

# Liam Hemsworth Stops Following Miley Cyrus on Twitter



By Kristyn Schwiep

Liam Hemsworth and Miley Cyrus have called it quits and he's stopped following Cyrus on Twitter. According to [UsWeekly](#), the *Catching Fire* actor was photographed with Eiza Gonzalez at XS nightclub at the Encore hotel. "He is over her and wants to make a clean break ... no more back and forth," friends have told *UsWeekly*.

**What are some ways to quickly get over your ex?**

## **Cupid's Advice:**

Getting over you ex can be a long, drawn out process, but there are some things you can do to speed up the process.

Cupid has some advice for you:

**1. No contact:** Not contacting your ex is the hardest part of a breakup. It's hard not to text or call them when your sad or need something, so you need to do everything you can to not contact them. If you keep in touch you are asking for months of an on-again-off-again relationship.

**2. Avoid their friends:** Being in a relationship means that you and your ex start to have mutual friends. So, you might need to make some sacrifices and cut of your mutual friends so you don't have the temptation to re-kindle a burnt out flame with our ex.

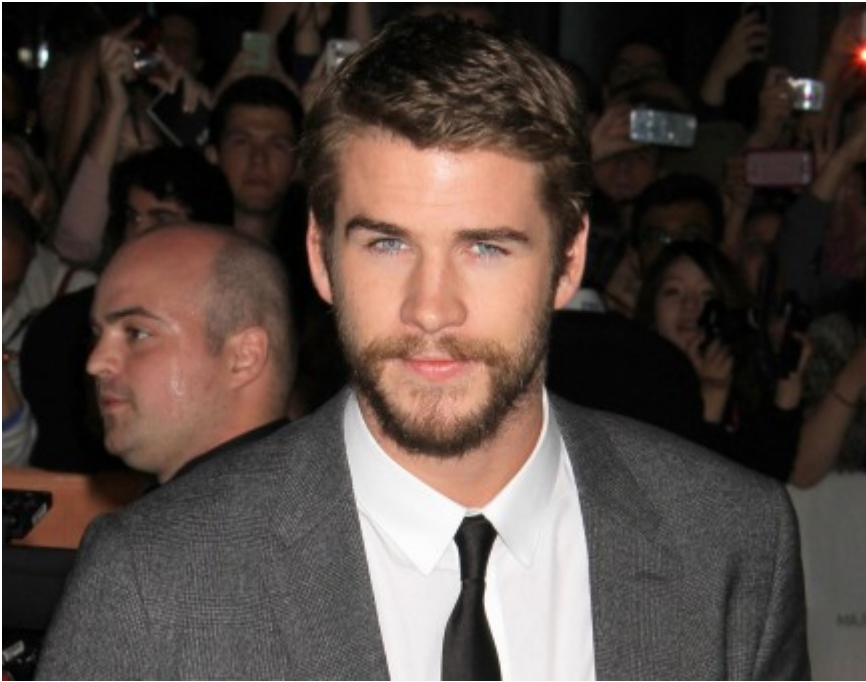
**3. Social media clean-up:** It may seem a little extreme to delete your ex off of Twitter or Facebook, but seeing them pop up on your news feed every day will not help you get over them. So, delete your ex from your friend list to avoid seeing what they are doing.

**What are some ways you moved on from your ex? Share your stories below.**

---

## Miley Cyrus and Liam Hemsworth: The Wedding is Off





By April Littleton

According to [People](#), reps confirmed Monday that the once happy couple called off their engagement. Their relationship has been rocky since earlier this year, with matters only getting worse following Cyrus' raunchy VMA performance. Over the weekend, the "Wrecking Ball" singer unfollowed Hemsworth on Twitter.

**How do you know when to call off your engagement?**

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

Everyone dreams of a fairytale wedding and a picture perfect romance, but real relationships almost never work out that way. Having a lifelong partner takes commitment and dedication. You'll fight, break up and make up countless times. How do you know the person you're with is really the one for you? You might be in a rush to get married for all the wrong reasons. Cupid has some advice:

**1. Constant fighting:** Arguments are common in any relationship, but if that's all you and your significant other seem to be doing lately, then there might be bigger problems that need to be dealt with. Communication is the key to a

successful marriage. You can't expect yours to work if the two of you can't seem to talk out your differences without a shouting match erupting.

**2. Loss of interest:** While it's healthy to spend some time alone or with a group of friends, it's a bad sign if you choose to avoid seeing your partner altogether. If you have no desire to be around your honey, why are you even considering spending the rest of your life with him/her? Reevaluate what's left of your relationship and call off the engagement.

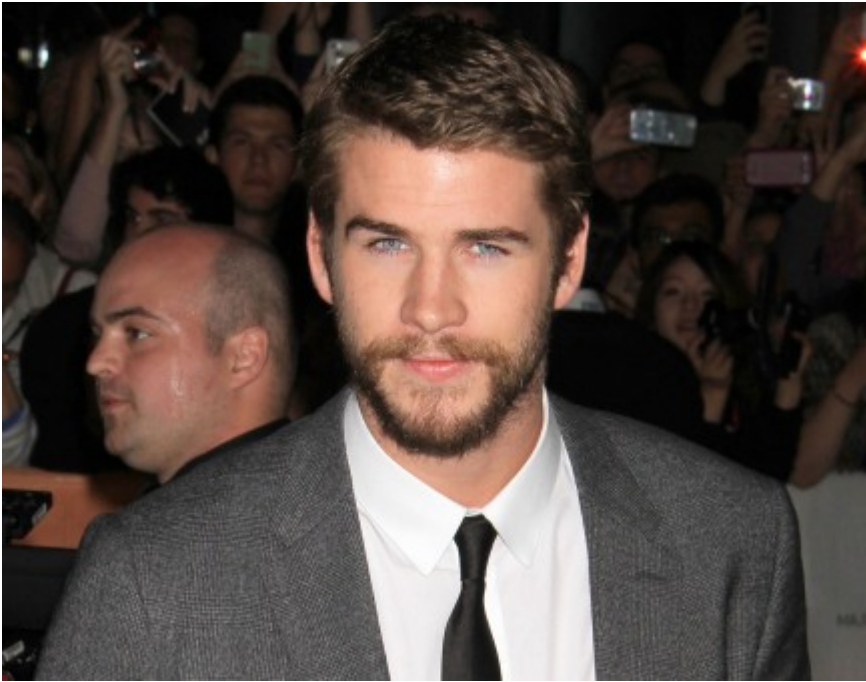
**3. No trust:** Signs of infidelity in a relationship will cause both partners to lose trust in one another, even if only one person was caught in the act. A couple can't flourish if one person fails to be completely open and honest with the other.

**Have you called off an engagement? Share your experience below.**

---

## Sharon Osbourne Admits to a Fling with Jay Leno in Her 20s





By April Littleton

According to [UsMagazine.com](http://UsMagazine.com), Sharon Osbourne revealed on *The Talk* that she had a brief fling with Jay Leno when she was 25-years-old. She claimed that she just arrived in Los Angeles and she was “undateable.” However, the romance didn’t last long. A few months later, Leno introduced her to the “real love of his life.”

**How do you know if you’re “dateable?”**

### **Cupid’s Advice:**

Sometimes, you look at yourself in the mirror and think you’re quite a catch. Other times, you might not be feeling yourself too much. The dating world is a mystery. You can never truly know what someone else is looking for until you put yourself out there, but then you have to face the possibility of rejection. Are you dating material or do you need a little more practice when it comes to love? Cupid has some tips:

**1. High maintenance:** Being high maintenance is not a desirable trait and very few people will tolerate dating someone who has unrealistic expectations. Most singles are looking for another individual who has the capability to be spontaneous and can

enjoy the little things in life without complaining. If you don't have to get dolled up for every outing or you can handle a date involving pizza every now and then, you're bound to catch some cutie's attention soon.

**2. Independence:** You need to be able to take care of yourself before you bring anyone else into your life. Independence is a turn-on. The person you're dating should know you're perfectly capable of handling the check after dinner if you needed to. Don't let them feel like you're only with them so you can mooch off of what they've worked hard for.

**3. Conversationalist:** No one wants to be around someone who can't keep a conversation going. If you want to be successful in the dating world, you need to be intelligent and have excellent communication skills. Think about it. If things get serious with your new honey, you'll have to be able to catch the attention of his family and friends. If you're boring or lack social skills, your relationship won't last long.

How did you know you were "dateable?" Comment below.

---

## Khloe Kardashian's Husband Lamar Odom Checks Into Rehab







By Kristyn Schwiep

Basketball player, Lamar Odom, has checked himself into a drug and alcohol rehabilitation center to take his first steps toward recovery. Odom's addiction has caused issues with wife, Khloe Kardashian. According to [UsMagazine.com](http://UsMagazine.com), "The addiction had taken over their marriage." Kardashian has not spoken much on the issue, but has written cryptic messages on Twitter: "As much as I wish I were made of steel...I'm not. I'm pretty damn close to it though hehe."

**How do you support your partner through treatment for an addiction?**

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

Dealing with addiction can add a lot of pressure for both you and your partner causing strain on your relationship. So what are some ways that you can support your partner through treatment for an addiction? Cupid has some advice for you:

- 1. Be positive:** When your partner is going through treatment for an addiction it is your job to be their biggest cheerleader. Make sure that you are being positive and show them that you care about them and are there for them during

their recovery.

**2. Love them:** Even though addiction is not to be praised, there is a difference between loving your partner and loving their addiction. Show your partner that you love them, but not their addiction. When you show your partner how much you love them it is easier for them to steer clear of drug or alcohol use.

**3. Find new activities:** Find ways to take your partners mind off the drugs. Start exercising together or participate in community service. Doing things together will help you grow together and help take your partners mind off the past so they don't relapse.

**What are some ways you can support your partner through treatment for an addiction? Share your thoughts below.**

---

## **Source Says Lamar Odom's Drug Addiction Took Over Marriage to Khloe Kardashian**







By Petra Halbur

Lamar Odom and Khloe Kardashian's marriage has reached its breaking point due to Lamar's Odom's substance abuse. "The addiction had taken over their marriage," a friend confides to [UsMagazine.com](http://UsMagazine.com). "The problem is cocaine. He would be high for three or four days at a time." On August 21, the youngest Kardashian sister gave her husband an ultimatum: he could either get help or he could leave. "I feel so bad for her," the friend says. "She really loves Lamar."

### **How do you help a partner battling substance abuse?**

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

Overcoming addiction is a struggle that non-addicts cannot fully understand. If your partner is battling substance abuse, it can be difficult to know how to help. Cupid has some ideas:

**1. Let your partner know you are there:** Feeling supported is a vital part of the recovery process so be sure to let your partner know that he or she is loved. Remember, though, that loving your partner does not mean putting up with substance abuse, which brings us to point #2 ...

**2. Get them help:** Just because your partner has a problem

doesn't mean that he or she is going to actively seek treatment. That may have to be your job. While recovery ultimately comes down to the addict's desire to get clean, you can help by providing your partner with the resources to help him or her recover.

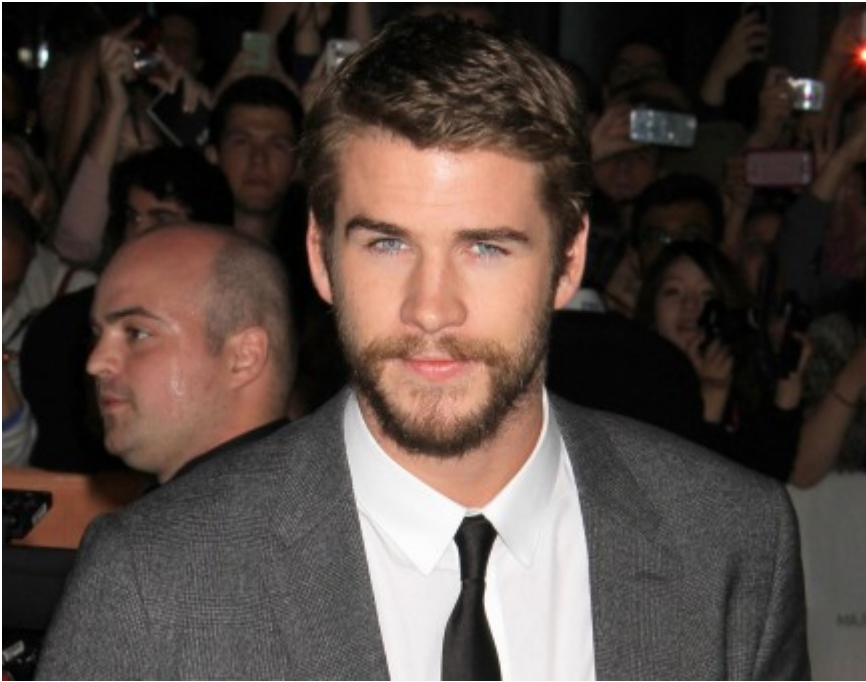
**3. Help your partner avoid temptation:** Statistically, there is a very high chance that your partner will relapse. To keep your beau going strong, actively avoid environments that lend themselves to substance abuse like night clubs and casinos. It may take some adjustment, but it's a vital part of the recovery process.

**How did you help your partner overcome addiction? Tell us below.**

---

## **Kate Gosselin Accuses Ex-Husband Jon of Computer Theft and Phone Hacking**





By April Littleton

According to [People](#), Kate Gosselin filed a lawsuit accusing her ex-husband Jon Gosselin of stealing her hard drive and hacking into her computer and phone in order to get information for a tell-all book. The book in question is titled *Kate Gosselin: How She Fooled the World*. It has since been pulled from Amazon since the information was obtained illegally. The former couple starred in *Jon and Kate Plus 8* together before separating in 2009 and eventually divorcing.

**How do you remain civil after a divorce for your children?**

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

Going through a divorce is difficult, especially when kids are involved. Just because you and your ex are going your separate ways doesn't mean you won't be in each other's lives. You'll have to find a way to communicate well with one another for the sake of the children. Cupid has some advice:

**1. Stay out of each other's private lives:** The worst thing you can do is continue to meddle in your ex-husband/wife's business. What they choose to do with their free time is no longer a concern of yours. You shouldn't know who he/she is

dating and the same goes for them about you. Don't ask your children for any information either. They shouldn't be put in the middle of what's going on between you and your former spouse.

**2. Communicate:** Talk to your ex with respect. Don't talk to him/her about anything personal. Keep the conversation focused on your kids. You'll need to be able to work out a visiting schedule without arguments or other distractions getting in the way. Of course, you'll disagree with each other, but listen to what the other has to say. At the end of the day, you're both just trying to do what's right for the little ones.

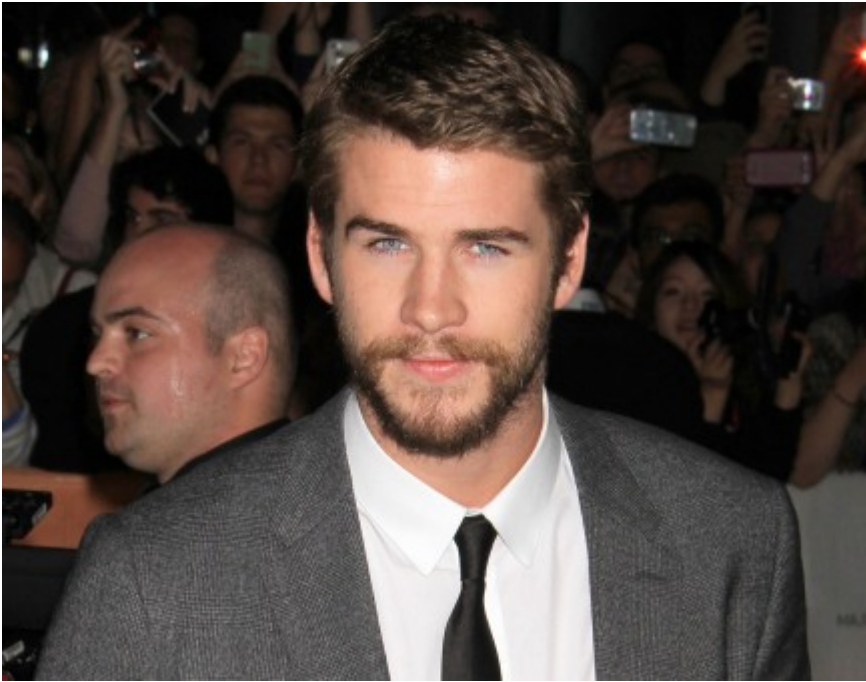
**3. Space:** Once you've worked out everything involving the kids, you'll want to give each other space. There's no reason for the two of you to remain in close contact right after the divorce. Both of you are angry, hurt and probably resentful. Take the time to let those negative feelings subside before you decide to talk on a regular basis.

**How did you remain civil after a divorce? Share your experience below.**

---

## Michael Douglas and Catherine Zeta-Jones Separate





By Kristyn Schwiep

Catherine Zeta-Jones and Michael Douglas are taking a break. According to [People](#), the celebrity couple hasn't been photographed together since April 22 and they have been vacationing separately with their kids. The couple has not filed for divorce and they hope they can work out their differences. "They want the best for their kids no matter what happens," said a source.

**What are three reasons to take a break from your relationship?**

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

Deciding whether or not you need to take a break from your relationship can be difficult. So when should you take a break? Cupid has some advice for you:

**1. Different goals:** Being in a relationship with different goals can be tiring. Even though at one point you might have had the same goals, people change their direction. If your goals are different and it doesn't seem like you guys can agree on the same path its probably time to take a break and think about what you two really want for the future.

**2. Fighting:** Fighting all the time with your partner is

unhealthy and tiring. Fighting every now and then is common in a relationship, but if it the only communication that you two have anymore it is time to re-asses the relationship and take time apart.

**3. You're not happy:** The relationship that you are in should always make you happy. Happiness means a lot and you and your partners happiness should be important. If one of you are not happy it is time to go your separate ways for a little and see if you can find happiness elsewhere.

**What are some reasons you have taken a break from your relationship? Share your stories below.**

---

## Sources Say Khloe Kardashian Has Been in Touch with Troubled Lamar Odom







By April Littleton

[People](#) confirms that Khloe Kardashian has been in touch with husband Lamar Odom since his alleged disappearance. Amid all of the drug reports, rumors of infidelity are also swirling around the couple. The duo hasn't been photographed together since June 2.

**What are some ways to help your partner through an addiction?**

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

If you have a partner who's struggling to overcome an addiction, you may feel overwhelmed. Going through a situation like this is tough and frustrating. You're not sure what to do or how to help, but for better or for worse, you've made a commitment to your significant other and you plan on keeping it. You just need a little help. Cupid has your back:

**1. Don't enable them:** Your partner's addiction is not your fault. Yes, you want to take care of your honey and protect them while they're going through such a tough time, but that doesn't mean you should cater to their every needs and desires. Stop them from harming themselves any further. It doesn't matter how upset or angry they get. Eventually, they

will understand that you're trying to do what's best for them. Gain control of the situation until they are able to see how destructive their own behavior is to themselves.

**2. Get involved:** Believe it or not, you are the most important person in the process of their recovery. Your partner will need you now more than ever. Show that you care and you're willing to be there for them every step of the way. Get involved with their support groups, show up at his/her meetings and participate in all of the counseling sessions your honey may need to go to.

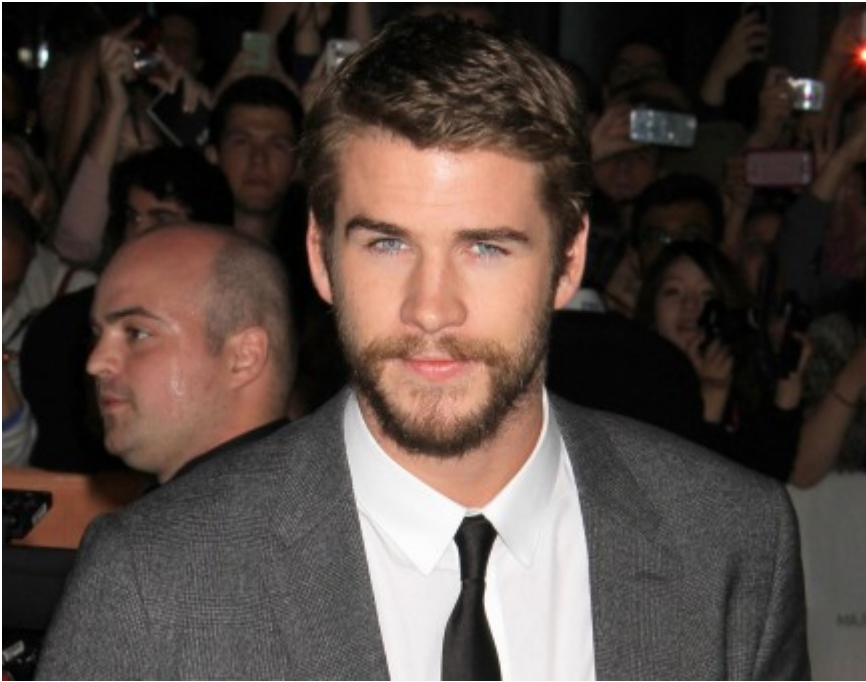
**3. Talk to someone:** While you're busy taking care of your significant other, you might not realize that you have no one to take care of you. Your partner's addiction will affect your life too. Find someone you trust to talk to about what's going on, or talk to a therapist. You'll need to be able to deal with the situation in a healthy manner and you won't be able to do it alone.

**How did you help your partner through an addiction? Comment below.**

---

## **Taylor Swift Disses Harry Styles at VMA Awards**





By Kerri Sheehan

Hollywood's Breakup Queen is at it again! Singer and songwriter Taylor Swift made a low blow at One Direction's Harry Styles during MTV's Video Music Awards on Sunday night. While the Brit boy band member was on stage presenting an award, Swift was filmed in the audience mouthing, "Shut the f— up!" to BFF Selena Gomez. Haylor were an item for a couple of months before calling it quits back in January. Later in the show Swift took home a Moon Man for her hit song, "I Knew You Were Trouble," and made a dig at the high-profile guy who inspired her to write the song. Previously it was thought to be written about her 2010 fling with Jake Gyllenhall, but people are now thinking it could also be about Styles. During her speech Swift thanked her fans and then quipped, "I also want to thank the person that inspired this song, and he knows exactly who he is, because I got one of these!" according to [UsMagazine.com](http://UsMagazine.com). Writing about past relationships is how the 23-year-old made a name for herself but, maybe she is forgetting her own advice that, "No amount of vintage dresses gives you dignity."

**How do you keep anger at bay after a bitter breakup?**

**Cupid's Advice:**

Being bitter over a breakup is second nature, but sometimes you have to hold that in. Cupid has some advice about how to keep your feelings at bay:

**1. Stay cool:** Don't stress too much over the breakup! There are plenty of other people who are dying to date you, so getting overly angry because about one person won't do you any good. Save your emotions for something more useful, like the series premiere of Grey's Anatomy.

**2. Act nonchalant:** The last thing you want your ex to know is how heartbroken you were over the break up. It has always been said that success is the best revenge and this is especially applicable for breakups. You want your ex to think you're happy and healthy, even if at the end of the day you're sitting on your couch eating bon-bons and sobbing while watching, "Up!"

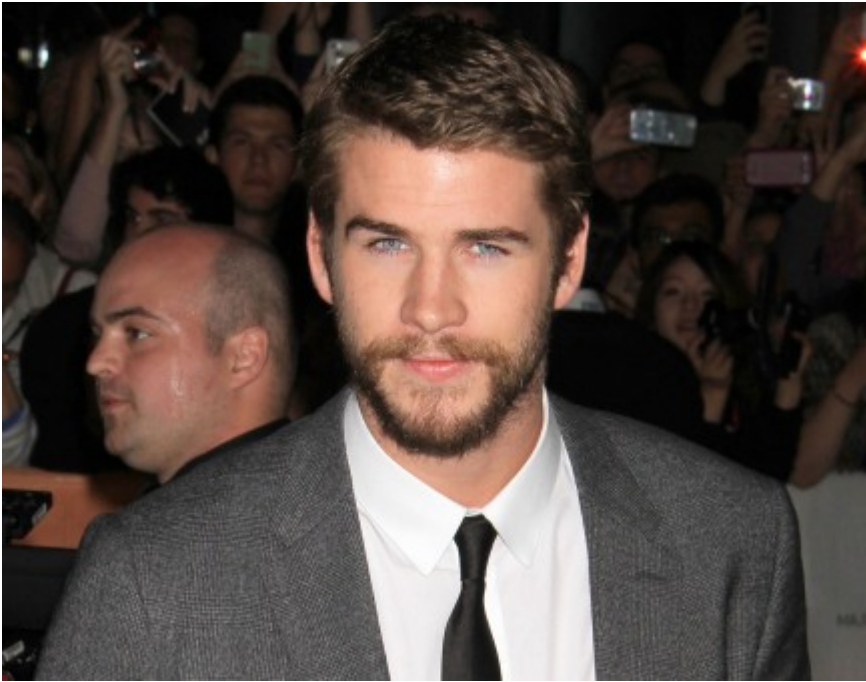
**3. Be the bigger person:** Even if your ex is making jabs at you it's best to be the bigger person and let it slide. Stooping to their level will only make you look at childish as they are. Take a note from Harry Styles's book and play it cool.

**How do you act after a bitter breakup? Share below.**

---

## Khloe Kardashian Rants on Twitter Amid Divorce Rumors





By Kerri Sheehan

Rumors have been swirling recently that reality star Khloe Kardashian and her NBA husband Lamar Odom are heading for splitsville. Kardashian took to Twitter this past Sunday to fight back against the rumor mill. She Tweeted, “Really hard to sit here and listen to people talk sh-t about my family! F-ck you and shame on you! I’m too protective for this sh-t!” according to [UsMagazine.com](http://UsMagazine.com). It was reported as recently as August 24<sup>th</sup> that 33-year-old Odom is struggling with substance abuse as well.

**What are some ways to keep rumors from hurting your relationship?**

### **Cupid’s Advice:**

Rumors are no one’s best friend. Cupid has some advice on how to keep them from ruining your relationship:

**1. Don’t listen:** A rumor is only as powerful as your will to believe it. Unless you see something with your own eyes, you can’t always take another person’s word for it. Letting words ruin your relationship will only give the rumor-spreader what they want.

**2. Go to the source:** Find out is spreading the rumor at hand and snub it before it get too overblown. Knowing why the gossip is saying these things will help you feel that the rumor is really not true.

**3. Communicate with your partner:** Honesty is the best answer; so don't be afraid to confront your partner about whatever you may hear. They'll understand why you're upset about the situation at hand and ensure you that it's not true. This will strengthen your relationship and also open lines for future similar communications.

**How do you keep rumors from hurting your relationship? Share below.**

---

## **Rumor: Is Lamar Odom's Drug Abuse Causing Marital Problems?**







By April Littleton

Rumors are swirling around about Lamar Odom's alleged drug use. A source close to both Odom and Khloe Kardashian told [\*People\*](#) that the *Keeping up with the Kardashians* star has been struggling to help her husband. "It's a really hard time for Khloe. She's kept this secret for almost two years trying to save Lamar and their marriage," the source said.

**What are some ways to support your partner through substance abuse?**

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

- 1. Talk about it:** When your significant other is ready to talk about their problem, listen to them wholeheartedly without any judgements. You may notice that your honey has an issue with drugs and/or alcohol, but they might not be ready to admit it to themselves yet. Wait it out for a little while until your partner is comfortable enough to confront the problem head on.
- 2. Find other support:** When your love is ready to get help, look for support meetings or groups around your local area to attend together. Going with your partner will show that you love and care for them no matter what and they won't feel like

they have to deal with the situation on their own.

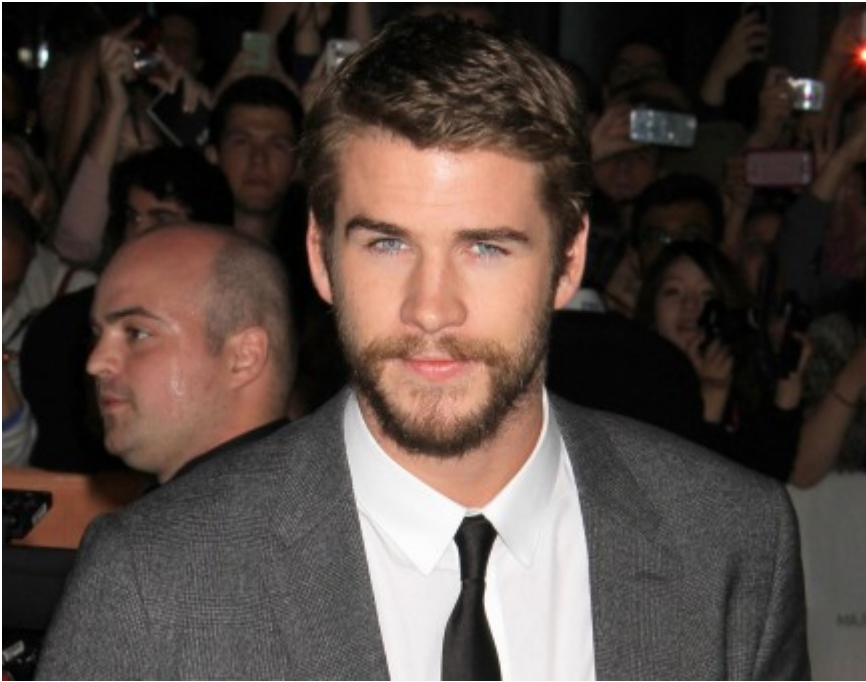
**3. Be patient:** A substance abuse problem will not go away overnight. Just like anything else in life, healing takes time. You need to think about if you're willing to stick it out with your significant other. Talking to a loved one or a professional counselor might help you sort through your feelings of guilt or resentment and can help you figure out if your commitment is strong enough to get past something like this.

**What are some other ways to support your partner through substance abuse? Comment below.**

---

## **Gia Allemand's Boyfriend: 'I Don't Love You Anymore'**





By Petra Halbur

Tragically, it seems that Gia Allemand and Ryan Anderson's last exchange was in the form of an argument. According to [People](#), on August 12, the former reality show star confronted her boyfriend with her suspicions of infidelity. According to Anderson's statement to the police, at one point during the argument, Allemand told him that she still loved him to which he replied, "I don't love you anymore." Later that day, Allemand hanged herself with a vacuum cleaner chord and died two days later when she was taken off of life support.

## **What are some ways to deal with a bitter breakup?**

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

Look, breakup are tough. Nobody is denying this. However, there is a healthy way to deal with the heartbreak and an unhealthy way. Cupid has some advice for getting through a breakup:

**1. Write about it:** Journals may seem a tad old school but pouring your feelings onto a piece of paper is an effective outlet for your anger and confusion. Resist the urge to publish these entries onto a blog or any form of social media,

however. Publicly displaying these thoughts will only come back to bite you.

**2. Get in shape:** Exercise, particularly cardio, is a tried and true way of working out your hurt feelings in a productive manner. This has nothing to do with making yourself better looking. This is about getting healthy and pumping some endorphins through your system.

**3. Don't hurt yourself:** Some find that self-destructive practices help them get through difficult times but remember that cutting, drug use, excessive drinking and other forms of self-hurt will not “show up” your ex but only prolong your own suffering. If you find that pain helps you cope, hold an ice cube to your skin. It's a way of inflicting pain without injuring yourself.

**How did you get through your breakup? Tell us below.**

---

## **Kristen Stewart and Robert Pattinson Have ‘Intense’ Talk During Reunion**





By Kristyn Schwiep

Is there still hope for Robert Pattinson and Kristen Stewart? The couple that officially split in May are hanging out again. According to [UsMagazine.com](http://UsMagazine.com), the two Twilight stars got together at her L.A. house on August 4<sup>th</sup> for a “very intense conversation.” The pair will probably pick up where they left off. “Rob is obsessed with her and she can’t seem to get over him,” said a source.

**What are some ways to remain civil with an ex after a breakup?**

### **Cupid’s Advice:**

Remaining civil with an ex is a tough challenge. But staying civil with an ex is healthy and helps you get over the breakup. So what are some ways to remain civil with an ex after you breakup? Cupid has some advice for you:

**1. Don’t compete:** Don’t compete for attention of your ex with new relationships. This will only cause unnecessary drama and make your ex resent you and try to compete back making things more complicated than they need to be.

**2. Bad talk:** It might seem like a good way to vent, but do not start bad talking your ex. If you want to remain civil with your ex avoid saying negative comments to mutual friends. Be the bigger person and try to think of all the things you liked about them in the first place.

**3. End on good terms:** Ending on good terms is a great way to remain civil. Leaving with no hard feelings will make the break up easier for both of you and keep you two connected.

**What are some ways you have remained civil with an ex? Share your stories below.**

---

## **Gia Allemand's Boyfriend Speaks Out About Her Apparent Suicide**







By Petra Halbur

NBA player, Ryan Anderson, issued a statement last Wednesday to address the apparent suicide of his girlfriend, Gia Allemand. “I’m deeply grateful for all the love and support we have received from family, friends and fans. Gia was the most beautiful person I knew inside and out and she always smiled and made everyone else around her smile,” he said. “She had such an amazing impact on my life and anyone that knew her was blessed. All I have left is to cherish those memories we made together and help perpetuate the many values, faith and love that we shared.” According to [People](#), Anderson discovered Allemand in her New Orleans home on Monday. She was transported to the hospital and remained on life support until her death last Wednesday.

**What are some ways to deal with a sudden death of a partner?**

### **Cupid’s Advice:**

Nothing is harder to face than the death of a loved one. Cupid is here with some advice to help you get through this most difficult time.

**1. Seek grief counseling:** Well-intentioned reminders from

friends and family that your partner “will always be in your heart” get old very, very quickly. You might benefit from seeing a grief counselor or joining a support group. Speaking with people who truly “get it” can be an enormous source of comfort.

**2. Say goodbye:** Perhaps the most difficult thing about the sudden death of a loved one is knowing that you didn’t get to say, “goodbye.” Allow yourself to bid farewell to this person who meant so much to you. Even if you’re not a religious person, doing this will give you some sense of closure.

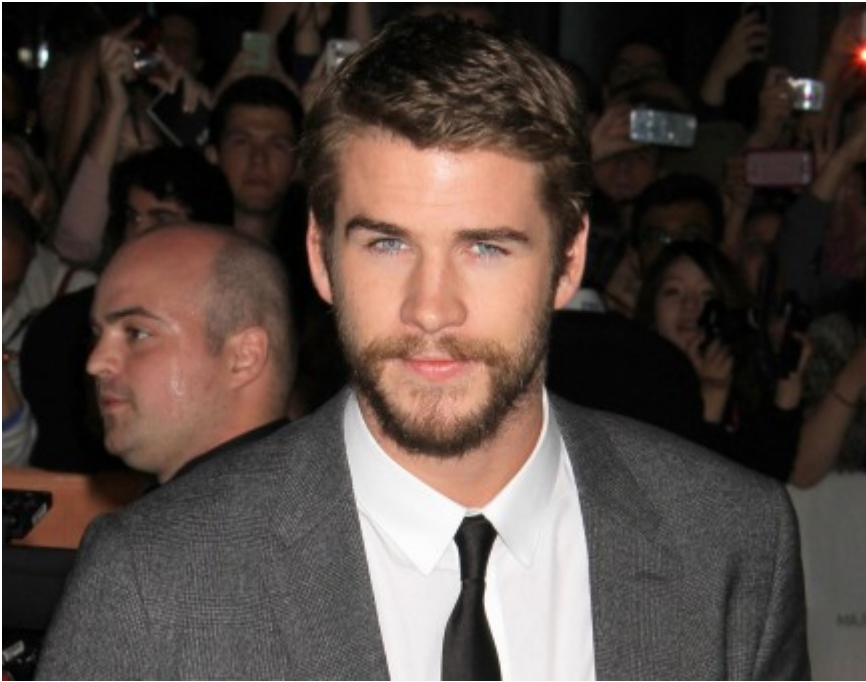
**3. Grieve together:** Though your instinctive reaction to this tragedy may be to close yourself off, remember that your partner had friends and family who are also hurting. Open yourself up to them. You’ll get through this together.

**How did you get through the loss of your partner? Tell us below.**

---

## Jana Kramer and Brantley Gilbert Split





By April Littleton

A source confirmed to [People](#) that the country singers have ended their engagement. “They are both so busy right now. They are both on the road and have to spend a lot of time apart, which isn’t ideal for any couple, let alone a couple trying to plan a wedding,” the source said. Kramer was married to Jonathon Schaech for one month in 2010.

**What are some ways to call off an engagement with class?**

### **Cupid’s Advice:**

The end of an engagement is never a pleasant situation to experience, but if you know the marriage between you and your partner won’t work out, it’s best to end things now rather than go through a divorce months after the wedding. Cupid has some advice:

**1. Face to face:** The worst thing you can do is break off an engagement via email or text message. Situations like this are best handled in person. Take your significant other somewhere where the two of you can talk without any interruptions and explain to him/her why you don’t want to get married. Don’t hold anything back. Be completely honest with yourself and

your partner.

**2. Don't get defensive:** It's only fair that your honey get upset over the things you're telling him/her. If he/she yells at you, don't yell back. Keep yourself as calm and composed as possible. Apologize to your partner and let them know you're truly sorry for hurting them. Be polite and show that you still care for them.

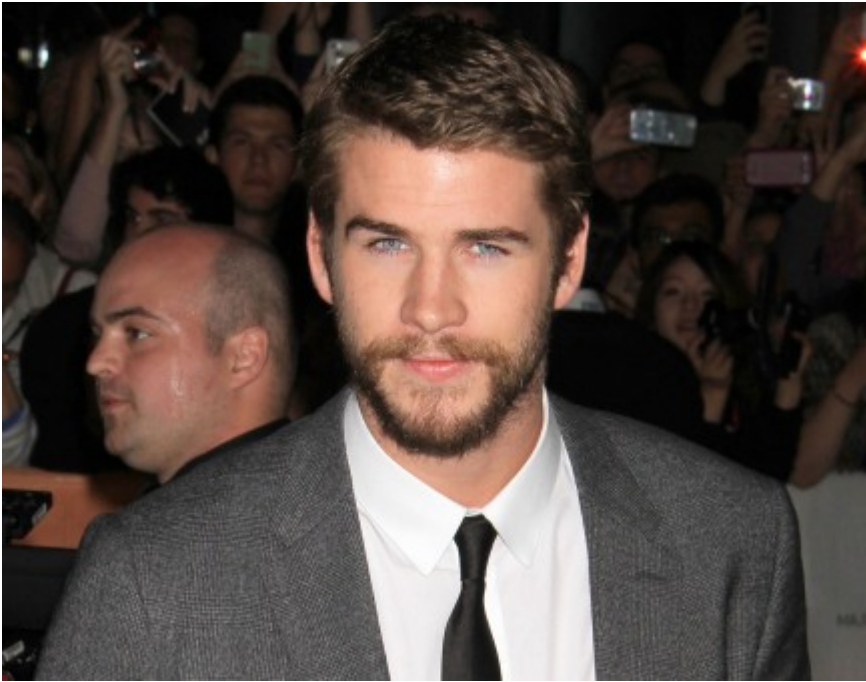
**3. Give the ring back:** If the engagement is truly over, you need to return the ring to your significant other. Keeping the ring may send mix signals. Your partner might continue to pressure you into doing something you've already told them you're not ready for.

**How did you call off an engagement? Comment below.**

---

## Mischa Barton, Boyfriend Sebastian Knapp Break Up





By April Littleton

According to [UsMagazine.com](http://UsMagazine.com), The *O.C.* alum has split from boyfriend Sebastian Knapp after less than a year of dating. The duo were first spotted together in mid-2012. Despite the breakup, Barton seemed to be in good spirits at the Cosmopolitan Summer Bash in Hollywood, California. She was glowing and happy while she talked about her times on set with the *O.C.* cast.

**How do you know when it's time to end a relationship?**

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

There are clear tell-tale signs when a relationship is close to its end. Most couples have a hard time letting go, especially if they've been together for quite awhile. Many even wonder if it's really over. Do you find yourself second-guessing the status of your relationship? Cupid has some tips:

**1. You're fighting more often:** An obvious sign that you are at odds with your partner will be based on how much fighting the two of you do. Have you been yelling at each other over silly things? Can the two of you even have a conversation without it erupting into an argument? Take all of these things into

consideration if you're thinking about calling it quits with your honey.

**2. Nothing in common:** People tend to grow and change when they're in a relationship. Maybe you no longer like watching football with your partner. Your boo might not enjoy taking weekly trips to the art museum with you anymore. Couples should have at least a few things in common. If you find the lists of hobbies and things to talk about is wearing thin, it may be time to move on.

**3. Thinking of someone else:** The relationship is definitely over if you're thinking about another person while you're still with your current lover. Don't string along the person you're with if you're interested in someone else. If you call it quits now, maybe the two of you can be friends in the future.

**How did you know it was time to end a relationship? Comment below.**

---

## **Lea Michele Dedicates Teen Choice Awards Glee Win to Cory Monteith**







By Kerri Sheehan

Gleeks far and wide had to dry their eyes this Sunday night during the Teen Choice Awards. Lea Michele, 26, dedicated the award she won for her portrayal of *Glee*'s Rachel Berry to deceased boyfriend and cast member, Cory Monteith. Her appearance at the awards show is the *Glee* beauty's first since Monteith's July 13<sup>th</sup> death. She made sure to thank fans for their love and support during, "These very difficult past few weeks," reported [People](#).

**What are some ways to honor a deceased partner?**

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

Finding ways to honor a deceased loved one is an important part of learning to live with their death. Cupid has some ideas on how to do so:

**1. Love what they loved:** Anyone who passes leaves behind a great number of things. Whether they are children, pets, family, friends or mementos, hold on to those things your partner once treasured. This will help to remind you of them and all the great times you had together.

**2. Remember them:** As time passes, you may wish to forget about your time together completely as you think that will hurt less, however that is not the case. The time you two spent loving and supporting each other can't be replaced and it was special. Choosing to forget it would be a shame.

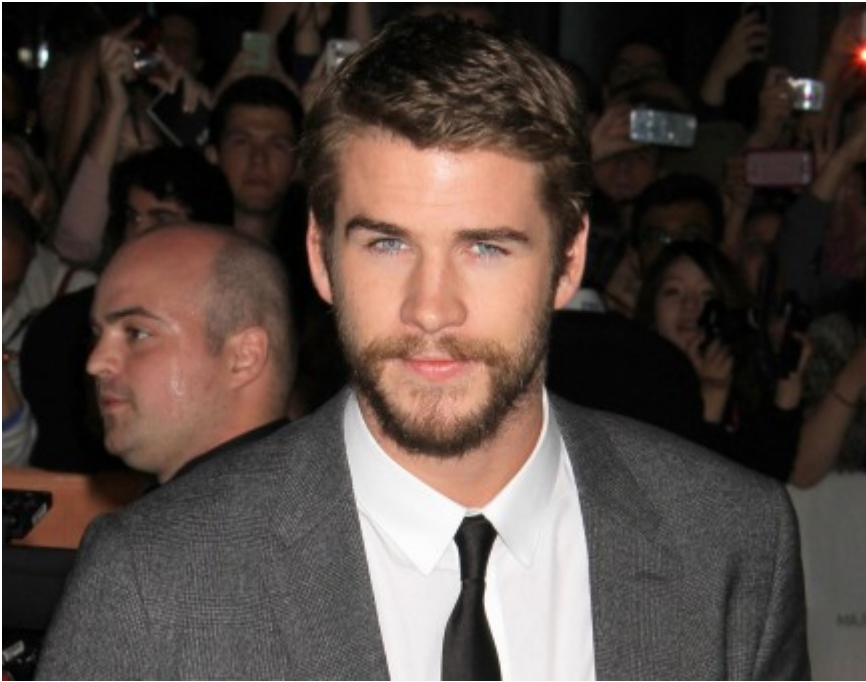
**3. Accomplish their goals for them:** Go somewhere your loved one always wanted to visit, or take up a hobby that they wish they had time for. This will help you feel more connected to the deceased person and will help you accept their passing.

**Have you ever lost a partner? How did you honor them? Share below.**

---

## **Russell Brand Makes Jokes at Katy Perry's Expense**





By Kristyn Schwiep

Russell Brand and ex-wife Katy Perry have been divorced for over a year, but the 38-year-old British comedian is still including Perry, 28, in his stand-up routine. According to [UsMagazine.com](http://UsMagazine.com), Brand made joked about his sex life with Perry during a gig at London's Soho Theatre on Wednesday, July 31. "When I got divorced, I considered becoming a monk. When you're a monk, you're not allowed to have sex with anyone. When you're married, it's one person. That's one more than a monk," he allegedly joked. "It's not that different. I'd be having sex thinking, 'Think of anyone, anyone else.'"

**What are some risks of too much humor in a relationship?**

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

When you decide to add humor into your relationship you should consider the consequences. Using too much humor in a relationship can lead to harsh feelings, confused emotions, and might lead to a break-up.

**1. Confused:** Using humor in a relationship can sometimes ease an uncomfortable situation, but sometimes you might take it too far. Cracking jokes at your partner could leave them

seriously confused on how you actually feel about them and your relationship.

**2. Feelings:** Feelings can get hurt when you use too much humor in a relationship. Even if you think you are being funny you need to consider your partners feelings. You partner might not find the humor that you do and you need to consider his/her feelings before making fun of them, even if it is all in good fun.

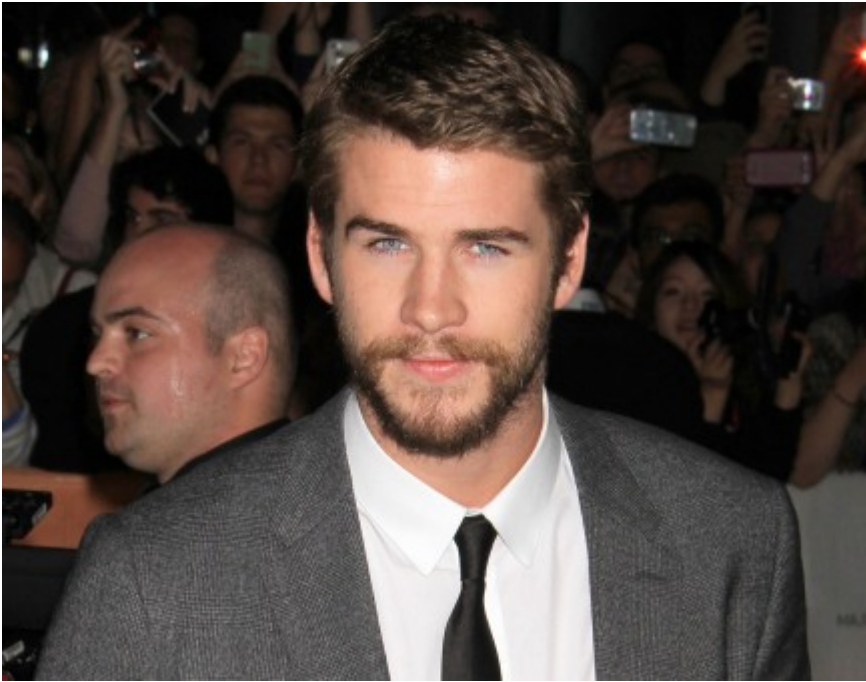
**3. Break-up:** Using too much humor in a relationship can ultimately lead to a break-up. You partner might not be able to handle all the jokes thrown their way and it might take an emotional toll on them. Constantly using humor in your relationship can lead to frustration, which can ultimately lead to you being alone.

**What are some risk of too much humor in a relationship? Share your thoughts below.**

---

## **Gavin DeGraw Says Breakup Songs Paid for His College Loans**





By Petra Halbur

For Gavin DeGraw, it seems, suffering can be inspirational. The 36-year old singer says that his lowest points have led to the composition of some of his most successful songs like “I Don’t Want to Be” and “Not Over You.” Last Thursday, he told [People](#) at Starwood Preferred Guest’s “Hear The Music, See the World” concert series that, “If [the song] becomes successful, suddenly you’re not quite as angry singing it anymore because you’re like, ‘Wow, I paid my college loans off with that song!’”

**How do you use music to help mend a broken heart?**

### **Cupid’s Advice:**

Crying, chocolate and puppies have been known to ease the pain of a broken heart but, perhaps, nothing has been proven to work quite as well as music. Cupid has some ideas for how music can help:

- 1. Let music speak to you:** Yeah, it sounds cheesy, but sometimes the lyrics to a song can feel as though they were written just for you. Embrace the catharsis.
- 2. Create:** Even if you’re not a musician, try parking yourself

in front of a piano and fiddling around with the keys. Even if it's just a simple melody, being constructive and creative can be a great way to put the pieces of a broken heart back together.

**3. Vent:** Turn off the soppy breakup songs and turn on some metal! Play some angry music on your iPod and go for a jog. Run to the beat and don't stop until you feel better.

**What music did you listen to after a break up? Share your experiences below.**

---

## Jennifer Aniston Hints at Brad Pitt Years, Saying She 'Needed Therapy'







By Kristyn Schwiep

Jennifer Aniston and Brad Pitt were married for five years, but it seems that Aniston would've done a few things differently if she could go back in time. Aniston, 44, let her *We're the Millers* costar, Jason Sudeikis, interview her at a dinner party at her Los Angeles home. According to [UsMagazine.com](http://UsMagazine.com), Aniston told Sudeikis about how she wishes she would have gone to therapy in her thirties, but why she's finally happy with fiancé Justin Theroux.

**What are some ways to get over a heartbreaking divorce?**

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

Moving on after a divorce can take time, but cupid has some advice for you to help you get through a heartbreaking divorce:

**1. Get outside help:** If you need outside help don't be afraid to get it. Reaching out to others is a hard thing to do, especially when talking about your emotions. Seeing a counselor or joining a support group could be a positive experience for you during a divorce. Make sure you find a person or place that you feel comfortable opening up, so you

can work through the divorce.

**2. Friends and family:** Spend time with people who support, love, and care about you. Spending time with people who truly value you and your emotions are the people you need to reach out to during this hard time. Surrounding yourself with positive, loving friends and family who will listen to you will help you feel less alone.

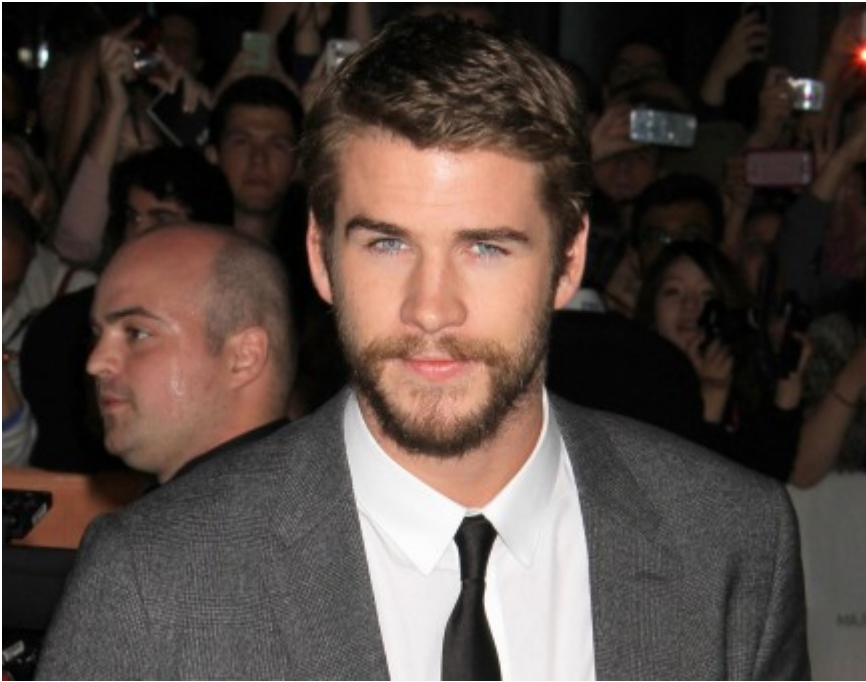
**3. Explore:** Explore something new and exciting. A divorce is the end of a relationship, but can be the beginning of a better and happier life. Take this time to explore new interests and activities. It will clear your head and help you enjoy life in the moment.

**What are some ways you have gotten over a heartbreaking divorce? Share your stories below.**

---

## Former 'Species' Star Natasha Henstridge Files for Divorce





By Kristyn Schwiep

Natasha Henstridge has filed for divorce from husband Darius Campbell, ending their two-year marriage. According to [People](#), Henstridge, 38, filed for divorce on July 23 according to documents filed in a Los Angeles county Superior Court. The papers reveal the exes have been separated since April 10.

Campbell, 32, told [The Daily Mail](#), "We decided to file for divorce and we ask for privacy at this time." It was a mutual decision to end their marriage, Campbell said.

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

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

Ending a relationship is never an easy decision. If you're feeling confused about ending a relationship you need to consider some red flags. Cupid has some advice for you:

**1. Isolation:** If your partner starts to drive everyone that you care about away from you it is a red flag and you need to kick them to the curb. You deserve to be in a relationship with someone who loves that you have your own life and friends and family that care about you. So, if you are feeling lonely

and dependent on your partner it is time to call it quits.

**2. Crying:** It's time to call your relationship quits if you can't stop crying or if the tears start to appear at any given moment. You deserve to be in a relationship that has you smiling, not crying.

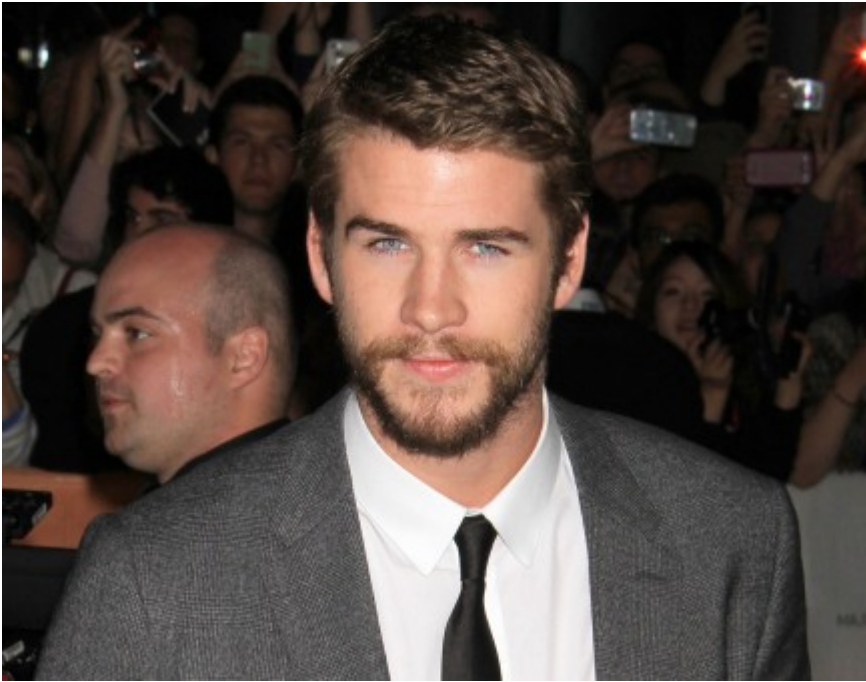
**3. Abuse:** If you start to experience physical or verbal abuse it is time to put an end to your relationship. If you are physically abused it is safe to say that it will happen more than once. Also, if your partner uses any words to put you down frequently its a clear sign to leave. You need to be in a healthy-non violent relationship with someone who respects you.

How do you know when it's time to call it quits on a relationship? Share your thoughts below.

---

## Brad Pitt and Jennifer Aniston Are Scheduled at the Same Film Festival





By Kerri Sheehan

The divorce of Brad Pitt and Jennifer Aniston is one of Hollywood's most talked about as it's eight-years-old, yet still manages to make headlines. Ex-lovers Pitt and Aniston may have a run in at the Toronto International Film Festival as both stars have movies set to premiere there. According to [UsMagazine.com](http://UsMagazine.com), Aniston's film *Life of Crime* also stars John Hawkes and Mos Def whereas Pitt's film *12 Years a Slave* costars Michael Fassbender, Benedict Cumberbatch, Paul Giamatti, Alfre Woodward and Chiwetel Ejiofor.

**What are some ways to deal with seeing your ex after a bitter breakup?**

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

While it would be ideal for your ex to move far, far away after your breakup, that is not likely to happen so a run-in with your former fling is probable. If you've ever gone through a bad breakup then you know running into an ex is the last thing you want to do. Cupid has some advice about how to deal:

**1. Keep your head held high:** The only way to get over the

initial shock of seeing your ex is to let your confidence smack him in the face. Just go about your business as normal and try not to let your heart race out of your chest. If you're on speaking terms then a quick hello is encouraged, but don't run up to him right away, as that will appear too needy.

**2. Play it cool:** Although you've probably been acting out revenge fantasies in your head, there's no reason for your ex to know just how many times you've dreamed of him being forcefully ejected from the planet. The bitterer you act towards him, the more hurt he'll think you were by the breakup. As it's unlikely that you two will get back together there's no reason to play a sad puppy around him.

**3. Don't stress:** At the time the run-in will seem oh so dramatic, but in reality it's a very insignificant moment in your life. The insane urge to disappear into thin air or casually blend into the wall will go away once the encounter is over and you'll go about your life like the run-in never even happened.

**What do you do when you see an ex? Share below.**

---

## **Selena Gomez Pulls Plug on Live Interview After Justin Bieber Question**







By Petra Halbur

Selena Gomez took fairly drastic measures to avoid discussing her on-again-off-again relationship with Justin Bieber on July 22. According to [UsMagazine.com](http://UsMagazine.com), the 21-year old singer was making a live television appearance on WGN Entertainment when the host, Dean Richards, brought up the 19-year old heartthrob. "Is there something about him that we don't get or we don't understand?" he asked. "I mean there's one story after the other of pretty outrageous things that we are reading about. What don't we get about him? Or what is it that he's not getting out there?" Gomez smiled awkwardly before her team cut off her footage and uploaded a black screen with the words "Star Dance Tour With Selena Gomez. Tickets Available At Ticketmaster.com."

**What are some ways to address questions about your ex post-breakup?**

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

The only thing worse than a breakup is the endless series of questions you have to face afterwards. How do you deal with them? Cupid is here to help:

**1. Keep it civil:** As angry as you may be after a breakup, resist the temptation to bash your ex. Unless your partner was abusive, he or she does not deserve such treatment and you won't feel good about it either in the long run.

**2. Provide short answers:** "It was mutual" or "He didn't see a future with me" are simple, short answers to complicated questions. If you find yourself fed up with the constant inquisition or reluctant to disclose all the ugly details, honest yet succinctly replies might be the best way to go.

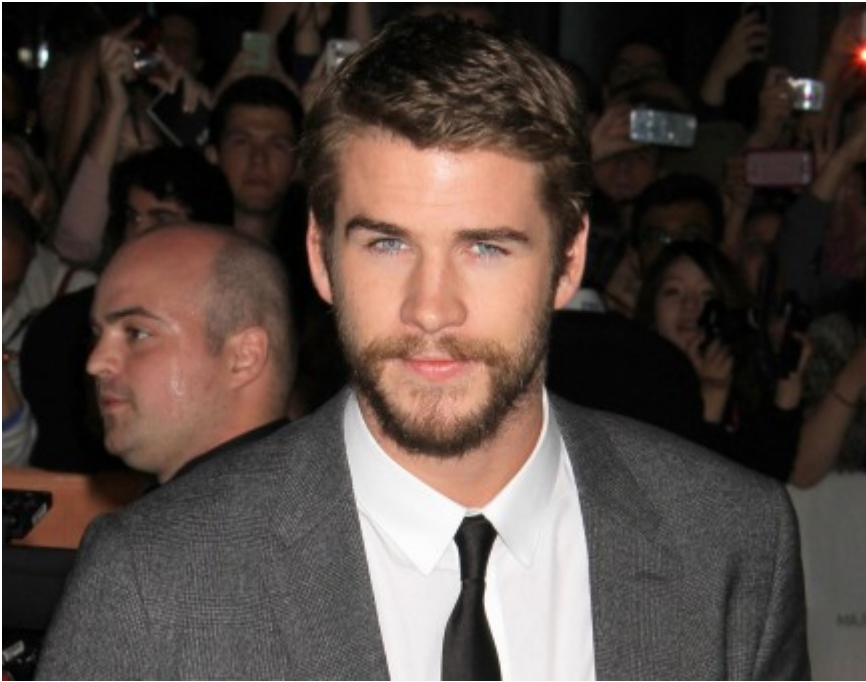
**3. Decline to answer:** If a question is too personal or you just don't feel like addressing such a painful topic, politely explain that you'd rather not talk about it. It's not rude to make clear that some topics are off the discussion table.

**How have you dealt with post-breakup questions? Tell us below.**

---

## Sources Say Cory Monteith Was Planning Surprise for Lea Michele's Birthday Before Death





By Petra Halbur

It seems that Cory Monteith may have been planning a surprise for girlfriend Lea Michele at the time of his death on July 13. According to [UsMagazine.com](http://UsMagazine.com), Michele told friends that Monteith had something special in store for her 27th birthday in August. “She didn’t know what,” a source says. “But she thought it could be a party and possibly a trip somewhere.” Michele is currently grieving with Monteith’s family.

**What are some surprises to plan for your partner’s birthday?**

### **Cupid’s Advice:**

Often, as adults, we let birthdays slip by with little or no celebration. How can you ensure that your partner’s next birthday is one to remember? Cupid has some ideas:

**1. Weekend getaway:** Announce that you’ve rented out a rustic cabin or reserved a room at a bed and breakfast for the weekend. It’ll be a great surprise and ensure romantic weekend.

**2. Bite the bullet:** Do something your partner loves that, quite frankly, you’re not crazy about. Whether it’s watching *The Notebook* or going to ComicCon together, your partner will

appreciate that you made his or her happiness a priority.

**3. Erotic fantasy:** Rose petals, lavender lotion, handcuffs ... whatever it is, indulge your partner's sex wildest sexual fantasy.

**What surprises did you spring on your partner for his/her birthday?**