

Taylor Swift is Careful About Love



After a hectic couple of years, Taylor Swift graces the cover of *Glamour* Magazine looking like a new, more mature woman. And why not? In the past couple of years, the 20-year-old singer has had to deal with everything from a breakup with actor Taylor Lautner to Kanye West's infamous interruption at the 2009 VMAs. [HollyScoop](#) reports that Swift was especially open about her love life in her interview with *Glamour*, where she said, "I don't seem to have any real strategy or pattern when it comes to love... At times I've been really guarded and careful and afraid to trust someone. But other times, you want to jump in headfirst... I've been careful in love. I've been careless in love. And I've had adventures I wouldn't trade for anything." To hear even more of her honest opinions about life and love, check out Swift's new album *Speak Now*, out October 25.

Can being too cautious hurt your chances at love?

Cupid's Advice:

Past experiences can teach us to be wary of love, but being overly cautious might lead to missing out on great experiences. Cupid has some ideas about why you should never lose your childish enthusiasm:

- 1. Have no regrets:** Taking chances when it comes to love means giving it your all and not holding back. If you're too afraid to go for it, you might regret it for the rest of your life. If things don't end up working out, at least you know you tried.
- 2. Make a good impression:** Being overly hesitant might give the opposite sex the impression that you're guarded or indifferent. Show you're willing to take risks so people know that you're dedicated to finding love.
- 3. Don't miss out:** Let's face it: by playing it safe, you're missing out on all the fun! You know those "adventures" Taylor Swift talks about? They're what makes life exciting, so go ahead and take a chance!

Celeb Stylist Rachel Zoe & Brad Goreski Split





Celebrity stylist

Rachel Zoe and her assistant Brad Goreski have decided to part ways, reports [People](#). The amicable split between the two was brought on nearly a month ago when Goreski broke the news to Zoe. He tells *People*, "... there's a point where either I do it now or I'll never know what it's like to spread my wings and soar." With the duo being used as fodder for her show, *The Rachel Zoe project*, Zoe speaks kindly of Goreski, "I don't want to hire somebody for the purpose of the show, we just got lucky. No one's ever going to be Brad to me."

Is it better to "test the waters" before committing to a relationship?

Cupid's Advice:

You shouldn't extend the inevitable by staying in a relationship when one person wants to explore other options. Whether you're just starting out or you've been together for a long time, Cupid has some pointers for determining if your partner (new or old) is ready to settle down:

1. Start slow: Instead of dinner and a bottle of wine on a first date, agree to meet for coffee. People can have a fuzzy sense of belief or communication when alcohol is involved. Keeping it sober can help you get a sense of someone's level of commitment before you pencil him or her in for a Friday

night.

2. Following the crowd: If you or your partner are surrounded by friends and family who are in relationships, this may be what's keeping you together. Watching others around you couple up could make you feel like the black sheep if you're the only single one. Explore your partners feelings about being serious and most importantly be upfront with yourself.

3. Be careful: Dating different people can be fun but eventually it could leave you feeling lonely. Before you decide to break it off with someone or say "no" to dating them, make sure that you're ready. Sometimes people break-up and end up regretting it for the rest of their lives.

'Big Bang Theory' Co-Stars Kaley Cuoco & Johnny Galecki Secretly Dated





Big Bang Theory star

Kaley Cuoco has been channeling her spy side. The actress, 24, recently opened up about her undercover relationship with *Big Bang* co-star Johnny Galecki in an interview with [CBS Watch Magazine](#). “We dated for almost two years. It was such a huge part of my life and no one knew about it,” Cuoco said. “This is the first time I’ve ever talked about it, ever. It was a wonderful relationship, but we never spoke a word about it and never went anywhere together.” But why did they keep their love a secret? According to Cuoco, it was because they wanted to protect themselves and their show. Unfortunately, the secrecy proved to be too much and the couple called it quits last winter.

Is keeping a relationship under wraps healthy?

Cupid’s Advice:

There are numerous reasons you may be tempted to keep your relationship off the radar. Maybe your family and friends won’t approve of the person you’re dating, or perhaps you’ve been friends for so long that you’re hesitant to tell the world you’ve taken it to the next level. Cupid explores why keeping a relationship to yourself may not be healthy:

1. It takes work: Sure, at first it may feel mysterious and exciting to sneak around, but eventually it will get tiring to

tip-toe around your friends, family and the old places you normally go. Relationships are hard enough without adding another element of difficulty into the mix.

2. Suppressed emotions: When you keep your relationship behind closed doors, you're keeping your emotions there, too. Suppressing your feelings and happiness to the outside world is unhealthy for your mind and body.

3. Lowers self-esteem: Make sure to evaluate the reasons for your secrecy. If infidelity, or being ashamed of your partner, plays any part in why you are hiding your love from the outside world, it may not be love at all. These types of issues can lower self-esteem and hurt your chance of finding love when the right one does come around.

'Raising Sextuplets' Couple Go Their Separate Ways





It's over for *Raising Sextuplets* stars Bryan and Jennifer Masche. Jennifer has officially filed a petition for separation from her husband, closely following his Arizona arrest at the beginning of September. Police intervened when Bryan allegedly shouted profanities at his wife and threatened to "flatten" his father-in-law. Although he says he's "not a criminal," according to [RadarOnline](#), his wife is going ahead with separation proceedings. Ironically, the Masches were often viewed as more positive role models than reality stars Jon and Kate Gosselin, and were said to have been seeing a relationship counselor prior to Bryan's altercation. It seems that couples with numerous children aren't fairing well in the reality world lately!

What should you do about your mate's bad temper?

Cupid's Advice:

Dealing with your partner's temper can be a difficult task. Cupid has some suggestions:

- 1. Toughen up:** It's never a good idea to provoke someone who's angry, but it's also important to stand up for yourself. Don't let your partner's rage stifle who you are, how you feel or what makes you happy.
- 2. Listen to the clues:** Learn to listen to your partner when

he or she is upset. Yes, you happen to be the target at the moment, but try not to take these blow-ups personally. They are most likely just a way for your significant other to cope with stress and have very little to do with you.

3. Know when to escape: If your partner's bad temper translates into physical or emotional abuse, it's time to say "goodbye" (or "hello" to a counselor who can help). Anger management issues are nothing to take lightly, so don't wait until it's too late to do something about it.

George Lopez and Wife Divorce After Long Marriage



After 17 years of love, partnership and parenting, George Lopez, host of *Lopez*

Tonight, and his wife Ann Lopez have announced they will end their marriage. The couple wed in 1993, and have one daughter, Mayan Lopez. Earlier this year, rumors circulated about Lopez cheating on his wife, but a Lopez rep told [People](#) the decision to separate was amicable and mutual. "They remain dedicated parents, and committed partners in business and their philanthropic organization, The Lopez Foundation," the rep said.

How do you know when your marriage is over?

Cupid's Advice:

Though most people vow to remain together "till death do us part," it may not always work out that way. Knowing when to divorce may save both people a lot of heartbreak and suffering. Cupid has some tips on when to walk away:

- 1. Harboring anger:** Disagreement and conflict is part of any relationship, but when deep seated feelings of anger or hatred cannot be resolved, they can threaten to destroy not only the marriage, but also both people involved. If counseling or therapy doesn't work, distance may be the only healthy option.
- 2. Loss of respect:** Even if the relationship seems healthy from the outside, if one or both partners lose respect for each other, the relationship is bound to fail. A marriage is a union of equals based on love and respect, and if one of those cornerstones is missing, there cannot be equality in the relationship.
- 3. Growing apart:** It is often inevitable that people will change, but sometimes, that change is too great for a relationship to withstand. If you or your partner is not the same person that said "I do," and it has put a strain on the relationship, have discussions about what has changed and see if compromises can be made before calling your lawyer.

Jenny McCarthy Explains Split With Jim Carrey



Jenny McCarthy was full of explanations about her recent split with actor Jim Carrey on 'Oprah' this week, according to [People](#). The couple, who dated for five years, separated on friendly terms and still express admiration for one another. "The first thing is, when it's not fun anymore, you need to start investigating and do an inquiry into the relationship," said the former *Playboy* model. McCarthy is at peace with the breakup, explaining, "I always got back on my feet, and I know especially this year who I am." But will the couple ever get back together? McCarthy admitted that she "didn't even think about" the possibility of rekindling her romance with Carrey.

Is a relationship over when you stop having fun?

Cupid's Advice:

There is inevitably a point in every relationship where the "newness" wears off. Things become more of a routine, and you have to work harder to keep your relationship exciting. Cupid has some things to consider:

1. Abandon ship: If you deem the relationship completely unsalvageable, then resign yourself to a breakup. However, if you feel that the relationship could be saved, then devote yourself 100 percent to making it work.

2. Rough periods: All relationships have tough times, where it seems the two of you just can't connect. However, these periods pass, so be sure not to give up on the relationship too soon.

3. Analyze the problem: You need to ask yourself, "Why aren't we having fun?" If the answer is a problem such as money or stress, then stay strong. The problem will most likely pass. If it's a bigger issue, such as conflicting goals in life, it may be time to call it quits.

David Beckham Fires Back at Tabloid for Prostitute Accusations



Soccer pro David Beckham has proven that actions speak louder than words after he officially denied prostitute accusations by suing the tabloid that published them. [PopEater](#) reports that Beckham is suing *In Touch Weekly* for featuring quotes from former call girl Irma Nici suggesting that the two slept together in 2007. The suit alleges libel, slander and intentional infliction of emotional distress. Beckham has been married to former Spice Girls singer Victoria Beckham for 11 years, and the two have three boys together, ages 11, 8, and 5.

If you're falsely accused of cheating, what do you do?

Cupid's Advice:

Sometimes someone close to you might hear or see something that gives them the wrong idea about your faithfulness. Cupid has some tips on how to clear up the situation:

1. Ask why: If someone started a rumor, talk to that person one-on-one to find out why. They might just be angry about something, and talking to them will help clear the air and stop them from spreading more false rumors.

2. Reassure him: If you can, get your supposed cheating partner to tell your partner that the accusations are false. When he gets reassurance from both you and the other person involved, he'll be more likely to believe that nothing is going on.

3. Show proof: There's nothing like cold, hard evidence to prove you're telling the truth. If the rumors say you went out with your mystery boy on Friday night, but you were with your best friend the whole time, the piece of gossip is officially dead.

Is Miles Austin Less Famous Without Kim Kardashian?



Dallas Cowboys player Miles Austin and reality bombshell Kim Kardashian may

have recently split, but neither of them are feeling much remorse. But Austin does miss the attention that came with dating Kardashian. An insider told [Us Weekly](#) that the athlete “liked [Kardashian] to an extent, but he loved the publicity a lot more. Sitting on the floor of the Lakers game with her was better than any commercial of him that would ever run.” Kardashian wasn’t the only person used in the relationship, however. She would bring her NFL beau when she needed a date for an event. Though the relationship didn’t work, the pair are both moving forward. States the insider, “[Austin] thought [Kardashian] was cool, but by no means is he heartbroken.”

Is your beau dating you for the right reasons?

Cupid’s Advice:

It may seem like the perfect relationship, but always be wary of ulterior motives. Cupid has a few tell-tale signs of a hidden agenda:

- 1. Eagerness:** He wants to take you everywhere. He wants to tell all of his friends that he’s dating you and shows no restraint in his excitement. While this may be legitimate, it could also mean that he’s only interested in trying to impress others. Make sure he’s still excited when you’re alone together, too.
- 2. Reluctance:** The opposite of eagerness, his reluctance to talk about you with his friends could mean that he’s shy, or it could also mean that he’s ashamed. He may feel that you are only a temporary solution, and not worth his time or excitement.
- 3. You’re out of his league:** If you have turned down most of his friends, then chances are part of him views you as a challenge. While you may be genuinely happy, he may only be thinking about how successful he is in dating a girl like you.

Katherine Heigl & Josh Duhamel Compare Past Dating Disasters



First dates are always hit or miss. At a promotional press conference for their upcoming romantic comedy, *Life As We Know It*, Katherine Heigl and Josh Duhamel, both married, reminisced about past dating disasters, according to [People](#). Whereas dating in general scared Duhamel, Heigl, married three years to singer Josh Kelley, spoke of an awkward date with a personal trainer. “He took me to Sizzler and gave me his head shot and asked me if I could get him in my agency,” recalled the actress. Although this was ultimately the deal breaker, she also went

on to notice his shaved legs. We can only wonder if she stuck around long enough for dessert!

How can you tactfully escape a bad date?

Cupid's Advice:

Not all love connections will a relationship make. While it can be frustrating to see a potential date go down the drain, it is also important to keep a positive attitude and wait until the night is over to dish your friends the outrageous details:

1. Play it cool: Yes, he may be extremely rude to the waitress, and yes, it was crazy he didn't open the door for you, but keep this in mind: it's a one-time deal. There's no rule that says the relationship has to continue. Try to sit through the dinner. Just make sure he's not planning on leaving you with the bill!

2. Something bad happened: If you have a feeling things may take a turn for the worse on your date, let a friend in on how you feel. Although it can be crass to take personal calls on your date, if its going poorly, make an exception. Or, text your friend from the bathroom, and let her know it's time to pull the plug. The classic *Sex and the City*-inspired "something bad happened" will always get you out of a tight jam.

3. Do not pass go: If your date involves two parts, like dinner and a movie for example, leave at intermission. This will be exceptionally easy if you each drove separately. Tell him something has come up and you won't be able to make the movie after all. Then, speed back home to your sweats and a glass of wine. Hold all calls until the next day.

Demi Moore and Ashton Kutcher Are All Smiles



The rumor mill is straining when it comes to Demi Moore & Ashton Kutcher. Although the much-talked about couple are in the midst of fighting off infidelity banter from critics and fans alike, they seem to be showing a united front, at least in public. Full of giggles, jokes and all sorts of PDA, Moore and Kutcher were all smiles on the set of Moore's new film *The Reasonable Bunch* last week, according to [People](#). "Demi and Ashton got here in the early hours of the morning, and you could hear them laughing and carrying on from inside her trailer," says a source. The pair, whose fifth anniversary is quickly approaching, are faced with claims that Kutcher cheated with a 21-year-old. But if the two are troubled at all by these serious accusations, they certainly aren't letting on.

How can you stop cheating rumors from circulating?

Cupid's Advice:

There's no doubt about it – rumors, especially negative ones, are tough to deal with and difficult to hear. And the age-old advice, "don't dignify a rumor with a response" doesn't always work. Cupid has some suggestions for ways to halt rumors before they spiral out of control:

1. Prove the rumor isn't credible: The people who start rumors want other people to believe they're telling the truth. So, they make sure that what they're saying is plausible. To stop the news before it spreads, determine what makes the rumor credible in the first place.

2. Keep it simple: One of the worst things you can do in the face of a dirty rumor is to appear defensive and angry. There's no reason to let it get that far. If you have evidence to the contrary, just say, "That can't be true, because ..." and leave it at that.

3. Create a new truth: The reason gossip exists is because it's fun to know things about other people that they're probably trying to keep to themselves. If you find yourself the subject of rumors, introduce a new rumor – one you can control more easily. People will stop focusing on the old news and put their attention to the new information they just got.

Elisabeth Moss to Divorce Fred Armisen



After less than a year of marriage, *Mad Men* star Elisabeth Moss and *SNL* cast member Fred Armisen are calling it quits, reports [The Huffington Post](#). Moss originally met Armisen when her fellow *Mad Men* cast member Jon Hamm hosted *Saturday Night Live* in 2008. The two got married in October of last year and separated on June 26, citing “irreconcilable differences.”

Rumor has it that the split may actually have been due to Moss practicing Scientology. “Her religion was as important to her as their marriage, if not *more*,” a friend of Armisen’s told [Us Weekly](#). Armisen is reportedly now dating *SNL* co-star Abby Elliott. **What are three important things to know about your partner before marriage?**

Cupid’s Advice:

When you get married, you promise to cherish another person

“until death do you part.” That’s why it’s so important to really get to know your partner before walking down the aisle. Cupid shows you what you absolutely must know about your partner before saying “I do”:

1. Beliefs and values: A person’s religious beliefs and moral values make up a large part of who they are. While you probably won’t agree on everything, at least be open to your partner’s views. If your beliefs and values differ too much, you might want to rethink taking such a huge step in your relationship.

2. Goals in life: You and your partner should have similar goals if you want to spend the rest of your lives together. For example, finding out that he doesn’t want children *before* getting hitched might make you change your mind.

3. Bad habits: It may sound insignificant, but get to know his habits before settling down together. If he has some habits that you just can’t learn to live with, it’s best to find out before you tie the knot.

Is Brad Womack Back for More ‘Bachelor’?





After infamously dumping both DiAnna Pappas and Jenni Croft on the 11th season of *The Bachelor*, Brad Womack may be given a second shot at love. According to [Us Magazine](#), Womack is being considered for the 15th season of the popular dating show. “Brad is very sincere and believes in the show,” a source close to the series says. “That’s why he didn’t pick someone last time. He was never in it for the publicity. He wants to find a wife.” Along with Womack, producers are rumored to also be considering bachelors Ty Brown and Chris Lambton for the show. The official word will be delivered today on *Dancing With the Stars*. The question is, who would you rather?

Does your guy have a fear of commitment?

Cupid’s Advice:

Sometimes singles can find themselves still hurting from a past breakup or afraid to get out of their comfort zone and try something new. Cupid has a few tips on how to tell if your beau is afraid to find love:

- 1. He’s hesitant to put himself out there:** Although he’s outgoing and has no problem having a good time, he seems unavailable for anything more than fun and parties.
- 2. He won’t take the plunge:** Is your guy refusing to meet your

family? If so, he might be hesitating because he's leery of taking the next step in your relationship.

3. Worst-case scenario: If you've decided your beau truly has a fear of commitment, try to stay reasonable. Talk some sense into him by laying down the facts. Let him know that the worst that can happen is that you break up sometime in the future, but that the best that can happen is that you're incredibly happy together. It's a small risk to take when the result could be a lifetime of true love.

**Balthazar Getty Gets
Understanding From Wife
Rosetta**





After a scandalous affair with actress Sienna Miller in 2008, Balthazar Getty is slowly getting back on track with his wife, Rosetta, according to [Huffington Post](#). “Here’s the bottom line: It was a very challenging time for everybody involved,” said Balthazar to *Harper’s Bazaar* via Page Six, “but I loved and missed my family too much not to make it work. Rosetta is understanding enough and spiritual enough to let us try.” Rosetta continued explaining by saying, “I’m going to have to explain this to my daughters one day. I chose not to act from ego because I just felt like it would be too crushing for my children.”

Are there ways to make forgiving a partner easier?

Cupid’s Advice:

Forgiving your partner can be a tough task, especially when they’ve tested your trust. Cupid has some tips for easing the process:

- 1. Remember the kids:** If it’s your spouse that has been disloyal, sometimes you should consider taking the road Rosetta has taken and stay together for your family. It can be more important to stay strong for the sake of children involved than to allow your hurt emotions to take control.
- 2. Think about the commitment:** When it comes time to forgive,

it's important to assess how committed you are to your beau. If in the end you are truly still in love with him, then working it out might be worth a shot.

3. Be selfish: When deciding whether to forgive someone who has betrayed your trust, it's important to still put yourself first. Decide what's best for you, and what will make you happiest. If forgiving your mate will take away from your happiness, maybe it's time to move on.

Kim Kardashian and Miles Austin Take a Break



Brunette bombshell Kim Kardashian has split from yet another NFL beau. [RadarOnline](#) reports that the reality TV star is taking a

break from Dallas Cowboys boyfriend, Miles Austin. Even though Kim once said that she'd never date another football player, Cupid has reported on her tendency to date the same type. As with her split from ex-beau Reggie Bush, Kim is spending some time alone post-breakup. A source close to the couple said that the pair split before Kim departed for a European trip to promote her E! show *Keeping Up With the Kardashians*. "It's typical after a breakup for Kim to take some time by herself," the source told RadarOnline. "When she broke up with Reggie, she went to Mexico and now after her break with Miles she went to Europe."

Is it healthy to go on vacation right after a breakup?

Cupid's Advice:

After calling it quits, you often need time to yourself to think things over, and sometimes a vacation is the best bet.

Cupid has some reasons it may be okay to take a break after a break-up:

- 1. Vacate your life:** Separating yourself from your life back home gives you the time and space you need to mull things over and figure out what went wrong. Leaving your everyday routine can give you a fresh perspective on what you want out of a relationship.
- 2. Spend time alone:** Going away by yourself can help you avoid jumping into another relationship right away. Being alone will remind you how self-sufficient and independent you can be.
- 3. Have fun:** After you've spent a considerable amount of time thinking about your relationship, forget it! Enjoy your break, and go all out doing things your ex never wanted to do with you.

Jesse James' Ex Says He Turned Their Daughter Against Her



Jesse James' awful summer got even worse recently when his ex-wife Janine Lindemulder filed a motion against him over their daughter, 6-year-old Sunny. Lindemulder, a former porn star, lost custody of her daughter last year after being jailed for tax evasion. Now, she claims that James, host of *Monster Garage* and ex-husband of Sandra Bullock, is trying to turn Sunny against her. In the filing obtained by [Us Weekly](#), Lindemulder claimed that since James moved himself and Sunny to Austin, Texas, she hasn't spoken to her daughter in seventeen days. She claims that before the move, her daughter "was distant, confrontational, disrespectful and accusatory." James has disputed his ex's claims, saying that he has not interfered

with Sunny and her mother's relationship. "[Janine] is not stable, and acts impulsively and contradictory," said James in his response. "[She] sounds ...as if she is drinking or taking drugs again."

How do you keep children out of a messy breakup?

Cupid's Advice:

Breakups are hard on everyone, especially those closest to the pair involved. Keeping the rest of your relationships healthy is essential after a messy breakup. Cupid has some tips on how to keep children out of the heartbreak:

1. Find an outlet: Choose a close friend whom you can confide in, rather than saying something you'll regret to your children. You can also try a stress-relieving hobby or activity to take out your negative emotions on, so that you can avoid dumping negativity on your kids.

2. Be honest: Once you have gotten your negative feelings out elsewhere and are in a thoughtful place, keep your kids informed. Don't say anything you might regret, and be mindful of their ages. That way, they will be able to make their own informed decisions and opinions on the matter without feeling trapped in between you and your ex.

3. Be watchful: If it's still safe and healthy for your child to be around your ex, let their relationship continue. If there are any signs that your ex has become unstable or the relationship is souring, as with Lindemulder's erratic behavior, seek professional counsel and slowly transition your child out of your former flame's life.

J.Lo's Ex Seeks Revenge on 'American Idol'



In an apparent attempt to lengthen his 15 minutes of fame, Jennifer Lopez's ex-husband, Ojani Noa, has just announced that he plans to audition for *American Idol*. Ironically, this revelation came immediately after J.Lo was named an *Idol* judge on the hit show. According to [E! Online](#), Noa is intent on singing one of Lopez's songs in front of the judges after hours of standing in line with the other contestants at the Forum on Sept. 22. Awkward is probably the best word to describe this post-split meeting between the former couple.

How should you handle a vengeful ex?

Cupid's Advice:

Seeking revenge on an ex is never the best course of action and rarely brings closure to either party. However, if you are victim of an ex's constant harassment, you need to protect yourself without making the situation worse.

1. Try to work it out: If you hear anything about your ex feeling vengeful, this may be the time to meet in a neutral location and talk things over. Tell your ex that he has every right to be angry, but that hurting you as a result is taking things too far.

2. Ignore it: If you can't get to your ex in time, and he starts sending you cruel text messages or spreading rumors, ignoring his actions can put a quick stop to them. Remember the old adage "misery loves company." If he sees that he's not getting to you, he'll have no motivation to continue.

3. Legal action: Most of the time it doesn't come to this. However, if you are being stalked, threatened, or physically hurt, you need to seek legal action, perhaps in the form of a restraining order.

Revenge may be the wrong course of action, but celebrities aren't innocent to taking part.

Spotted: Miley Cyrus & Liam Hemsworth





It's looking like teen queen Miley Cyrus and ex-beau Liam Hemsworth might not be over after all. Cameras recently caught Cyrus grabbing lunch to go with Hemsworth. [Radar Online](#) photographed the pair picking up food at Starbucks and Panera Bread in the Studio City district of Los Angeles. The pair fell for each other last year while filming the movie *The Last Song*, but had announced a little over a month ago that they were officially broken up. Both Cyrus and Hemsworth were suspiciously absent from the MTV Video Music Awards and may have stayed off the white carpet to keep their renewed interest in each other out of the public eye. **What are the top three reasons couples break up?**

Cupid's Advice:

Whether you're on screen or watching from home, maintaining a relationship can be hard. Cupid has some insight into why couples split:

1. Work and other distractions: Like Cyrus and Hemsworth, often one partner has too much on his or her plate to focus on the relationship. If you've spent too much time on an outside project and not enough quality time with your mate, take an evening to remind him he's still your top priority. Make a special meal, rent a movie, or book a couples massage!

2. Unfaithfulness: Rumors swirled around that Hemsworth had his eye on other ladies near the end of his and Cyrus' relationship. The thought that one partner is looking to stray can rip a couple apart. Keep the spark in your relationship by reminding your partner how much you love them.

3. Unequal relationship: When one partner has a different level of commitment or wants more or less affection than the other, it's difficult to keep this imbalance from causing issues. Compromise is the solution, but just make sure you're staying true to who you are to avoid an even bigger and messier breakup in the future.

Cheryl Hines Stays Friends With Ex-Hubby





Curb Your Enthusiasm

actress Cheryl Hines has managed to do something rare in Hollywood: avoid a messy divorce and remain friends with her ex. Hines told [E! Online](#) that she plans to stay close to ex-husband, producer-manager Paul Young. “You know what, it’s an adjustment [but] I married a really great guy, so we still have a really great relationship.” Hines and Young have a 6-year-old daughter, Catherine Rose. The two quietly filed for divorce on July 20, but according to a statement released by Hines’ rep, “They will remain extremely close friends.”

What are the benefits of staying friends with your ex?

Cupid’s Advice:

After breaking up with someone, it might seem impossible to go from lovers to friends. But with a fair amount of effort, it is possible to have a good relationship with an ex. Cupid shows you how staying close to your ex can be a good thing:

1. Learning experience: By completely stopping all contact with your ex after breaking up, you lose the opportunity to talk to him about what went wrong and why. If you stay friends, you have the chance to resolve any confusion or hurt feelings and learn how to avoid making the same mistakes in future relationships.

2. **“Why Can’t We Be Friends?”**: When you break up, not only do you lose your ex as a friend, but also losing mutual friends who feel like they have to take sides. But if you stay friendly with your ex, you can still hang out with him *and* his peeps!

3. **“The Kids Are All Right”**: If you have kids, staying friends with your ex shows them that even though your romantic relationship has ended, it doesn’t mean that you and their father can’t still be close. It might help your kids avoid the jaded view of love and marriage that children of divorced parents can sometimes have.

Kanye West Apologizes to Taylor Swift in Song



Few can forget last

year's VMA theatrics starring controversial hip-hop superstar Kanye West and his outburst at country sweetheart Taylor Swift. Recently, West took to Twitter to formally apologize to the young starlette. His chosen form of expressing his sentiments – writing an apology song for Swift. “I wrote a song for Taylor Swift that’s so beautiful, and I want her to have it,” Kanye tweeted, according to [E! Online](#). “If she won’t take it then I’ll perform it for her.” It seems the rapper is attempting to clear the air and rebuild bridges with his tweet-happy apology.

What are some creative ways to say you’re sorry?

Cupid’s Advice:

Face it, everyone messes up sometimes. When apologies are in order, sometimes the more unique methods work best. Cupid gives some suggestions on how to say sorry with some flair.

1. Make a meal: Food is a quick way back into anyone’s good graces, and the time and preparation that goes into creating a meal will show how genuine your apology is.

2. Write a letter: Sometimes it’s harder to say you’re sorry than you’d expect. When this happens, don’t hesitate to write down your apology in letter form. Not only will you be able to explain your thoughts and feelings clearly, but there’s something flatteringly heartfelt about receiving a letter that will definitely help your cause.

3. Do something personal: The thought is what counts, so a personal gesture is the best way to get back in someone’s good graces. Take him to his favorite place, buy his favorite candy or write an “I’m Sorry” card full of inside jokes or memories. With nostalgic moments like that, it’ll be very hard for him to resist forgiving you.

Kourtney Kardashian & Beau Get Therapy



Reality diva

Kourtney Kardashian and boyfriend Scott Disick have had their share of relationship problems, but they insist rumors about the couple's split are completely untrue, according to [People](#).

"It's ridiculous," Kardashian said. "All the [rumors] you just have to laugh at." The pair, who have an 8-month-old son together, have taken to counseling to strengthen their relationship. "I think [counseling] is really important, and we always love going and feel so much better after," Kardashian said.

How can counseling sessions help your relationship?

Cupid's Advice:

Therapy and counseling can be intimidating, but if you and

your partner are having issues you don't seem to be able to solve on your own, it may be the best thing you can do.

1. Keep an open mind: If you go into your counseling sessions with the idea that it's not going to help, then it won't. One of the biggest barriers to successful relationship building is being closed off. Take a leap of faith, and counseling could help you open up.

2. Be completely honest: Your therapist is not there to judge, and you don't have to make yourself look good during your meetings. The most beneficial thing you can learn during your sessions is that it's okay to be honest. You can't fix the problems in your relationship without being truthful about your feelings.

3. Believe in change: Kardashian and Disick have been working on their relationship for a number of months now, and Kardashian has said in the past that she sees a big change in her beau. Counseling can help you realize that you and your mate can change and become both better people and partners together.

Bristol's DWTS Stint Shocks Ex





Bristol Palin's ex beau, Levi Johnston, is completely floored by his former sweetheart's upcoming appearance on *Dancing with the Stars*, according to [TMZ](#). Although no ill feelings were expressed, Johnston made it clear that dancing was not exactly a big part of their relationship. Is Johnston suffering from "jealous ex" syndrome in light of Palin's soon-to-be dance partner, Mark Ballas?

How do you handle a jealous ex?

Cupid's Advice:

1. Talk to him: As easy as it is to get frustrated, it's important to respect the way your ex feels and talk to him about his jealous tendencies, especially if you split on good terms. Remember that your ex was once someone with whom you were extremely close.

2. Put yourself in his shoes: Remember that your former beau is a person, too. Think about how you would feel if you were in his place. Even if this tactic doesn't resolve the situation, at least it will help you understand where he is coming from.

3. Draw the line: In the end, you have to remember that your ex is your ex for a reason. As tough as it may be, you can't

let him hold you back from new opportunities or budding romances. Break free!

Celebs Turn to DWTS to Heal Heartbreak



A growing trend in Hollywood seems to be dancing away your heartache on the popular show *Dancing with the Stars*. A whopping seven starlets have dealt with breakup blows by signing on throughout the 11 seasons of the show's run, according to Your Tango. Everyone from tabloid favorite Bristol Palin to reality mom Denise Richards have put on their dancing shoes to show their former beaus that it doesn't always take two to tango.

What are some unique distractions to help get over a breakup?

Cupid's Advice:

Breakups are rough for everyone, and sometimes nothing heals a heart like a pint of Ben & Jerry's and a John Hughes flick.

Cupid points to some creative ways to turn your heartache into a positive and have a little fun while getting over your ex:

1. Work out: One of the best stress relievers is a good work out. Try anything from jogging, to yoga, to rollerblading as long as you enjoy it and are up and active. Exercise releases loads of endorphins for a natural pick-me-up to make you feel great.

2. Express yourself: As sappy as love poems can be, writing them really can lighten your emotional load. If you're not a writer, no worries. You can turn to any art form, be it painting, singing or photography. It's a great way to turn your breakup into the inspiration for a masterpiece.

3. Treat yourself: Breakups can be a huge blow to your self-esteem, and it's important to remind yourself that it's not all your fault. Breakups are a two-way street. So treat yourself to something you really enjoy. Go to the spa for a day, or buy that awesome pair of shoes you've been saving for. It may even be time for a vacation. Do what makes you feel best.

Danielle Staub's Ex-Housewife Drama



A defamation suit between Danielle Staub from *The Real Housewives of New Jersey* has become a he-said-she-said fight to the death. Even after a mediation session with ex-husband Kevin Maher that lasted over nine hours, no settlement has been made. As reported by [E! Online](#), Maher is suing Staub for \$5 million and is claiming she damaged his reputation by accusing him of being a rapist, cocaine user and dog killer. Staub denies ever saying those things and claims that no one could damage his reputation more than his tell-all *Cop Without a Badge*.

How do you deal with bad blood after a divorce?

Cupid's Advice:

Sometimes marriage isn't forever. When a separation happens, sometimes there's bad blood between the two parties involved. These issues can stem from emotional or material conflicts and

can get extremely heated. Cupid has some ways to deal:

1. Cut the drama: If you are angry about something at the end of a relationship, first ask yourself, “Is this really so important that I need to address it?” If the answer is no, move on with your life and save your money and energy.

2. Keep the kids out of it: A divorce can be hard enough on the children, so don’t air your post-divorce issues on them. The split should most likely have nothing to do with them, so do the right thing and stay civil in their presence.

3. Try to come to an agreement: If the issue is big enough that you do pursue legal action, remember that no one is going to get 100-percent of what they want. Try to compromise in order to end your ordeal as efficiently as possible. The earlier it’s settled, the faster you can move on with your life.

Former ‘Bachelor’ Star Ali Fedotowsky and Vienna Girardi Meet Again





Bachelorette Ali

Fedotowsky recently ran into an unexpected woman from her past: Vienna Girardi, former fellow contestant and fiancée of Jake Pavelka. On season six of *The Bachelor*, Ali and Vienna went head-to-head in a competition for Jake's heart. In the end, Vienna snagged Jake, only to have their very public breakup displayed on Ali's season of *The Bachelorette* a few months later. The reality stars came face-to-face again at the Kari Feinstein Style Lounge at Montage Beverly Hills, where they kept the conversation short. An onlooker told [US Weekly](#), "Ali made sure to keep her distance while hanging with girlfriends," but both said 'hi' briefly.

Should you be friends with your ex's ex?

Cupid's Advice:

For many, running into an ex's ex can resurrect old feelings of the past. If you chose to befriend this person, you may want to consider these simple points of advice first:

1. Be cautious: It's important to keep personal information to yourself until you get to know this person better. Trust is critical and you don't know if she's the type who will talk about you behind your back.

2. Learn more: If you've decided that she's trustworthy, you

can use your new friendship as a way to better understand your own relationship with your ex. Learning about her relationship with him helps put your own in perspective.

3. Feelings for the ex: It's great to be friends with someone who can empathize with you, but if you still have feelings for him, it's important to be honest. You don't want to be surprised when you see the girl you thought was your friend back with the man you both agreed to leave behind forever.