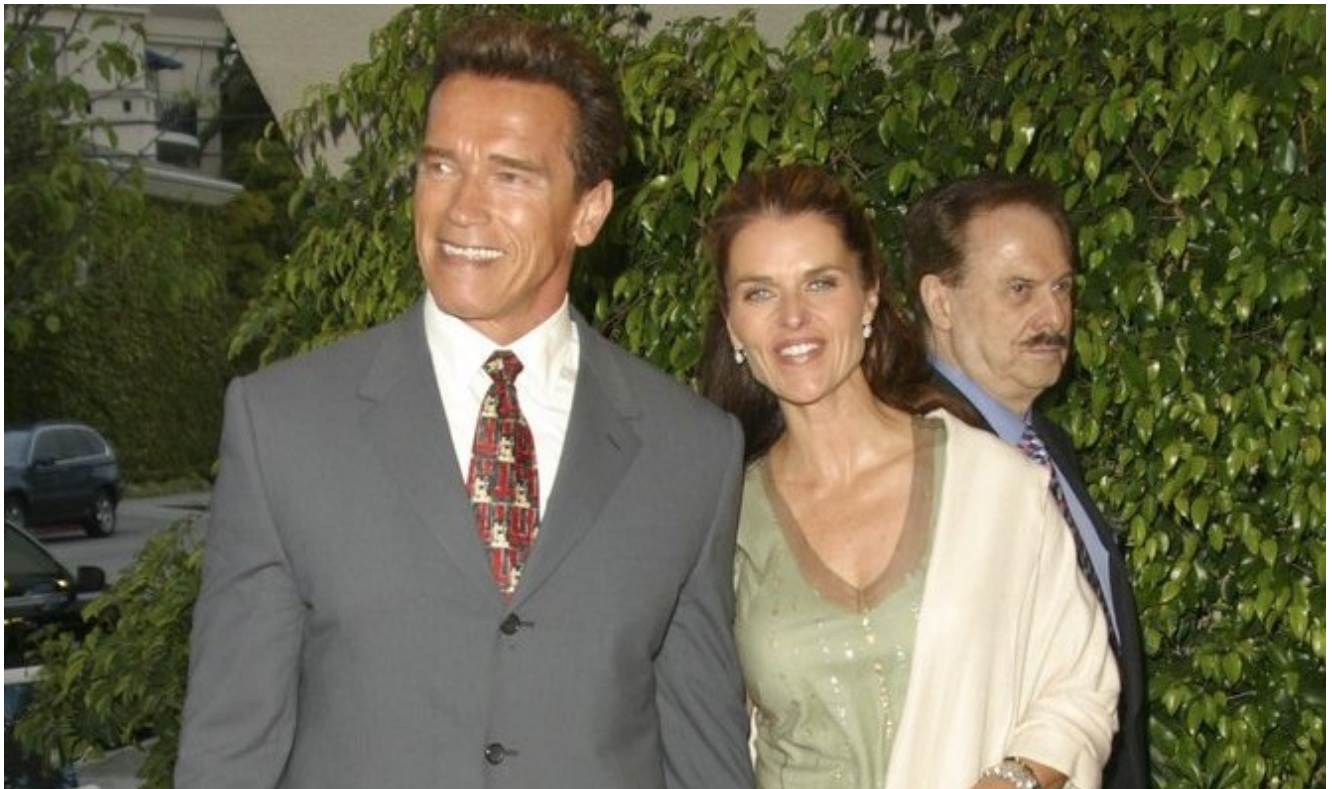


Maria Shriver Spends Arnold Schwarzenegger's Birthday With Him



For Maria Shriver and Arnold Schwarzenegger, the children come first. A source close to the family told [People](#) that the two were seen getting lunch at Casa Roma in Beverly Hills Saturday as well as indulging in a day of shopping in celebration for the former California governor's 64th birthday. A second source said that despite the divorce Shriver filed last month, the two will take care of their children first. "Arnold and Maria will always come together when it comes to supporting and loving their children," the source said. Their son Christopher was released from the hospital Monday following a boogie boarding accident resulting in a collapsed lung and two

broken bones.

How do you establish independence after a divorce?

Cupid's Advice:

Moving forward after a divorce can be tough, but it's not impossible. Cupid has a few suggestions:

1. Family: There's an old saying that blood runs thicker than water and never runs dry. Your family can be a great way to help provide support until you get past the toughest points in your life.

2. Friends: Take some time to rekindle old friendships while solidifying your current ones. Surrounding yourself with true friends can help keep you moving forward.

3. Yourself: Whether it's going out with friends or moving into a new place, what's most important is to take some time for yourself to heal. Relax, reflect and move on.

How did you move on after your divorce? Share your advice below.

Blake Fielder-Civil Is Heartbroken Over Amy Winehouse's Death





Although an incarcerated Blake Fielder-Civil and Amy Winehouse split in 2009, that does not make him any less heartbroken over her death. According to UsMagazine.com, Blake's now girlfriend Sarah Aspin relayed a message from Fielder-Civil: "I will never ever again feel the love I felt for her. Everybody who knew me and knew Amy knew the depth of our love. I can't believe she's dead." She also states that, "He just can't take it in that she's dead and he'll never see her again. Blake rang me on Saturday after the prison authorities told him she'd died. I just couldn't console him. He was in total shock." Employees at the Leeds' Armley Jail where Blake is being held have been told to pay extra attention to him at this hard time in his life.

How do you rebuild after the death of a significant other?

Cupid's Advice:

Death of a loved one is one of the most difficult events to overcome, and it can be difficult with which to come to terms.

Cupid has some tips on how to rebuild:

1. Take the time to grieve: This is an important component of healing and moving on. Take a sufficient amount of time to grieve before you go back to your regular routine. This may be different for everyone, but is essential to avoid an emotional breakdown later on.

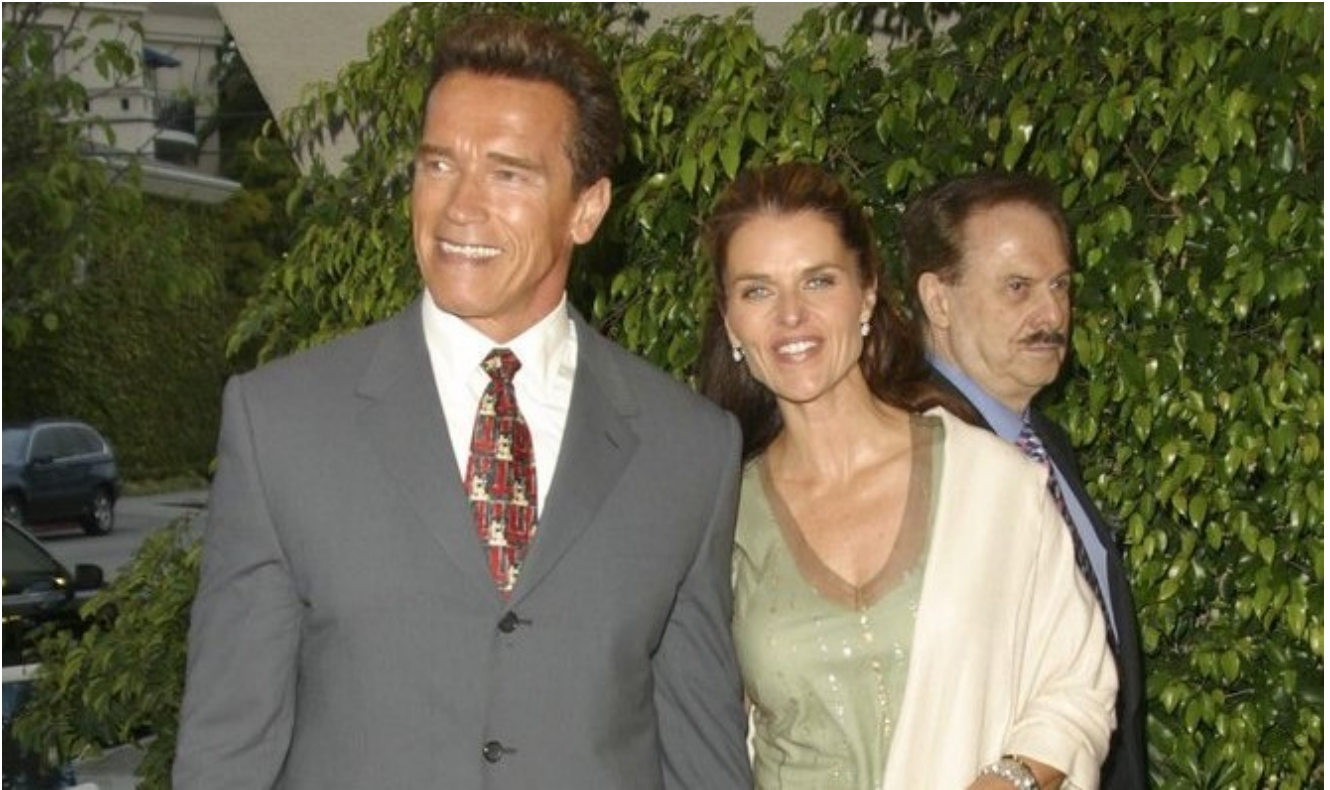
2. Talk: Your loved ones are there to support you. Don't direct your anger toward those who care about your well-being, and don't tune them out. Talk to them and listen to what they have to say. They may be able to help you cope in ways you can't on your own.

3. Join a support group: Spending time with people who are going through the same thing as you is a great way to better cope with your loss.

Have you dealt with the loss of a significant other? How did you cope? Share your comments below.

'Bachelor' Star Elizabeth Kitt's New BF Is Spotted on Cheating Website





Elizabeth Kitt seems to be unlucky in love, to say the least.

After being dumped by Jake Pavelka on *The Bachelor* and splitting from ladies' man Jesse Kovacs after dating him on *Bachelor Pad*, it looks like Kitt has found another winner.

Her current squeeze, Joshua Rowley, has been spotted on Cheaterville.com, where he is listed under the headline, "Cheater is looking for easy girls online". Rowley denied the accusations of infidelity, telling [RadarOnline](#), "This is hilarious. I was only on-line dating for a week before I met Elizabeth, then I logged off. To whomever the woman is who posted this, thanks, it is a good picture. Elizabeth and I had a good laugh over this!"

What do you do if you keep ending up in dead-end relationships?

Cupid's Advice:

Some of us seem to be doomed to end up in relationships that go nowhere. Cupid has some tips on how to avoid those dead-end affairs:

1. Date outside your comfort zone: Like bad boys? Try dating nice guys. If you start dating people who aren't your usual type, you might get different results.

2. Change your behavior: Love is a two way street, and after every breakup, you need to think about what you could have changed. Take what you learned to make the next relationship better.

3. Ask for help: Your friends have been with you through all the ups and downs in your love life. Find out their opinions about your next boyfriend or girlfriend to see if they think you're going down the wrong path again.

How do you break the cycle of bad relationships? Share your comments below.

Former 'Jersey Shore' Star Angelina Pivarnick Blames Media and Boyfriend for Miscarriage





Former *Jersey Shore* star Angelina Pivarnick says she suffered a miscarriage and opened up to Father Albert on his show about it, according to RadarOnline. Pivarnick was engaged to ex-boyfriend Dave Kovacs for a short time in February, and then she announced her pregnancy in April. Pivarnick admits that Kovacs wasn't the father, but instead it was a random guy she was with who tormented her. Pivarnick says the tabloids were constantly in her business and wouldn't leave her alone about her partying habits. "It was really hard and I went through a lot of stress and I ended up losing the baby."

How do you help your partner come to terms with a miscarriage?

Cupid's Advice:

The best thing you can do to support your partner in this situation is to simply be there. Here are three ways to do so:

1. Let her vent: Assure your partner that you're there to listen to every feeling they have about the miscarriage. Let her know that it's OK to express her feelings to you and that

you'll be her shoulder to cry on.

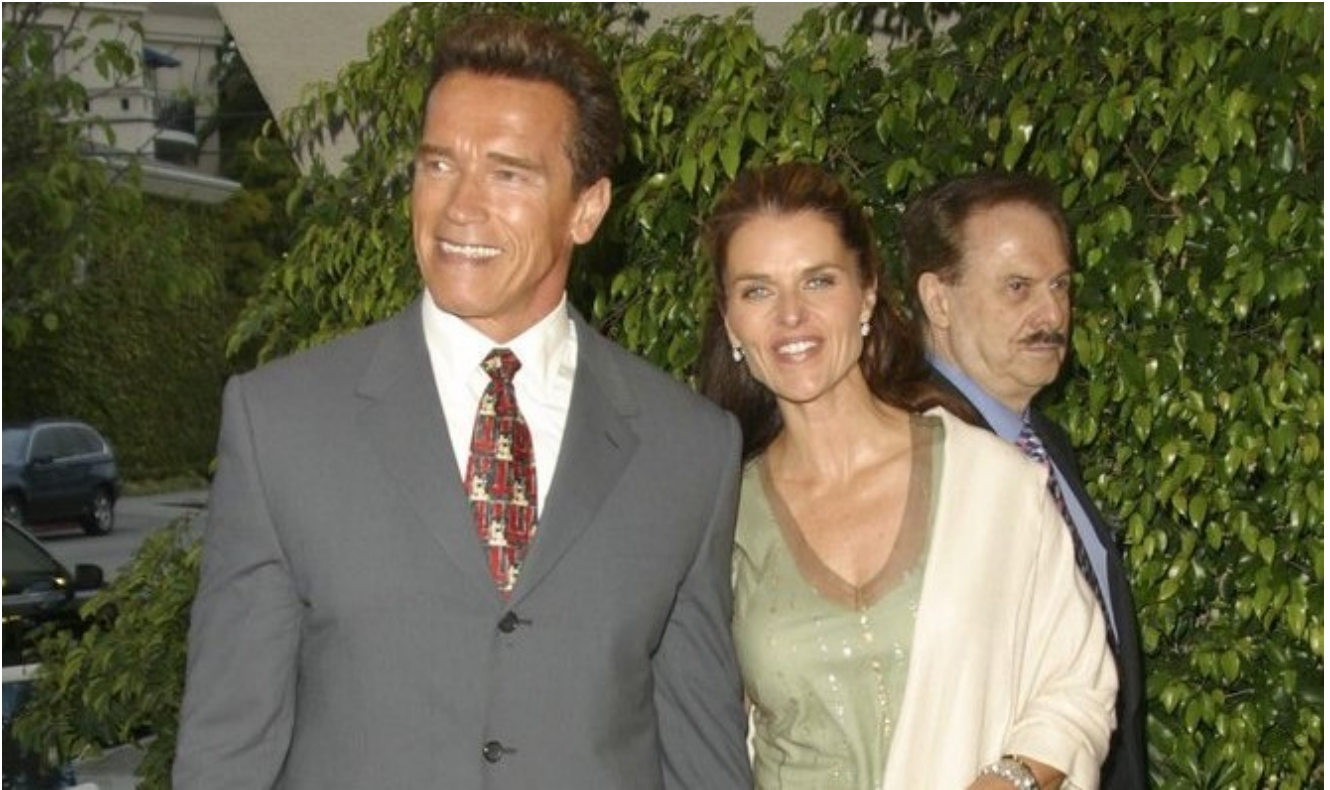
2. Now it's your turn: Once you've let her vent, it's your turn to let everything out to her. Most importantly, make sure that nobody is playing the blame game. Miscarriages happen unexpectedly and they're hurtful for both people in the relationship.

3. Seek help: If talking it out amongst each other isn't working, seek further help. This is indeed a tragic situation and you might need a psychiatrist to help you overcome it. Don't be afraid to go further, because everyone heals differently.

How did you help your partner come to terms with a miscarriage? Share in a comment below.

Jesse James and Kat Von D Split Due to Distance





The rumors are rolling once again about Jesse James and Kat Von D, as they recently announced that they are calling off their wedding. This time it's official. Not only did they call off the engagement, but they've also broken up. They were in a long distance relationship, with James in Austin and Von D in LA. When [People](#) asked Von D whether she would relocate to be with her boyfriend, she responded, "If only it were that easy. Having two places we call home will be good for now. In the end, home is where the heart is, and my heart's with him. " Unfortunately, the couple couldn't keep doing the long distance thing.

What are some ways to keep a long distance relationship strong?

Cupid's Advice:

Surviving a long distance relationship can be tough. Cupid has some tips on how to prevent letting distance loosen the bond:

1. Communicate: Make an effort to frequently communicate. You're probably both caught up in your daily routines, but

make sure to schedule a regular time to talk to your loved one via skype or phone. You can also keep each other up-to-date via email and text, but it's important that you hear each other's voices.

2. Visit: Of course the sound of your partner's voice isn't always going to be enough. You'll need some physical contact in order for the relationship to persevere. Take turns making trips to see one another, and make sure that you share the responsibility equitably.

3. Trust: Starting a long distance relationship means unforeseeable changes and challenges in both of your lives. If your partner starts forming new circles of friends or engaging in new activities, don't assume the worst. Just take a breather and have faith that your partner will remain loyal to you.

Have you ever been in a long distance relationship? Share your experiences below.

James Franco and Longtime Girlfriend Split After 6 Years





Love is no longer in the air for actor James Franco and longtime girlfriend Ahna O'Reilly. The two ended their six year relationship due to the long distance between them. Franco has been attending school in New York and just signed up to take classes at Yale while his girlfriend was waiting patiently for him back in L.A., according to the *New York Press*. It seems like Franco has too many passions and couldn't focus on one of his biggest passions, his girlfriend. Franco is currently an actor, poet, director, teacher, student, author, painter, performance artist and producer ... Talk about all over the place!

How do you help your partner focus his or her passions?

Cupids Advice

It's difficult when your partner has big dreams and passions that may be getting in the way of your relationship, but Cupid has some advice on how you can help your partner focus:

1. Be supportive: Even if you believe your partner's passions are absolutely absurd, supporting him or her shows that you

care and are willing to be there no matter what.

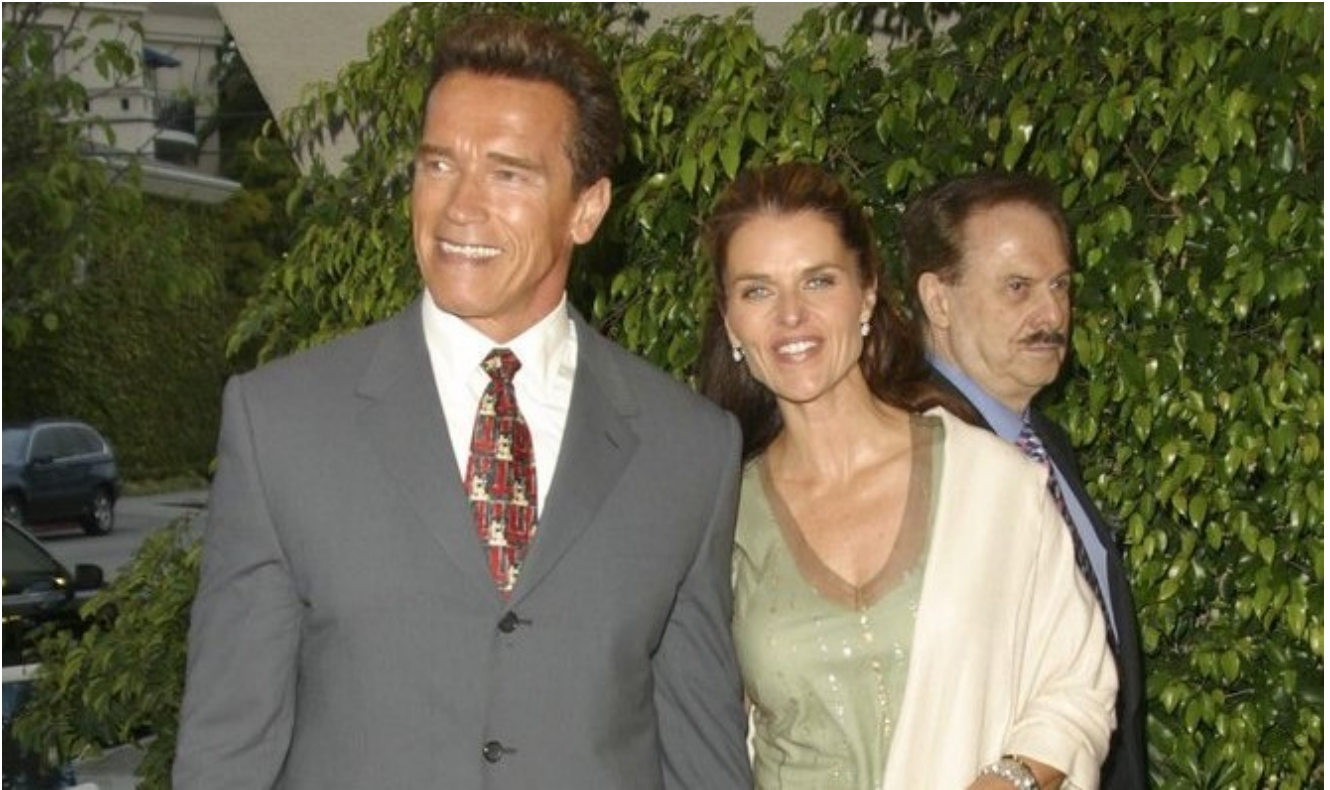
2. Provide constructive criticism: If your boo truly loves you, he'll care about your opinion and what you have to say. If you try to give him direction or guidance and explain how he should maybe focus on one thing at a time, he should respect your opinion.

3. Show him what he's good at: Show your beau what he's really talented at, whether it be art, music, writing or anything else. If he sees that he can truly excel at one thing, he'll probably stick with it and focus all of his energy one way.

How do you help your partner focus his or her passions? Share your thoughts below!

Blake Lively Reunites With Leonardo DiCaprio in Santa Barbara





Though *Gossip Girl*'s Blake Lively, 23, recently returned to New York to film the show's fifth season, that surely didn't keep her from spending quality time with her new beau, 35-year-old Leonardo DiCaprio, according to UsMagazine.com. The new couple was spotted shopping in Santa Barbara, California as Lively helped her honey pick out a fresh pair of Carrera X-cede shades on Wednesday. "They seemed very much in love," a store rep said.

What are some everyday couples activities that will get you out and about?

Cupid's Advice:

Think of things that both you and your mate like to do, and get the ball rolling. Cupid has a few starters:

1. Cool off: It's summer time. Who doesn't want to find a way to stay cool? Take your honey for a dip in the nearest community pool, or better yet, the beach if possible. And if you really want to add excitement, go to a water park for the day and stay chilled for awhile.

2. Get moving: It may not sound like a cool activity, but it will be fun once you start. Exercise as a couple. Go for a jog with your mate and just chit chat about life. Once both of you get in the mood, you'll be able to motivate each other.

3. You can never go wrong: If all else fails, the movies is always the easiest way out. There's always a new romantic comedy or action flick hitting the big screen. Take your honey and enjoy!

What are some activities you and your mate enjoy? Share below in a comment.

Hugh Hefner Says He Missed a Bullet By Not Marrying Crystal Harris





According to [People](#), Hugh Hefner is experiencing no hard feelings over Crystal Harris' decision to call off their wedding. In an interview on ET, he announced that by not marrying his ex-fiance, he "missed a bullet." The *Playboy* mogul declared that he's better off single. Reportedly, Harris dropped the bomb on him right before the wedding, not having given Hefner any clues to her change of heart. "I didn't see any of this coming... If you're having reservations about the person you've been with for two-and-a-half years, the logical thing is to sit down and talk about it," said Hef.

What are some positive ways to look at a broken engagement?

Cupid's Advice:

A broken engagement is often looked upon with a heavy heart. How can you handle it with a positive state of mind? Cupid has some tips:

1. Maintain self-worth: Remind yourself that no matter what, you deserve to be happy. Don't beat yourself up about the broken engagement, because it's best to have broken it off now

than later.

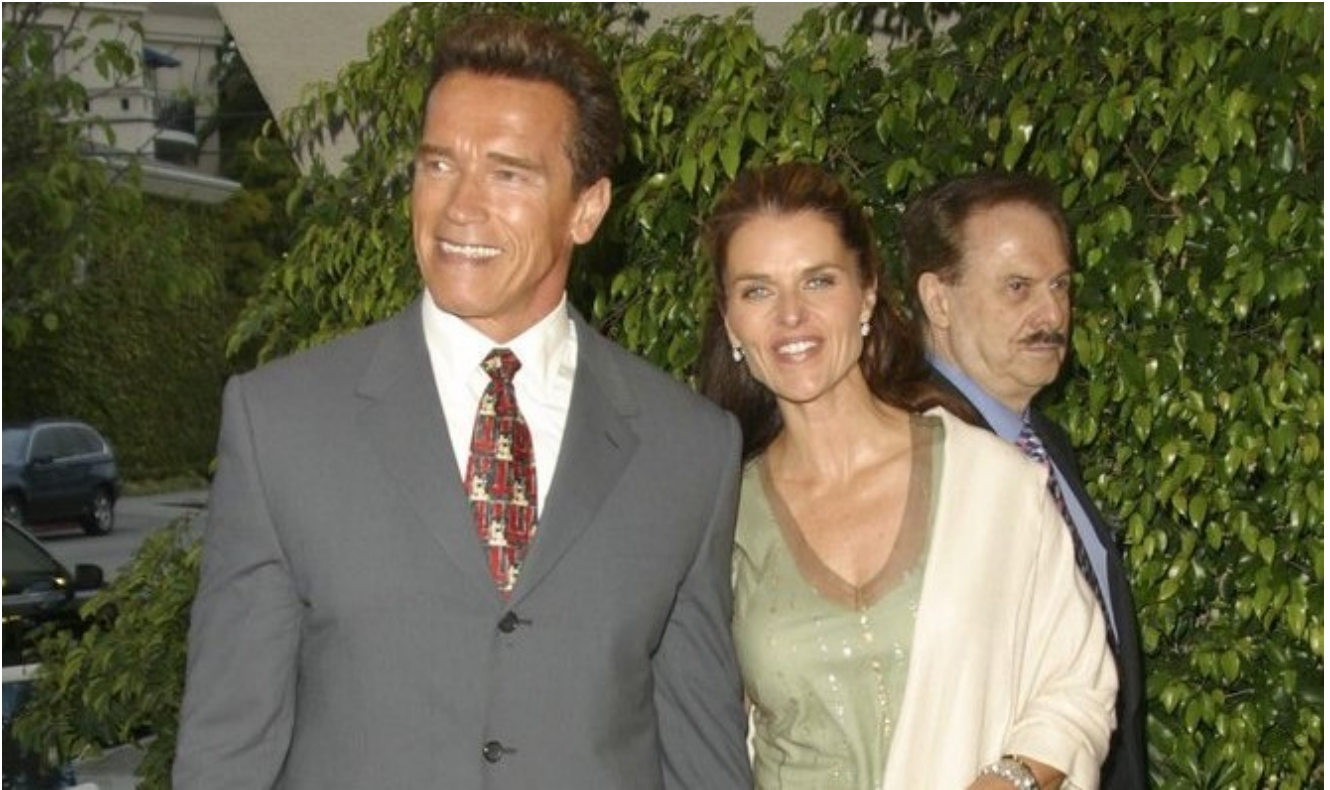
2. Surround yourself by people who love you: Don't spend too much time mourning your broken engagement. Instead, spend time with family and friends. It's important to be around supportive people who value you.

2. Forgive: Holding a grudge against your ex isn't healthy. Forgiveness is one of the most difficult things to do, but it's also one of the most rewarding. If you're able to let go of your anger, you'll be able to look at this experience as something that allowed you to grow.

Got any tips on maintaining a positive attitude when dealing with a broken engagement? Share your comments below.

How Marc Anthony Handled His Split With Jennifer Lopez





Though Marc Anthony was all smiles, kisses, and jokes during a recent performance in Bogotá, Colombia, sources close to the performer say that he has been incredibly aloof after splitting from his wife of seven years, Jennifer Lopez. As Spanish TV presenter, Eva Rey, told [People](#), “I saw him when he was passing through the stage, but I think because he split up the day before, he didn’t allow anyone to talk to him or anyone to come to his dressing room.” Rey was planning on introducing Anthony at a pre-show party, but the heartbroken singer never showed. Lately, Anthony has been spending a significant amount of time alone. He’s been distant, spending much time in his hotel room ordering room service. In spite of the fact that Anthony has been withdrawn in his personal life, like a true performer, he was as confident and charismatic as ever on stage.

Is alone time important after a split?

Cupid’s Advice:

Though breakups are sad, it’s always good to think about them as an opportunity to rediscover yourself. If alone time is what you need, don’t be afraid to embrace it. Here are some

great ideas on how to spend your alone time post breakup:

1. Meditation and massage: These are two very liberating and therapeutic options for the heartbroken.

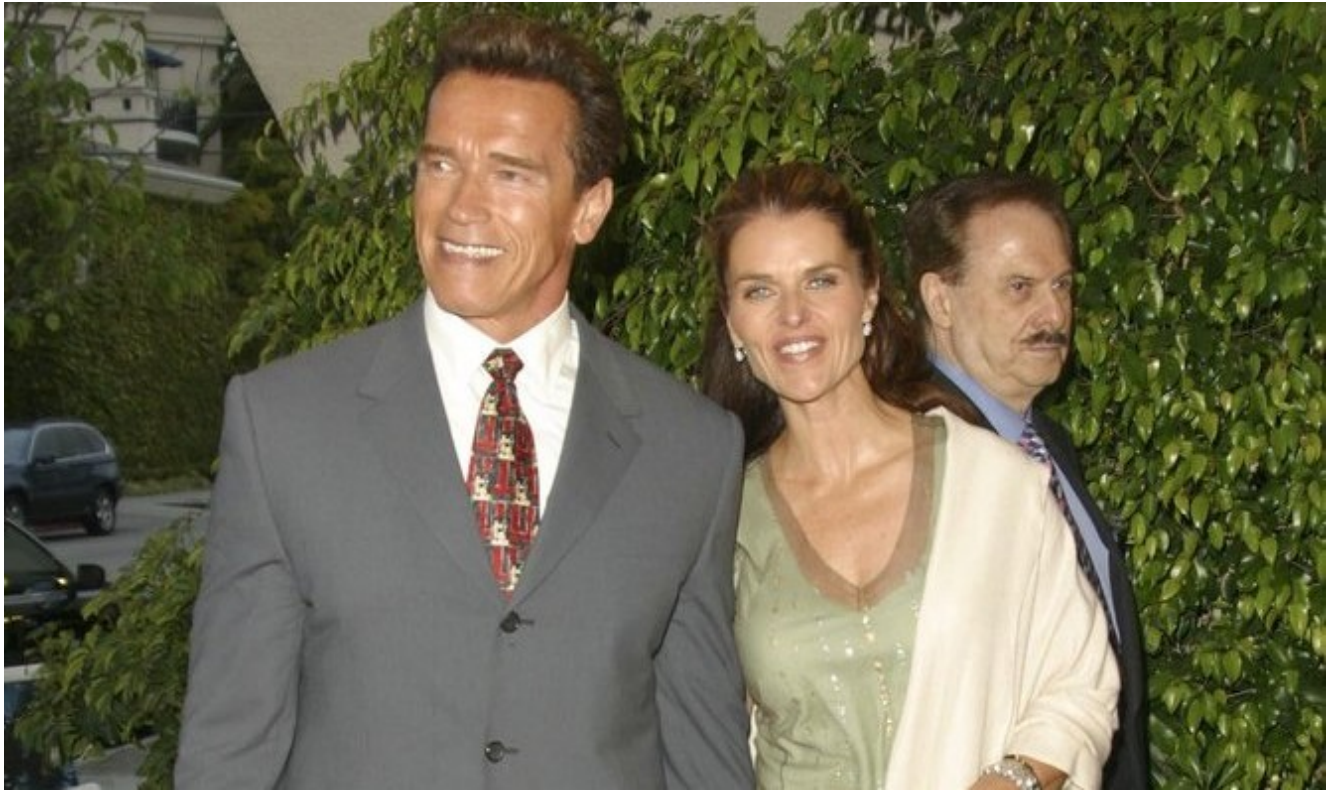
2. Catch up on your favorite TV shows: After all of those late nights you spent out with your partner, you probably missed your share of valuable TV time. Now is your chance to catch up.

3. Get away for a while: Who says you can't go on vacation alone? Get away to some place quiet and scenic.

How did you spend alone time post-breakup? Share your experiences below.

Real Housewives Stars Taylor Armstrong and Husband File for Divorce





It may come as no surprise to *Real Housewives* fans that Taylor and Russell Armstrong have called it quits. After all, the Armstrong couple likened their marriage to a business agreement. The two were going through “huge martial problems related to finances,” an inside source reported to UsMagazine.com in May. Although they have a five-year-old daughter named Kennedy, they decided that the best decision would be to split. On Friday, they filed for divorce.

What are ways to work on your marriage before calling it quits?

Cupid's Advice:

It seems like the Hollywood-inspired trend today is to file for divorce when things don't work out. The roles of husbands and wives in our society has changed over the centuries. Although most of us do make an effort to resolve marital turbulence, it can be tough. Cupid has some tips on how to work out your martial issues:

1. Communicate: Often times, communication is at the heart of

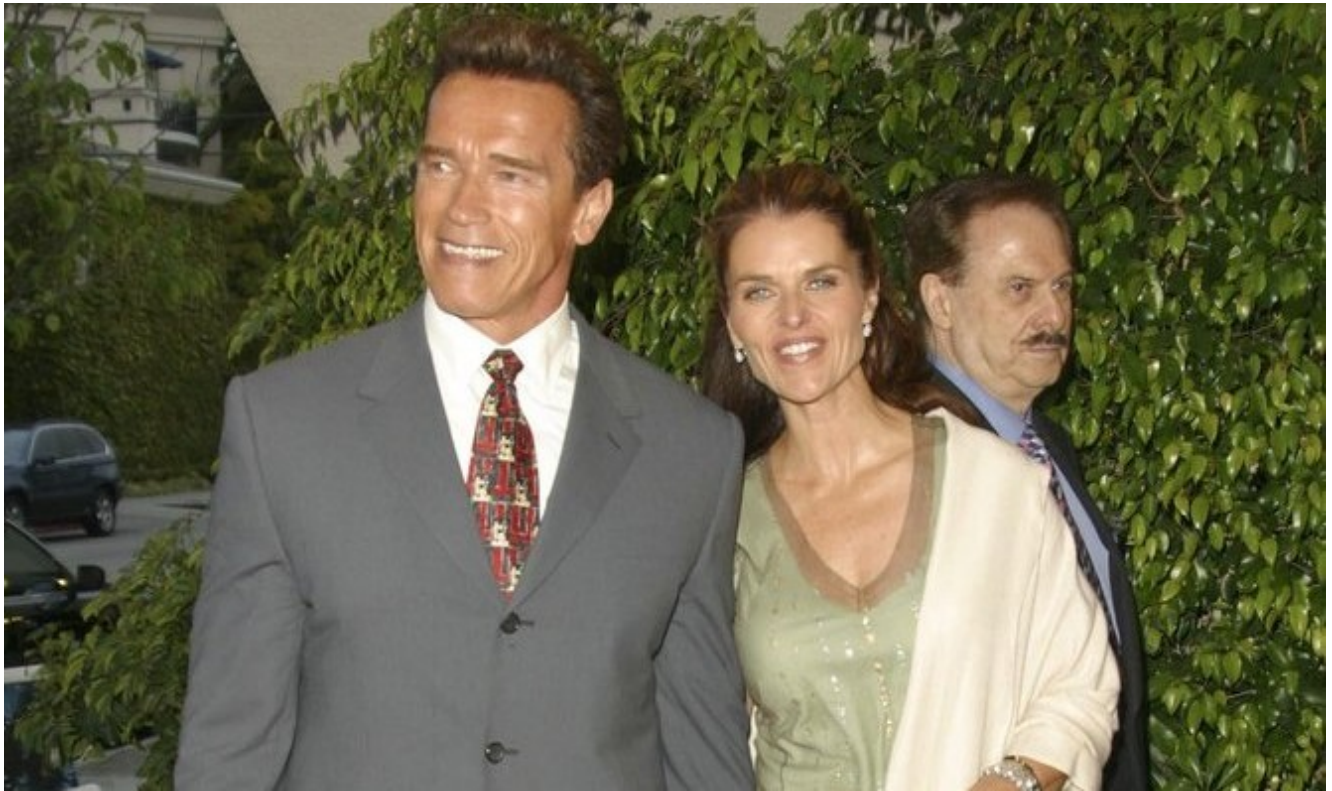
relationship problems. The next time you and your spouse start arguing, try to verbalize your points effectively before things get heated. Always focus on the particular situation and, by all means, avoid using phrases like “you always do this.” Stay calm, and try to get to the heart of the issue that’s troubling you.

2. Listen: We often complain that our partners don’t really listen to us, but we could all probably make an effort to be better listeners. When your spouse is mad at you, don’t get defensive or show contempt. Although this may sound silly, take turns rephrasing each other’s points. This will ensure that you both understand where each other’s anger is coming from and allow you to better work through your problems.

3. Consult a counselor: Seeking external help is always a wise step to take before calling it quits. It can be really hard to work through your issues without the aid of a third party. A marital therapist can really help you gain awareness of your communicative difficulties as a couple and give you valuable advice on how to work through your marriage.

Got any tips on alternatives to marital counseling? Share your suggestions below.

Jennifer Lopez May Have Hinted at Split With Marc Anthony in Songs



He's the father of her twins and the man she decided to marry.

However, Jennifer Lopez may have been singing subliminal lyrics about marriage troubles between she and Marc Anthony on her album *Love?* The title alone questions the stability of their marriage, but to supplement that, in one of the songs on the album, *One Love*, which Lopez co-wrote, the singer names off three previous loves before she gets to "number four."

This one "sang to me, but I'm not sure, so worn out, but ... made me wanna try once more," she sings. According to [People](#), Lopez may be referring to her previous romances between Sean "P Diddy" Combs, Chris Judd and Ben Affleck, followed by "number four," who is presumably Marc Anthony.

What are some ways to get your pain out in order to heal after a breakup?

Cupid's Advice:

Lopez has been in the entertainment industry for a number of years, so it only makes sense that she takes to singing as an outlet. But there are many other ways to let off intangible steam. What are some ways to get the pressure of emotional pain off of your chest? Cupid has some advice.

1. Wash your sorrows away: No one can ever go wrong with a nice, warm shower. We all know that standing underneath steamy water pouring over our bodies can feel like the best thing ever. Let the water seep into your pores and calm your emotions.

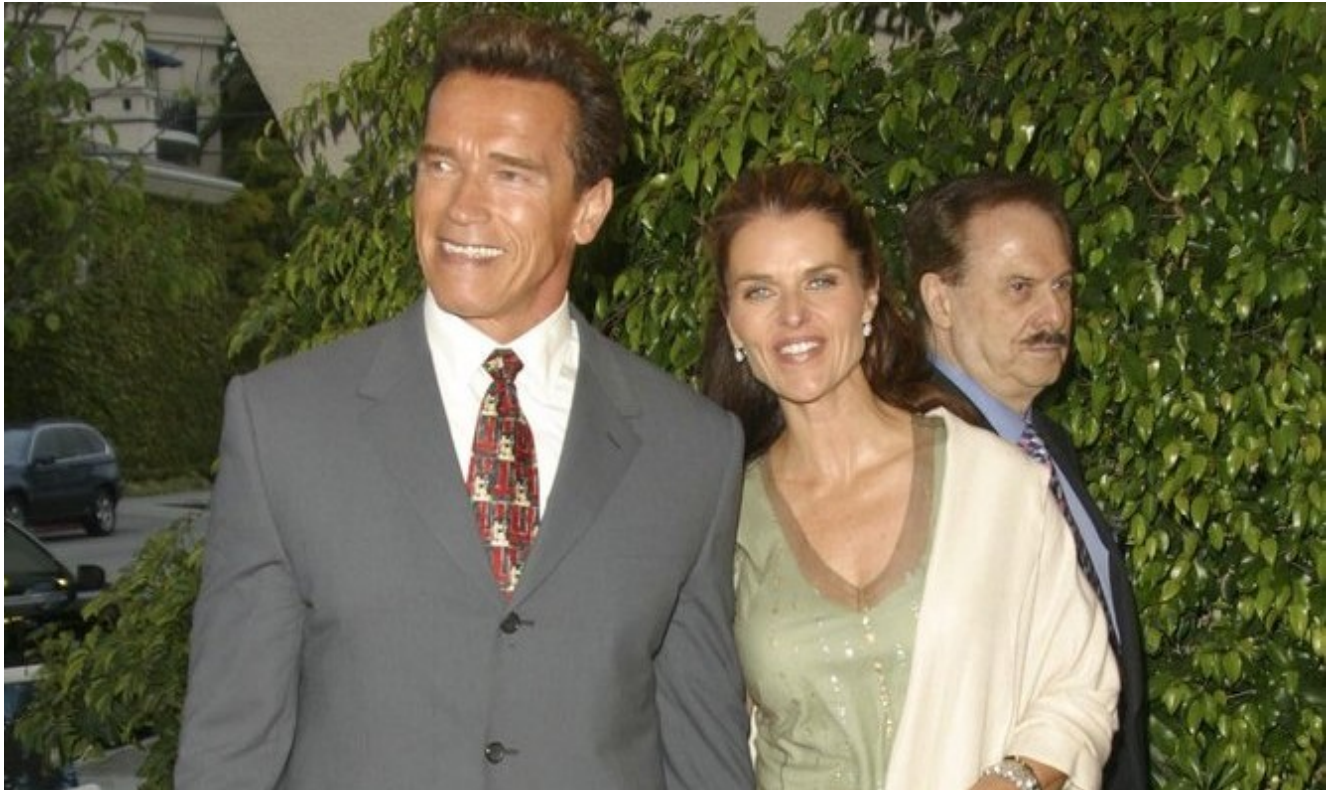
2. Adrenaline: This might be the only appropriate time it's OK for you to "run away from your problems." If you're feeling pain, taking a quick jog can work wonders. Releasing endorphins can definitely help with the anger and hurt. It makes you happy, while keeping you in tip top shape.

3. Creativity: Get creative! Whether you write poetry, make collages out of magazine scraps, build or write music like Jennifer Lopez, getting creative is a great way to clear your mind of unwanted problems. Pouring your emotions into something hands-on can relieve some of the pressure.

What is your outlet for releasing negative energy? Share your thoughts below.

Jennifer Lopez and Marc Anthony Are Ending Their

Marriage



Singer and actress Jennifer Lopez, and husband, Marc Anthony, also a singer and actor, have split after seven years of marriage, according to [People](#). “We have decided to end our marriage,” they said in a joint statement. Lopez, 41, and Anthony, 42, married in June 2004 in a private ceremony at Lopez’s Beverly Hills home. They have 3-year-old twins, Max and Emme.

How do you announce your divorce to family and friends?

Cupid’s Advice:

When divorcing, it’s always better to tell your family and friends right away rather than procrastinating. Here are some ways to break the news:

1. All at once: To avoid telling the same story time and time again, round everyone up at once. Invite your soon-to-be ex-husband or ex-wife, and just as you announced your marriage to them, announce your divorce.

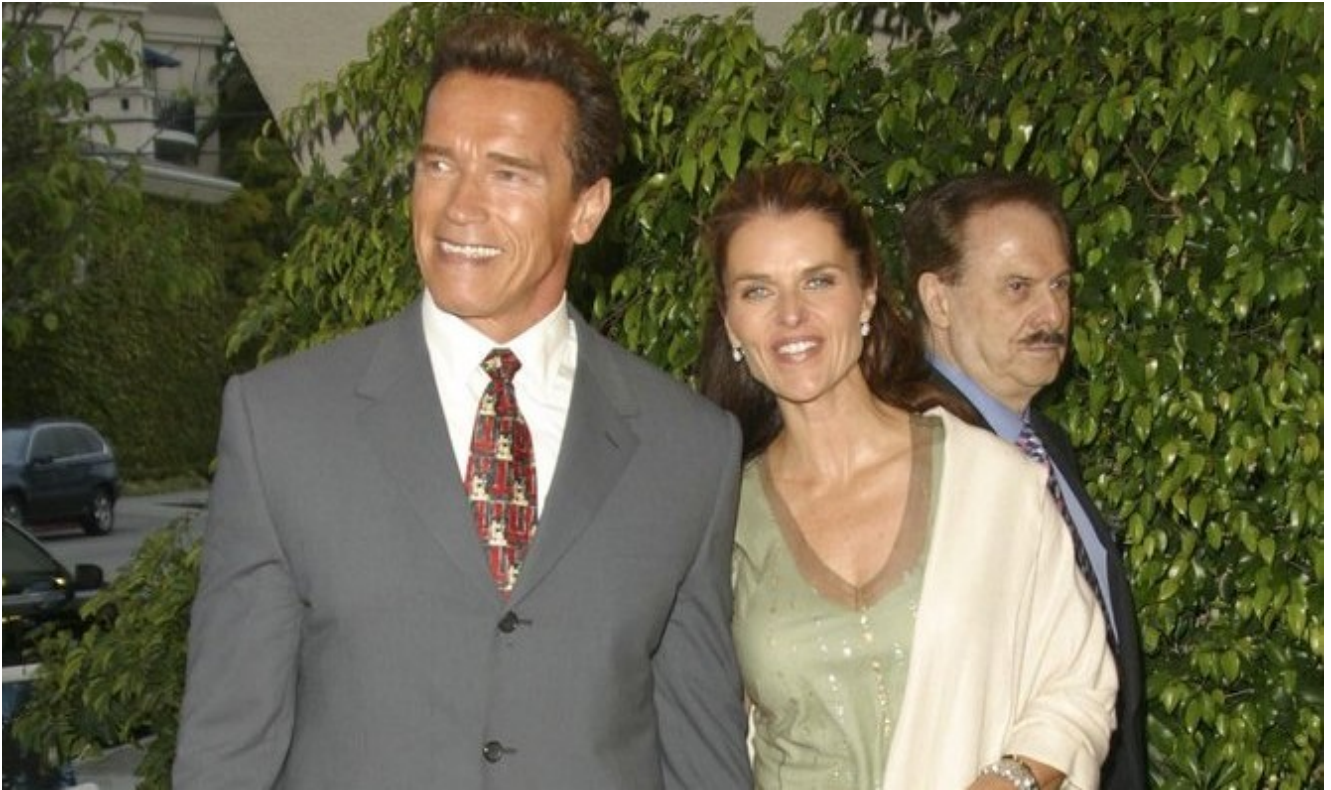
2. Don't mind judgment: Divorce is frowned upon by many people, and this may happen once you break the news to the important people in your life. However, you should overlook any negativity, because at the end of the day, you are doing what's best for you.

3. Keep it cordial: No matter what the reason for the divorce may be, let your family and friends know that you will be mature about the situation. Keep it civil with your old lover. This should release a lot of the tension in the room and prevent any misunderstandings between your ex-husband or ex-wife and your family and friends.

How did you announce your divorce to your family and friends? Share in a comment below.

Olivia Wilde Says She Feels 'Wobbly' After Divorce





Olivia Wilde is back on the market after a painful divorce from Italian prince Tao Ruspoli, reports [People](#). The couple eloped when Wilde was just 18, separated last winter and officially divorced in March. The 27-year-old actress told *Marie Claire*, “The trauma of the whole thing has been humbling, and for the first time, I’m a little bit wobbly.” Although Wilde has been spotted out and about with Bradley Cooper, Justin Timberlake, Ryan Reynolds and Jake Gyllenhaal, she says she’s still single.

How do you get your confidence back after a divorce?

Cupid’s Advice:

Going through a divorce can be so traumatic, it’s easy to lose your confidence. Cupid has some tips on how to get your swagger back after a split:

1. One is the loneliest number: Being by yourself after being part of a couple for so long is one of the hardest parts of a divorce. But it’s important to relish the time alone to figure out who you are without another person to define you.

2. No regrets: When you think back on your marriage, remember the love you had for each other and everything you learned. This will give you hope that you can find love again.

3. Bounce back: After you've spent some time alone, slowly start getting back into the dating scene. A few successful dates will definitely boost your confidence.

How do you get back to your old self after a divorce? Share your comments below.

Halle Berry's Stalker Is Arrested





It's been confirmed! Halle Berry's alleged stalker was arrested on Monday night. The actress' private security agents apprehended James Franco after he jumped over the fence of the Berry's West Hollywood home. The LAPD informed [Access Hollywood](#) that this was the second time the man had trespassed on the star's property. Franco has been in custody since Tuesday morning.

How do you deal with someone who has an obsessive crush on you?

Cupid's Advice:

We all love to be loved, but being in the spotlight all the time can be overwhelming. Cupid has some advice for dealing with those who like us excessively:

1. Avoid them: It may seem obvious, but do it. If someone is majorly crushing on you and you don't feel the same way, try to spend less time with them at all costs. It may help him or her get over you. If you're too nice and spend too much time with him or her, it could give the wrong idea.

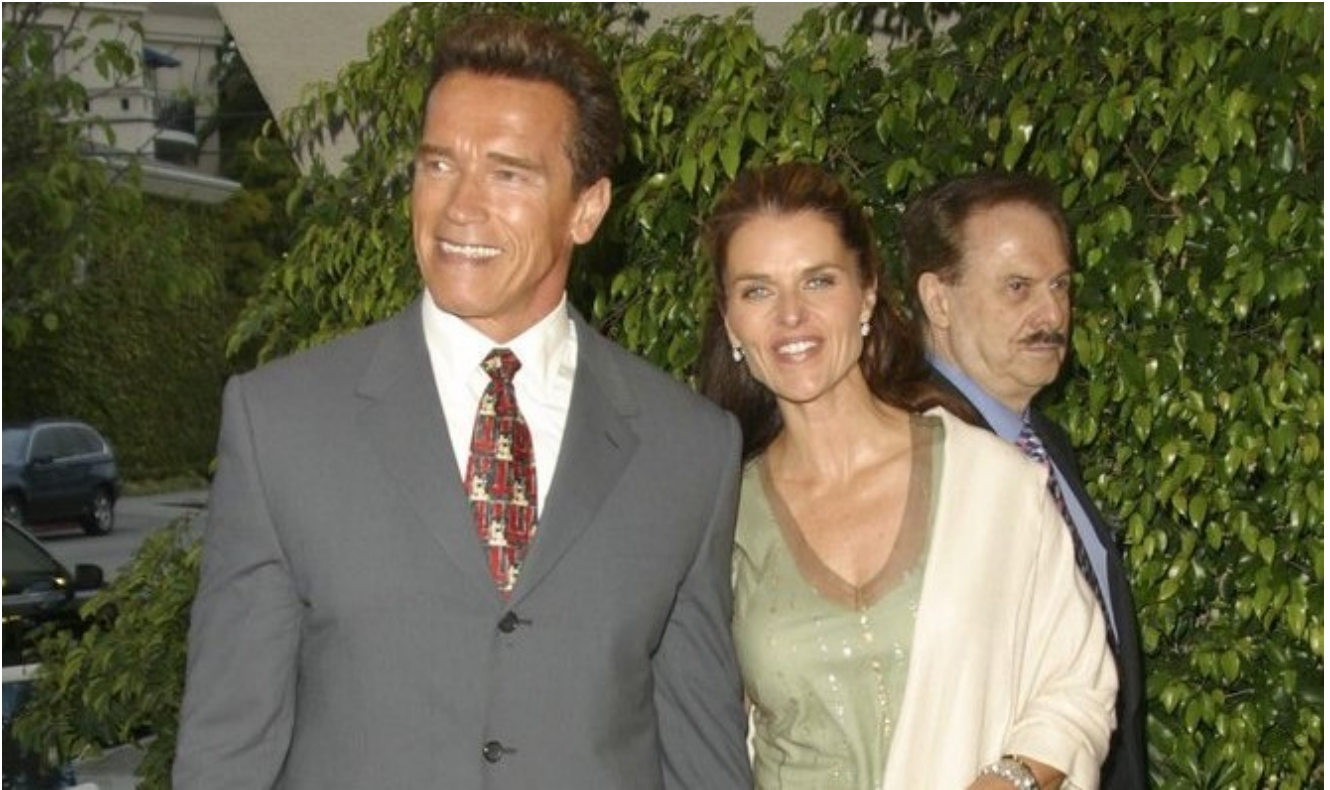
2. Be upfront: Don't be ambiguous. The last thing you wanna do is lead him or her on. Communicate your unavailability by mentioning telling things, for example, how you're really into a person you just started dating.

3. Don't be hurtful: Unrequited love is no fun. Although you may never have been "obsessed" with anyone, chances are that at some point you liked someone who turned you down. Don't be pretentious with whoever it is that is showering you with attention. Let him or her know that you're not interested, but do it in a considerate way.

Have any advice for dealing with obsessive stalkers? Share your comments below.

Kiefer Sutherland Splits With Longtime Love Siobhan Bonnouvrier





Bad boy Kiefer Sutherland is back on the market after splitting from long-term girlfriend Siobhan Bonnouvier. UsMagazine.com reports that the couple was together for nearly three years. According to a source, "They've split for now," but things are "transitional and ever changing." Sutherland has been married twice before and was engaged to Julia Roberts in 1990 before she called off the wedding.

In an on-again-off-again relationship, when is it time to call it quits for good?

Cupid's Advice:

When you and your mate find yourself constantly breaking up and making up, you'll reach a point where you can't go on. Cupid has some tips on when to end an on-again, off-again relationship for good:

1. Same fights: When you and your partner keep having the same fights over and over and can't seem to resolve your issues, it might be time to break up.

2. Unwanted stress: If your relationship is contributing more stress to your life, you should consider ending it. Your significant other should make you happy, not anxious or angry.

3. No stability: Sometimes even when you're crazy about someone, you just don't need the emotional rollercoaster. If you want something permanent and long-lasting, it's time to end your on-again, off-again relationship.

What would have to happen to make you decide to permanently end an on-again off-again relationship? Share your comments below.

Arnold Schwarzenegger to Give Maria Shriver Generous Settlement





Looks like Arnold Schwarzenegger still feels guilty over the end of his 25 year marriage to ex Maria Shriver. According to [RadarOnline](#), the ex-governor is prepared to give his ex a hefty settlement in the divorce, much more than is required under California state law. Both Schwarzenegger and Shriver's lawyers seem to be getting along and are working together to come to a joint settlement. Schwarzenegger said he is the one to blame for the collapse of his marriage, and he is willing to give Shriver whatever she needs. He's also filing for joint custody of the couple's sons, which is a decision Shriver agrees with because she still wants her ex to remain a major part of their children's lives. It's so sad to see the end of such a seemingly perfect marriage, but at least the pair are putting their differences aside to do what is best for their children and themselves.

How do you show your ex that you still care?

Cupid's Advice:

It's tough to show your ex that you still care about him or her whether you went through a rough break-up or even a major divorce. Luckily, Cupid has some tips on how to show your ex

that you still care:

1. Admit you're wrong: By standing up and realizing you messed up and taking responsibility for what happened, you show your partner that you not only feel horrible for what you did, but also that you do care about him or her and his or her feelings. If you and your ex aren't on speaking terms, take a tip from "Mr. Big" in Sex and the City the movie and write a letter to your ex to express how you feel.

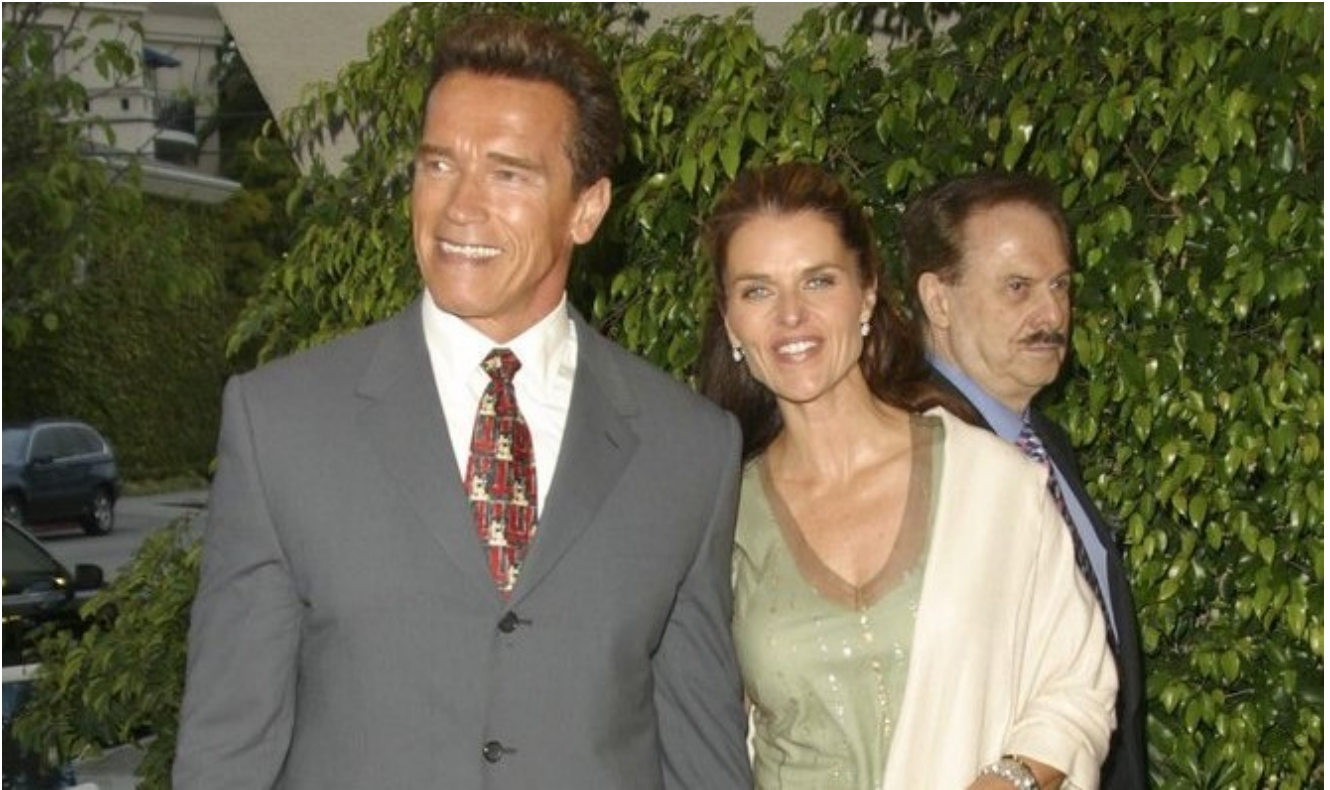
2. Make it up: You can't fix what's already broken, but you can do the next best thing and try to make the best out of the situation. Take a tip from Arnold Schwarzenegger and be willing to give a little extra in the divorce settlement.

3. Be happy for your ex: Don't try to get in the way of your ex's happiness. Allow him or her to move on. By doing this, it shows you care and there are no hard feelings between the two of you.

How do you show your ex that you still care? Tell us your thoughts below!

Shia LaBeouf and Megan Fox: Kissing Co-Stars?





According to UsMagazine.com, *Transformers* costars Meghan Fox and Shia LaBeouf hooked up on the set of the first and second *Transformers* movies. Though a source clarified that Fox was not with her present husband at the time, when LaBeouf was asked if Fox and her husband were together at the time, he stuttered and said, "I don't know" 12 times. Director Michael Bay allegedly put a damper on their fling when he fired Fox off of the set. "Believe me," said Bay, "that was an unhappy set. I think they were drawn together because it was so ugly working on that film."

How do you act normal at work when you know that you're hooking up with a colleague?

Cupid's Advice:

Having flirtatious eyes and a pumping heart for a special someone at your job is perfectly fine. It might even make you want to come extra early or clock in some more hours. But how do you keep your amorous conversations away from your job's listening ears? Cupid has some advice:

1. Cut it: Keep flirting to a minimum. Do nothing that would suggest any kind of overly friendly relationship. It's best to save these things for your lunch break and for when you're off the clock. This way, you will never have to worry about word getting back to your boss. This cute guy or girl is not worth the loss of your job.

2. Shrug it off: Don't take anything too personally. Nine times out of 10, your partner will have to speak at length to other people on the job. Keep the jealousy at bay.

3. Focus: Don't get too caught up with watching him or her from afar. Remember, you still have work to do. Above all, maturity and responsibility will always be expected on the work site.

Have experience with hooking up with a colleague at work? Don't be shy! Share your story below.

Halle Berry Accuses Gabriel Aubry of Child Neglect





Halle Berry and ex Gabriel Aubry are involved in what is sure to turn into a nasty custody battle. Berry has accused Aubry of endangering their daughter's life and violating their custody agreement. Her rep told UsMagazine.com, "Halle has serious concerns for her daughter's well-being while in the care of her father for any extended period of time and is prepared to take all necessary steps to protect her."

What do you do if your mate's parenting values don't match your own?

Cupid's Advice:

Everyone is brought up differently so it's possible that you'll fall in love with someone who doesn't have the same parenting values as you do. How do you deal? Cupid has some tips:

1. Compromise: Whether you're single or in a relationship with someone, parenting is a two-way street. You need to set aside your differences and think about what's in the best interests of your child. It can't always be one parent making the tough

decisions.

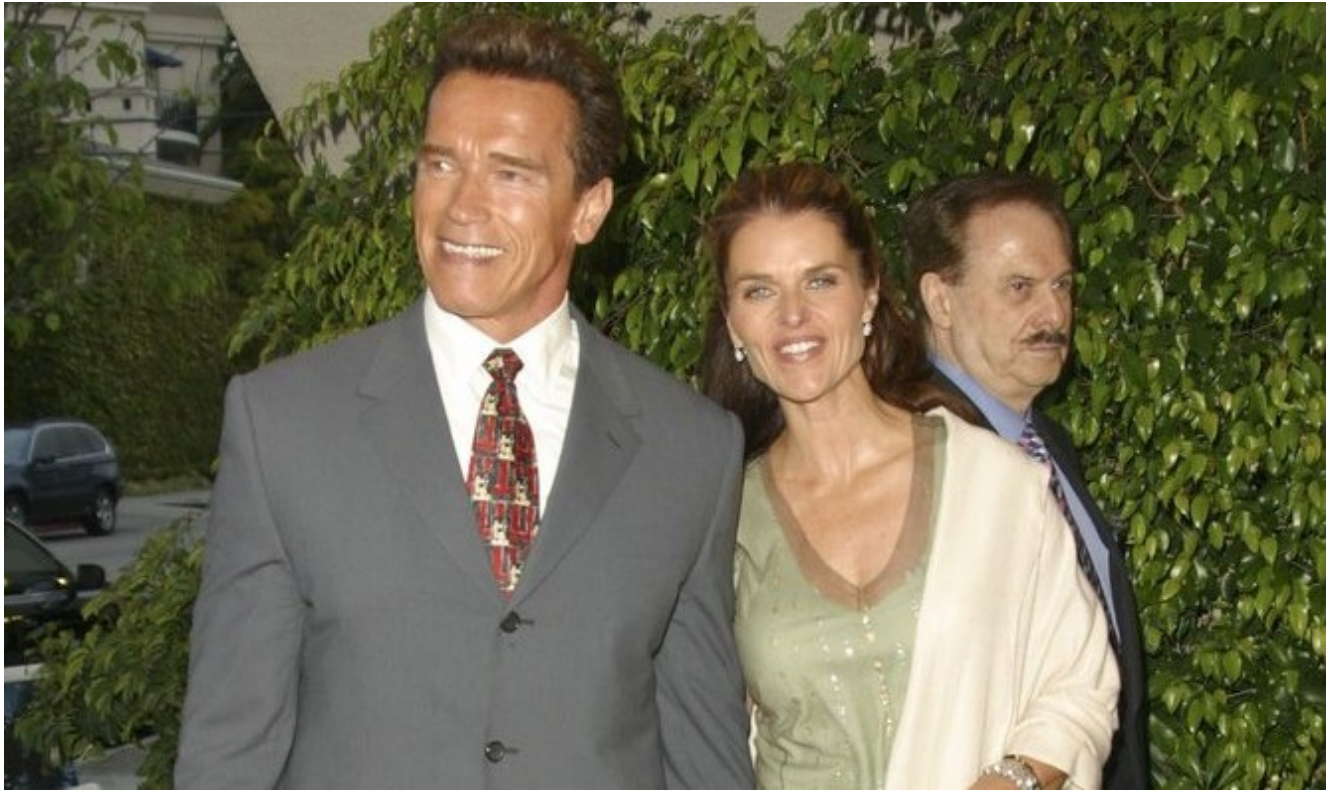
2. Make a schedule: Adhere to a strict set of rules for co-parenting. Set up a schedule and have a set plan that details how the two of you will make changes to that schedule without getting into an argument.

3. Be discreet: Inevitably, as parents, the two of you will have disagreements. However, the key is to *never* argue in front of your child. This not only affects the child emotionally, but it will add negativity to your relationship as well.

What are some ways you have dealt with the issues that come along with co-parenting? Share your experiences with a comment below.

Hugh Hefner Picks A New 'Best Girl'





If Hugh Hefner is still hurting from his breakup with fiancée Crystal Harris, he sure isn't showing it. [People](#) reports that a week after the split, the 85-year-old *Playboy* founder has already moved onto a new bunny: Anna Sophia Berglund. Hefner tweeted, "With Crystal gone, Anna is my best girl... Anna is really one in a million." When asked if the new couple is official, Hefner's ex, Crystal Harris, tweeted, "Nope! She's just over there regulating, making sure Hef ends up w a good girl."

How do you know it's too soon to move on from your ex?

Cupid's Advice:

After you break up, jumping back into the dating pool right away may be a bad idea. Cupid has some tips on when is too soon to start seeing someone new:

1. Replacing your ex: If you're seeing someone who reminds you a lot of your ex, you're probably just looking for a replacement. Wait a little longer to start dating again.

2. Trying to get over it: Right after breaking up, you're probably hurting and want some kind of comfort. If you look for a new flame during that time, you're moving on too soon.

3. Waiting a week: While everyone needs a different amount of time to get over a breakup, a week is too soon. For example, Hugh Hefner is probably still reeling from his week-old split.

How long would you wait after a breakup to move on and start dating again? Share your comments below.

'Hills' Alum Lauren Conrad and Kyle Howard Split





Reality star Lauren Conrad has officially split from actor Kyle Howard. According to [People](#), unlike the rest of Conrad's former relationships, this Hollywood romance was not highly publicized. Though the former couple have been seen out together since 2008, cameras were usually kept far away from this romance. On Valentine's Day, Conrad gushed about Howard, saying, "I don't think you need a specific day to celebrate your love for someone. I think it can be a Tuesday. It's an everyday thing." It looks like this *Hills* alum is on the prowl again!

What are the benefits of keeping your relationship private?

Cupid's Advice:

Though having your relationship out in the open is usually the healthiest route, if you're in the public eye or just got out of a serious relationship, keeping a relationship private may be the way to go. Here are some of the benefits:

1. It keeps the romance alive: When you don't have to worry about third parties interfering with your relationship, you

can focus more on each other.

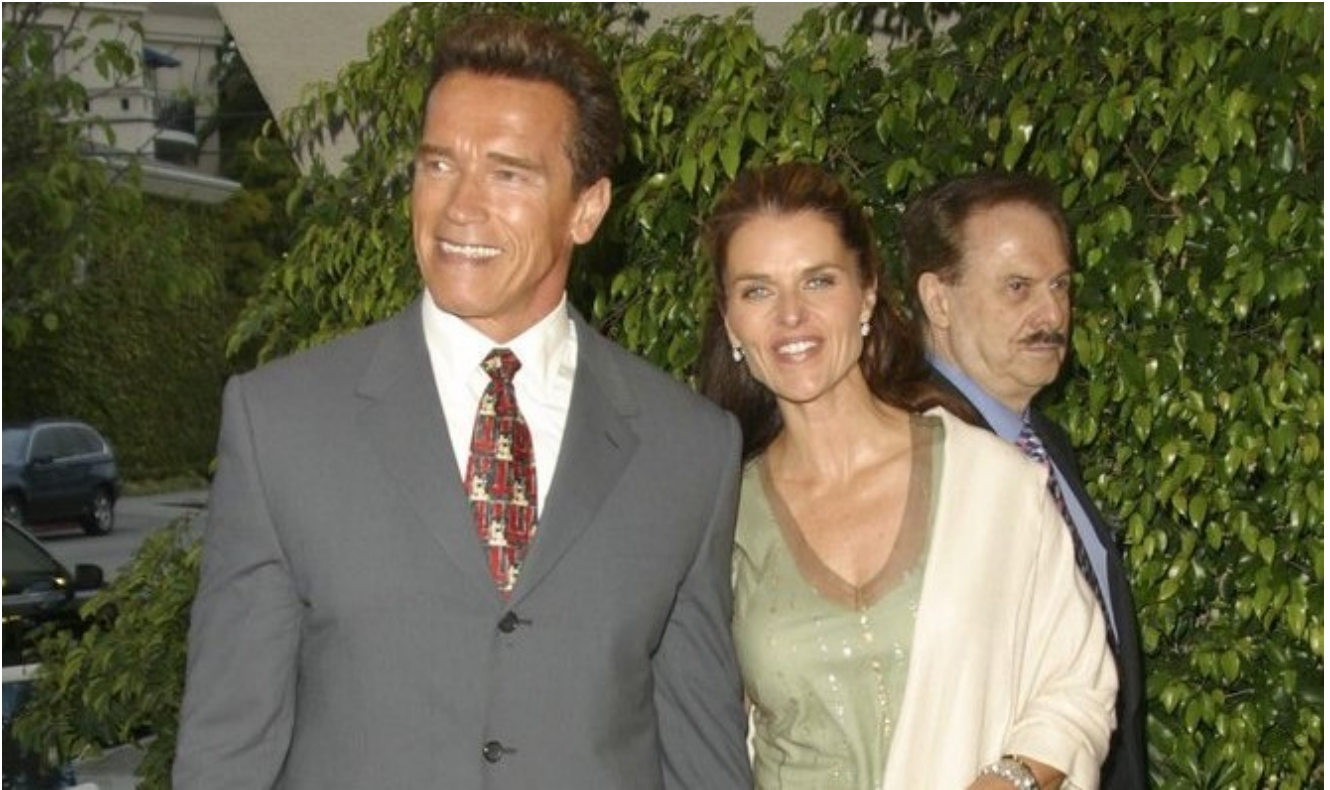
2. Less pressure: If the relationship doesn't work out, very few people will ask you to talk about the gory details, because they didn't know you were seeing anyone in the first place.

3. Excitement: It can be exciting to have a special secret between you and your partner. It keeps things interesting!

How would you go about keeping your relationship a secret? Share your ideas below.

Paris Hilton and Cy Waits Break Up





No one saw it coming: Paris Hilton and boyfriend Cy Waits have split. Just a week ago, Hilton told [People](#) of her relationship with the former nightclub owner. “We’re just really happy where we are right now,” she said. “We’re good.” Then, on Tuesday night, Hilton changed her tune when she told George Lopez on *Lopez Tonight*, “We’re not together anymore... I feel like the relationship ran its course and we’ll see what happens.” According to a friend, the 30-year-old socialite was not ready for the next step in the relationship, but still wants to remain friends with Waits.

How do you know if you’re on the same page as your partner?

Cupid’s Advice:

One day you can be really happy with your relationship, and the next day it can fall apart. Cupid has some tips on how to know whether you and your mate are in the same place:

1. Communication: The key to any relationship, constant communication is important if you want to stay on the same page. Talk about where you feel the relationship is headed.

2. Signs: If you feel your partner getting more distant, it may be a sign that he or she is checking out of the relationship. Watch out for signals that your partner may be trying to send you.

3. Fighting: When you find yourself bickering with your significant other more often, it may be because you two aren't on the same wavelength.

What would you do if you knew you and your partner weren't in the same place in your relationship? Share your comments below.

Crystal Harris Attends Vegas Pool Party Instead of Marrying Hugh Hefner





After calling off her wedding to Hugh Hefner, Crystal Harris is determined to move on with her life. According to [People](#), the runaway bride spent the day of the would-be wedding at a poolside bash at Las Vegas' Wet Republic. Instead of a honeymoon suite, she spent Saturday in a VIP cabana surrounded by a small group of friends. "I just had to get away. Today is the day and I just had to get away," said Harris. In spite of a rumored new romance with Dr. Phil's son, Jordan McGraw, who the 25-year-old playmate identifies as only a friend, Harris and Hefner remain close friends and speak often. "I wasn't the only woman in Hef's life and it wasn't going to stay that way after the marriage," said Harris.

What are ways to be considerate of your former partner after a broken engagement?

Cupid's Advice:

It's okay to call off a wedding, but do so with class and consideration. Cupid has some tips:

1. Don't trash your former partner: Even if the marriage

wasn't meant to be, that doesn't mean that you or your ex partner did anything wrong. If anyone asks you about your ex or why you called off the wedding, simply say that you wish your ex the best.

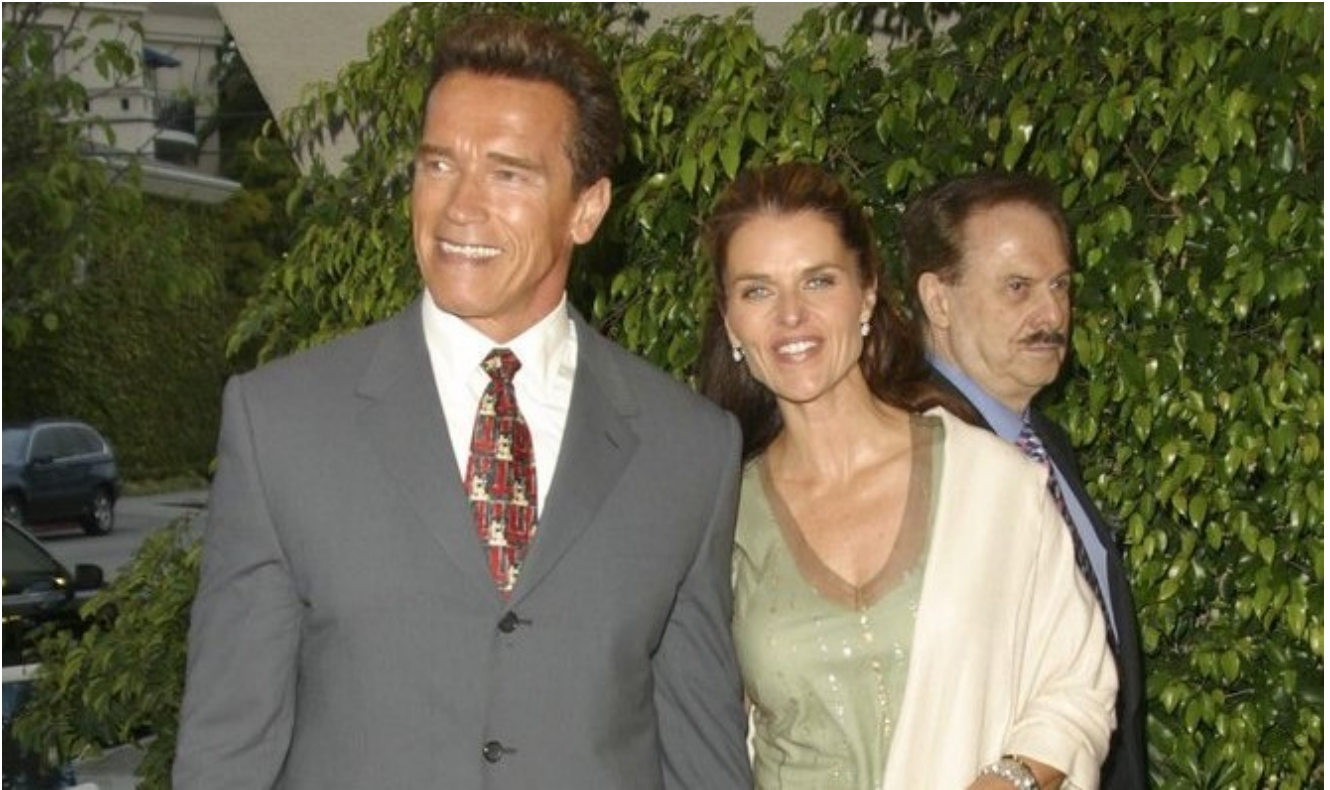
2. Don't start dating openly right away: If there 's someone else in the picture already, try to keep it under wraps for a while in order to be sensitive to your ex-fiancé's feelings.

3. Get away for a while: Big and sudden changes in your life can be difficult for everyone involved. Don't be afraid to take a vacation from real life in order to think and get back on track.

Have you ever called off a wedding? Share your experience below.

Why Crystal Harris Called Off Wedding to Hugh Hefner





The Saturday wedding between *Playboy* founder Hugh Hefner and Crystal Harris never happened, and the runaway bride is breathing a sigh of relief. “For a while, I’d been having second thoughts about everything, so I haven’t really been at peace with myself lately,” Harris told Ryan Seacrest during his Wednesday morning radio show. Additionally, according to [People](#), Harris said a wedding really wasn’t what Hef wanted either. “He was doing it for me because he thought it was what I wanted.” July’s *Playboy* cover girl, prematurely identified as “Mrs. Crystal Hefner” on its cover, is now more focused than ever on her music.

How do you know when you’re not ready to get married?

Cupid’s Advice:

Every year, people who are about to get married realize they aren’t ready. If you’re in the same boat, here’s when you should let your partner know how you’re feeling ASAP:

1. When your bachelor/ette party feels like a funeral: The silly tradition of the bachelor/ette party should be a fun

one. If you end up forcing yourself to have fun with your friends at your party because you're dreading the day of doom (which your wedding *shouldn't* feel like), it might not be your time to tie the knot.

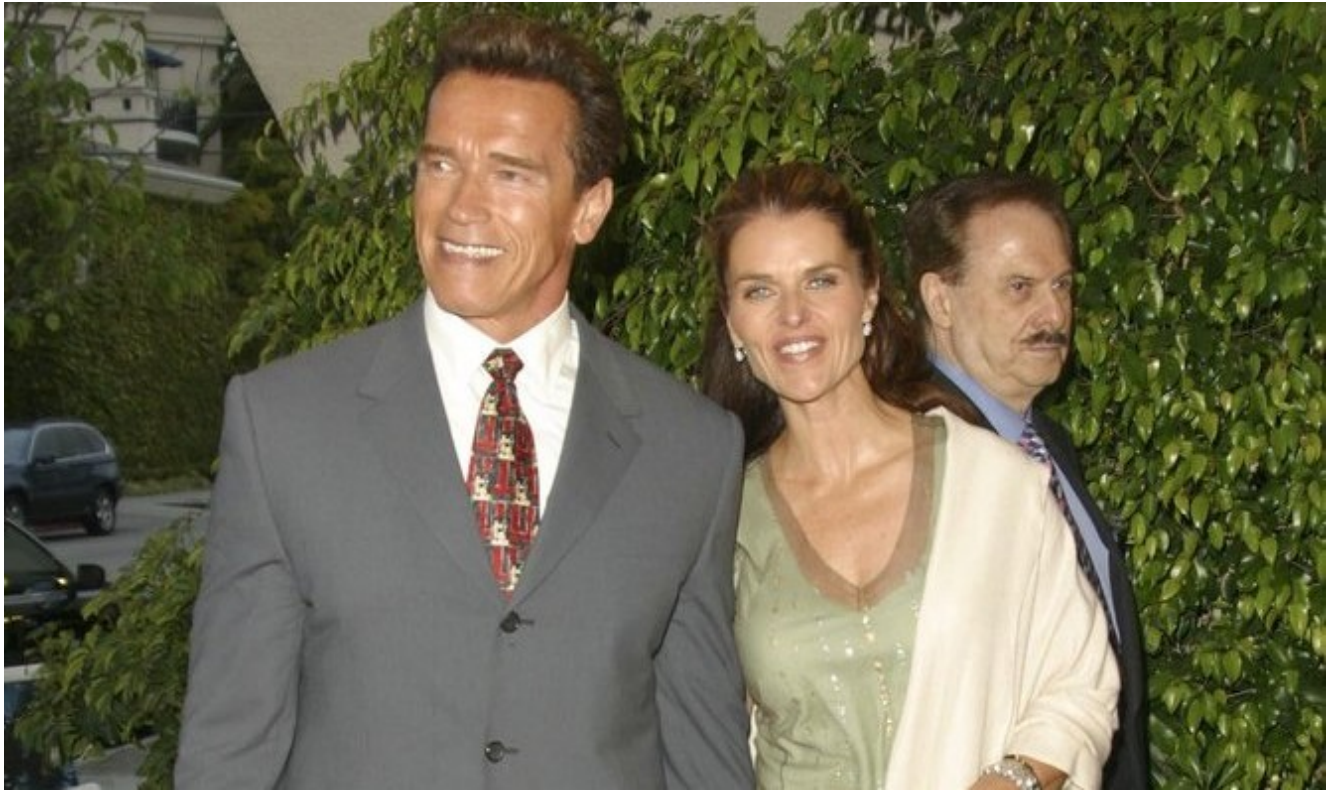
2. Your mind is somewhere else: If you find yourself constantly thinking about someone – or something – else, you may not be ready to walk down the aisle after all.

3. When your pre-wedding jitters turn into pre-wedding terrors: A wedding is a big event. Not only does it mark the beginning of a new chapter in your life, but you are also the center of attentions for the entire day. Though a little bit of nervousness is completely normal, being flat out terrified about your wedding day is something to be worried about. Don't force yourself to start another chapter in your life if you aren't ready for the previous chapter to end.

How have you dealt with pre-wedding nervousness? Share your stories below!

Hugh Hefner and Crystal Harris Call Off Wedding





One of the most anticipated weddings of the year has been called off! [People](#) reports that on Tuesday June 14th Hugh Hefner informed his 600,000+ Twitter followers that he would no longer be tying the knot with playmate Crystal Harris. He tweeted, "The wedding is off. Crystal has had a change of heart." Harris followed up with a statement on her website saying, "After much deep reflection and thought I have decided to end my engagement with Hef. I have the utmost respect for Hef and wish him the best going forward. I hope the media will give each of us the privacy we deserve during this time."

What are some ways to announce your broken engagement?

Cupids Advice:

Breakups are hard to begin with, but they become even more complicated when you have to tell your friends and family that your wedding is no longer happening. Here are a few ways to make the news easier to break:

1. Tell your closest friends and family members first: There's no way around this one; you have to tell the people closest to

you first. This is not a bad thing. Your friends and family will be there for you to lean on while you go through such a hard time (and they can even help pass along the news).

2. Stop wearing your engagement ring: How are people supposed to know you're no longer engaged if you are still wearing the ring? Taking it off is the first step to moving on.

3. Change your relationship status: We all know too well that today, people get most information about their friends through Facebook. Bite the bullet and remove your 'engaged' status. This will let the world know you have broken it off without having to directly tell everyone.

Have you ever had to announce a broken engagement? Share your experiences with a comment below.