

# Find Out How Robert Pattinson is Coping with Kristen Stewart's Betrayal



Yes, we're also still shocked that someone could actually cheat on a man-god like Robert Pattinson, but hey, that means he might be on the market, right? Unfortunately, it's hard to be happy that the Twilight stud is single because sad just isn't a good look for him. According to [People](#), Rob is "heartbroken and angry, and sources tell the magazine that he's been drinking and relying on friends to deal with the

pain.” Kristen Stewart may have shattered his heart but she did publicly apologize and is not in the best shape after the split either.

**What are some ways to cope when your partner cheats?**

**Cupid’s Advice:**

You may be feeling like you were drop-kicked in the stomach after your partner cheats on you, but in time that will pass. Here are some ways you can help that change along:

**1. Don’t blame yourself:** It’s human nature to ask “what did I do wrong?” or “how could I have prevented this?” But, in reality, it probably has very little to do with you. Your partner’s actions are something only they have control over, not you.

**2. Surround yourself with friends:** You may think that you want to be alone when your relationship is struggling, but keeping good company around you will help you feel better. Whether it’s a smile or a small laugh, it’s progress that will make it easier to get back to being yourself.

**3. Let your anger out:** Whether you take a kickboxing class or do some meditation, it’s important to let go of any anger and stress that you’re holding onto in order to heal. Once you’re able to accept and release those\_bad feelings, you will be on track to feeling better and moving on.

**Have you ever had to heal after someone cheated on you? Tell us below.**

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# Johnny Depp and Vanessa Paradis Hold Hands at Reunion with Kids



It's been one month since couple Johnny Depp and Vanessa Paradis have called it quits on their 14-year relationship, and the love might not have gone all away. The ex couple met up with their two children Lily-Rose and Jack in their mansion in the South of France. A source for [UsMagazine.com](http://UsMagazine.com) claims, "They were relieved they got along well." The two reportedly even held hands at one point. Is the love still there or can

they remain friends? Depp, 49, is still reportedly seeing Amber Heard, but maybe the tables have turned and he is trying to amend his past relationship with Paradis.

**What are some ways to show a united front post-split?**

**Cupid's Advice:**

The end of a relationship can either end very badly or in a beautiful friendship. Here are some ways to maintain a good relationship after a breakup:

**1. Have friendly day dates:** If you have been with someone for a long time and then break up, it's normal to still maintain some sort of friendly relationship. Although you should probably avoid romantic night time dates, getting together every once in a while for lunch to catch up can be good for both of you.

**2. Help each other out:** It's normal to want to make sure that your ex is doing well. Check up on them every once in a while and see if they need anything. This is especially important when you two have children with one another.

**3. Be supportive:** Whether your ex is dating someone else or just starting a new job, show your support. You were a big aspect in their life at one point, and your support will mean a lot more than you may think.

**What are some ways you would show a good relationship post breakup? Share your comments below.**

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# Find Out What Kristen Stewart's Body Language Reveals About Her Cheating Guilt



It seems that Kristen Stewart's shocking affair with her *Snow White and the Huntsman* director Rupert Sanders has marked the end of the actress' off-screen *Twilight* fairytale with longtime boyfriend Robert Pattinson. One body language expert even says the 22-year old showed signs of her infidelity months before the release of the photos on July 17th. In

reference to a picture with Stewart, two of her co-stars and Sanders' wife, Liberty Ross at the movie's premiere, Dr. Lillian Glass tells [UsMagazine.com](http://UsMagazine.com), "This is the photo of the ultimate betrayal. Kristen has got what's called an ambivalent smile. Her eyes aren't smiling, but she's got like a half smile of her mouth." Sounds like Stewart has bigger issues than simply choosing between Team Edward and Team Jacob.

**What are some signs that your partner feels guilty for something they aren't sharing with you?**

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

The feeling of guilt has a very negative impact on the course of a relationship. It has the potential to weaken it for days, months, or even years. Here are some signs to help show your significant other may be hiding something:

**1. Avoidance:** Avoiding your partner reduces the amount of guilt you would have to feel on a daily basis as opposed to being in their presence and constantly feeling guilty. Try to determine the underlying issue.

**2. Unusually nice:** Treating your significant other better than usual is a key sign of guilt. They figure if they're extremely nice, they can possibly make up for what they've done and even feel better about them self.

**3. Lack of communication:** Minimal communication is an attempt to keep their secret from slipping. Try engaging in conversation in order to learn the truth.

**What do you do when you're feeling guilty about something you haven't shared with your significant other? Share your experiences with us.**

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# Reports Say Rob Pattinson Is Hiding Out at Reese Witherspoon's Ranch



Robert Pattinson has been MIA ever since news broke that his costar-turned-girlfriend, Kristen Stewart, cheated on him with Rupert Sanders, director of her flick *Snow White and the Huntsman*. Although Pattinson can run, he couldn't hide for long. Pattinson is now known to be at Reese

Witherspoon's ranch. To help him escape the media, Witherspoon was kind enough to offer up her \$7 million ranch in Ojai, Calif. [UsMagazine.com](http://UsMagazine.com) reports that a source says Pattinson is "a total mess...He's questioning everything," but no official words from him have been made public. However, we all know how Stewart feels after she made a very sincere and public apology.

**What are some ways to stay away from friends and family after a cheating scandal?**

**Cupid's Advice:**

A cheating scandal is hard to escape. Not only does it haunt your mind, but you also get hassled by the outside world. Here are some ways to handle all of the pressure:

**1. Exercise:** The best way to get out of your house and simultaneously clear your mind is to exercise. Go for a nice long jog, or lift some weights to get all of your anger out. Either way, exercise will help you feel healthy and in control of at least one aspect of your life, even if your relationship is struggling.

**2. Take a weekend road trip by yourself:** When your mind is racing, talking to friends and family can often only make you feel worse. Hitting the road and blasting your music will make you feel like nothing can touch you, letting you reflect on your situation during the alone time.

**3. Retail therapy:** A cheating catastrophe will make you feel terrible about yourself, whether you're the cheater or your partner was. When feeling down on the inside, a little physical change can be uplifting. Go shopping for some new clothes and spend some of your money on things that will make you happy.

**How would you stay away from friends and family after a**



cheating scandal? Tell us below.

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# Kristen Stewart Publicly Apologizes for Cheating on Robert Pattinson



*Twilight's* perfect celebrity couple, Robert Pattinson and Kristen Stewart, appear to be not so perfect any

longer. According to [People](#), although two weeks ago the two were spotted together and seemed happy at a Comic-Con, last week, Stewart's hidden relationship with *Snow White and the Huntsman*'s director Rupert Sanders was revealed to the world. The actress released a public apology for the pain she has caused her boyfriend of three years on Wednesday. She said, "I'm deeply sorry for the hurt and embarrassment I've caused...This momentary indiscretion has jeopardized the most important thing in my life, the person I love and respect the most, Rob." Stewart apparently had hit it off almost immediately with 41-year old Sanders four years ago when they began filming *Twilight*. However, now that her relationship to the married director is no longer secret, it seems like her relationship with Pattinson has hit a rocky road.

**What are some ways to make a sincere apology to your partner?**

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

Everyone makes mistakes now and then, so it's important to know how to say you're sorry. There are certain ways to do so that ensure your partner will know how much you truly care. Here are some ways to make a sincere apology to your loved one:s

**1. Write them a letter:** Some people are just not good at communicating in person. If that's the case with you and your beau, try writing a letter. A note can be polished and reworked so you can make sure you are putting in all your effort and saying all the right things.

**2. Tell them how much they mean to you:** The problem with some relationships is that one person feels unappreciated. Show them how much they mean to you by telling them. Even if you're sure your partner knows this inside, it's good to remind them every once in a while.

**3. Show your romantic side:** Romance doesn't necessarily have

to be a candlelit dinner. Take this time to take your partner to that show they've been talking about or on a vacation they've been wanting. It will also allow some one-on-one time for you both to talk things out while rekindling the love.

**What are some ways you would make a sincere apology to a loved one? Share your ideas below.**

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# **Kristen Stewart Cheats on Robert Pattinson With a Married Man!**





Say it isn't so! The most romantic couple on-screen and off may be in big trouble. According to [UsMagazine.com](http://UsMagazine.com), *The Twilight Saga* star, Kristen Stewart, 26, was caught cheating on co-star, Robert Pattinson, 26. Pictures show Stewart and the director of *Snow White and the Huntsmen*, Rupert Sanders, 41, kissing and hugging. To make matters worse, Sanders is married to Liberty Ross, 33, and has two children. Twihards everywhere are surely upset.

**What do you do when you find out your partner has cheated?**

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

Infidelity can make or break a relationship and if you've been cheated on, your confidence can take a huge blow. Cupid has some tips:

**1. Investigate:** Find out more about the infidelity and be prepared to learn some unpleasant details. Accepting the truth

will help you figure out whether or not you should stay or go.

**2. Communicate:** Instead of getting revenge or picking up and leaving, talk to your partner about why they stepped out on you. Talking will help you understand why your partner betrayed you.

**3. Cope:** When you finally make your decision about the final status of your relationship, use a support system to get past the cheating. Do not hold grudges and always know your worth.

**What would you do if you found out your partner cheated? Share your thoughts below.**

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**Rumor: Is Katie Holmes  
Planning to Change Suri's  
Name?**





There couldn't have been a divorce between Tom Cruise and Katie Holmes without some drama over their daughter Suri. Does Holmes hate Cruise so much that she plans to change their daughter's name after the divorce? British magazine [Now Daily](#) printed a story in which a close friend of the family claimed Holmes planned to change Suri's last name to "Holmes." The source also mentioned that Holmes hates the name "Suri" and has been referring to her daughter as "Scout." Although this information is unclear, it still has been making things harder for a couple still in the middle of a difficult divorce.

**What are some ways to decide what to name your child?**

**Cupid's Advice:** Choosing your baby's name is an incredibly important decision, and everyone has a different way of making a selection. Here are some creative ways on how to finally make a decision:

**1. Baby names book:** This is probably the least original and easiest way to choose your child's name, but it almost always helps. If you go through a couple of pages of the book every day, you'll eventually find yourself stumbling upon one that you love.

**2. Name them after you or your partner:** Let your new child carry on your name or your partner's, or at least something similar. You're sure to be proud that they have your name, making this a choice you aren't likely to regret.

**3. Name them after someone who you look up to:** Choose the name of a figure who has inspired you, whether it's a character in a book or a historical figure. Using this name will carry on a much deeper meaning to you and your child than one that just has a sound you like.

**What are some ways you would decide to choose a name for your child? Share your comments below.**

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## **'Bachelorette' Contestant Kalon McMahon Apologizes to Emily Maynard**





On the June 11 episode of *The Bachelorette*, Kalon McMahon called Emily Maynard's daughter "baggage," greatly insulting the single mother. As reported by [UsMagazine.com](http://UsMagazine.com), McMahon apologized for his actions this week on the *Men Tell All* show. McMahon says he's glad that Maynard seems happy now, although he's sorry that things didn't work out between them. "I'm trying to use it as a growing experience in my future relationships and I really wish the best for you," he said to her. That said, Maynard does not seem satisfied with his apology. She still doesn't believe him, and seems to stand by her prior statement that she loves her daughter so much that she wants to "rip [McMahon's] limbs off and beat him with them" for insulting her.

**What are some ways to tell that your partner is truly sorry about an incident?**

**Cupid's Advice:**



No matter how much you love your partner, you're bound to get upset with them every now and then. However, it's important that when they've made you angry, they're genuinely sorry about it. Here are some ways to tell if your partner is really apologetic for what they've done:

**1. They discuss what happened:** Just saying "sorry" and continuing with your lives isn't enough for either of you to happily move past the issue. Encourage a discussion about what went wrong and how you feel your beau should act in the future. If they seem willing to have this talk, they probably feel genuine remorse.

**2. They're understanding:** Make sure that your partner understands why you feel the way you do. If they realize why what they did was wrong, they'll not only be able to give a true apology but they also won't make the same mistakes again. This will make your partnership stronger in the future.

**3. They make a change:** You're not going to notice this right away, but the best way to be sure that your partner was really sorry for an incident is to see if they ever do it again. Don't expect immediate perfection, but look to see if they at least seem on the right path. If they're not working towards improvement, they probably were never really sorry to begin with.

**How do you know when your partner is genuinely sorry? Tell us below.**

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## **Find Out How Nicole Kidman**

# Helped Katie Holmes With Her Split from Tom Cruise



As Tom Cruise's third marriage comes to an end, Katie Holmes surprisingly reached out to ex-wife number two, Nicole Kidman, for advice and guidance in her effort to divorce Cruise, sources told [Us Weekly](#). It's not extremely common to become friends with your partner's ex, but in Holmes's case, the 45-year-old Kidman, "has been supportive, saying she's been through it too and to hang in there." The *Dawson's Creek* star apparently even contacted Kidman via a disposable cell phone in order to keep Cruise from catching on. The

ladies' relationship is what really gave Holmes the edge she needed against her ex-husband, because she ultimately gained everything she hoped for in their rapid one-week settlement.

## **How can you be supportive of a friend going through a divorce?**

### **Cupids Advice:**

No one can go through their life without a friend to be there for them, especially when going through something as devastating as a divorce. Here are some ways to be a great friend in this situation:

**1. Call first:** Instead of waiting for your friend to come to you for help, reach out to him or her. They'll appreciate the effort, even if they're not exactly ready to talk about it. You never know if they've needed to talk to someone the whole time, but didn't want to be a burden.

**2. Take them out:** If your friend is upset, try taking them on a weekend road trip or host a movie-marathon sleepover at your place. Getting your buddy out of that negative atmosphere will free their mind from their ex, letting them handle their problems more easily.

**3. Give advice:** Whether you've been through your own split or not, there's still always some suggestions or influence to provide. Maybe you know a great divorce lawyer or have a relative who's a therapist. You can always give some assistance.

**What are some ways to help a friend who's going through a divorce?**

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# Tom Cruise Heads Back to Work Post-Divorce Deal



It's all work and no play for Tom Cruise following his Monday morning divorce settlement. He has been continuing to film his new movie *Oblivion*. However, he isn't on location in Iceland any longer, as he was when the paparazzi first snapped pictures of him after news broke of Katie Holmes' divorce file. Now the superstar is in California's High Sierras, where the sci-fi flick will film for another week. Cruise can go back to work so quickly because the divorce settlement was reached after mere days. [People](#) reports that Holmes' lawyers

simply said, "The case has been settled and the agreement has been signed."

## **What are some things to take your mind off of a split?**

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

Whether it's mutual or it came unexpectedly, no split is easy. However, it's important to try to move on, not to just isolate yourself while watching sad romantic movies. Following these helpful tips can make coping with a breakup a little more manageable:

**1. Throw yourself into work:** Vacation time after a split can often just give you more time to think about your newfound loneliness and the stresses that come with it. Throwing yourself back into work will let you feel accomplished and satisfied.

**2. Surround yourself with friends:** Being around your family may be a reminder of your breakup. After all, your ex was once a part of the family. Instead, hang out with all of your best friends, who will surely make you laugh, cry and just be yourself again.

**3. Start dating again:** After a split, you'll need time to find and rediscover yourself as an independent person. However, you should also try to find out what you may or may not like in others by dating. Plus, this will help you forget about your split. Although you don't want to find your next long term relationship right away, it's always a healthy experience to realize that your ex isn't the only person out there for you.

**How would you take your mind off of a split? Tell us below.**

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# Katie Holmes Goes Back to Work on Film About Single Mom



Katie Holmes is taking no time after her split from Tom Cruise to get back to her career. Holmes, who filed for divorce from Cruise last week, is set to work on a new film, *Molly*, about a single mother and her daughter, according to [People](#). Holmes co-wrote and is co-producing the film, which will be filming in New York City, where Holmes lives with her daughter Suri.

**How can going back to work help you cope with a split?**

## **Cupid's Advice:**

Breaking up is tough stuff. Sometimes finding yourself deep in your work can help you out. Here are some ways going back to work can help you cope with a split:

**1. Distractions:** You can't be constantly moping about and missing your partner if you're focusing on projects and business. Use your work as a distraction, and you may find yourself not even thinking about the breakup after work.

**2. Catharsis:** Just like exercising when you're angry, working hard after a split can be relieving. You'll feel accomplished and important, and won't care about what your ex thinks of you.

**3. Opportunities:** Being single gives you the chance to be selfish for the first time in a while. Got a chance to move across the country for a promotion? No one's holding you back now. Go ahead and take it.

**What are some ways going back to work can help you cope with a split? Let us know below.**

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# **Source Says Tom Cruise Is in 'Major Crisis' Mode Post-Split from Katie Holmes**





Since Katie Holmes filed for divorce from her husband of five years, Tom Cruise, the award-winning actor and father to their daughter Suri, is in “major crisis mode,” according to [UsMagazine.com](http://UsMagazine.com). Sources say that “Tom’s whole life is being torn apart,” which was something he never saw coming. While Cruise is constantly consulting with lawyers in an effort to deal with custody of the six-year-old and division of their properties, he tries to remain as private as possible because he “doesn’t want his entire life laid out for everyone to dissect anymore.”

**How do you remain private in the midst of a divorce?**

**Cupid’s Advice:**

Celebrities may be used to the spotlight, but when it comes to divorce no one wants their failed marriage to be the center of attention. Famous or not, here are some ways to have control



over your privacy in the midst of a divorce:

**1. Don't make a scene:** If you want things to go as smoothly as possible, it's important not to give people a reason to talk. Go about your business in the most mature manner, which means refraining from throwing your spouse's clothes and belongings all over the front lawn.

**2. Stay away from gossip:** Venting is healthy during a divorce, but make sure to only go to the people you trust for advice. Don't dish out the details to anyone who's willing to listen, because you never know who's going to repeat something you may have already regretted saying.

**3. Keep mutual friends out of it:** You and your husband probably have a lot of the same [friends](#), and if this is the case, don't make them pick sides. By making sure your friends don't find their way into the crossfire, it will give you and your husband more [control](#) over what you're both going through, instead of allowing others to meddle.

**How do you keep your divorce from being the talk of the town? Share your experiences below.**

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## Sources Say Johnny Depp and Vanessa Paradis Fought Before Split





Contrary to popular belief, Johnny Depp and Vanessa Paradis did not have the perfect relationship. Sources say Paradis pushed Depp to take roles in high-grossing films, and then resented him for his success, according to [UsMagazine.com](http://UsMagazine.com). They would fight often and it eventually became too much. The pair split in 2010, waiting until this June to announce the separation for the benefit of their children.

**How do you know when the fighting has become too much in your relationship?**

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

Every healthy couple has their arguments, and no relationship is expected to be perfect. But how do you know if the fighting's too much? Here are some signs:

**1. It affects all of your relationships:** If you find yourself immediately on the offense no matter who you're talking to,

that's a clear sign that you're fighting too much.

**2. You're looking for something new:** Do you find yourself subconsciously seeking out a new partner? The fighting may have become too much, which can make you search for someone who can treat you well.

**3. You're exhausted:** Constant nights staying up trying to save your relationship aren't worth it. They take a toll on your body as well as your mind and bring you down too much.

What are some ways to tell that the fighting has become too much in your relationship? Let us know below.

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## Katie Holmes Removes Her Wedding Ring





Katie Holmes is making her divorce from Tom Cruise public by removing her wedding ring. According to [People](#), the Hollywood Star was taping a segment for *Project Runway: All Stars* this week without it. A source says that although she appears to be handling the situation well, she has left Cruise “devastated and heartbroken.” The two had been married for five years and apparently Cruise “had no idea this was coming.”

**How do you announce your divorce to friends and family?**

### **Cupid’s Advice:**

Informing the people in your life of your divorce can be a difficult task. Cupid has some advice:

**1. Be honest with your children:** If you have kids, talk to them and explain the situation. Let them know why it’s not working out, and that it will be difficult, but that it has

nothing to do with them. Remember, no matter why you're divorcing your significant other, that person is still their parent so the children still need to see him or her in a positive light.

**2. Decide beforehand how much you want to share:** Try to keep it simple when you're telling friends or co-workers with whom you're not very close. Everyone will want details on the situation, so before having the conversation, figure out how much you're willing to share.

**3. Make your close friends and family aware of why you are getting a divorce:** If the marriage was just not working, but your significant other did not necessarily do anything bad to you, let people know that. Be ready to face people judging you for the decision as well as people trying to side with you or him.

**Do you have advice on how to tell people of your divorce? Tell us below.**

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## **Katie Holmes Discusses 'New Phase' Pre-Split**





After news of Tom Cruise and Katie Holmes' divorce broke, there may have been subtle clues that their split was fast-approaching. [UsMagazine.com](http://UsMagazine.com) reports that in an interview Holmes conducted six weeks prior to the divorce file, she did not speak of Cruise in a lovey-dovey manner. When questioned about the stigma of being "Mrs. Tom Cruise," she defensively said "he has been Tom Cruise for 30 years. I know who I am and where I am and where I want to go, so I want to focus on that." She also denied the rumor that having married an A-lister helped her acting career. Holmes sounded independent throughout the interview and noticeably stated that she's entering "a new phase" of her life, a phase that we now know will include much less of Tom Cruise.

**How do you know when your partner is holding you back?**

**Cupid's Advice:**

You and your partner are supposed to support each other, not hold each other back. Here are some ways to know that enough is enough when you are giving more than you are getting in a relationship:

**1. You make more sacrifices than your partner:** Every relationship comes with its sacrifices, but there should be an almost even balance of loss and gain between the two of you. If you are always sacrificing and your partner never does, it may be time to cut them off.

**2. You don't know who you are without them:** Identity is key in every relationship because in order to love another, you must first love yourself. If you rely heavily on your partner and do not feel any sense of independence, they are holding you back too much.

**3. You don't go after your dreams:** If your partner succeeds in their own dreams but doesn't support yours, they're holding back your sense of self. You may be in a relationship together, but you can succeed in aspects of your life on your own. Don't let your partners accomplishments hinder yours.

**In what way is your partner holding you back? Tell us below.**

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## **Find Out How Katie Holmes Felt in Her Marriage to Tom Cruise**





Now that Katie Holmes has filed for divorce from Tom Cruise, she is taking matters into her own hands after breaking free from what sources say was a 'Scientology-influenced marriage' to the actor. The *Kennedys* star is now pursuing sole legal custody of their 6-year old daughter, Suri Cruise. An insider tells [UsMagazine.com](http://UsMagazine.com), "This is about protecting her daughter. She wants to be in charge of how Suri is being raised and didn't want her to have an exclusively Scientology education." With that said, the divorce of TomKat is just beginning to unfold.

**What are some ways to get out of a controlling relationship?**

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

Ending a relationship is hard enough, but a controlling relationship proves to be an even bigger challenge. Here are some ways to help you take back control of your life:



**1. Seek professional help:** Searching for words of encouragement is a huge boost when it's time to take action in your relationship. You may find the perspectives of others are wiser than your own.

**2. Make yourself your priority:** Make your relationship about you instead of your significant other. This will encourage you get out of a relationship that is not benefiting you.

**3. Take back your power:** Demand power in the relationship. Your significant other most likely will not allow it, which will help you find an escape.

**How have you gotten out of a controlling relationship? Share your stories with us.**

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## **Katie Holmes Files for Divorce from Tom Cruise**





The survival of TomKat just may prove to be “mission impossible” for Tom Cruise after learning Katie Holmes filed for divorce on Thursday. Despite their never-ending rumors of a split, the soon-to-be separation of the couple is a shock to Hollywood, especially after the actor told [People](#) just days ago that his perfect day is “the time with Kate.” The actor confirmed through his rep that it was indeed his wife who filed the papers, just five days before his 50th, and asked for privacy during this time. The end of TomKat marks divorce number three for Cruise.

**What are some ways to tell it's time to get a divorce?**

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

Choosing to get a divorce is the most heart-breaking decision you could possibly face in a marriage. Here are some signs it's time to call it quits:

**1. Cheating:** Unfaithfulness is completely unacceptable in any marriage or relationship. Cheating destroys trust and without that, a relationship cannot thrive.

**2. Physical or verbal abuse:** Abuse is a big no-no, being one of the biggest signs of an unhealthy relationship. The sooner the relationship ends, the better off everyone is in the long run.

**3. Become strangers:** People change over the course of their lives, even spouses. If you both no longer share the same important aspirations, such as having kids, it may be time to call it quits.

**How did you know it was time to get a divorce? Share your experiences below.**

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## **Tom Cruise Is Spotted In Iceland After Katie Holmes' Divorce Filing**





Earlier this week, Katie Holmes filed for divorce from Tom Cruise, a shocking split that neither Cruise nor observers saw coming. As a source told [UsMagazine.com](http://UsMagazine.com), the two seemed very happy just two weeks ago during a dinner together in Iceland. Though the terms of the divorce have not been settled, Holmes is seeking sole custody of their daughter, Suri. Two days after the divorce was filed, Cruise was spotted for the first time since the two split. He was flying in a helicopter away from Iceland. His destination is unknown, and he did not seem eager to appear to the paparazzi.

**How can you cope with day-to-day life after a split?**

**Cupid's Advice:**

It's never easy to get past a breakup, especially if it catches you by surprise. However, there are some things you can do that will help you get past your sadness. Here are some

tips for getting through a split and moving on:

**1. Rely on your friends and family:** It can be difficult to be alone after spending so much time with your ex. Making time for friends and family will help keep your mind off of your breakup and show you that you are still loved by many people in your life.

**2. Find a hobby:** Being single is the perfect opportunity to learn a new hobby, perhaps one that you may have been considering for a long time but never had the time. Whether you take up yoga or scrapbooking, you'll not only find something new to love, but you'll also be doing something new for yourself.

**3. Don't rush it:** Even if your ex has moved on to a new partner, you shouldn't feel pressured to do the same. Everyone works through breakups at their own pace. Give yourself the time you need to heal before jumping back into the dating world.

**What are some ways you cope after a breakup? Tell us below.**

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## **Will Roberto Martinez Be the Next 'Bachelor'?**





Roberto Martinez won Ali Fedotowsky's heart on *The Bachelorette*, but after calling off their engagement in November 2011, the single stud is not just looking for love, he's looking for money, according to [UsMagazine.com](http://UsMagazine.com). Sources suspect that Martinez is going to be the next bachelor because "the network will give him pretty much anything." The former *Bachelorette* contestant may find himself back at the place he and his ex fell in love, which is something Fedotowsky is "terrified about."

**What are some ways to cope with your ex moving on?**

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

It can be painful to learn your ex has moved on to someone else, especially if you're still single. However, there are a few things you should think about before you let your ex's progress make you upset:

**1. Don't force yourself to do the same:** If your ex seems to be moving on faster than you expected, don't feel obligated to pursue the first person to feign interest in you if you're not ready. Everyone moves at their own rate, so don't feel pressured to rush into things.

**2. Surround yourself with friends:** A lot of personal time is essential for healing after a breakup, but if your past lover is moving on, try to be around people that are going to pick you up and keep your mind off it.

**3. Take a trip:** Take some time off from work and go on a road trip. This will give you an opportunity to clear your head and leave room for new adventures and experiences.

**How do you handle an ex moving on? Tell us below.**

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## **Ryan Philippe's Ex Alexis Knapp Hooked Up With Seth MacFarlane**





*Project X* star, Alexis Knapp, was secretly hooking up with *Family Guy* and *Ted* creator, Seth MacFarlane while she was pregnant with Ryan Philippe's baby. According to [UsMagazine.com](http://UsMagazine.com), Knapp began seeing MacFarlane after she broke up with Ryan Philippe. When reached for comment, MacFarlane's rep insisted that the two are not dating, but a source says that Knapp really likes MacFarlane and wants the relationship to be official.

**What are some ways to tell it's time to move on after a split?**

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

When a breakup happens, both parties can leave with different feelings about the failed relationship and their ex. Sometimes one partner may want to hash out old feelings while the other just wants to forget their feelings. Don't be the one who can't let go! Here are some ways to tell it's time to move on



after a split:

**1. No phone calls:** If your ex no longer calls you to set up a date or texts you to let you know what time he's getting home, then it's time to move on.

**2. They have moved on:** If you see that your ex is already talking to other people or just focusing on themselves without you, then you need to do the same.

**3. Other people acknowledge the break up:** If the people around you no longer refer to you as a couple, then its time to keep it moving.

How do you know when it's time to move on after a split? Share your comments below.

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## Teen Mom 2's Jenelle Evans and Gary Head Are Both Behind Bars





Teen Mom Jenelle Evans and fiancé Gary Head have both been arrested. A source tells [Us Weekly](#) that the two were arrested after an argument in which Head hit Evans. Head was arrested for domestic violence while Evans was arrested for drug possession. It's likely that Head will be dishonorably discharged from the Marines as a result of this arrest. The on-again off-again couple has been engaged since May.

**What are some ways to tell your partner is a bad influence on you?**

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

Passion is always important in love. However, sometimes the two of you can be passionate about the wrong things. Here are some ways to tell if your partner is a bad influence on you:

**1. You change your mind:** Do you find yourself doing things you swore you'd never do? Sometimes a partner's influence can turn

you into a completely different person. If you think this is happening, it's time to call it quits.

**2. You're alone:** If you've cut off contact from your friends and family, this likely isn't a good relationship. Something is getting in the way of your connections with other people, which are always important to maintain.

**3. They interfere:** If your significant other is impeding on your life, your health or your career, they aren't a good influence. Nothing, not even someone you love, should get in the way of your plans and your happiness.

**What are some other ways to tell your partner is a bad influence? Comment and let us know.**

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## **Anne Hathaway's Convict Ex Raffael Follieri Speaks Out**





Relationships end for countless reasons. Unfortunately for Anne Hathaway, her four-year relationship with Raffaello Follieri was over once he was arrested in 2008. It couldn't have been easy for the actor to find out her Italian suitor was being placed behind bars for wire fraud, conspiracy and money laundering, especially when the two "were talking about marriage," Follieri told [People](#). Their situation left their romance without much of a chance. However, aside from the unfortunate circumstances, they were still in love, making it difficult for each of them to let go of each other.

**What are some ways to get over an ex you're still in love with?**

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

Breakups would be so much easier if we could simultaneously relinquish both our feelings and our significant other, but

that's not usually realistic. It takes a long time to get over an ex, especially when you really loved them, but these tips could help ease the process:

**1. Be honest with yourself:** Oftentimes, both men and women try to put on a front for the world and say, "I'm fine," which isn't always true. Take the time you need to heal and don't feel like you have to instantly be over your ex. It's rarely that easy, but no one expects it to be.

**2. Start something new:** Always wanted to take some kickboxing classes? Here's your chance. Put effort into a new hobby or interest not only to distract you, but in an effort to love something new. It's a healthy way to keep busy and make yourself happy.

**3. Remove the reminders:** You don't have to erase this person from your memory completely—after all, you did at one point love them. However, it's important to take down the pictures of you two together and ditch the keepsakes that are keeping you emotionally connected to your ex.

**What has helped you get over an ex that you still loved? Share your experiences below.**

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## **Johnny Depp and Vanessa Paradis Tried to Save Their Relationship**





Johnny Depp, 49 and Vanessa Paradis, 39, fought gallantly to keep their relationship alive, according to [People](#). The couple has two kids, Lily Rose, 13, and Jack, 9, and has reportedly been living separate lives for many months now. A source close to the couple confirms, "They've tried for months to save the relationship, but have known for weeks that it couldn't be saved." Paradis arrived in France last week to promote her film *Je Me Suis Fait Tout Petit* at the Cabourg Festival of Romantic Cinema. It was no coincidence that the couple announced the separation once she had landed; "It was all decided before she got on that plane," the source says.

**How do you save your relationship when it's headed downhill?**

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

It takes a great deal of work to keep a relationship strong and healthy. When it seems that you and your man are headed in

the wrong direction, here are some ways to reconnect and salvage the loving relationship you once had:

**1. Get intimate:** Actions say a lot more than words. Remind each other how comforting it is just to be touched or kissed. When you're not sure what to say, at least remind the other that you're there by offering a back massage or engaging in a passionate kiss.

**2. Remember why you fell for each other:** Do the things you used to do together. Go out to eat at that restaurant you had your first date. Take a walk through the park where he first kissed you. Bringing up old memories and reminding yourselves of the good times will help you rekindle your romance.

**3. Get professional help:** If you have tried communicating, but are not getting through to each other, seek out a professional. People don't like admitting they need help and therefore, relationship counselors get a negative connotation. However, therapy can be extremely helpful for the both of you as she or he is coming from an unbiased standpoint with the ability to see what you cannot.

**Do you have any ideas on how to save a relationship? Share your thoughts below.**

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## **Oprah Grills Kardashians on Kim's Brief Marriage to Kris Humphries**



Oprah Winfrey interviewed the entire Kardashian 'klan,' but it was Kim and her abrupt marriage to Kris Humphries that peaked her interests the most. Winfrey admits that she had never seen any of the Kardashian reality shows, making her question all the more why they have become such a cultural phenomenon and the cause of much media speculation. [People](#) reports that Winfrey took to Facebook to express her thoughts and wrote, "This interview I'd say was another level of forthrightness and honesty. Why did she leave after 72 days? Her answer leveled me." We'll have to wait for Kim to open up about her much-talked-about divorce when the highly anticipated interview airs on OWN.

**How do you avoid getting married before you're ready?**



## **Cupid's Advice:**

Many people like Kim Kardashian get lost in the fairytale perception of marriage when, like relationships, it comes with ups and downs for which you have to be prepared. Here are some ways to avoid rushing into marriage:

**1. Don't say 'yes' just because your partner proposes:** Proposals are most often unexpected, which means you don't have time to think about the consequences of your answer because you are caught up in the moment. If you feel any hesitation, do not say 'yes.' It doesn't mean you don't love your partner; the timing could be wrong. Explain your reasoning, and they will understand.

**2. Focus on the present, not the future:** When you've been dating someone, it's easy to get lost in the romance and talk about your hopes for the future. These talks could be giving your partner false hints and hope. Do not get carried away in talking about marriage and children to a person you are not sure you want to marry or have kids with.

**3. Set a goal:** Set a goal, and stick to it. Plan a certain age that you would like to be married so that when the time and age comes, you will know you are making a reasonable decision.

**How would you avoid getting married too early? Tell us below.**