," she continued. "Only you can do that for you."

## **What are three immediate ways to start getting over heartbreak?**

### **Cupid's Advice:**

Heartbreak is one of the most difficult things to deal with in life, so it's important to remember that there is always light at the end of the tunnel. Cupid has some ways to help you get over your heartbreak immediately:

**1. Love, love, love:** Directly after a split from a significant other, it's important to surround yourself with your loved ones. They will build you up, recharge your energy, give you hope for the future and inspire you to keep on going. Take a look around and realize that you are not in fact alone, and see how loved you truly are.

**Related:** [Heartbreak: Heal and Move On](#)

**2. Personal bubble:** Although you shouldn't completely close yourself off from the world forever, it's important to retreat into your own personal bubble and take time for yourself. Spend your time thinking, relaxing and doing things that YOU enjoy. Don't worry about everyone else for a change, this is the exception where being selfish is totally acceptable. Do something for yourself, reflect back on things and focus on resting because you are probably in desperate need of it.

**Related:** [Celebs Turn to 'Dancing With The Stars' to Heal Heartbreak](#)

**3. I'm a diva:** Pamper yourself! Even though you're feeling sad on the inside, you can look fabulous on the outside which will lead to feeling good inside too. The saying goes, 'If you look good, then you feel good.' It's time to enjoy yourself and get back on the top of your game. Go to the hair salon and get your locks looking on point, get a fresh manicure/pedicure, go to the spa and enjoy a massage, do a facial, take a bubble bath, have your eyebrows waxed, do some shopping and treat yourself to your favorite foods and desserts. Like Teresa Giudice says, "Count your blessings. Not calories." Meditating and doing yoga are also ways to heal you on the inside and relax. Allow yourself to feel positive energy and be zen. There is so much to look forward too, remember that.

**What are some ways you have healed your heartbreak immediately? Share your thoughts below.**

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## **Find Out Why Kris Jenner Is 'Livid' at Bruce Jenner**





By

Amanda Boyer

It seems that Kris Jenner is in an angry place while she tries to promote her new book, "In the Kitchen with Kris." According to [UsMagazine.com](http://UsMagazine.com), Kris has only been releasing positive statements about her husband, Bruce, while sources say that in reality, she is embarrassed by the current situation. According to a source, Kris is "livid" because Bruce was recently spotted stepping out with Kris' longtime BFF Ronda Kamihira.

**What do you do when you're jealous about your ex's new partner?**

### **Cupid's Advice:**

Are you jealous after seeing your ex with his/her new partner? Read ahead for some advice on what to do in this situation:

**1. Distance:** Keep your distance from them. If you never see them, they will not be on your mind as much. Sometimes that's easier said than done, but do your best.

**Related:** [Kris Jenner Gets Cozy with New Man Corey Gamble at](#)

[Kim Kardashian's B-Day](#)

**2. Throw away the attitude:** Although you're jealous, put those feelings away and be cordial with them if and when you ever run into them.

**Related:** [Kris Jenner Warms Up to Khloe Kardashian's New Boyfriend French Montana](#)

**3. Happiness:** Take a few seconds and walk in their shoes. Regardless of the breakup, be happy that your prior partner has found happiness. Now it's time to make yourself happy as well.

Have another way on what to do when you are the jealous green monster about your ex's new partner? Comment here!

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## Ricki Lake Files for Divorce From Christian Evans





By

Amanda Boyer

It is officially over! According to [UsMagazine.com](http://UsMagazine.com), Ricki Lake filed for divorce from her husband, Christian Evans, on Oct. 16 . The couple has been married for two and a half years since 2010. Lake has now been through two marriages and has two children.

**What are some ways to strengthen your marriage before resorting to divorce?**

### **Cupid's Advice:**

If your marriage feels like it is on a downhill spiral, read ahead for some advice from Cupid to strengthen your bond before resorting to divorce:

**1. Memories:** Go through old videos, tapes, pictures, and just anything that reminds you of the journey of love you have been on with your partner. This can spark old feelings and the bring back the reasons you fell in love in the first place.

**Related:** [Khloe Kardashian 'Can't Even Get in Touch' With Lamar Odom to Finalize Divorce](#)

**2. Be honest:** Being open and honest about how you feel and what is going wrong will be beneficial to both of you. This will allow you to come agreements on situations and show you how to fix others with compromise.

**Related:** [Source Says Kendra Wilkinson Is Going 'Back and Forth' About Divorce Decision](#)

**3. Get help if needed:** If you think you could both use professional help, do not hesitate to do so. Sometimes having a mediator helps the process and creates a safe place to sort things out.

**Have any other tips to strengthen a dull relationship that is spiraling out of control? Comment here!**

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## Kourtney Kardashian Confronts Khloe About Partying with Scott Disick





By

Maggie Manfredi

Is there trouble in the Kardashian clan? According to [UsMagazine.com](http://UsMagazine.com), Kourtney had to confront Khloe for taking her beau Scott Disick out on the town. Both Khloe and Scott have been going through some hard times so it isn't a surprise that they want to let off some steam. But Kourtney isn't willing to make excuses for them, especially her husband. "I really just have no patience while I'm pregnant to deal [with it]," she said. "He just needs to decide if he wants to be a lunatic around town. I just don't want that around me." You can see what happens this season on *Kourtney & Khloe Take the Hamptons*.

**What do you do if you're jealous of something your partner is doing?**

### **Cupid's Advice:**

Being in a relationship means a great deal of sharing as well as sacrifice. But though you are in a loving and committed relationship, it doesn't mean you shouldn't have some time for yourself. But this time apart can sometimes lead to jealousy,

so Cupid has some tips on how to escape the green-eyed monster:

**1. Do something for yourself:** If your partner is out with old friends or at a work happy hour and it is making you a little fussy, get up and do something just for you. Take a long walk and listen to your music or watch your favorite trashy shows that your partner can't stand while you have the opportunity.

**Related:** [Kris Jenner Gets Cozy with New Man Corey Gamble at Kim Kardashian's B-Day](#)

**2. Schedule time together:** As you grow together sometimes the date nights or alone time gap grows too. Don't be afraid to put it on the books for a dinner out or a cozy night in, scheduling it doesn't make you a boring couple, it makes you a committed couple.

**Related:** [Khloe Kardashian 'Can't Even Get In Touch' With Lamar Odom To Finalize Divorce](#)

**3. Talk it through:** If the activities that your partner is partaking in make you jealous but also hurt your feelings or upset you make sure to talk to them about it. If these situations are frequent or purposeful you may want to evaluate why they are happening and how you can work through it together.

**Can't wait for the new season? Share your comments on the Kardashian spin-off show below!**

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## Have 'The Bachelor' Celebrity

# Couple Juan Pablo Galavis and Nikki Ferrell Split?



By

Emily Meyer

It looks like *The Bachelor* celebrity couple Juan Pablo Galavis and Nikki Ferrell have called it quits after trying to salvage their rocky celebrity relationship. For those who watched the controversial couple on *The Bachelor* and VH1's current season of *Couples Therapy*, it should be no surprise that there will be no more roses passed between the two of them. According to [People.com](http://People.com), Ferrell dumped Galavis seven months after audiences watched him decline to say "I love you" to the 27-year-old pediatric nurse on the finale of *The Bachelor*. It seems she has finally grown tired of his childish behavior: On Sunday, she unfollowed the reality star on both Instagram and Twitter and then posted a harsh quote that appears to be aimed

towards Galavis. She posted, "Isn't it pathetic how we waste so much time on certain people and in the end they prove that they weren't even worth a second of it."

## **'The Bachelor' winner Nikki Ferrell had a tough time figuring out when to end her celebrity relationship. How do you know when it's time to call it quits in a long-term romance?**

### **Cupid's Advice:**

We all want that perfect connection with someone, but we know that relationships and love are hard work. As difficult as it is to admit, time changes things, and sometimes, a breakup is for the best. So how do you know whether to stick around or back out of a longtime love? Cupid has some tips:

**1. Your connection has faded:** If you and your partner have lost sight on what brought the two of you together, then it's time to say goodbye. A healthy relationship is one where the passion is constantly flowing. Rather than convince yourself that you belong together, you should be reminded every day of why you're in love with this person.

**Related Link:** [Jennifer Lawrence and Chris Martin Call It Quits](#)

**2. You're fighting more often:** When it comes to relationships and love, it's important to remember that it's okay to fight. It's not about how much you argue with your partner but *how* you resolve your issues as a team. If the fighting becomes more serious and filled with anger, it's time to break it off.

**Related Link:** [Nick Cannon Opens Up About Split From Mariah](#)

[Carey](#)

**3. Your vision for the future is no longer the same:** A must in any relationship is to share the same goals and hold similar ideas for what you want. Whether it's the number of kids you'd like to have or where you want to live, make sure to be on the same page as your partner. If you find you're disagreeing over these big items, how will you ever agree on the little things?

**How did you know it was time to call it quits with your long-term partner? Tell us in the comments below!**

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## Jennifer Lawrence and Chris Martin Call It Quits





By

Amanda Boyer

After four months of dating, celebrity couple Jennifer Lawrence and Chris Martin have officially split up. According to [UsMagazine.com](http://UsMagazine.com), the couple began dating in June after Lawrence got out of a relationship with long-term boyfriend, Nicholas Hoult. Chris Martin had also recently separated from his wife, Gwyneth Paltrow, at the time. With both of their careers in high gear, sources say their relationship has been rocky even though they do really like each other.

**What are some ways to balance your career and your relationship?**

### **Cupid's Advice:**

Finding yourself in a tough situation when trying to find a balance with your work and love life? Read ahead for some advice from Cupid:

**1. Technology away:** Designate some time with your partner to set aside your phones and laptops. This way you can focus on each other and keep some quality time in your relationship.

**Related:** [Gwyneth Paltrow Wants to 'Spend a Little time' With Jennifer Lawrence](#)

**2. Making plans:** Make an effort to balance your work plans and date plans. Stop rescheduling or giving rain dates on either side, and make sure there is a give and take in both relationships!

**Related:** [Love Advice: Can Jennifer Lawrence and Bradley Cooper's Work Marriage Work?](#)

**3. Take a step back:** Occasionally look at the positives and negatives in both of your lives, and find new ways to improve both. Some retrospective always helps moving into the future.

**Have another way to balance both your work and love life? Comment here!**

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## Mama June Denies Dating Sex Offender





By

[Katie Gray](#)

You better redneckognize! Shannon, AKA Mama June, from *Here Comes Honey Boo Boo*, has denied that she is dating a sex offender. She released a statement on her daughter's Facebook page and a video, claiming that she is not dating a sex offender. She explained she was romantically linked to the man 10 years ago. Mama June said, "I promise my kids r #1 priority over anything else," adding, "I would never put them in danger period over this or anything else they r my life." According to [UsMagazine.com](#), the TLC network stated, "TLC is not currently in production on *Here Comes Honey Boo Boo*. We are very concerned about this new information and are reassessing the future of the series."

**What are some ways to screen out bad partners before introducing them to your children?**

### **Cupid's Advice:**

If you have children and are dating someone who isn't their father, it's important to be extra cautious before you introduce your kids to your new partner. Your top priority is

your offspring, and you want to make sure they are comfortable and safe. It can be scary, but stay positive because it could end great – just like Brad Paisley's song 'He Didn't Have To Be.' Cupid has some tips on how you can filter out bad partners and only introduce those who are actually good partner choices to your children:

**1. Play detective:** Act like a private investigator, and be a detective. Do some digging around to find out all you can about this person. You can figure out things while you're getting to know them, as well as asking around about them. It's best that you don't introduce your children to anyone who you don't truly know.

**Related:** [Tips For Dating As A Single Parent](#)

**2. History repeats itself:** History definitely has a way of repeating itself, which is why we study it in school. If this person has a sketchy past, you'll want to uncover every rock and be very skeptical. Everyone makes mistakes, so if it is very minor or they have really changed, then test the waters first if that's what you ultimately want. Introduce your kids only after you know they are not a threat.

**Related:** [Date Ideas For Married Couples With Children](#)

**3. Actions speak louder than words:** Yes, sometimes words do matter and can be accurate. However, when you are screening a partner or a potential partner you should make sure the way they behave is acceptable. If they are telling you one thing, and acting a different way, then you should run! Pay attention to their interactions and actions. If they are true to their words, then you may be ready for a formal introduction with your kids.

**What are some ways that you have screened your partner or potential partner before introducing them to your children? Share your thoughts below.**

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# Family Insiders Says There's an 'Icy Distance' in Joe and Teresa Giudice's Marriage



By

Amanda Boyer

*Real Housewives of New Jersey* stars Teresa and Joe Giudice are having a tough year. According to [UsMagazine.com](http://UsMagazine.com), both recently received separate jail sentences. Teresa will be going to jail for 15 months, and Joe will go in for 41 months after Teresa completes her time. The duo has four daughters, and an inside source says that Teresa doesn't trust Joe to take care of the kids while she's away.

## **Cupid's Advice:**

**What are some ways to keep your relationship strong through a crisis?**

For some tips on how to keep your relationship strong during a tough time, check it out:

**1. Memories:** Remember what made you fall for your partner in the first place. Look through photo albums, notes, and more. Cling to what makes your relationship solid.

**Related:** [Teresa and Joe Giudice Ask Judge for Separate Trials](#)

**2. Honesty:** During a rough patch, be honest about your feelings 100 percent of the time. You both deserve to know how the other feels. Being on the same page will allow you to bond.

**Related:** [RHONJ's Teresa Giudice Debunks Divorce Rumors](#)

**3. Seek help:** If needed, do not be afraid to get the help you need to hold your relationship together. This will allow you a safe forum to discuss what you're each going through and come to terms with it.

**Have any other tips for couples that might be in crisis right now? Share below!**