

Tiki Barber's Divorce Settlement



After 11 years of marriage, former football great and NBC *Today* show commentator, Tiki Barber, is finding himself in the middle of a “giant” divorce settlement, reports the [New York Post](#). Several months ago, the father of four left his college sweetheart, Ginny Barber, who was pregnant with twins at the time, for a 23-year-old NBC intern. Now, the *Post* says he is trying to “low-ball” his wife by claiming he’s broke and unable to pay the settlement since being let go from his NBC gig.

If you and your ex can’t come to terms in an amicable way, how should you negotiate the best possible divorce agreement?

Cupid’s Advice:

Ending a marriage is unfortunate under any circumstances. Being prepared and obtaining counsel will help you through the process. Here's Cupid's advice:

1. Know your legal rights: Consult with a lawyer to help evaluate any assets in question. This can include how social security benefits factor in, or your rights to a portion of a 401(k), pension, an IRA account, and even life insurance. Other key items you'll want to consider are a business, cars, home, securities such as stocks and bonds, collectibles, and everyday household items such as pots, pans and dishes. Take inventory!

2. Become financially savvy: Many couples go through marriage with only one person handling the household finances. When putting together a divorce settlement, it's critical that you are aware of money issues and the kind of numbers you are dealing with. It's also important to establish credit under your own name if you haven't done so already. This will help develop your own creditworthiness when trying to get your piece of the pie.

3. Children are priority: When children are involved, you'll want to work out the best possible settlement for them. Divorce is hard enough. It's important they continue to live the same lifestyle. Key factors to keep in mind include health insurance, college tuition, the family home, and general expenses.

Mel Gibson vs. Oksana

Grigorieva: Restraining Orders



[RadarOnline](#) reported Friday that 54-year-old actor Mel Gibson filed a sealed restraining order against ex-girlfriend Oksana Grigorieva, the mother of his seven-month-old illegitimate daughter, Lucia. However [TMZ](#) reported an hour later that Grigorieva filed a domestic violence restraining order against the actor, claiming he was violent towards her. Gibson's restraining order was filed to keep his ex from releasing certain information, as well as ensuring child visitation rights.

How do you deal with child visitation after a not so amicable break up?

Cupid's Advice:

While no breakup is immune to problems, there are ways to ensure your children don't bear the burden of your issues.

1. Ask for help: If you and your ex can't stand to be in the same room together, find a close friend or family member that can assist with figuring out a schedule that works for the both of you.

2. Hire a mediator: A professional can meet with each of you separately and come back with an arrangement that gives both parents equal time with the kids.

3. Include the children: Ask the older ones about their wishes. It's important to include them in your decision if you can. This will go along way to help them understand the breakup isn't about them.

Rachel Bilson & Hayden Christensen Are “Taking a Break”





The OC actress, Rachel Bilson, and *Star Wars: Episode II* star, Hayden Christensen, are reportedly taking a break from their engagement, a source told USMagazine.com last weekend. The couple engaged quietly in 2008; however when asked about the wedding by the US Magazine at the TQH/Take No Prisoners Party, Bilson replied, “No, no plans,” and pointed to her ringless finger. A source told the magazine that the couple is “taking about a month off.”

What are some warning signs that you and your significant other need a break?

Cupid's Advice:

Not all breaks are a bad thing. Sometimes a little time away is needed to ensure what you have with your partner is right, especially if you're thinking about taking the next step to marriage.

1. You feel bad about yourself: The beginning of a relationship always brings highs to your self-esteem. If you no longer feel happy – either with yourself or with the partnership – step back and see if you're happier without your other half.

2. You don't want to hang out anymore: If you no longer enjoy conversing with your partner, or find yourself trying to avoid contact with him or her, it's a sign something's amiss. You can't work on a relationship if you can't communicate with each other – or don't want to.

3. You compare your partner to other people: The comparison doesn't have to just be physical; intellectual and emotional comparisons may be more meaningful, especially if you're looking at things your mate has no power to change.

'Bachelor' Couple Jake Pavelka & Vienna Girardi Split





Yes, another reality TV romance has ended. [OK! Magazine](#) reported Monday that recent *Bachelor* star Jake Pavelka and fiancé Vienna Girardi have called it quits. The two met on the reality show and have not given a reason for their split, but the couple's rep told the magazine they wanted their privacy during this time.

Can a high-profile relationship last?

Cupid's Advice:

Pavelka and Girardi are the most recent in a string of reality show relationships to come to an end. When meeting and forging a relationship in a public and pressured setting, it's hard to maintain a true level of "reality" with each other. Here are some tips to keep you grounded, especially when dealing with someone in the limelight:

- 1. Trust your instincts:** When you meet someone, most of the time your initial impression is right. If you get the feeling that someone isn't into you for the right reasons, get out fast.
- 2. Know what's private:** Certain things and actions should be kept behind closed doors. Overt public displays of affection,

or revealing too much about your relationship to others, may reveal that the other person is only in the relationship for publicity or attention.

3. Keep lines uncrossed: As soon as you cross the line to overexposure, it's time to step back. The only way to keep a relationship strong is to keep it personal... as in, just between the two of you.

Is Jesse James' Move to Texas an Attempt to Win Sandra Bullock Back?



They may be broken up, but Jesse James won't stay too far from Sandra Bullock. The TV personality told [TMZ](#) last weekend that

he will move into his Texas house so his ex-wife can stay closely involved in his kid's lives. James said his three children – from different women – want to remain close to the actress. Regarding the future of his relationship with Bullock, with whom he is estranged from due to his infidelity, James told TMZ, "Whatever happens, happens." The move will take place after he returns to the U.S. after filming a special in Israel for the History Channel on a kibbutz.

Is there ever a good way to reconnect with an ex?

Cupid's Advice:

Assuming that James is looking to re-develop his relationship with Bullock, here are a few pointers he might find handy:

- 1. Make sure reconciliation is mutual:** In order to successfully make peace after a break, both parties must be willing to work on re-building their bond. Forcing someone to love you will only push him or her away further.
- 2. Accept responsibility:** There is no excuse for bad behavior. Don't try to turn the tables and blame it on your partner. Accept and admit to your error.
- 3. Time:** Allow your partner the time and space they need to think about the relationship on their own. Time may not heal all pains, but it helps.

Halle Berry & Gabriel Aubry

Take Nahla to Disneyland



Oscar-winning actress Halle Berry and her ex, model Gabriel Aubry, took their 2-year-old daughter Nahla to Disneyland in Anaheim, California last week, according to [UsWeekly](#). The three were spotted in the land of Mickey Mouse taking pictures, and of course, wearing smiles!

Is an outing with an ex (who also happens to be the biological parent to your child) an ideal situation when kids are involved?

Cupid's Advice:

Sure, as long as any disagreements or other dramas remain behind closed doors and away from the kids. Staying platonic with your ex for sake of family ties can strengthen the bond you have with your children. If you're planning an excursion with an ex and the kiddies, Cupid has some tips for a successful day:

- 1. Lay the groundwork:** Talk with your ex in private beforehand. Communication is crucial to maintain peace and civility while you're out. Any ulterior moves from either of you will be counterproductive.
 - 2. Keep it simple:** If it's your first attempt at devising this type of plan, keep it light. Instead of a huge theme park like Disneyland, try the local park – think swings, trees, and paths to stroll down.
 - 3. Keep conversation light:** If you experience any awkwardness during the day, bring your focus back to the kids, and enjoy the time you've set aside for them.
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Charlie Sheen & Brooke Mueller Sign Divorce Papers





Two and Half Men

actor Charlie Sheen and Brooke Mueller signed divorce agreement papers on June 15th, reported [RadarOnline](#). [TMZ reported](#) that Sheen and Mueller will share joint custody of their one-year-old twins; Mueller will be granted primary custody, and Sheen will be given the first, third and fifth weekends of the month to see the boys. Sheen and Mueller made a mutual agreement not to disclose information concerning past affairs and or alleged drug use, and agreed not to insult one another in front of their children. The divorce agreement has yet to be filed in court.

What can you do to keep a divorce as peaceful as possible?

Cupid's Advice:

Divorces will always be hard. Here are some of Cupid's tips to help ease the transition:

- 1. Accept your mistakes:** Rather than playing the blame game, understand that both of you played a role in the failure of your marriage. Owning up to your faults will also prevent unnecessary arguments.
- 2. Agree on space:** After a divorce, both you and your ex need your personal space. Only contact your ex-spouse if it's absolutely necessary, or when it involves the children.

3. Leave the kids out: Your kids didn't divorce your ex, so avoid discussing matters of opinion concerning it with your children. Take a number from Sheen and Mueller, and avoid arguing with your ex when they're around. By avoiding trash talk and gossip, your children will continue loving and respecting each parent – just as they did before the divorce.

Bobby Flay Helps January Jones After a Hit-And-Run Accident



Mad Men star January Jones got into a hit-and-run accident last weekend, and called on Food Network star Bobby Flay to assist her, Flay's rep confirmed to [E! News](#). Jones called Flay before she called the police. While Flay claims the two have only met a few times,

some sources are calling Flay and Jones' relationship into question. Flay's wife has yet to comment on the incident. They have been married for five years.

How close is too close when it comes to male-female friendship?

Cupid's Advice:

Though it's perfectly normal for married men and women to have friends of the opposite sex, certain situations cross into tricky territory:

1. Late-night phone calls: Aside from the necessary emergency, frequent phone calls or text messages – particularly when one or both parties are married – can lead to questions. If you're in bed with your partner and he or she is talking to someone else, that could spell P-R-O-B-L-E-M.

2. A constant third wheel: If your 'friend' starts showing up on dates or nights out with your partner, it could lead to an awkward situation. No one wants to be the third wheel; voluntary submission to this role must be for a reason.

3. Putting them first: The ultimate bad omen is when your partner habitually puts this other person first. When he or she is constantly chosen over you for lunch breaks or other events, it sends the message that your partner is moving away from you.

Eddie Cibrian's Privacy Plea

After Infidelity Goes Public



Last week Cupid's Pulse posted [Is LeAnn Truly to Blame?](#) about Rimes' affair with Eddie Cibrian that ultimately lead to the end of both their marriages. Now, Cibrian is requesting privacy for himself and his family, telling [E! Online](#), "I can't change the past and I'm truly sorry that people got hurt long the way, but not everything reported in the media is reality and continuing to rehash things publicly only makes it more difficult for everyone to heal." He would like to focus on his two children from his former marriage.

What drives people to cheat?

Cupid's Advice:

The reasons behind cheating are different for everyone. See if the following ring true for you:

1. Feelings of inadequacy: Some people start feeling like they don't measure up next to their partner, whether it's in terms

of salary, work position, or even within your shared inner social circle. Resentment may set in, which can be a factor in why people cheat.

2. Mixed emotions: Your relationship still has that spark, but are you still searching for something more? Figure out what's missing in your partnership that's causing you to focus your attention elsewhere.

3. Lack of self-love: Sometimes, it really is *you*, and not the other person. Take yourself out of the relationship to figure out what you want before you end up cheating.

Al Gore's Daughter Has Marriage Troubles Of Her Own



Just shortly after her parents announced their divorce, Al Gore's eldest daughter's own separation was announced this week. Kareanna Gore Schiff and husband, Andrew Schiff, have been married for 13 years, and have three children together. A source close to the couple told [People](#) that the split is amicable. During their marriage, the couple balanced their busy personal and work lives to remain involved in each others' lives. They are not formally divorced, and are seeing a marriage counselor during their separation.

Can a separation really lead to something other than divorce?

Cupid's Advice:

Gore Schiff and her husband have always found a way to make their marriage work, even if it meant becoming involved in each others' professional lives. While a separation may lead to divorce, it can also be a time of healing and solving problems – leading to a better marriage in the future.

- 1. Acknowledge the issues:** Separation happens for a reason. It's important to talk about things without bias. Both parties have contributed to the split, and in order to move on, each person needs to recognize their respective faults.
- 2. Learn to live alone:** In marriage, many people live for for each other and forget who they are without the relationship. It's important to be on your own again. You must be confident in yourself as an individual before you can be confident in your relationship.
- 3. Move one step at a time:** Working from a separation back to marriage takes time, and won't be solved overnight. It's a process. If it doesn't happen, at least you know that you've tried.

Heidi Montag Files for Separation from Pratt



Well, it's official:

[US Weekly](#) confirms Heidi Montag filing for legal separation from Spencer Pratt on June 8. She was photographed leaving a Santa Monica, Calif. courthouse, papers in hand, sans wedding ring. While [TMZ](#) has a PDF of the papers, *US Weekly* speculates that this is another publicity stunt to keep the duo in the news. It's important to note that the 24-year-old filed for separation, and *not* divorce, meaning that her earnings will become hers alone from the date of separation.

How do you know if legal separation is right for you?

Cupid's Advice:

While Montag and Pratt may have publicity reasons for going through a legal separation, it's important to realize that

this is a situation that shouldn't be taken lightly.

1. Think about it: Is your separation warranted? Do you believe the marriage is worth saving? Lay out the issues on the table and discuss if separation truly is the best option.

2. There's paperwork: Like anything involving the legal system, obtaining legal separation is a process, especially if children are involved. Montag moved out of her home before filing paperwork – try this option before you place your signature on anything.

3. Don't dismiss counseling: Marriage counseling sometimes gets a bad rap, but that shouldn't discourage you and your spouse from trying it out. While some couples can't be saved by hashing it out with an unbiased listener, it's always worth a shot.

Is LeAnn Rimes to Blame for Cheating?





In the latest issue of [People](#), LeAnn Rimes says she has only herself to blame after cheating on her husband of seven years, Dean Cain, with Eddie Cibrian. “I did one of the most selfish things that I possibly could do, in hurting someone else,” but the 27-year-old singer added that she doesn’t regret the outcome. Rimes and Cibrian, 36, became friends on the set of *Northern Lights*, a *Lifetime* movie they starred in together. Although both were married to others during filming, they found themselves falling in love. Rimes and Cibrian are currently in a committed relationship, and their respective divorces will soon be final. **For couples who have seen the worst and have lost faith in themselves or their mates, how can you get your life back on track?**

Cupid’s Advice:

Rimes is on her way to forgiveness. She has taken steps to bring her wrongdoing into the public eye, accepted responsibility for her actions, and understands that it will take time for everyone involved to heal.

1. Be honest with yourself: If there are problems in your relationship, take matters into your own hands, and talk to your significant other before you chat it up with someone else.

2. Take the next step: After discussing the issues that lead you to think of others, you should figure out how to work on the problems in your relationship together. As a team, you may find success.

3. Take time out: Working out kinks and complications can be draining. Set time aside to unwind from the stress involved. Whether this time is spent as a couple or alone, is irrelevant; you need to decide what works best for the two of you.

Sean Penn & Robin Wright Divorce in Mean Spirits



After 20 years of marriage with actress Robin Wright, Sean Penn is now officially a single man. Though Penn has

historically tried to keep his private life under wraps, Penn opens up about the end of his relationship in an interview with *Vanity Fair*, even going so far as to say his ex-wife is “a ghost” to him. Penn added that being single will give him more time to fully commit to humanitarian work.

After the end of a marriage, what is acceptable to talk about in public and what matters should be held sacred and private?

Cupid's Advice:

Penn crosses a line in his interview, making comments that were unnecessary, like insulting his ex-wife, and nonsensical, like implying that his marriage kept him from doing humanitarian work. When talking about an ex, you shouldn't reveal anything you wouldn't want revealed about you.

1. Don't name call or place blame: No break-up is the sole responsibility of one party, and it looks childish and inconsiderate to point fingers.

2. Keep private things private: If it wasn't spoken about when together, why air your dirty laundry? Some things, like sex, money, and family issues may be better kept under wraps.

3. Never look back and regret: Every relationship is a learning experience, even if it requires sacrifice. Sure, you might have turned vegetarian for an ex, or slowed down volunteer work to start a family, but you gained much more through the experience than you lost. Take time to finally enjoy what you couldn't while in your relationship.

Al Gore Splits From Wife



Al and Tipper Gore were high school sweethearts, and their relationship has withstood the Vietnam War, the near death of a child, and a failed presidential campaign attempt in 2000. Now, the couple that seemed unbreakable, announced that they have chosen to go their separate ways.

How do you pick up the pieces after spending half a lifetime with the same person?

Cupid's Advice:

Many couples feel pressured to stick together, even when they are worlds apart in their own lives. If you find that you don't know who you're living with any longer, consider the following to help understand your situation.

1. Pay Attention: For duos that celebrate yet another anniversary but suddenly realize that they aren't the same two people that got married, it's time to open your eyes and see

yourselves as individuals.

2. Clear the cobwebs: This may sound cliché, but one of the best ways to start fresh is getting rid of any obstacles you think are blocking your path.

3. Focus on your future: One thing many longtime couples forget is that while they may be 'one' within a relationship, they're still separate people, and are entitled to their own road in life – even if this means traveling in different directions. If splitting up is necessary, know that you can find yourself in the process. Picking up the pieces may take awhile, but it can be done without guilt or pain if done right. _____

Are Heidi Montag & Spencer Pratt Calling It Quits?





Heidi Montag of *'The Hill'*'s fame revealed to [People](#) that she has moved out of the Pacific Palisades, Calif. home she shared with husband Spencer Pratt. Montag said she needed time alone to get away from the lies she believes her family and friends are saying about her. She added that she wants time to concentrate on herself, and will spend the summer with new roommate Jen Bunney, as they will be shooting their own reality show.

For couples that have weathered continuous ups and downs in a relationship, how can you make things work?

Cupid's Advice:

Montag is doing the right thing by spending time away from Pratt. Sometimes, all you need to do is figure who you are before you can figure out who you can be with someone else.

1. Distance yourself: If problems aren't getting solved while together, it's time to spend some time apart to reevaluate your relationship. Clearing your head can help put a new perspective on things.

2. Tackle new projects: Along with a new reality show, Montag told *People* she is also working on writing a movie script. Focusing your energy on your own projects is a way to get the

creative juices flowing, and a way to redirect any negative energy you may have towards something that will benefit you.

3. Spend time with girlfriends: Hanging out with friends that are both single and attached can help you realize what you want to work on in your own relationship – and can even help you figure out which problems are just not worth fixing.
