

# Jennie Garth and Peter Facinelli Will Split Holidays with Daughters



By Nicole Weintraub

With Thanksgiving right around the corner, Jennie Garth will be celebrating solo while her daughters are with ex Peter Facinelli, according to [UsMagazine.com](http://UsMagazine.com). Garth and Facinelli are currently separated but have yet to finalize their divorce after eleven years of marriage. This is the couples' first shared holiday in the sense that they will be splitting the girls up between families for the holidays. Facinelli has Thanksgiving, but Garth has the three girls for Christmas time. Though her children will not be with her for the actual holiday, Garth plans on celebrating with her daughters on Saturday while spending the day of with some friends. Garth and Facinelli split back in March and have yet to finalize the details of their divorce, but are "hammering out the details"

according to Garth.

**What are some ways to keep your children happy during the holidays post-split?**

**Cupid's Advice:**

Divorce can be difficult, especially on kids around the holidays. Here are some pointers on how to keep your kids cheerful during the holidays after a split:

**1. Come together:** If possible, spend the holidays together as a large family. Even though you are no longer with your partner, the two of you can set aside your differences for the sake of your children. If you are doing as Garth and Facinelli, celebrate the holiday with your kids on a different day.

**2. Put on a brave face:** If the split is fresh, don't let your kids see you upset. If they see you being down in the dumps, they will follow suit. Children repeat what is modeled to them.

**3. Follow through with traditions:** Just because you are no longer one big happy family does not mean that you cannot continue with your holiday traditions. Kids crave normalcy and routine after a sudden split.

**What are some ways you would cheer your kids up during the holidays? Share your ideas with us.**

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# Wendy Williams Lashes Out at Heidi Klum for Relationship with Bodyguard Boyfriend



By Jennifer Ross

Wendy Williams speaks her mind about Heidi Klum's new relationship and it is not nice. Last Tuesday on [The Wendy Williams Show](#), Williams criticized the Victoria's Secret model, insinuating that Klum and bodyguard boyfriend Martin Kisten began their relationship while Klum was still married to Seal. She even went as far as implying that intimate moments may have taken place under Seal's nose while Kisten worked for the family the past four years. "Seal, you know what that means – and not just when you were out of town." The TV host ended with giving Seal advice on revenge. "I don't how much you're worth, but she's worth more. You need half. You need yourself a new girlfriend; someone young, hot and with a long future in modeling, and really fertile."

## **What are some signs that your partner is cheating?**

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

No one ever wants to find out their partner is cheating. As a result, many people will turn a blind eye to the infidelity and live in denial. A problem with this is that the truth will eventually surface and you will need to deal with it. So rather than wait for your mate to confess, here are a few signs that someone is cheating:

**1. Private phone calls:** Yes, there are moments when your partner will need to take a phone call into the next room for privacy. However, if your partner runs to the next room every time the phone rings, something is not right. Also, your mate may refuse to let you know who called or what the call was about.

**2. Change in appearance:** Another sign of cheating is if your spouse has changed their appearance, such as previously dressing conservative but now focuses on designer clothing. Also, your mate wasn't much for grooming but now is finicky about their hair style, jewelry, and/or make-up. A new love in their life will have them feeling more conscious about their look.

**3. Overly defensive or angry:** When a spouse is cheating, they may come off more defensive about answering for their whereabouts or any question at all. The defensiveness could lead to criticizing or controlling you for any little thing and impatience or aggression in just speaking to you. The infidelity signs will get stronger so pay attention.

**What signs did you see that told you your partner was cheating? Comment below.**

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# Nicole Kidman Says Divorce From Tom Cruise Was a 'Shock to My System'



By Jennifer Ross

With all her professional successes and a gorgeous family, Nicole Kidman is grateful for what she has. However, her life has not always been grand. In a recent interview with [DuJour](#), Kidman speaks of the highs and lows in her life, including her painful divorce from former husband Tom Cruise. When discussing her love for Cruise, the star of upcoming movie *Grace of Monaco* said, "I was reeling with Tom. I would have gone to the ends of the earth for him." At 23 years-old, she had married Cruise in 1990. Just a few months after their 10<sup>th</sup> wedding anniversary, Cruise delivered a major blow to her when

he decided to separate. "It took me a very long time to heal. It was a shock to my system," the mother of four confessed. Over time, Kidman, 45, healed from her divorce and eventually found love again in current husband Keith Urban. "I'm happier than I've ever been in my life... My family is with me."

**What are some ways to deal with the shock of a divorce?**

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

Being shocked by divorce doesn't necessarily mean that it happened suddenly. You may have known for some time that the marriage was deteriorating. It's basically the final realization that it is over. There are many stages you will go through, but know one thing. Life will get better. To get you through the initial shock, here are a few tips to keep your sanity:

**1. Grieving stages:** First thing to realize is that you will go through all stages of grieving, sometimes repeatedly – denial, anger, bargaining, depression and acceptance. While this may not relieve your pain immediately, learn each stage's emotional responses. In doing so, you can understand yourself better and see progress as it comes.

**2. Grant permission:** As your life has been turned upside down, you will have more bad days than good. Give yourself permission to forgive yourself not only for the mistakes of the past, but for the mistakes you will make in the future. Remember, you are going through a divorce; you cannot expect yourself to be at your best everyday.

**3. Alone time:** While you may have the constant urge to keep yourself busy and surrounded with people, this can be a bad mistake. In order to heal, you must face your emotions and process them internally. The idea may sound frightening, as if your pain will consume you, but it won't. Over time, you will learn to appreciate alone time with yourself.

How did you cope with the shock of your divorce? Comment below.

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# Jennie Garth and Peter Facinelli Reunite for Daughter's Soccer Game



By Nic Baird

Despite announcing their split in March, actress Jennie Garth and actor Peter Facinelli came together Saturday to support their daughter at a soccer game, [People](#) reports. After 11 years of marriage, they could still cheer together for their 6-year-old daughter Fiona. The former couple were joined by their other daughters, Luca, 15, and Lola, 9. Both have said the other is a great parent. “Co-parenting takes two great

parents to put their differences aside and focus on the children,” Facinelli, the former *Twilight* star, said last month.

## **How do you remain civil post-divorce for the sake of your children?**

### **Cupid’s Advice:**

“Monkey see, monkey do” is the ancient mantra for child rearing. If you want to protect your children from painful endings to their relationships, it’s crucial you put your best foot forward. Here are some tips:

**1. Never show children aggression towards your ex:** Regardless of how badly your partner messed up, there’s no reason your children should be further victims of the situation. Never show hostility or bitterness towards their other parent. If they have two parents at each others’ throats, then what was the point of the divorce? You’re setting them up to think that this broken family is the model for their future.

**2. Maintain parenting partnership:** Your kids will understand that family is forever, and parents have to prioritize their children, only if you keep a united front with your ex. This means that you discuss parenting issues together, and always bring back the same ruling to your child. If there are different rules home to home, favouritism and confusion will plague your family. It’s important your kids have both parents active in their life. Don’t try and push your ex away from their children.

**3. Discuss emotional subjects in private:** Emotions are irrational, and your feelings can spill out within earshot of your offspring if you’re not careful. Make sure you avoid topics that can trigger confrontation when your children are around. Maybe these subjects do warrant discussion with your ex, but make sure you know the right time and place. Turning



up the radio is not a solution.

How have you accommodated your children in your divorce? Share your experiences below!

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# Justin Bieber Vaguely Speaks Out About Split with Selena Gomez



By Nic Baird

Pop star Justin Bieber and actress Selena Gomez split on Halloween, according to [UsMagazine.com](http://UsMagazine.com). "I don't know what to say," the tween idol said in an interview with Open House Party, Nov. 10. "I don't know what's going on in my life ... To even assess that it doesn't make sense 'cause I have not made

any comment.” Since their Oct. 31 breakup, Gomez has been keeping a low profile. However, a Gomez insider saying the couples’ challenging schedules and trust issues were at the core of the breakup. The couple had been dating for two years.

## **What’s the best way to begin coping with a recent breakup?**

### **Cupid’s Advice:**

The sense of loss and loneliness that washes in post-breakup can leave you fragile and bitter. Don’t reminisce about the good times. There’s no point in dwelling on someone who doesn’t want to be a part of your life. Cupid has some advice:

**1. Forget the past:** While this person may have been important to you only days ago, it’s hard to accept that they’ve lost all relevance to your life. If you saw this person as your partner, and now they can’t fill that role, trying to figure out a new dynamic or identity is useless and painful. Don’t weigh yourself down with issues that aren’t your problem anymore! Move on, and find someone better.

**2. Focus on yourself:** People always say this, but what does it mean? Basically ‘be the person you want to be.’ Your sense of worth and purpose are being challenged by this recent breakup, don’t let it dominate your self image. Put more into your life, and that void will start to close up. Sports, exercise, art, music, new skills, new projects, new friends, old friends, and anything to take up your time. Here’s your chance to do the things you’ve always wanted to do without needing your partner’s approval. Take advantage, especially if they were the bossy type.

**3. Socialize:** Olivia Wilde had this to tell *British GQ* about her divorce from Tao Ruspoli: “it’s never easy... And anyway, you fall in love again. Oh God, to think that you only fall in love once in your entire life is such a depressing thought.” Thanks, Olivia, for reminding us that whatever your feelings

are for your ex, they'll soon be overshadowed by a fresh love. Go out and have fun! Rekindle old friendships! Explore your options thoroughly as a newly single bachelor/bachelorette. This doesn't mean start looking for a replacement, instead establish your power as a single individual.

**How have you dealt with a recent breakup? Share your experiences below!**

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# Selena Gomez and Justin Bieber Split



By Nicole Weintraub

Justin Bieber and Selena Gomez are officially over, according to [People](#). The couple split about a week ago with Gomez being the one to pull the plug on the relationship, reported a

source. The pair dated for almost two years with Gomez being two years older than Bieber. The couple has been having difficulties since the summer when fighting ensued and Gomez was reported crying over Bieber. Bieber was reportedly seen hanging out with models backstage after the Victoria's Secret Fashion Show in New York City while Gomez was all the way in LA. Bieber's mother had reported that she did not think marriage was a likely option for the two, revealing the essence of their young puppy love. "I don't know what to say," Bieber responded on a radio show Saturday, unsure as to the current state of his own relationship. "I don't know really what's even going on in my life."

**What are some signs that a break up might be in your future?**

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

Break ups are difficult to get through, but sometimes there are clues that there might be a visit to splitsville in your future. Here are some key signs to look for:

**1. Fighting:** If the two of you are fighting frequently and arguing over every little thing, it could be time to take a break. Sometimes when we spend so much time with the same person they start to get on our nerves, even if they do nothing wrong.

**2. Distance:** If your partner and yourself are spending more and more time apart, it might be time to break things off. The less time you spend with your partner, the less you feel like you are in an actual relationship.

**3. No Passion:** If the chemistry between the two of you is dwindling, it might be time to try to rekindle the spark. Though, if there is no more passion in the relationship it might be time to call it quits.

**What are some signs you look for? Share your ideas with us in**

the comments below!

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# Kirstie Alley Reveals Her Past Secret Relationship with Patrick Swayze



By Jennifer Ross

Whatever her reasons were, Kirstie Alley just had to confess. In a surprise even to *Entertainment Tonight's* host Chris Jacobs, Alley revealed on Monday night's episode that she had a very emotional and secretive relationship with then costar Patrick Swayze, while they were filming the 1985 movie, [North and South](#). What makes this gossip even juicier is that the *DWTS* contestant, 61, and Swayze were both married! To clarify the details, Alley stated how their "affair" was emotional and

not physical. "We did not have an affair. But again, I think what I did was worse. Because I think when you fall in love with someone when you're married, you jeopardize your own marriage and their marriage. It's doubly bad."

## **What are some reasons to keep your relationship a secret?**

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

There's no doubt, secret relationships are filled with excitement. You and your secret lover arrange to meet in new places, away from your usual hang outs. You program each others' phone number with a secret name. Besides having an affair, there are many legitimate reasons why people engage in such activities. Here are a few to think about:

**1. You two are family friends:** Suppose you and your best friend of 10 years fall in love with each other AND your families are extremely close, even celebrating holidays together. It's understandable not wanting to share your relationship with everyone just yet. Holding back the info gives you two the time to grow your love and prevents the unwanted family pressures.

**2. Family approval:** If you come from a Roman Catholic family and your secret partner is a devout Muslim, many feelings could arise when informing your family. Also is the case with interracial relationships. With many hearts at stake, it may be worth it to keep hush about your love until you know a future marriage is certain.

**3. Same-sex:** Sometimes the approval need not come from family. Sometimes, it's from you. There are instances when a person is not ready to admit their sexual preference to their family for fear of banishment. Often times, complete out casting is not the case. Even so, it's alright to take your time in gaining the courage to show your true self.

Why did you keep your relationship a secret? Tell us below.

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# Kim and Kanye Double Date with Scott and Kourtney on Halloween



By Nicole Weintraub

Sisters Kourtney and Kim Kardashian double dated for Halloween in Miami with their respective men – Scott Disick and Kanye West, according to [UsMagazine.com](http://UsMagazine.com). The sisters are currently filming *Kourtney & Kim Take Miami* where they went out on a double date with their boyfriends, deciding to not have a big extravaganza for Halloween this year. Kourtney, Disick and West wore light colors in white and beige while Kim stood out in black leather pants and a black mesh top revealing a black

bra underneath. Ever since Kim and West have come out as an official couple, he has been helping dress her. Kim and West have just recently starting dating, but have been friends for several years. Kourtney and Disick have been together for several years, having two children together.

## **Is double dating a good idea?**

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

Double dating can be a great way to relieve the pressure, or it can be a disastrous way of ruining your one on one time with your date. Here are ways it can be good or bad:

**1. The more the merrier:** While it may be a good idea to have a double date or even a group date in the beginning of dating, it can also take away from one on one time. Double dating is a great way of relieving tension and keeping the conversation going, but it takes the intimacy away from an actual date.

**2. Different relationships:** Kourtney and Scott have two children together while Kim and Kanye are in a brand new relationship. If you are going to double date, try to go out with a couple that are on the same page with their relationship. The more the two couples have in common, the more there will be to talk about.

**3. Four different people:** A double date can quickly go from two couples spending time together to four people hanging out with one another. Make sure that while you are still conversing and spending time with the other couple that you are not ignoring your partner.

**Do you think double dating is a good idea? Share your thoughts with us!**



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# Eva Longoria and Mark Sanchez Split



By Jennifer Ross

It's back to the drawing board again. The relationship between Eva Longoria and Mark Sanchez has officially ended, a source told [People](#). The insider went on to say that Longoria, 37, and Sanchez, 25, ended their very brief relationship amicably and without any hang ups. "There is no drama." The former couple has been seen in public together since last July, although Longoria denied any relationship back then. Previously, the former *Desperate Housewives* star dated Eduardo Cruz, while New York Jets quarterback was seen with supermodel Kate Upton.

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

## **Cupid's Advice:**

After a breakup, there will be instances where you will need to remain in contact with your ex, such as you both work together or share custody of a child. Whatever the situation is, you will need to be respectful and courteous with him/her, regardless of whether you want to reconcile or not. To keep things even keel and successful, here are a few tips on how to approach situations with your ex:

**1. Be kind:** A great way to get along with you ex is to be kind in a respectful manner. If your ex doesn't agree with your mature attitude, don't stoop to his/her level. Continue in the same way, and eventually, he/she will come around to understand that you are serious about moving forward positively.

**2. Avoid intimate history:** The only way to leave your intimate relationship in the past is to not bring it up in the future. Therefore, don't dwell on why you two broke up or any of the bitter/sweet moments you had together. While the breakup is still fresh and new, focus only on the important topics and being amicable towards each other.

**3. Don't get others involved:** So as not to start any fights with your former partner, and show the respect they deserve, don't get outside parties involved by talking negatively about the breakup. It simply is too risky. There are many ways your words can get misconstrued and relayed back to your ex.

**Were you able to remain civil with your ex shortly after your relationship ended? How did you do it? Tell us below.**

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# 'Bachelorette' Couple Emily Maynard and Jef Holm Break Up



By Jennifer Ross

It looks like there won't be the sound of wedding bells in the near future for Emily Maynard and Jef Holm. The *Bachelorette* couple confirmed last week's rumors that they are splitting up in exclusive statements given to [People](#). "I have nothing but respect and love for Jef and his family, but ultimately we are just at different points in our lives, Maynard, 26, said about Holm. Neither one of them regrets any part of their journey together. In Holm's, 28, statement, he hopes that they will remain life-long friends. "Emily and I are great friends and I hope we can continue to be friends forever... I will always love her."

**How do you know if you're in the same place in your life as a potential partner?**

## **Cupid's Advice:**

There are many bad reasons why a relationship doesn't work. However, ending a relationship because the two of you are not in the same place in life can be one of the most difficult to handle. Your friends may not understand the decision; yet, you know it is the right one. To help you in the next relationship, here are a few things to consider when looking for someone on your same path:

**1. Old relationships are closed:** In order to be ready for the next relationship, both of you must have closure in your hearts with previous relationships. Holding on to any negative thoughts or unfinished business with an ex will only become an obstacle in the future. Clearing the air from the past will allow each of you to be independently available to each other.

**2. Know thyself:** To know thyself and what each of you want and need in life is the only way to reduce any future confusion or unexpected arguments. Each person is able to come to the table with an honest plan for the future as a couple. If you don't know yourself, then you cannot expect your potential partner to know you.

**3. You've had the discussion:** To be on the same path means you and your future partner have had the discussion, or several discussions, about what each other want and expects in this relationship. It is not about your list of demands. Rather, it is about the joining of two people to live together in harmony and in love.

**Are you and your new partner in the same place in life? Tell us your story below.**

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# Demi Moore Is 'Jealous and Frustrated' by Ashton Kutcher and Mila Kunis' Relationship



By Jennifer Ross

It can be extremely painful for a woman to tolerate an ex finding a new love; even celebrities are not immune to this sadness. Demi Moore has had a rough year, starting with ex Ashton Kutcher's cheating scandal, leading to their divorce and now – coping with his new love, Mila Kunis. Moore, who will celebrate her 50<sup>th</sup> birthday this November 11, has been described by a close source as "jealous and frustrated." Also, many sources have reported to [People](#) that friends are worried she hasn't fully recovered. On the other hand, a separate source maintains that Moore is moving forward and doing well. "...despite the depression of going through a divorce, she came through it."

## **What are some ways to cope with your ex's new relationship?**

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

Your relationship has broken up. You are trying to move on. So far, you are doing a pretty good job. Then, you hear your ex has a new love and the pain feels like you are back to the day after the breakup. Have no worries. Coping with the news can be easier by considering these three tips:

**1. Accept the sadness:** Unfortunately, the wound is open again no matter how "over it" you believe to be. Feel the pain, again. It's useless and hurtful to your future to ignore it. Realize that it will not last long and will not hurt nearly as bad as the breakup.

**2. Find a new hobby:** Want to learn how to surf? Or cook? Involve yourself in a new hobby, something you have always wanted to do. By focusing your mind on yourself in a positive manner, you are gaining confidence. This will help to alleviate the sadness much quicker.

**3. Support your own relationships:** Remember those friendships you had before your ex that slowly disappeared? Rekindle those again. Reach out to old friends and start anew. Also, go out and meet new friends. Thankfully, a partner is not the only form of love and support in this world.

**How did you cope with your ex finding a new partner? Tell us below.**

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# Jef Holm Unwinds with Golf Post-Split from Emily Maynard



By Nicole Weintraub

The day after it was publicly known that Jef Holm and fiancée Emily Maynard were calling it quits, Holm was seen out golfing, according to [People](#). “Just what I needed,” Holm announced via his Twitter account on Tuesday – a day after announcing his split from fiancée *Bachelorette* Maynard. His golfing buddy ironically was Arie Luyendyk who was the runner-up on the *Bachelorette*. In response to calling off his engagement with Maynard, he commented that the two remain “great friends” and he hopes to continue his friendship with her. The duo “tried our hardest to make it work”, but it looks like the two will remain friends for now.

**What are some ways to keep yourself busy after a breakup?**

**Cupid's Pulse**

The first few days after a breakup are the hardest from coping with the loss of a valued relationship to dealing with the sudden amount of free time. Here are some ways to busy yourself:

**1. Catch up with old friends:** When we are in a relationship we tend to replace the time that we would spend with friends with time spent with a partner. Go out for a drink with a few friends or take an old pal to lunch to catch up. Reunite with an old classmate or friend that you lost in touch with.

**2. Cross that item off your bucket list:** Never had time to take those dance classes? How about that movie you've been dying to see? Go see it and cross it off your to do list! While you have the time, do all of the things you had wanted to do but never got around to do yet.

**3. Avoid the computer:** Whatever you do avoid the computer including Facebook. Nothing good can come out of seeing your ex and his current whereabouts. Plus, you don't need to log your daily activities on the computer for your ex and his friends to see.

**How do you keep yourself busy after a breakup? Share your ideas with us.**

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## Sources Say Russell Crowe and Danielle Spencer Have Split







By Nic Baird

Oscar winner Russell Crowe and musician Danielle Spencer have split after an eight year marriage, according to the [Sydney Morning Herald](#). The relationship blossomed after the two were cast as lovers in the 1990 movie *The Crossing*. The New Zealand-born actor married Spencer in her native Australia April 7, 2003. Spencer is currently in Sydney with their two children, while Crowe is on a N.Y.C. stage with Alan Doyle, Sting, and upcoming *Les Misérables* co-star Emma Watson. Crowe's rep did not respond to [People](#)'s request for comment, Sunday.

**What are some ways to get through a rocky patch in your relationship?**

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

Getting past the hurdles in a relationship is easy. Every couple has problems, but all it takes is a bit of effort to move on. Before you go wasting your money on therapists and bartenders, check that you're both completely invested in making it work. It only takes a spark to get the fire going again.

**1. Clear the air:** Don't tiptoe around ongoing issues. Find out

what burdens your relationship. Tell your partner what makes you unhappy, and listen to your their problems as well. Think about the times when you worked well as a couple, and examine why relations are suddenly different.

**2. Compromise:** Someone's needs are being neglected in your relationship. Trying to push past a rocky patch means resolving to make the necessary adjustments. Talk with your partner about the needs you both have. Figure out what structural tweaks will keep your twosome blissful.

**3. Change:** Resolving to improve means nothing without action. As a couple, you move forward together. Half the pair can't be crushed by all the relationship maintenance, while the other shows no interest. Obviously your relationship changed once before when it slid into this rut, now something has to change again. Follow through on the changes you discussed with your partner.

**How did you get past a rocky patch in your relationship? Share your experiences below!**

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**'Bachelor' Winner Courtney  
Robertson Makes Out with  
'Bachelorette' Runner-Up Arie  
Luyendyk Jr.**





By Nicole Weintraub

Rumor has it that Courtney Robertson shared a smooch with Arie Luyendyk just after ending her engagement to Ben Flajnik a week ago, according to [People](#). Robertson ended her engagement to *Bachelor* star Flajnik who confirmed it on Friday, though no details have been shared regarding the split. Regardless, the *Bachelor* winner locked lips with *Bachelorette* runner-up Luyendyk. It seems that Robertson is keeping it within the same franchise. Her former fiancé seemed bewildered regarding the turn of events. Robertson and Luyendyk went out for a dinner date that ended off with a goodnight kiss at the same restaurant that Robertson went to with her former fiancé during her home visit on the television show.

**How long after a broken engagement should you wait before kissing someone else?**

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

It's difficult trying to recover from a broken engagement, but some recover more quickly than others. So what is the appropriate amount of time before moving on to someone new? Cupid has some advice:

**1. There is no exact timeline:** There is no masterful equation

of when the appropriate amount of time is to kiss someone other than your former fiancé/fiancée. Though, there is a courtesy time period. Kissing anyone within two-three weeks is immediate grounds for violation and disrespectful.

**2. Respect your former beau:** You may be ready to live up your newly singlehood, but your partner may still be reeling from the broken engagement. If you are going out and meeting new people, try not to boast about it to mutual friends, to your former beau directly or on the Internet.

**3. Check yourself:** Rebounds are not good for anyone – especially you. Make sure that if you do meet a new person that you are interested in them for the right reasons. Move on when you are ready, not when you are lonely.

**How long did you wait to move on from a broken engagement? How long would you wait? Let us know!**

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## **Courtney Robertson Speaks Out About Split with Ben Flajnik**





By Jennifer Ross

The two 'Bachelor' Season 16 lovebirds, Ben Flajnik and Courtney Robertson have finally admitted to calling it quits. Courtney removed her engagement ring, and decided to speak out via Twitter. The Bachelor winner had brief and positive words to say regarding their break up, which Flajnik, 28, confirmed on October 5. "Thank you all so much for the kind words and for believing in us," the model tweeted. Her ex-fiancé also tweeted his thanks as well, saying he is "blessed to have amazing friends/fam." Even before the official split, the two had admitted to wanting to take a break before getting married. They had concerns that they may have been moving too fast due to public pressure. It appears that their instincts were correct.

**How do you know when you've done all you can to make a relationship work?**

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

As odd as it may seem, it is actually possible to find a partner that checks all the boxes on your list but doesn't work in your real-life. Here are some common situations:

**1. The Spark Dies:** The initial infatuation fades and you

notice that the love for your partner doesn't continue to grow. You rationalize your initial feelings. After all, everything looks great on paper. If the attraction was once there, you convince yourself it was real. You try and try but your attempts at love end up empty. Love cannot be forced when it simply doesn't exist.

**2. Professional Help Fails:** You used to get along with your partner. You both supported one another and did whatever it took to make each other happy. Somewhere along the way, the bickering began, the stubbornness kicked in and the fighting took over. You tried to solve it on your own, you even went to counseling, but it didn't work. You both realized that two people are sometimes better off alone. It takes a strong couple to let go.

**3. Damage is too Great to Repair:** Throughout the relationship, you both were completely honest with each other-or so you thought. Then, you find out he has been having an affair, doing drugs, or gambling his money away. None of these need to be dealbreakers in the relationship. Perhaps your partner has a problem and needs help. If your partner keeps repeating the same mistakes, that's when it's time to decide if it's better for you to move on to a happier place.

**What steps did you take to make your relationship work? Tell us below.**

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# **Courtney Robertson Is Spotted Without Engagement Ring**



By Jennifer Ross

Nothing spells a breakup any clearer than when a woman takes off her engagement ring, as is the case with *Bachelor* couple Ben Flajnik and his ex-fiancée Courtney Robertson. This Monday, Robertson, 29, was spotted out wearing workout gear minus an engagement ring just a mere few days after Flajnik, 30, had confirmed to [People](#) that the two had split up. As if this was not enough confirmation, Flajnik then posted online, “Welp, another weekend ahead and there is so much going on in San Francisco. I can’t even begin to tell you how crazy of a weekend it’s going to be.” Will Flajnik be the next second-time Bachelor? Stay tuned.

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

### **Cupid’s Advice:**

Thankfully, most of us do not have to deal with a breakup while being constantly followed by the media. However, this does not make ending an engagement any easier for you. Before you walk down the aisle, here are a few signs leading towards

ending your engagement:

**1. Infidelity:** Without a doubt, if someone is cheating in your relationship, this is a major sign that the engagement needs to be called off; at the very least, the wedding needs to be postponed. Infidelity is a usually symptom, and not the cause, that someone is not 100 percent on board with a union between two people. Without full commitment from both parties, your future marriage will not last long.

**2. Too many missing links:** By the time you are engaged, certain fundamental questions should be agreed upon by you and your partner. Where will you two live? How many children will you have? What, if any, religion will the children learn? Who will stay home with them? Not agreeing or compromising to these questions will set your relationship up for future surprises and high risk failure.

**3. Instincts are loud:** If on the outside everything in your relationship seems perfect but your internal instincts are screaming “run,” feeding it cookies will not do you any good. Never let a perfect, albeit false, image of your love life prevent you and your partner from having true happiness, even if it’s separately. Like all other challenges in life, you will survive a breakup and be stronger for it.

**What made you decide to call off your engagement? Share with us below.**

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# **‘Bachelor’ Stars Ben Flajnik**



# and Courtney Robertson Call It Quits



By Nic Baird

Ben Flajnik, the *Bachelor* from the show's 16th season, and his final rose recipient, Courtney Robertson, have ended their eleven month relationship, according to [UsMagazine.com](http://UsMagazine.com). The couple explored Baker Beach, San Francisco in August, and Flajnik even commented on Twitter that it'd be an ideal location for their wedding ceremony. The pair seemed in love this summer, despite Flajnik's rumored indiscretions four months after their November 2011 engagement. Before this recent split, the California winemaker's proposal to *Bachelorette* Ashley Herbert was turned down in favor of competitor J.P. Rosenbaum.

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

**Cupid's Advice:**

It's always good to be optimistic about love. Being in a healthy relationship means fostering a connection, allowing growth, and maintaining trust. Looking for a way out is different than examining the strengths and weaknesses of being together. That being said, recognizing these important fundamentals will save you from picking up the pieces of your heart with the boxes of clothes you left behind:

**1. Friendship:** All relationships are based on the enjoyment you have spending time as a couple. Like any friendship there can be rocky moments and tension. But in spite of this, both parties should still care for each other. This means building a comfortable foundation and finding new ways to spend time together. A relationship includes intimacy, but if it doesn't feel like you're friends than how could you be more?

**2. Future:** Most people enter a relationship with the idea that it could progress further. Unless otherwise stated, it's reasonably assumed that your partner is a candidate for marriage. You're stalling if you've already dismissed this in your head. Your partner's life, may have no room for you. If they're unwilling to ever compromise on solutions to develop your partnership, then remember to prioritize your relationship needs. Decide on an appropriate time to put down the candle.

**3. Trust:** Some broken hearts can't be mended. Second chances are great, but not always realistic. Even with forgiveness, baggage can still tear your relationship apart. Establishing trust is hard, but repairing it is even harder. If there's no hope of trust with this person than don't torture yourself. Confront issues head-on, talk with your partner, and make a final decision.

**What are signs that told you to call it quits? Share your experiences below!**

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# Arnold Schwarzenegger Admits to Another Affair in Memoir



By Jennifer Ross

Just when you thought you had heard it all, Arnold Schwarzenegger confesses to another love affair. From his new book, *Total Recall*, the former California governor wrote about an affair with his one-time co-star Brigitte Nielsen that happened back in the 1980's. The latest news comes just one day after *60 Minutes* released an interview excerpt where Schwarzenegger admits to fathering a child with a former housekeeper while married to Maria Shriver. According to AP, it was his affair with Nielsen that made him want to marry Shriver even more.

**What are some ways to deal with the revelation of a partner's affair?**

## **Cupid's Advice:**

Apart from a death, finding out your partner had cheated is one of the most saddening news to receive. You will go through many negative emotions and, more importantly, need to decide what to do next. So to help you with your dilemma, here are a few ways to deal with the revelation:

**1. Answer the hard question first:** One of the hardest questions to answer after an affair has happened is will you stay or leave your partner? No matter which you choose, the road will be difficult, so it is useless to look for the easier path. Even so, you must choose wisely and not go back on your decision.

**2. Know your part:** Unless your partner is a philanderer, he did not go out looking for an affair. This means that the affair more than likely was a slow process that started when you two had issues, and way before the other person came around. To truly deal with the issue, you must look inwards to understand your part, even if your part was just looking the other way.

**3. Understand the stages:** The next few months will be a roller coaster. Understand that you will go through times of anger, frustration, sadness, and moments of feeling absolutely nothing, in any order. Eventually, the negativity will lessen and you will get to peace and rekindling.

**How did you deal with your partner cheating on you? How hard was it to deal with? Comment below.**

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# Rachel Bilson and Scott Porter Dish on Love Triangle on 'Heart of Dixie'



By Jennifer Ross

In the season finale of *Hart of Dixie*, Dr. Zoe Hart (Rachel Bilson) and Wade Kinsella (Wilson Bethel) finally have their love affair. However, the show didn't end like that. Soon after, George Tucker (Scott Porter) decides to call off his wedding to Lemon Breeland (Jaime King) and confesses his love to Dr. Hart. What's a girl to do? Bilson, 30, tells [UsMagazine.com](http://UsMagazine.com) that although she does not know who her character will end up with, she thinks the love triangle will continue for awhile. As if that was not enough to keep you waiting for next season, poor Lemon will battle with maintaining her perfect image before society. How will she handle the humiliation? Will she fight to get her man back? Will she go back to her former lover, Lavon Hayes (Cress

Williams)?

## **What do you do if you're caught in a love triangle?**

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

Whether you are torn between two lovers or happen to be one of the two hanging on, being in a love triangle is exactly like being stuck between a rock and a hard place. There really is nowhere to turn and no matter if you believe they love you, you are ultimately alone. When you are ready to move forward to a better relationship, here are a few tips to get you going:

**1. Be honest:** One of the main reasons you got yourself into this mess is because you were not honest with yourself in the beginning. Do it now! What pain or void are you trying to fill? Aside from the actual person, what do you truly want in a partner? Never mind the guy, what kind of love do you want for yourself? Make a list and read it daily.

**2. Listen to logic:** No matter how much you feel you need to stay, chances are you know or have heard all the reasons for getting out. You must take time (a week, a month, etc) to slow down your emotions and think about your love triangle in its entirety. Remember, holding on tighter to your lover(s) will not make the spinning stop; it only makes you dizzier.

**3. Let go:** Do this; imagine your younger sibling or best friend came to you with this exact same problem. Would you tell them to stay or would you tell them they deserve better? One thing you forget to realize is that the only reason you are in a love triangle to begin with is because you continue to stay in your corner. The sooner you get out, the sooner your pain will heal.

**How did you come out of a love triangle? Tell us below.**

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# Taylor Swift Calls John Mayer “Presumptuous” for Thinking Song is About Him



By Nic Baird

Taylor Swift’s 2010 hit “Dear John” hints at a broken heart from her 2009 relationship with 34-year-old singer John Mayer, according to [UsMagazine.com](http://UsMagazine.com). Mayer told *Rolling Stone* that the song made him feel terrible and that it was undeserved. “How presumptuous!” Swift responded in November’s *Glamour* magazine. “I never disclose who my songs are about.” However the age gap between the former couple makes some of the song’s lyrics suspiciously fitting: “It was wrong/ Don’t you think 19’s too young/ To be played/ By your dark, twisted games/ When I loved you so.” Swift said she never read Mayer’s comments on the song because she’s too fragile for media gossip, but admits

that her music follows her personal life. "I feel like you can share enough about your life in your music to let people know what you're going through," Swift said. For the past two months, the pop-country singer has been dating Connor Kennedy, 18, of the famous Democratic family.

## **How can music help you get over a breakup?**

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

Your feelings often affect your choice of music, but after a breakup sometimes you need the music to influence your feelings. Using breakup songs in combination with more cheerful subjects can be just the musical cocktail to cure your aching heart. Music is a powerful tool, so always make sure it's steering your emotional rollercoaster in the right direction:

**1. Understand your feelings:** Talented lyricists can put into words feelings we cannot. A breakup can hit you a million different ways, but since love is the main subject of nearly all music every scenario has already been considered. There's no reason you should be taking advice from the hit single of the day, but if breakup songs are what your mind needs to find closure, then indulge it for awhile.

**2. Cheer yourself up:** While you may empathize more with a sad ballad of heartbreak and betrayal, it is known that music directly affects your mood. If you want to feel uplifted, listen to uplifting music. If you want to feel fun, listen to fun music. If you want to obsess over the similarities between Taylor Swift's disappointing boyfriends and your own, maybe you can still find some dismal solidarity, but nobody's dancing to "Dear John".

**3. Get new experiences:** Besides song composition being a great outlet for creative energy, exposing yourself new music post-breakup demonstrates you're moving forward and opening



yourself to fresh possibilities. If you music is your passion, then now is the chance to get some friends together and go see some shows.

What music has meant the most to you after a breakup? Share your experience below!

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## Patti Stanger Has Three Tips for Making Up After a Break Up



By Nicole Weintraub

Relationship expert, Patti Stanger recently revealed some tips on how to make up after a break up, especially if infidelity is involved, according to [People](#). Focusing on the recent

breakup and cheating scandal of Rob Pattinson and Kristen Stewart, Stanger shares three tips on how to move forward in a relationship. First, you have to ignore your heart and trust what your brain is telling you. The second step is to get comfortable again. You will have to renegotiate boundaries and sort out what makes the two of you comfortable around each other once more. Once you are comfortable, you will be able to start to trust one another again. The *Millionaire Matchmaker's* third and final step is to talk to an expert – a therapist that both partners trust. An unbiased third party will help to reconcile any issues that the couple may have.

### **What are some ways to be friends after a split?**

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

Is it possible? Can you be friends with an ex after a breakup? Here are some tips on how to make it happen:

- 1. Let bygones by bygones:** What may have happened in your relationship are no longer bounds in your new friendship. One of the toughest things is transitioning from lovers to friends. Be careful not to cross the line between friends and lovers.
- 2. Tread lightly:** It may be difficult at first to decide what is appropriate behavior and conversation in your new friendship. Monitor how open you are with your ex because there may still be some hard feelings there.
- 3. Patience is a virtue:** You will become better friends and more emotionally connected in due time. At first, it may be a rocky friendship but it will become easier in time.

**Are you friends with an ex? Share your stories with us below.**

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# Heidi Klum Has an Affectionate Lunch with Rumored Bodyguard Beau



By Nicole Weintraub

Recently divorced Heidi Klum was spotted grabbing a bite to eat with her rumored bodyguard boyfriend, according to [People](#). Martin Kristen and Heidi Klum went for lunch at Joe's Stone Crab in Las Vegas on Tuesday where an onlooker described their behavior towards each other as very affectionate. The duo has not yet been confirmed as an official couple, but the starlet has spoken fondly of her bodyguard. Kristen has been Klum's bodyguard for the past four years, caring for and helping with her children as well. The two have been photographed together frequently since her divorce from former husband Seal.

## What are some ways to be sensitive to your ex's feelings?

### Cupid's Advice:

Breaking up is hard to do, especially when there are children involved. When children are involved, it is extremely important to try to remain civil with one another. Here are some tips on how to be sensitive to your ex's feelings:

**1. Don't boast:** If you have had the opportunity to find someone else, there is no need to shout your new love from the rooftops. Take things slow and keep them low-key, at least until it becomes serious and monogamous.

**2. Do be open:** Lying will only hurt your ex's feelings even more, especially if you get caught. In order to avoid a sticky situation, just be open and honest if they ask about your love life.

**3. Keep it clean:** Posting scandalous and revealing photos, comments or videos will only get you into trouble. Keep your personal life private – it will be beneficial for the both of you.

**How have you been sensitive to your ex's feelings? Share your stories with us in the comments below.**

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## Tom Cruise Is Moving On But Misses Suri



By Jennifer Ross

Although Tom Cruise has moved on from his divorce to ex Katie Holmes, he deeply misses Suri. With his new role in the upcoming action film *All You Need is Kill*, Cruise has been based in London since August for pre-productions, which has made it virtually impossible to see his 6-year-old daughter. As reported by a friend to [People](#), Cruise, 50, has said, "I've got to see her." Adding to that difficulty is Suri's permanent relocation in New York City, where she began first grade at the private Avenue's School in Chelsea. However dim, all is not lost. The first grader is still able to have a relationship with her father, via phone, several times per day.

**What are some ways to remain in your child's life after a split?**

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

In any break-up, the relationship between you and your child may become estranged. In order to regain that special bond

between parent and child, Cupid's Pulse has a few tips to help you stay connected:

**1. My home is your home:** When you are settling down in your new home, be sure to create a personal room/space for your child as well. Allow them to decide on the room decorations. Their very own room will make them feel wanted and welcomed, giving them a sense of security during the time they are with you.

**2. Share a common interest:** Start a hobby that you both like and can enjoy together. Whether it is an outdoor sport like football or something calmer, such as starting a book club, the interest needs to be exciting for both of you. This will give you a common ground to relate and help create a positive connection with your child.

**3. Always remain consistent:** No matter how busy your life may get or how difficult your ex may be, there must be consistency between the parents! Therefore, set the ground rules with your ex regarding your child and follow them. Otherwise, different rules in different homes will only lead to emotional chaos and destruction.

**How have you remained in your child's life after your break-up? Tell us below.**

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## **'Facts of Life' Star Lisa Whelchel Gets a Divorce**



By Nicole Weintraub

Lisa Whelchel and her husband of 24 years have split, according to [People](#). Steve Cauble, her now former husband, and Whelchel finalized their divorce on March 1, just days before she starred on *Survivor: Philippines*. The couple kept their divorce a secret that only some close friends knew. The *Facts of Life* star and her husband have three grown children whom they remain close for, despite the split. The whole family got together to watch the airing of the show. “We will always be friends,” says the star, “And we will always be family too”.

**How do you know when it's time to file for divorce?**

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

Thinking of filing for a divorce? Here are some tips on when to know it's time to do so:

**1. You're at your wits end:** Have you tried marriage counseling? Have you tried compromising? Perhaps the two of you are going through a rough patch right now. It is important

to know the difference between a temporary setback in your marriage and a total need for ending of the marriage.

**2. You've discussed it:** Does your partner know that you are thinking of calling it quits? Communication is key and perhaps the two of you can work on your problems if you talk it out. Sometimes we don't know that something is wrong if someone does not bring the problem to our attention.

**3. You're ready to move on:** Is there someone else involved? Do you still have feelings for your significant other? If you are completely ready to close that chapter in your life with this special person, maybe it is time to file for a divorce. If you're looking for a fresh start, it might be time to turn over a new leaf.

**When do you think it's time to file for a divorce? Share your thoughts in the comments below.**