

# Khloe Kardashian 'Can't Even Get in Touch' With Lamar Odom to Finalize Divorce



By Maggie Manfredi

A quick marriage with a lengthy divorce! According to [UsMagazine.com](http://UsMagazine.com), Khloe Kardashian and Lamar Odom are still legally married. The reality starlet is finding it impossible to track down her ex while he refuses to sign any divorce documents. The former New York Knicks player is staying out of the spotlight, unlike Khloe, who is set for another E! season starting in November.

**What are some ways to move things along in a divorce process?**

**Cupid's Advice:**

Divorce is messy, tough and sometimes expensive. Cupid has some advice for getting through it:

**1. Be prepared:** This could mean different things for different people. Whether you need to get your legal team together or work through your own emotions, make sure you go into it with a level head and a focus on the goal.

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

**2. Good people:** Be with your family or friends, basically anyone who makes you feel better and keeps you strong through the process.

**Related:** [Heidi Klum and Seal Finalize Divorce After Two Years](#)

**3. Ask for help:** It can be hard to surrender to your situation and feelings, and doing it alone is really hard. So do not be shy seek counseling or company from friends. Work on yourself and then you will be able to deal with this loss in your life so you can move forward.

**Who is your favorite Kardashian sister? Tell us why below!**

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**Sofia Vergara's Ex Nick Loeb Sneaks Up On Her at Red**

# Carpet Event



By Amanda Boyer

At the Angel Ball in New York City on Monday, things got a little awkward for *Modern Family* star, Sofia Vergara! According to [USMagazine.com](http://USMagazine.com), her ex-fiancé, Nick Loeb, was caught sneaking up on her on the red carpet. This left Vergara with a stunned look on her face while, according to an eyewitness, he whispered, "Good to see you."

**How do you remain civil with your ex while keeping your distance?**

**Cupid's Advice:**

After your relationship ends, the last you want is to see your prior partner. To remain civil with them when needed, read ahead for some tips:

**1. Be independent:** You are single now, so flaunt it. Do not be afraid to be in the same room with them! As long as you remember that you don't owe them anything and are your own person, it becomes easier to be civil when you come in contact.

**Related:** [Sofia Vergara, Joe Manganiello Go On Double Date With Channing Tatum and Jenna Dewan Tatum](#)

**2. Have conversation:** To avoid the awkwardness, talk to them about how they are doing and what they are doing. Keep it to small talk and stay away from heavy topics, especially ones you know you disagree on.

**Related:** [Sofia Vergara Speaks Out About New Boyfriend Joe Manganiello](#)

**3. Do something different:** If you were together a long time, you probably have mutual friends. It may be time to branch out and meet some new people so that you're not forced to be in constant contact with your ex. This goes a long way to keeping things civil.

**Have another way to stay civil and keep your distance? Share here!**

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# Monica Lewinsky Says She Was

# 'In Love' with President Bill Clinton



By [Jessica DeRubbo](#)

Former White House intern, Monica Lewinsky, revealed some shocking details in her first ever public address of her story surrounding former President Bill Clinton, according to [UsMagazine.com](#). Lewinsky said, "I fell in love with my boss. Only, my boss was the President of the United States." Her speech was about launching a "cultural revolution" again Internet shaming.

**How do you move on from a past love?**

## **Cupid's Advice:**

When you fall in love, it's usually for good reason, and it can be hard to move on from that when the relationship ends. Cupid has some tips:

**1. Keep busy:** The first order of business is to keep your mind off your lost love. Reignite old friendships, and take up new hobbies. As you fill your life with fun new things, your past love seems less important.

**Related:** [How to Get Through a Breakup and Heal Your Heart](#)

**2. Remove social media teasers:** Resist the urge to jump on your ex's Facebook page or Instagram account. Obsessing over what your ex is doing post-breakup will only make your heart hurt longer.

**Related:** [AshLee Frazier Opens Up About Being 'Most Hated' on 'Bachelor in Paradise'](#)

**3. Allow yourself to grieve:** Your friends may want to take you out the night after your breakup, but it's probably not the best idea. Allow yourself the chance to come to terms with the loss, and then move on once you've done that.

**What are some other ways to move on from a past love? Share your thoughts below.**

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# **Source Says Kendra Wilkinson Is Going 'Back and Forth'**

# About Divorce Decision



By Amanda Boyer

Mother of two and 29 year old reality star, Kendra Wilkinson has been battling within her marriage for quite some time now. According to [People.com](http://People.com), she has been going back and forth on whether to divorce Baskett after he cheated on her with a transsexual model when she was pregnant. Although the topic has been avoided on her show, on Oct. 24 she will begin to discuss with the public.

**How do you decide whether to call it quits on a relationship or to keep working on it?**

**Cupid's Advice:**

Thinking you need to end your relationship with your partner? Read ahead on some things to try before you do:

**1. Change:** You can change the situation, but not the person. If something is going wrong and you cannot live with a certain trait or flaw, be honest and talk about it.

**Related:** [Kendra Wilkinson Gives Husband Hank Baskett Second Chance After Infidelity](#)

**2. External factors:** Is something else affecting the relationship? Sometimes things are all about timing. Make sure you don't make any rash decisions, and instead make sure the issues you're having are a permanent fixture in your relationship.

**Related:** [Kristen Stewart and Rob Pattinson Reunite in Los Angeles](#)

**3. Happiness:** Ultimately you want to be happy with your partner. If one of you is not, the relationship can't survive. If you care about one another, this is for the best.

**Have any other ways to see if it time to be single again? Write it down below!**

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## Heidi Klum and Seal Finalize Divorce After Two Years







By Amanda Boyer

After being separated for two years now, Heidi Klum and Seal finalized their divorce on Tuesday, Oct. 14, according to [USmagazine.com](http://USmagazine.com). The former couple, who had been together since 2005 and has 4 children, have been putting their differences aside for their family. They are sticking to the statement they released when they first separated and are putting their family first.

**What are three important ways to compromise in the midst of divorce?**

**Cupid's Advice:**

Divorce is almost always complicated, so it's definitely important to compromise when possible. Cupid has some advice:

**1. Talk it out:** Talk it out what you and your partner both want out of this divorce. Make sure you both are being open and honest the whole time.

**Related:** [Heidi Klum and Ex Martin Kirsten Step Out Post-Breakup](#)

**2. Balance:** Be sure there is a balance in everything you are dividing or splitting up. If one partner has more or less, it can cause more of a hassle later on. Figuring it out now will solve many problems that will arise down the line.

**Related:** [Heidi Klum and Bodyguard Boyfriend Martin Kirsten Split](#)

**3. Relax:** This can be a stressful time for everyone involved, but giving time to yourself to recollect your thoughts and actions can help you reflect.

**Have any other ideas on how to get through a divorce smoothly? Comment below.**

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## Leighton Meester Says “Stupid” Split Inspired New Album





By Amanda Boyer

*Gossip Girl* alum turned singer Leighton Meester performed songs from her new album on Tuesday, Oct. 14 in NYC at the Apple store. After the performance, according to [USMagazine.com](http://USMagazine.com), Meester spoke about her inspiration for the album and why it's entitled "Heartstrings." She explained that a past split she had when she was 25 years old or younger inspired one of her soon-to-be hit singles.

**How can you turn heartbreak into a positive?**

**Cupid's Advice:**

Heartbreak is one of the most painful things you can experience, but it's also something you can make into a positive in your life. Cupid has some tips:

**1. Vent:** Find a friend that you can be one hundred percent yourself around. Sit down with them and just talk about how you feel. This will help you find pros and cons and be able to

get everything out, and as an added bonus, it will bring you closer to your friend.

**Related:** [Leighton Meester and Adam Brody Secretly Marry](#)

**2. Distract yourself:** Now that you aren't tied to attending events just because your partners wants you to go, you'll find some extra time on your hands. Find a new hobby or interest. Outside of distracting you from heartbreak, it may open up new friendships and relationships for you.

**Related:** [New Couple: Adam Brody and Leighton Meester Are Secretly Dating!](#)

**3. Channel your hurt into art:** If you're a creative person, sometimes heartbreak transcends itself into art, whether that means sculpture, drawing, painting, writing or music. Use what you're feeling to your advantage and create something beautiful out of it.

**Have another way to turn your heartbreak around? Comment below!**

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## Russell Brand Says 'I Loved' Being Married to Katy Perry





By Amanda Boyer

Russell Brand is finally opening up about his prior marriage to singer Katy Perry. While Brand was promoting his new book on the *Today Show* on Monday, Oct. 13, he said something that caught some attention. According to [UsMagazine.com](http://UsMagazine.com), the comedian claimed he “loved” being married to Perry and said she “is an amazing person.” The ex-duo were together for 14 months.

**How do you set realistic expectations for your marriage?**

**Cupid’s Advice:**

To ensure you are going to have a successful marriage with realistic expectations, Cupid has some tips:

**1. Compromise:** Sometimes, you need to agree to disagree in certain situations. In order to make your relationship work, make sure there’s give and take.

**Related:** [Katy Perry Opens Up About Divorce from Russell Brand](#)

**2. Discuss roles:** Talk about responsibilities and who wants to be in charge of cleaning the house or making dinner. This will make your day run smoothly when things get hectic!

**Related:** [Katy Perry Calls Divorce From Russell Brand a 'Very Tiny Elephant'](#)

**3. Be honest:** Do not hold off saying something because you are scared or afraid about how it is going to come off. If you decide you want to change something around, discuss it with your partner and get their say on it as well.

**Have another way to set an expectation in your marriage? Let us know below!**

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## Nick Cannon Opens Up About Split From Mariah Carey





By [Katie Gray](#)

Nick Cannon, host of *America's Got Talent*, has opened up about how he is dealing with his split from pop princess Mariah Carey. According to [UsMagazine.com](#), Cannon told *Extra*, "I'm just taking everything one day at a time and just being the best person that I can possibly be at the end of the day." He's currently in the process of having his tattoo of the superstar singer removed from his body. He claimed, "It was painful. It hurt a lot." Cannon has no ill feelings towards his wife, he wishes Carey, "nothing but the best."

**What are three steps you can take to recover from a split?**

**Cupid's Advice:**

One of the hardest things in life to recover from is heartache. Everybody needs a room at the 'Heartbreak Hotel' at some point throughout their lives, just like Elvis Presley sang about. Nonetheless; it's important to remember that there is always light at the end of the tunnel. You have lots to

look forward too, and someone more suited for you will come along. Cupid has some advice on how you can recover from a painful split:

**1. Take time for YOU:** When you separate from someone you were once close too, it can be very difficult. Make sure to make room for 'me time' and cater to all of your needs. You deserve it. Take a bubble bath, enjoy a nice glass of wine, let your favorite singer serenade you, read a good book, order comfort food you fancy and watch reruns of your favorite show. Indulge in all of the things that bring you happiness, because even though you're feeling down – there are still things that can make you happy in your life left.

**Related:** [Patti Stanger Breakup Tips](#)

**2. All you need is love:** Surround yourself with your loved ones. They will reinforce why you're amazing, make you laugh, help you through your struggles and allow you to see that you're appreciated. Just because you've split from someone you loved, doesn't mean that everybody in your world has stopped loving you. (They do, I promise.)

**Related:** [Dating Advice: How to Introduce Your Kids to Your New Partner](#)

**3. Change can be a positive:** Hope comes in many forms. Think of this new change as a positive. It's making room for good things to come. Reevaluate your life and realize all of the things that you have to look forward too. You are starting fresh and can achieve anything you want. The best is yet to come!

**What are some ways you've recovered from a split? Share your thoughts below.**



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# Nicholas Hoult Breaks Silence Regarding Ex Jennifer Lawrence's Leaked Nude Pictures



By [Katie Gray](#)

Nicholas Hoult has broken his silence regarding the leaked nude photographs of his ex-girlfriend, Jennifer Lawrence. The silver starlet and 'Hunger Games' star admitted in a *Vanity*

*Fair* article that they were intended for then boyfriend, Hoult himself. Lawrence, the Oscar winner, said, "I was in a loving, healthy, great relationship for four years. It was long distance, and either your boyfriend is going to look at porn or he's going to look at you." The pretty pair split in August. Hoult said, "It's a shame," according to [UsMagazine.com](http://UsMagazine.com). Furthermore; "It's shocking that things like that happen in the world," he stated. Meanwhile, J Law is currently dating Coldplay's lead singer, Chris Martin. The couple is surely cautious, given the fact that we live in a crazy world.

**What are some ways to keep the intimate details of your relationship under wraps?**

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

In our society today, it's hard to maintain privacy due to the fact that we are living in the age of technology. It can be difficult to keep all of the intimate details of your relationship behind closed doors. Cupid has some ways to keep the intimate details of your relationship under wraps:

**1. Your lips are sealed:** Kiss and DON'T tell! If you keep the intimate details of your relationship to yourself, then nobody else can find out and it will remain confidential. It's totally understandable to discuss the personal aspects of your relationship with your close friends and family. However; make sure it's people you can fully trust. Also keep in mind, you never know who is overhearing your conversations – so make sure the stories you are discussing are those that you don't mind if the world were to know. It's safest to keep your lips sealed, just not too sealed!

**Related:** [Celebrities Who Keep Their Relationships Private](#)

**2. Pay attention puhlease:** With the internet and social media, news spreads rapidly like wildfires. People talk and gossip,

people post and blog. Since this can occur so quickly, the information isn't necessarily true – but that won't stop the private details of your relationship from being out there. Don't post too much information online. It's a good idea to monitor your social media and make sure you always have tabs on the whereabouts of your phone, laptop, camera, video-camera, iPad, iPod, etc. You never know when those could be stolen, if someone has made copies of your information, or if someone has hacked into your personal accounts. Monitoring these will allow you to maintain the privacy you deserve!

**Related:** [Relationship Advice Secrets](#)

**3. What happens in 'Vegas' – stays in 'Vegas':** It's human nature to want to have privacy in your life and, of course, in your relationships too. When in Rome, do as the Romans do. It's absolutely acceptable to live your life and engage in the kind of relationship that you and your partner both decide on. That being said, it can be really nice to keep the details between you and your partner only. There is a big difference between you and your partner being private, and keeping the entire relationship a secret. It can be refreshing to keep things between just you two. It provokes an 'us against the world' type of feeling which can be enticing!

**What are some ways you have kept the intimate details of your relationship private? Share your thoughts below.**

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**Hilary Duff Says Aaron  
Carter's Love Declarations**

# Are 'Uncomfortable'



By Amanda Boyer

Hillary Duff appeared on *Watch What Happens Live with Andy Cohen* on Wednesday, Oct. 8 and, according to [USMagazine.com](http://USMagazine.com), her ex Aaron Carter became a topic of conversation. Though the two haven't "dated" since age 13, Carter has now recently been trying to rekindle the love through Twitter. As Cohen asked questions about the topic, Duff mentioned she felt "uncomfortable," saying it was a long time ago.

**What do you do if you're getting unwelcome romantic attention?**

**Cupid's Advice:**

If someone has feelings for you and you're not on the same page, it can no doubt be an uncomfortable situation. Cupid has some tips on what you can do:

**1. Be honest:** Thank the person for being honest, but do the same in return. Don't let the declaration hang for too long, as you'd simply be leading them on. Let them know you aren't interested in them that way, but you feel flattered.

**Related:** [Hilary Duff is Excited to Have Kids with Husband, Mike Comrie](#)

**2. Be clear:** Make sure your point comes across clearly when talking to this person. Don't convolute it with long phrases and "fluff." Get to the point in a nice way.

**Related:** [Hilary Duff Replies to Aaron Carter's Love Declarations](#)

**3. Keep your distance:** If you can, try not to be caught in the same places as them. This will make your daily life go more smoothly, and you'll feel comfortable going through your day.

**Have other ways to tell your crush you feel uncomfortable? Share your thoughts below!**

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# Nick Cannon Covers Mariah Carey Tattoo





By Maggie Manfredi

Mariah no more! According to [UsMagazine.com](https://www.usmagazine.com), Nick Cannon has covered his “Mariah” tattoo with a crucifixion that takes up approximately half of the singer’s back. Mariah Carey and Nick Canon have been separated for a few months now. Although they seem to be moving on, the “H” of Mariah’s name can still be seen on his left shoulder.

**What are some ways to move on after a sudden breakup?**

**Cupid’s Advice:**

Have you just been through an unexpected breakup? Are you trying to cope as best you can? Cupid has some advice to help you move on and move forward:

**1. Comfort:** Make sure you are around people who make you happy and are in a safe place. Breakups can take you on a dark road, stay with people who bring light and joy even when you are upset.

**Related:** [Ryan Phillippe Says He's 'Proud' of How He and Reese Co-Parent](#)

**2.Time:** Take time away from your ex-partner and think before getting any left over feelings out. Closure is important but so is patience and mending your heart.

**Related:** [AshLee Frazier Opens Up About Being "Most Hated" on 'Bachelor in Paradise'](#)

**3. Peace:** You are aloud to spend some time alone! Cupid doesn't want you to wallow and whine for too long, but work to find your own tranquility.

**Do you think Nick and Mariah are done for good? Share your thoughts below!**

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## AshLee Frazier Opens Up About Being "Most Hated" on 'Bachelor in Paradise'





By Emily Meyer

We know reality television isn't scripted, but that doesn't mean it's 100 percent real, right? That's what *Bachelor in Paradise* star AshLee Frazier says. In her recent blog post, the reality star talked about going from being "America's girl" to being portrayed as a villain. The Texas native admits to have stirred the pot but believes the backlash she has received as only made her stronger. She wrote, "If I can be ok after the most hateful words were carelessly thrown my way by people who know nothing about my life, then you can get through the tough times and know that there is an end."

**How do you bounce back after a bad breakup?**

**Cupid's Advice:**

Breaking up with your partner can be hard, no matter how long you've been together or if you're the dumper or the dumped. However, there are ways you can get back on your feet after that devastating heartache. Cupid has some tips for how to



bounce back after a breakup:

**1. Surround yourself with friends:** There is no better way to get over a bad split than by being surrounded by your best friends. Relax and just enjoy being with the people who make you laugh and love you for who you are.

**Related Link:** [Source Says Sarah Hyland Will Bounce Back From Alleged Abuse](#)

**2. Pamper yourself:** Take a break from dating and focus on yourself. Maybe even splurge a little bit and take a vacation! A change of scenery is sure to help when you're in a rut.

**Related Link:** [Jason Derulo Confirms Split from Jordan Sparks](#)

**3. Get involved:** Find something you are passionate about. Getting active in your community, whether it's volunteering or joining a team, will help take your mind off your breakup. Start doing things that make you feel good about yourself.

**What's your best tip for bouncing back after a breakup? Comment below!**

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## Ryan Phillippe Says He's 'Proud' of How He and Reese Co-Parent





By Amanda Boyer

Since Reese Witherspoon and Ryan Phillippe's separation after seven years of marriage in 2006, Phillippe could not be more pleased with how it has been working out, according to [UsMagazine.com](http://UsMagazine.com). With two kids at ages 15 and 10, the ex-couple has been co-parenting well, according to Phillippe's recent interview with *HuffPost Live*. The actor they still make time to spend time together as a family and are proud of the way they have handled the situation.

**What are three factors to consider when co-parenting?**

**Cupid's Advice:**

Want to make sure you are doing a good job co-parenting? Read ahead for some tips:

**1. Balance:** Think about how you want to raise your kids. If you and the other parent have different visions, things could get messy. Make sure to compromise and listen to each other's

points of view.

**Related:** [Co-Parenting Teenagers in the Summertime](#)

**2. Work life:** Are you spending too much time at the office? Be aware of what is going on with the kids at all times, even if that means checking in on them when you're busy.

**Related:** [How to Cooperatively Co-Parent After Separation or Divorce](#)

**3. The kid's happiness:** Make sure they are happy and good with the arrangement. Listening is key when co-parenting, not just between two members, but with the entire family.

**Do you have other factors to consider when co-parenting? Comment below!**

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## **Kendra Wilkinson Gives Husband Hank Baskett Second Chance After Infidelity**





By [Katie Gray](#)

Reality television star, Kendra Wilkinson, has opened up about the status of her marriage after discovering her husband, Hank Baskett had been unfaithful. The *Kendra On Top* star explained that she is not ready to call it quits, though she hasn't fully forgiven him yet, according to [UsMagazine.com](#). In an interview on Access Hollywood Live, she said, "Life is too short. And this man who I loved for six years, I believe deserves – and everyone around us – everyone knows that this man deserves a second chance if he did make a mistake. And right now I'm working that out."

**How do you know whether to give your partner a second chance?**

**Cupid's Advice:**

Once trust is broken, it can be difficult to rebuild a relationship. Sometimes it's not even worth the effort, while other times it may be. Cupid has some tips about whether to give your partner a second chance:

**1. Check track record:** Take a look at how your partner has behaved in the past. Was this a one time occurrence, or has it happened on numerous occasions? Is this familiar behavior or very out of their character? We're all human and make mistakes. If this was a one time slip up and you have a lot of history together, you may want to give your partner another chance if that's what you want. "Fool me once, shame on you. Fool me twice, shame on me."

**Related:** [Can Love Be Better The Second Time Around?](#)

**2. Learned lesson:** If your partner is truly sorry for what they did and is owning up to it, you might want to give them a second chance. Sometimes urges get the best of us and things happen in life, even though they shouldn't. Although your partner should have known better, if they are taking responsibility for their actions and being genuine, it may be acceptable to offer a second chance.

**Related:** [How Do You Know If You Can Forgive Partner For Cheating?](#)

**3. Good heart:** When your partner overall has a good heart and positive qualities, that very well may warrant a second chance. You should dig deep inside yourself and your partner, to identify if that is still the case. See what feelings are still lingering, choose where you want to go from there and decide if the pros outweigh the cons. If you would be able to be ultimately happy with your partner still, then it could be worth it. All that matters is your happiness!

**What are some signs that you should forgive your partner? Share your thoughts below.**

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# Jason Derulo Broke Up With Jordin Sparks Over the Phone



By Amanda Boyer

After three years together, Jason Derulo decided to end it with his singer girlfriend Jordin Sparks over the phone when he was out of town, according to [UsMagazine.com](http://UsMagazine.com). While Derulo is being very vocal about the split responding to questions about their relationship history and details, Sparks has a different perspective. Sparks recently said she is ready to move on.

**What are three different ways to call things off with a partner?**

## Cupid's Advice:

If things aren't working out with a long-time partner, it can be difficult to call it quits. Cupid has some tips:

**1. Start distancing yourself: first** Start doing things by yourself or with your friends. Finding different outlets will be beneficial in the long run.

**Related:** [Jason Derulo Confirms Split from Jordin Sparks](#)

**2. Pick a right time:** Do not spring this on your partner. Pick a time where you know they do not have a lot going on or something that will affect them.

**Related Link:** [Jason Derulo Surprises Jordin Sparks with 10,000 Roses for Valentine's Day](#)

**3. Figure out what you are going to say:** Write your thoughts out and practice how you will say it, because it will not be easy. Make sure you have both positives and negatives and that you do not say something that will hurt them unnecessarily.

**Have another way to end it with your partner? Write your thoughts below!**

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# Mario Lopez Admits to One Night Stand with Pop Star





By Amanda Boyer

Mario Lopez made a guest appearance on *The Ellen DeGeneres Show* on Thursday, October 2 to not only discuss his new book, but also to talk about the tale within it that is his real life. Lopez said that the book is a reflection of him turning 40 and all that's gone into getting to this point in his life. According to [UsMagazine.com](http://UsMagazine.com), he even admitted to a one night stand with a former pop singer, though he's keeping her name out of the limelight. Even when DeGeneres began naming names, Lopez wouldn't budge with regard to a big reveal.

**How do you keep your relationship details out of the spotlight?**

**Cupid's Advice:**

Sometimes, certain aspects of your relationship are best kept private. If you're someone looking to keep your relationship on the down-low, Cupid has some tips to keep the public away:



**1. Stop revealing details to friends:** If you don't want people discussing the details of your dating life, refrain from dishing to your friends even though it might be tempting. Information can spread quickly!

**Related:** [Mario Lopez and Wife Courtney Are Expecting Baby #2](#)

**2. Talk it out:** Is something going wrong in your relationship? Try to talk it out, and do not be afraid to be truthful on how you feel. Make sure any arguments or fights are done behind closed doors away from prying eyes and ears.

**Related:** [Mario Lopez Marries Courtney Mazza](#)

**3. Stay in:** Stay out of the drama by staying in instead of going out. There are plenty of fun dates you can have in safety of your own home.

**Have any other tips? Share yours here!**

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# Jason Derulo Confirms Split from Jordin Sparks





By Maggie Manfredi

Derulo will not be in the club making wedding plans. According to [UsMagazine.com](http://UsMagazine.com) singer Jason Derulo and songstress Jordin Sparks have ended their long term relationship. Three years and a few love songs later the two celebs are upset over the split. “Wiggle” singer and *American Idol* winner are working and traveling and dealing with the separation privately.

**How do you keep the drama in a breakup to a minimum?**

### **Cupid’s Advice:**

Breakups are the worst! Cupid has some helpful tips for getting through a breakup with as little drama as humanly possible:

**1. Stay off social media:** Whether you have feelings to share or you know your partner might be getting online to vent, don’t stoop to that level. Keep the tweets, posts and pics to a minimum while you work through the split.

**Related:** [Source Says Sarah Hyland Will Bounce Back From Alleged Abuse](#)

**2. Keep your distance:** I am not saying block their number and tell all your mutual friends to shun him or her, but try not to text or call. This is the time to lean on your other loved ones for support and comfort.

**Related:** [Liberty Ross Says "Trust Your Gut" When It Comes To Cheating](#)

**3. Do things for yourself:** So you've cried on one of your friend's shoulder, screamed to another, and went out with a few more. It might be a lonely time but don't be afraid to embrace the alone time and do things just for you, by yourself; it will feel good to recharge your batteries.

**Give us your favorite post breakup activities, share below!**

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## **Source Says Sarah Hyland Will Bounce Back From Alleged Abuse**





By Amanda Boyer

On Tuesday, Sept. 23, news broke that *Modern Family* actress, Sarah Hyland's life may not be as glamorous as it seems. Hyland has gotten an order of protection against her ex-boyfriend Matt Prokop and claims to that he has threatened and verbally abused her throughout the duration of their relationship. According to a source for [UsMagazine.com](http://UsMagazine.com), Hyland is now keeping to herself and will not date for awhile now.

**What are some ways to support a friend after an abusive relationship?**

**Cupid's Advice:**

Want to be there for a friend once they leave a terrible situation? Cupid has some tips:

**1. Talk it out:** Talk about how she feels and what you can do. This can be perfect with a movie night and some ice cream. Be

supportive, and let her lean on you if she needs it.

**Related:** [Camille Grammer Is Granted Permanent Restraining Order Against Ex-Boyfriend](#)

**2. Come to terms:** Start bringing her out to talk to new people and reconnect with others. She will realize it is okay to feel upset, but trying to have fun to counteract the negatives in her life will help her stay on track.

**Related:** [Taye Diggs and Idina Menzel Separate](#)

**3. Seek help if needed:** If she is not doing well after a few weeks, explain to her that maybe it is better to go to a professional to help her talk how she is feeling out. Explain the benefits and a possible outcome.

**Have other ways you could help them out? Comment below!**

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## **Liberty Ross Says 'Trust Your Gut' When It Comes to Cheating**





By Maggie Manfredi

The truth will set you free! According to [UsMagazine.com](http://UsMagazine.com), Liberty Ross spoke candidly about her previous relationship with movie director Rupert Sanders, who had a rather public affair with *Snow White and the Huntsman* star Kristen Stewart during their marriage. The British actress reflected on their relationship stating, "The most valuable thing I can share is the importance of living in truth. Sometimes, facing those truths can actually be your worst fear." Ross stayed with Sanders six months after the cheating pictures leaked, but has now made peace with those involved and the past circumstances.

**What are some red flags pointing to a cheating partner?**

**Cupid's Advice:**

It is easy to blind yourself to the clues of a partner who is being unfaithful, but it is important to be aware of your partners actions especially if you are have instinctual feelings that something might be wrong. Cupid has some

thoughts on actions and elements that might signal to a cheating spouse:

**1. Changed routine:** Do you notice your partner getting home at odd times compared to the past? The reasons for leaving home are irregular and sporadic? These could be indicating that your significant other is not being honest with you.

**Related:** [Liberty Ross Files for Divorce from Rupert Sanders](#)

**2. Comfort level:** If you are noticing the behavior from your partner is different from the past, they are uncomfortable even jumpy around you, this may be a sign. Don't be afraid to talk to them and make sure everything is okay while keeping your guard up.

**Related:** [Liberty Ross Emerges Without Wedding Ring Post-Scandal](#)

**3. Gut feeling:** Like Liberty Ross, you need to listen to your heart and trust yourself. Do not be afraid to follow your inklings and confront your partner. The worst thing in the world is for you to be living with suspicion and fear; you should feel free within your relationship, and respected.

**Are there some other cheating red flags to look out for? Share your thoughts below.**

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# Kris Jenner Officially Files for Divorce from Bruce Jenner



By Amanda Boyer

According to [UsMagazine.com](http://UsMagazine.com) and the L.A. Superior Courthouse, Kris Jenner is ready not only for a new season of *Keeping Up With the Kardashians*, but a new chapter in her life. After 22 years of marriage to Bruce Jenner, she officially filed for divorce from him on Monday, Sept. 22. Kris stated, "We are happier this way."

**How do you know when it's time to end your marriage?**

**Cupid's Advice:**

Do you think it is time to cut ties with your partner? Cupid has some tips on how to know it's time to end things for good:

**1. Do some thinking:** Think long and hard, assessing the



situation. Are you falling out of love? Are the things you used to love now annoying? If the answer is “yes,” it is time to make a decision.

**Related:** [LeAnn Rimes Breaks Down Over the Ending of Her First Marriage](#)

**2. Talk to your family:** In times of trouble, lean on the rest of your family for advice. Some may be willing to help move you out or let you stay at their place for a few weeks.

**Related:** [Jennifer Lopez and Marc Anthony Are Ending Their Marriage](#)

**3. Start the process:** If you find yourself beginning to look at what it would take to get a divorce, it’s probably a solid sign that it’s best to move on.

**Have anything to add when it comes to ending your marriage? Comment below.**

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## Sources Say Avril Lavigne and Chad Kroeger Are Headed for Splitville





By Amanda Boyer

After Avril Lavigne's relationship rollercoaster with exes Deryck Whibley and Brody Jenner, she thought she'd found "the one." According to [UsMagazine.com](http://UsMagazine.com), the one year marriage between Lavigne and Nickelback's Chad Kroeger might be coming to an end a little too soon. Sources say, "It's over. He has been going around L.A. telling people that they are divorcing."

**How do you work on your marriage in the face of problems?**

**Cupid's Advice:**

Want to re-patch your marriage? Cupid has a few tips for you that will do the trick:

**1. Listen:** Really listen to what is going on and try to be aware of the reasons behind why your partner is angry or upset.

**Related:** [Pamela Anderson Says 'Marriage Has Its Ups to Downs'](#)

**2. Compromise:** See what you can fix and change in the relationship within reason. You may be surprised how well this works for you.

**Related Link:** [Josh Brolin and Diane Lane Are Officially Divorced](#)

**3. Remember:** When you are in the middle of a fight, remember why you got married in the first place and the promises you made to each other. Really think about whether the source of the argument is worth it.

**Have any other advice if there is trouble in paradise? Share below!**

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# Pamela Anderson Says 'Marriage Has Its Ups to Downs'





By Amanda Boyer

According to Pamela Anderson, any real marriage has its ups and downs. Since her 2007 marriage, annulment and then re-marriage, she has sure been riding the relationship rollercoaster. Anderson filed for divorce last July, but recently told the judge to throw the case out. According to [People](#), Anderson thinks she and Rick Salomon are doing fine as a couple, and she is looking forward to the future.

**What are three different ways to work on your marriage?**

**Cupid's Advice:**

Having some marriage troubles? For some ways to get past those obstacles, Cupid has some tips:

**1. Talk it out:** if there is a problem or you feel as if you are not being heard, speak up! Don't let things build up, or you'll no doubt eventually let something litter spark a huge fight. Talking things out will help you and your partner

stick to the same page.

**Related:** [Simon Cowell's Girlfriend Lauren Silverman Is Officially Divorced](#)

**2. Have fun:** Take time away from work and pretend you're back to your dating days. Go to dinner and then go see the movie you have been seeing all those trailers for on your lunch break. This will remind you of the "old days" and make you both reminisce.

**Related:** [Josh Brolin and Diane Lane Are Officially Divorced](#)

**3. Listen to your partner:** Do you know why they are upset or angry? Take the time to actually listen to them and figure out what needs to be fixed!

**Have another way you have worked on your marriage when the going gets tough? Comment below and share!**

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## Khloe Kardashian Says French Montana is Too Needy





By [Sarah Batcheller](#)

Eight months into what has been somewhat of a controversial relationship, Khloe Kardashian and rapper boyfriend French Montana are taking a break, according to [UsMagazine.com](#).

Montana was previously scrutinized by Khloe's family and fans when he admitted he was capitalizing on all the attention he began to receive when he started dating the youngest of the Kardashian princesses. Now, he is apparently behaving in too much of a needy and dependent fashion, as Khloe has decided to take a breather from their intense relationship.

**How do you know when you need to step back from a relationship?**

**Cupid's Advice:**

**1. You've been having the same arguments repeatedly:** If you and your boo are continuously arguing over the same topics, it may be time to clear your head, and find out if these arguments are even worth having. If you're always entangled in

the same issue, you probably don't even know where your feelings and/or opinions stand anymore, so you definitely benefit from some "me time". That way, you can step back into the relationship with a reinvigorated sense of self, and determine whether or not your love is worth fighting for.

**Related:** [Dating Deal Breakers](#)

**2. You never have time for the rest of your loved ones:** If your partner is constantly nagging and guilt-tripping you into seeing them, and you're sick of not spending time with anyone but them, you may need to give them a reality check by asking to not spend time together for a while. It's unhealthy to not spend quality time with family and friends, especially when the cause is that you're being choked to death by your significant other. If you're losing the rest of your life over a relationship, re-examine your priorities.

**Related:** [How to Move On After Heartbreak](#)

**3. Your lover never has time for YOU:** We are all all-too-familiar with the agonizing pain of staring at a phone screen with an unanswered text, or going two weeks without going on a date with your partner. If you feel you're not getting the time with them that you deserve, you may want to take a break to see what it's like to not expect anything from them. This way, you may either realize that you both just have busy schedules you need to manage, or that you don't matter to them much after all. Either way, only some time to yourself will provide you with the clarity you need.

**What are some other tell-tale signs it's time to step back from your relationship? Share your comments below.**

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# Jay-Z and Beyoncé Pack on PDA at Made in America Festival



By Amanda Boyer

Although rumors that power couple Jay-Z and Beyoncé have been secretly planning to split continue to circulate, they have been putting on quite a show to the public. During the The Budweiser Made in America Music Festival last weekend in Los Angeles, the couple was spotted on day 2 in the VIP section enjoying beers and PDA. According to [UsMagazine.com](http://UsMagazine.com), throughout the night the couple and their daughter, Blue Ivy, were seen dancing and having a fun time together while enjoying John Mayer, Steve Aoki, and other artists' performances at the festival. Although the weekend seemed



seamless and at the MTV VMAs onstage for the couple, sources still say Beyoncé is planning for the breakup as she seeks advice from other friends like Coldplay's Chris Martin. The sources also added the couple will split in the fall and will continue to be "all lovey-dovey the day after the announcement."

**How do you keep negative rumors from affecting your relationship?**

**Cupid's Advice:**

People will always talk if they think they know your business, but to keep your relationship yours without the rumors, read ahead for some tips:

**1. Keep to yourself:** You know you want to run to your friends and tell them about the fight you had, but keep it to yourself and your partner. The less your friends know, the less you'll hear from others on what to do.

**Related:** [Beyoncé and Jay Z Lock Lips at MTV Video Music Awards](#)

**2. Talk it out with your partner:** Make sure you and your mate are on the same page when discussing this with anyone, including each other.

**Related:** [How to Handle Being More Successful than Your Partner](#)

**3. Find ways to have fun:** Distract yourself and go get a massage or a manicure. Try to stay happy and free from the drama!

**How do you get past the negativity in your relationship? Share your advice below!**