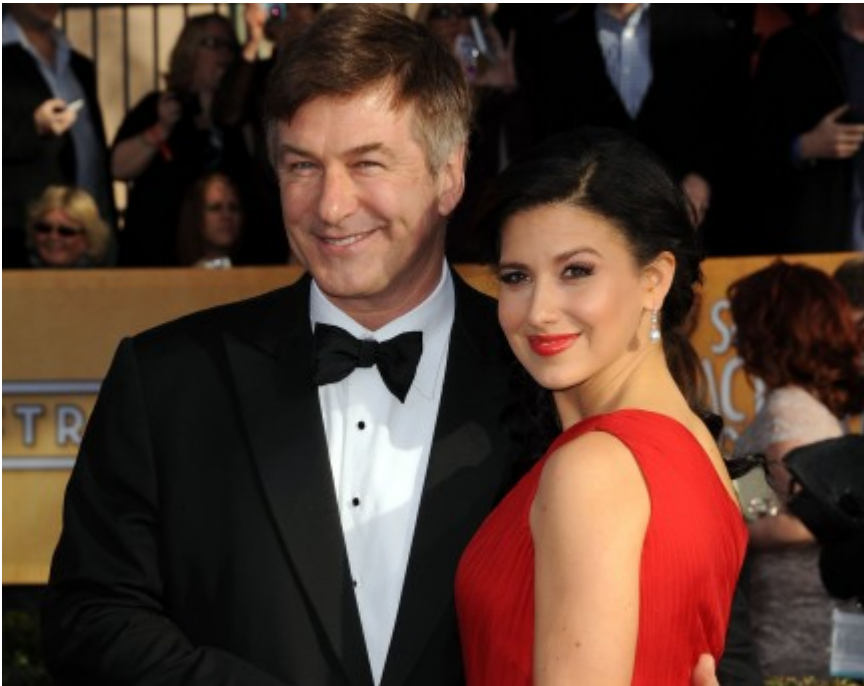


Alec Baldwin's Wife Hilaria Debuts Her Baby Bump



By Meghan Fitzgerald

According to UsMagazine.com, 58-year old *30 Rock* star Alec Baldwin announced that he is expecting his first child with 28-year old wife, Hilaria Baldwin. This past Wednesday, Hilaria ran errands in New York City, and her many layers could not hide the baby bump she was sporting! The loving couple announced their pregnancy February 12th to *Extra*. In an interview with Extra, Hilaria said, "It was a surprise, a wonderful surprise." The duo is expecting at the end of the summer.

What are some ways to announce your pregnancy without words?

Cupid's Advice:

Announcing your pregnancy can be challenging; how to do it, who to tell, not forgetting to leave people out. To announce your pregnancy without words, you need to think creatively. Telling people about your pregnancy is one of the most memorable times of your life and doing it without words is harder. Cupid has some advice:

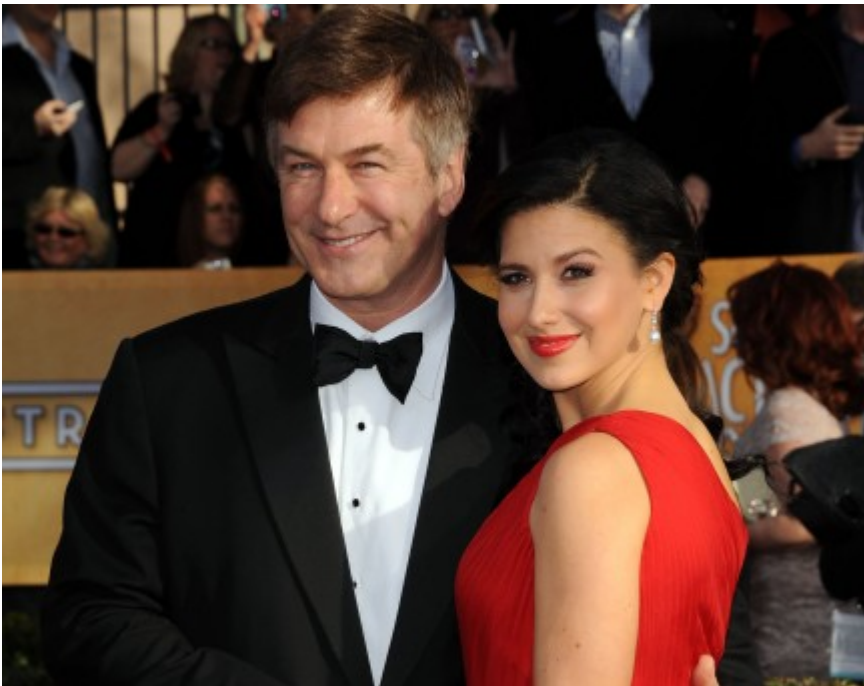
1. Baby bump: Many mothers have been told that they were pregnant before they even announced that they were expecting. This isn't always bad! If you're looking to announce your pregnancy without words, flaunt your baby bump! Wear tight clothes purposefully around your friends and family. You won't have to tell numerous people you and your mate are expecting because they'll ask you!

2. Facebook: There are many ways to announce your pregnancy on Facebook. Obviously, there is the typical status stating "We're pregnant!" or "The long wait is over, we're expecting!" Announcing your pregnancy without words is more innovative. Post a picture of your positive pregnancy test, post a picture of you and your beau with a can of Prego. One of you can hold a sign saying "We are..." and than the other holds the tomato sauce can. Quirky, fun, and easy to do!

3. Send out sonogram: This is an extremely quirky and light way to announce your pregnancy. You can either take a picture of the sonogram and post it online, or email it to your friends and family. Or, you can make copies of the sonogram and send it in the mail to your family and friends, inscribing on the back, "I think this explains enough." Everyone will love the creative idea and gesture of informing them about your baby on the way!

Did you announce your pregnancy without words? Explain below!

Angela Kinsey Says Her Love Life Is 'Like Dating in the Renaissance'



By Meghan Fitzgerald

41-year old *Office Star*, Angela Kinsey spent her Valentine's Day with her 4-year old daughter, Isabel. Kinsey told [People](#), "My daughter and I are going to make our own Valentines! We've got stickers, markers. I love going to Target and hitting the arts and crafts aisle." Kinsey talked to *The Celebrity Cafe* about co-parenting, and she insists that both she and her ex really have respect for one another. Kinsey is grateful for her relationship with ex-husband, Warren Lieberstein.

What are some ways to take things slow after your divorce?

Cupid's Advice:

After a divorce, your emotions are all over the place. Jumping into another relationship may seem like a great idea or something which will never happen. There are many ways to take things slow after your divorce. Cupid has some advice:

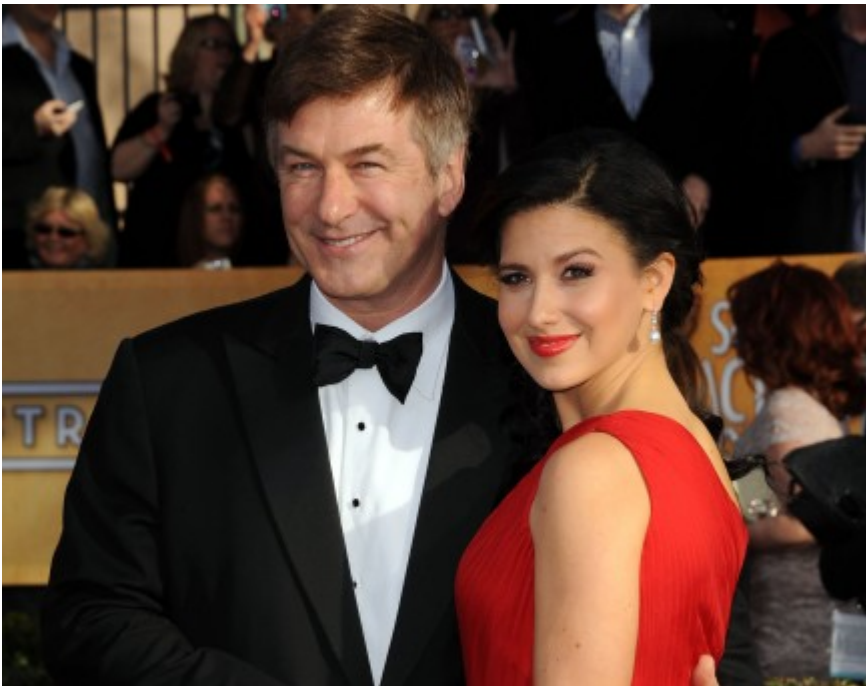
1. Dating: You will most likely have two opinions on dating after a divorce. You either want to delve into a relationship again and attempt to find love. Or you want to crawl up in your bed, and never leave. With dating after a divorce, you need to make sure that you take things slow. You need to completely know what you want in your dating life before you jump right in to it.

2. Know what you want: With your emotions everywhere, knowing what you want in life is challenging. You absolutely should not dye your hair a "cool" color and get your nose pierced. Look through the haze of the divorce and realize exactly what you want. This will be hard to do however, you need to make sure you know what you want before you act on it.

3. Take time for yourself: After a divorce, you need to spend time with yourself. You need to realize that the one person who will always love you, is yourself. Spending time with yourself can clarify problems in your life which need to be solved. You can rethink your divorce and your past relationship as much as you'd like with yourself. Take bubble baths, drink wine, write down your feelings, exercise, and eat healthy. Do things for you.

Did you take things slow after your divorce? Explain below!

Marc Friedland Explains Why the Winner's Envelope is Now an Iconic Part of the Oscars



By Whitney Baker and

Rachael Moore

For 27 years, Marc Friedland, also known as the “godfather of the invitation” and “stationer to the stars,” has perfected the design, elegance and timeliness of an invitation. Having developed wedding invites for everyone from Brad Pitt and Jennifer Aniston to Larry King to Timbaland, Friedland and his team understand the importance of using the personal style of the bride and groom to create a unique invitation.

“We look at all of our events as experiences and recognize them as great moments to be remembered. People sometimes forget about the food and the décor, but the invitation serves as a keepsake to bring back the memory of that time,” he

shared. “It takes the personality of the couple and brings that to life. I try to capture their essence in everything I do.”

Before Friedland can develop the invitation, the bride-to-be has to decide how she wants to announce her upcoming wedding to her friends and family. The main issue is trying to fit the authenticity and individuality of her relationship onto a slip of paper. “The invite is the first piece that commemorates the bride and groom together as a couple. Each wedding invitation should be unique and distinctive – just like every romance is unique and distinctive.”



Related Link: [How to Handle Wedding Season as a Single Gal](#)

Los Angeles-based Friedland, who is the founder and creative director of Marc Friedland Couture Communications, has done much more than establish nuptial memories. Given his talent and extensive background, it’s no wonder that, in 2011, he was tapped to be the first designer and producer of the Academy Award’s hand-crafted envelopes and announcement cards. “Prior to me coming up with this special design, it was just a standard-issue printed envelope, which was used for informational purposes only. What I proposed was elevating the winner’s envelope into an iconic piece. Just as the Oscar statuette is iconic, we felt that the envelope also needed its

own presence,” Friedland shared.

Well, the final product certainly stands out in more ways than one. The four-ounce creations are made of a beautiful gold, iridescent and metallic material that “picks up the light in just the right way.” In order to produce the 96 envelopes (24 for each category with 4 sets being made) and the 488 nominee cards (122 total nominees with 4 sets in total), Friedland has a team working for 252 hours. Ultimately, the envelopes are only touched by 48 people – 24 presenters and 24 award winners – but they are seen by over a billion viewers worldwide.

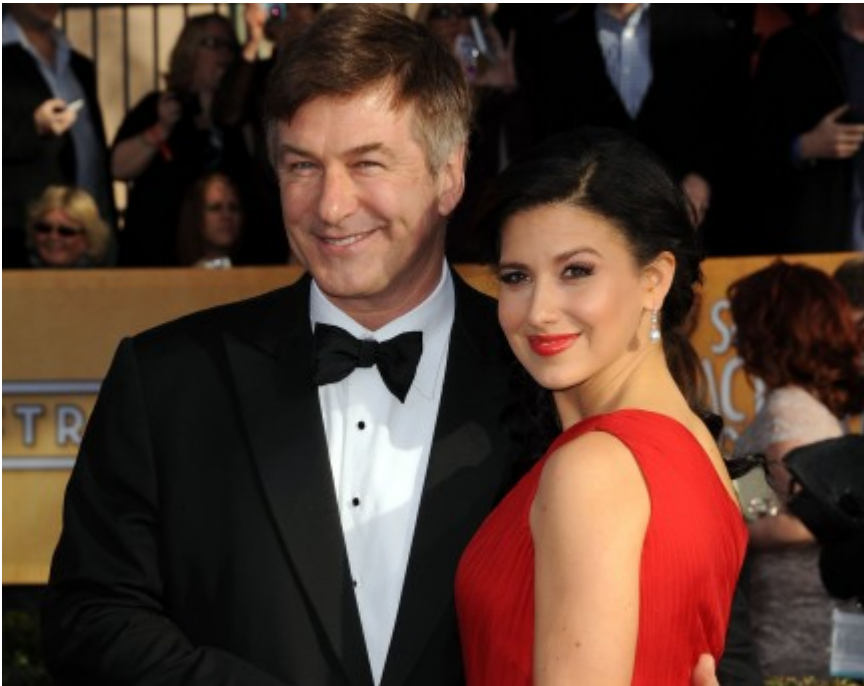
Of the design, the stationer explains, “We wanted to make sure it captured some of the richness of the golden age of Hollywood but was also relevant to today.”

The only adjustments made to the envelopes since 2011 have been for structural reasons. “When I originally designed it, it wasn’t meant to be reinterpreted each year – just as the statuette isn’t changed each year. To make the card easier to open, we took out the seam a little bit; it’s almost dummy proof now.”

For this year’s show, which will air on ABC on Sunday, February 24 at 7 p.m. EST, Friedland also created the invitations for five Oscar-related events. With a total of 15,100 invitations being sent for the events, it took over 300 hours to produce them. Of course, Friedland put personal touches on each of the invites. He explains that his team “approached the task in a way similar to how a designer would approach a fashion collection.” First, he picked a color palette of very rich jewel tones and gave each event a signature color: black diamond for The Governors Awards; sapphire for The Nominees Luncheon; emerald for The Scientific and Technical Awards; amethyst for The Foreign Language Film reception; and ruby for The Oscars.

Related Link: [Taylor Swift and Jake Gyllenhaal Reunite at](#)

LiCausi Is Engaged (not to Sean)!



By Meghan Fitzgerald

Drama starter on this seasons' *The Bachelor*, Tierra LiCausi, has announced that she is engaged ... but not to the blonde hunk of a *Bachelor*, Sean Lowe. The world discovered her engagement by a picture posted of LiCausi sporting a very very large diamond engagement ring. [People](#) reports, "The couple's relationship was rekindled the same day that Tierra's TV love interest, Sean Lowe, sent her home." LiCausi's brother talked to [WetPaint](#), stating that her soon-to-be hubby is "...someone she had been seeing before the show. They've known each other three or four years and have been dating most of that time."

How do you know when to rekindle a past romance?

Cupid's Advice:

Rekindling a past romance takes a certain skill. When you should do it, if you should do it are too important questions. Is it really worth it? Do you want to put yourself out there again? There are many reasons telling you to get back with your ex. Cupid has some advice:

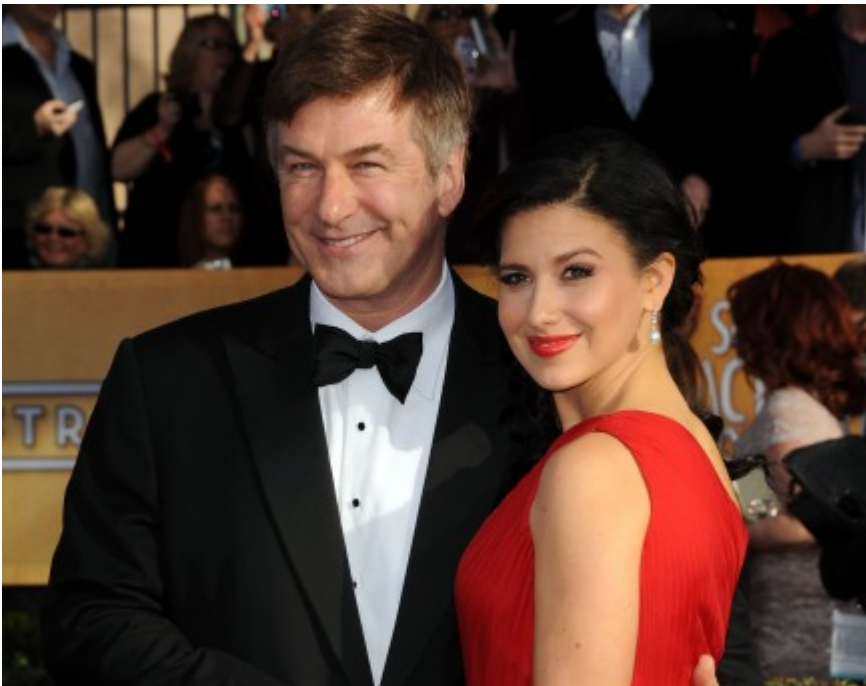
1. They've changed: For most people, second chances are given to others who think they are worth it. There was a reason you and your [ex](#)-mate broke up. Whether it was your fault or theirs, change is an option. If you thoroughly believe that your ex-beau has changed, you may want to rekindle the romance. Only rekindle the romance if you completely believe that your ex has changed for the better. If you have any hesitation to whether or not they have, do not go for it.

2. Soul mates: The stories are all out there, the constant stories about soul mates. True love is said to be out there for everyone. The quest for this true love can leave you with a broken heart and many tears. Although the journey is challenging, it will be worth it in the end. This being said, if you believe that your ex is the love of your life and your complete and utter soul mate, rekindle the romance. Go for it!

3. "I know you": With an ex, they know almost every single little thing about you. What you like, what you don't like, the names of all your relatives, who loses it at Christmas dinner, what you're allergic to, and the list goes on and on. Do not rekindle the romance with you ex-beau if you solely want someone who "knows you." If the following two apply, and this third one happens to slide in there, drop all of your stuff and rekindle your past romance!

Have you ever rekindled a past romance? Share your experience below.

Is Taylor Swift Impersonating Ex-Beau Harry Styles in New Music Video?



By Andrea Surujnauth

According to UsMagazine.com, Taylor Swift seems to be impersonating her ex-boyfriend, Harry Styles, in her new music video for her track "22". She was seen dressed up in a green beanie and baggy white shirt, identical to her ex-sweetheart during the video shoot on February 12th. *UsMagazine.com* also mentions that the song "22" starts off with the lyrics "It feels like a perfect night to dress up like hipsters and make fun of our exes." She is also seen eating an ice cream in a "Harry Styles outfit" for another portion of her video. As if that was not a big enough burn, Swift will also be recreating the lift scene from *Dirty Dancing* that her and Styles were photographed doing together at a party in NYC. These ex-

lovebirds broke up in early January after only a few months of dating and from the looks of things, it did not end well.

What are some ways to deal with anger resulting from a breakup?

Cupid's Advice:

1. Write in a journal: Usually when you feel anger, it feels better to express your anger. Do it in a safe way by writing your feelings in a journal so you get the feelings out and you won't feel like you are exploding with anger.

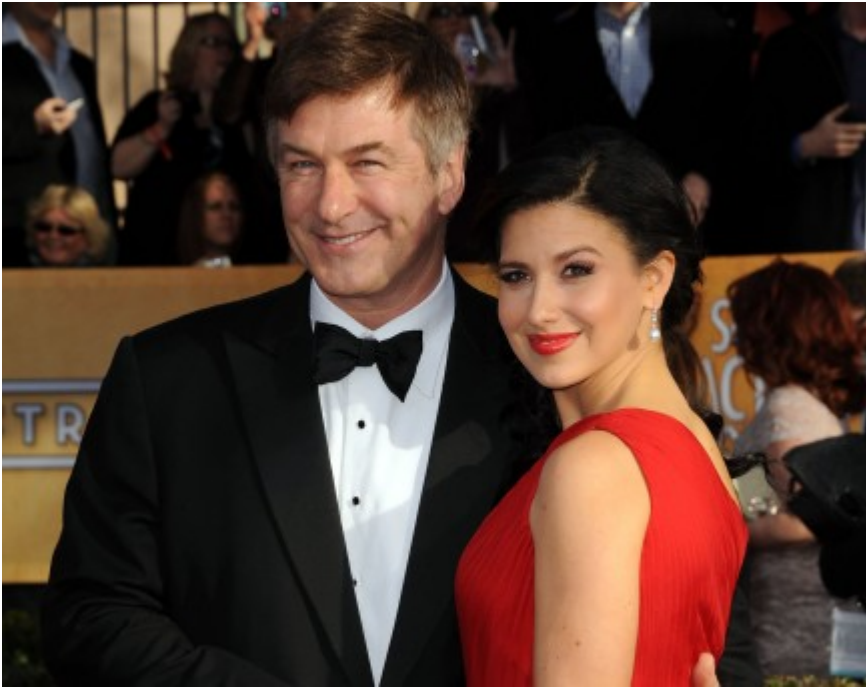
2. Cry it out: Crying always feels like a release of feelings. When you cry or scream, you won't have anything bottled up so there won't be build up of anger.

3. Treat yourself: Go for a day at the spa, hang out with friends, or go on a vacation. Taking care of yourself and making yourself feel good will make you forget about all the anger you are feeling.

How do you deal with your anger from a breakup? Comment below and let us know.

Kristin Cavallari:
“Motherhood Came Very
Naturally To Me”





By Jenny Schafer for

Celebrity Baby Scoop

Reality star Kristin Cavallari is “enjoying every second” of motherhood with her 6-month-old son **Camden**. And she’s been keeping busy amidst the late night feedings and diaper changes! *The Hills* alum – engaged to Camden’s dad, Chicago Bears quarterback **Jay Cutler** – recently launched Chinese Laundry by Kristin Cavallari, a capsule footwear collection.

Kristin opened up to Celebrity Baby Scoop about the joys of new motherhood, her “happy, sweet baby,” and how her style has “definitely been influenced” now that she’s a mom.

CBS: How are you adjusting to motherhood? What does it mean to you to be a mom?

KC: “Motherhood came very naturally to me. I’m enjoying every second. Cam is 6 months now and his personality is really starting to show. He’s such a happy, sweet baby. Every day is something new and exciting.

Being a mom means being responsible for another life and it no longer being about you. It’s the most rewarding thing in the world.”

CBS: Tell us about Chinese Laundry by Kristin Cavallari, a capsule footwear collection. What kinds of shoes will be in the collection? What's the price range?

KC: "I loved designing my collection with Chinese Laundry. I've always been a huge fan of the brand and was thrilled when I was given the opportunity to launch a capsule collection. The line consists of an assortment of pumps, booties and flats, offered in classic and refreshing colorways such as blacks, nudes and pastels. The price ranges from \$89.95 – \$149.95."

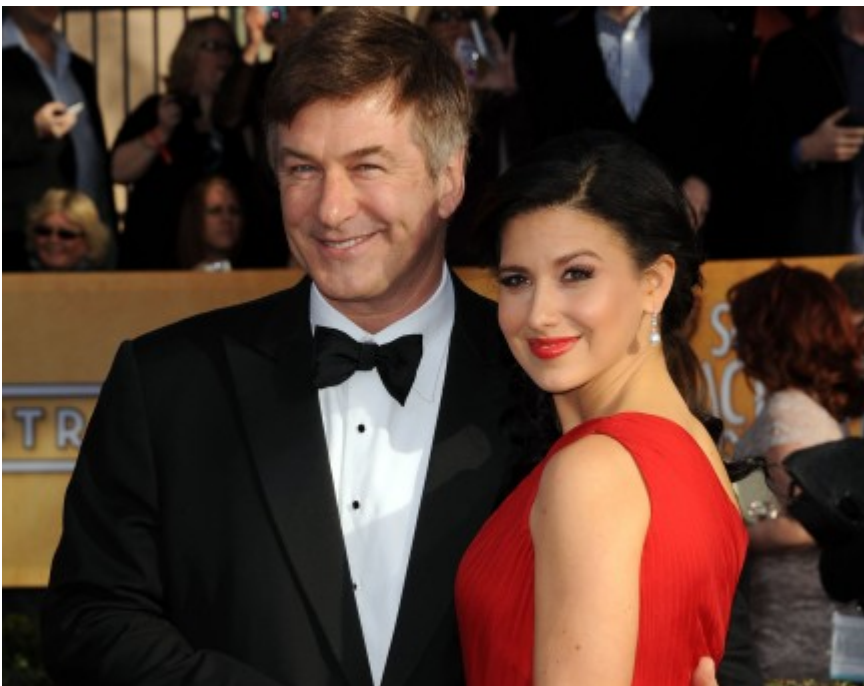
CBS: Now that you're a mom, will your designs be influenced by your new lifestyle? Maybe more flats?

KC: "My style has definitely been influenced now that I'm a mom. Fashion and style is still very important, but comfort is key. I find myself wearing more flats, which can go with every outfit whether it's a casual dress or jeans, which is why I incorporated lots of them into my Chinese Laundry by Kristin Cavallari collection."

CBS: You had the best maternity style! Please describe your maternity style and how you enjoyed dressing your baby bump.

KC: "Thanks! My style remained pretty much the same while I was pregnant. I embraced my growing bump with lots of dresses and skirts. I think it's cute to wear tight dresses to really show off the bump. I don't think women need to hide under baggy clothes."

Brandi Glanville Says Drama Will End When LeAnn Rimes Has Her Own Kids



By Andrea Surujnauth

Brandi Glanville and LeAnn Rimes have not been on good terms for a while now. Glanville's ex-husband Eddie Cibrian had an affair with Rimes while the two were still married. This led to their split in 2010. Since then, Rimes and Glanville have been publicly feuding. Glanville and Cibrian have two kids together Jake, 5, and Mason, 9. These kids have been the center of most arguments between Rimes and Glanville. In one incident, Rimes called the children "my boys" on Twitter, which cause Glanville to become extremely upset. Now it seems that Glanville is tired of the fighting with the country music star. According to UsMagazine.com she told Access Hollywood, "This is my final chapter. This is me closing to

door on our public fight. I want it out of the media. I'll just deal with it as best I can with them." She went on to say, "I don't think we'll be friends, but I hope we can coexist peacefully. Once she has a child of her own, I think she will understand boundaries and what's respectful to do and how to handle things a little better."

How do you cope with a step mom/dad of whom you don't approve?

Cupid's Advice:

You can not choose who your ex-spouse marries or starts a relationship with. What should you do if you do not approve of who they choose to be with? Not to worry, Cupid is here to help you learn to cope:

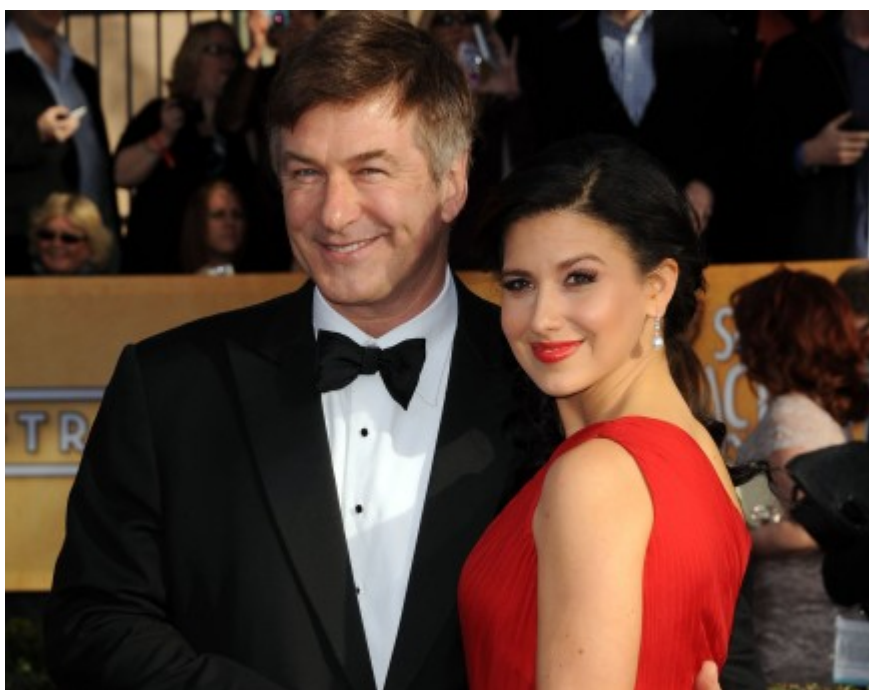
1. Do not take the relationship personally: Realize that your ex did not start this new relationship to hurt you. They are just trying to get on with their lives. By realizing this, your hostility towards the new relationship won't be as severe.

2. Do not jump into a new relationship: Do not get yourself into a new relationship before you're ready. If you jump into the next person's arms that comes along, you are likely to get hurt. If you get hurt in your new relationship, you will feel even more upset about your ex being in a new stable relationship.

3. Acceptance: Accept that your ex is in a new relationship and once it is serious, your kids will be getting to know your ex's new partner. Do not fight over your children, they still know who you are to them and they will still love you. Fighting over them will only cause them to feel depressed.

How do you cope with your ex's new partner? Comment below and let us know.

Katy Perry Disapproves of Rihanna's Relationship with Chris Brown



By Andrea Surujnauth

Katy Perry and Rihanna became close friends during last year's Grammy Awards. Now it seems as though their friendship is suffering due to Rihanna and Chris Brown rekindling their love or one another. An insider told UsMagazine.com, "They aren't tight anymore because Katy doesn't approve of Rihanna dating Chris Brown." Instead of hanging out together during this year's Grammy Awards, Perry and Rihanna were seen sitting in different areas of the audience, Perry with John Mayer and Rihanna with Chris Brown.

What do you do if getting back with an ex is controversial with your friends and family?

Cupid's Advice:

You want to work things out with your ex but your friends and family are extremely unhappy about it. They keep fighting you on the subject and will not agree with your decision to rekindle your love with your ex. What should you do? Luckily, Cupid is here to help you out:

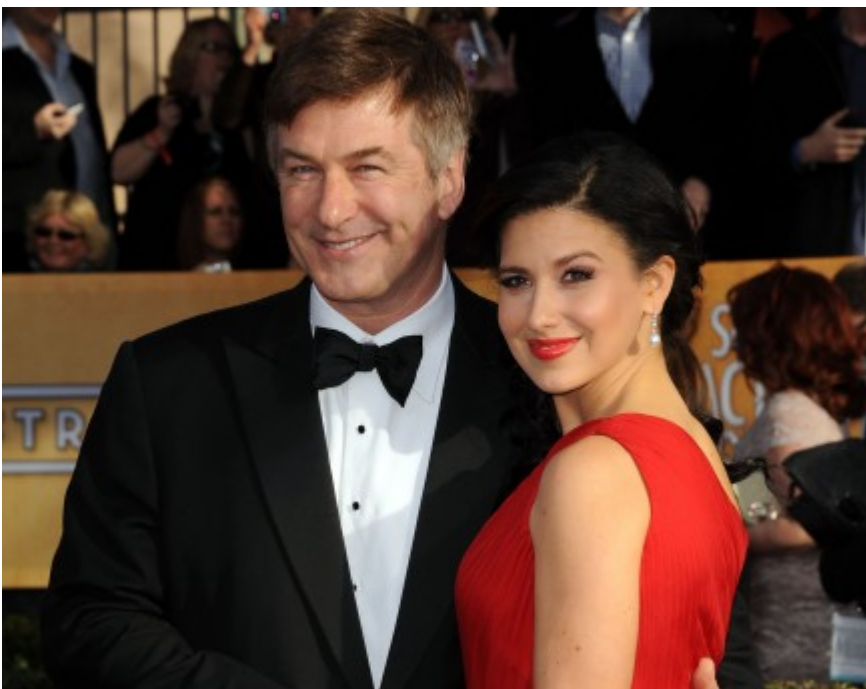
1. Listen: Listen to why your friends and family do not want you back together with your ex. They are looking out for you and they have their concerns. Listen to why they are against it and maybe it will help you figure out whether getting back with your ex is really a good idea or not. They may help you see some points that you didn't think of before.

2. Tell them your feelings: Tell your friends and family why you think it is a good idea for you to get back with your ex. If your ex has changed something about themselves and you feel the change will help the relationship blossom the second time around, let them know that. Explain your reasoning. These are the people that care for you the most, they only want the best for you so trust their opinions and trust that they will hear you out.

3. Prove changes to them: When you got hurt from the breakup, so did your friends and family. They were hurt from seeing you get hurt. They will need proof that your ex will not hurt you again. Ask them to give your ex-sweetheart a chance and then bring them together so your family can see first-hand that your ex is different. They need to feel secure about your ex's change by seeing it for themselves.

What would you do if getting back with your ex created controversy with your friends and family? Comment below and let us know.

Mila Kunis Says: 'I Love Being Single'



By Meghan Fitzgerald

Here here ladies and gentlemen! Wide-eyed beauty, Mila Kunis loves being single! UsMagazine.com reports that she was single for four years, and those years in which she was single were some of the best times in her life. [E! Online](http://E!Online.com) states that Kunis has found her match, Ashton Kutcher. The couple have known each other since Kunis was 14. Having starred together in *That's 70 Show*, both Kutcher and Kunis know one another well. They have kept their romance low key, but Kunis spills some details in the new edition of *Allure*.

What are some perks to being single?

Cupid's Advice:

Mila Kunis knows ... being single is awesome! There are perks to being in a relationship also however, there are way more perks to being single. From the grotesque, not having to shower, not having to wash your sheets. You can explore all the "what ifs" you weren't able to touch on when you were on a relationship. You never have to share blankets, the remote control is all yours, and guiltless flirting! The perks seem endless, Cupid has some more:

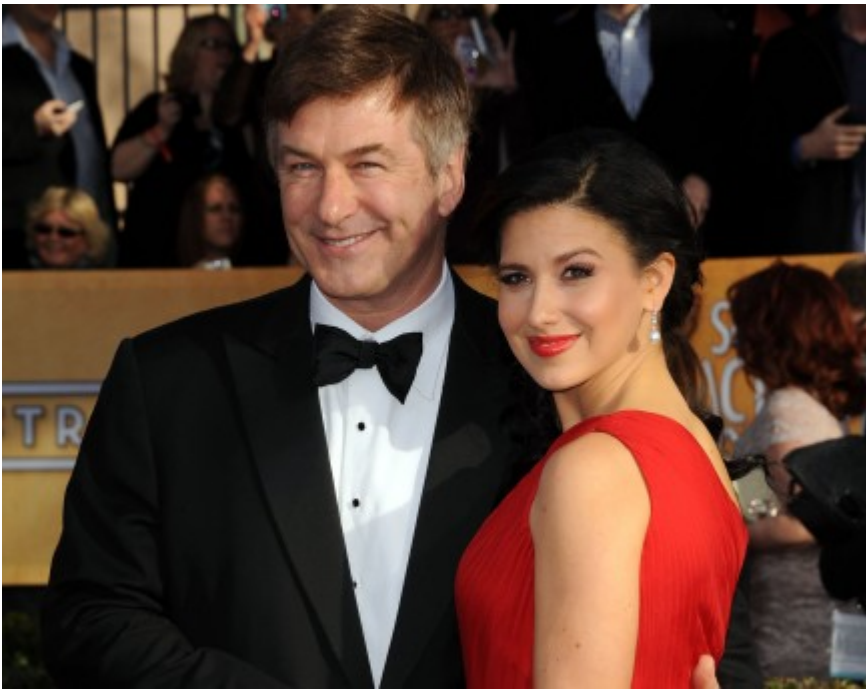
1. Wild nights: Not having to tell your partner where you are going at two in the morning is a glorious thing. When you are single, no one is going to care if you run up and down the subway with no shirt on screaming The Lion King. Rather, all your single friends will encourage such behavior for an evening you will never forget. It is great being able to go out and not worry about saying or doing something wrong. You are your own person, and can do whatever you'd please.

2. Guiltless flirting: Flirting with that cute guy at Starbucks. Flirting with the hottie running way past you on the treadmill. Flirting with the poet at the poetry slam on Thursday nights. There are honestly so many worthy guys to flirt with, you might go crazy. The perks of being single, is you can go crazy! Flirt with as many and as different guys as you can. Not only will your confidence increase, but so will your stories.

3. Privacy: You can pee with the door closed! Being in a relationship is all about knowing your mate inside and out. Although this may be great at times, it is nice to be by yourself for once. Not have to hear snoring on the back of your neck. Having a room all to yourself. Being able to be you in private!

What do you consider perks of being single? Explain below!

VDay Heartbreak: 'The Bachelor' Sean Lowe Opens Up About His Feelings for Tierra



By Meghan Fitzgerald

Sean Lowe, otherwise known now as [The Bachelor](#), has gone through as much tears and drama this season as any man should ... especially with Tierra. According to [People](#), Lowe blogged about his relationships with the girls. He had three one-on-one dates with AshLee, Tierra, and Lesley. [The Examiner](#) reports that Lowe's date with Tierra made him realize that she may not be the girl for him. He described how she comes with drama, a lot of drama. At the end of the day, Tierra told Lowe that she was falling in love with him. Lowe hoped that they

could be drama-free.

What do you do if your friends don't like your new partner?

Cupid's Advice:

Having your friends disapprove of your partner absolutely sucks. As much as you can say what you and your mate have is great and it is "only you two," it's not. Your close friends are your second family, and not having them there for your relationship does not help. This will inevitably happen once in your life, and Cupid has some advice:

1. Listen: Although you may not believe anyone could dislike your partner, it is a possibility. When your friends confront you and tell you they do not like your new mate, do not freak out! Even though this may be your first impulse and reaction, take a deep breath. This will not be solved whatsoever if you blow your top and yell at your best friend. The easiest thing to do in this scenario, is to listen. Listen to what your friend, or friends, have to say. Take their comments and concerns in, and go from there.

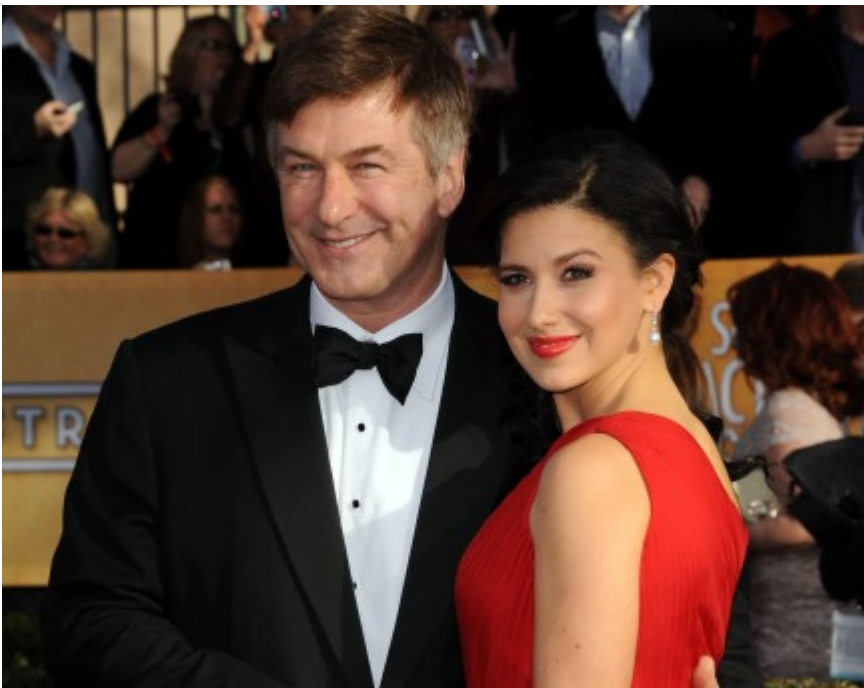
2. Know your feelings: Depending on the person you are, it may be very important that your friends like your partner. Be aware of your feelings with your new beau. Is it worth it to possibly lose your closest friends for this boy? Make sure you are certain of how you feel about the new fella. You don't want to vow "he is the best" and then go back to your friends crying when he hurts you, but have no friends left.

3. Stay strong: This time will be challenging for you. You are delving into a new relationship in which your best friends don't agree with. No matter why they dislike him, it will hurt. You will immediately think that your friends don't wish for you to be happy. That they don't want you to be in a relationship, and find the love of your life. Push these thoughts aside as you deal with your friends and your new

partner. Keep your chin high and stay strong.

Have your friends ever disliked your partner? Explain below.

Jennifer Lopez and Casper Smart Share a Romantic Dinner in Time for VDay



By Andrea Surujnauth

Celebrity lovebirds are celebrating Valentines Day early this year. Jennifer Lopez and her boyfriend Casper Smart were seen sharing a romantic dinner Friday night at Cenconi's in West Hollywood. A source told [People](#) that the couple was "canoodling at the table". Lopez and her beau sat close as

they had dinner together but there were no public displays of affection. The source also adds that "They were sweet together and Jennifer was laughing all night long," Lopez has been dating Smart since fall of 2011.

What are some ways to make dinner with your partner romantic?

Cupid's Advice:

Restaurants are always packed on Valentines Day. It can be a struggle to get reservations and make your partner's Valentines day romantic and special. But no need to worry! Cupid is here with some advice on how to make a dinner at home romantic for your beau!

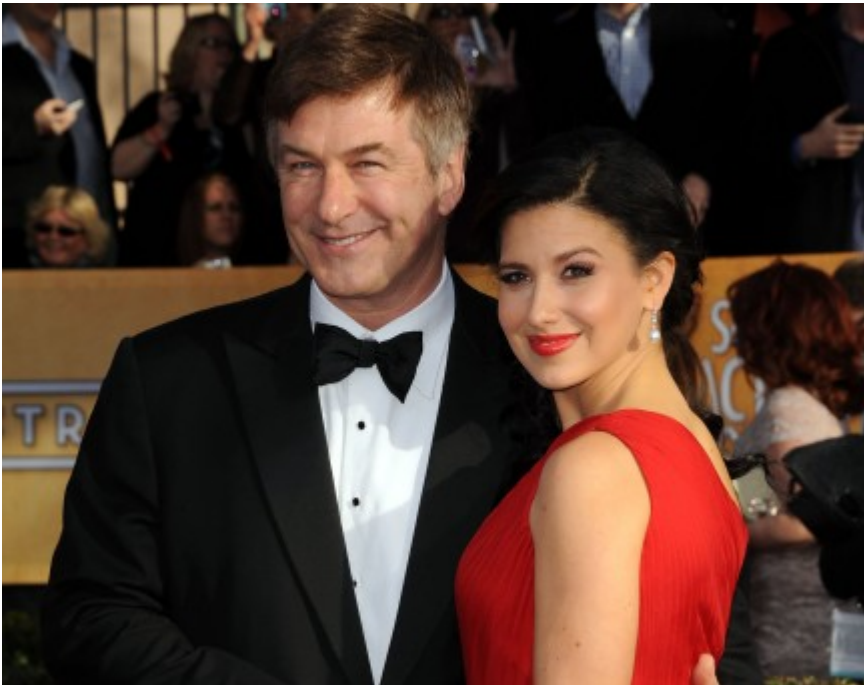
1. Create a special dinner: Make your sweetheart's favorite dishes. This is sure to make your partner feel special and loved.

2. Decorate: Light some candles and put some roses on the table. Decorations are key to setting the romantic mood. If you want to go all out, play some sweet love songs in the background as well!

3. Dress to impress: Dress up and have your partner dress up too. This will make the dinner feel more special and less like a regular dinner at home.

How do you make your dinner romantic for your partner? Comment below and let us know.

Taylor Swift Sends a Message to Harry Styles During Opening Performance at the Grammys



By Andrea Surujnauth

Taylor Swift, 23, opened up the 2013 Grammy Awards with her hit song “We Are Never Ever Getting Back Together”. According to UsMagazine.com, she took a painful jab at her 19 year-old ex-boyfriend, Harry Styles, from the group One Direction. During her performance she added a verse to her song “So he calls me up and he’s like, ‘I still love you,’ and I’m like, ‘I’m sorry, I’m busy opening up the Grammys.’ And we’re never getting back together, like, ever.” Not only did she add this stinging verse, but she used a British accent for part of it which was obviously directed toward Styles, who is British.

These two ex-lovebirds broke off their relationship at the beginning of the year. They were vacationing in the British Virgin Islands when the two apparently got into a fight. Sources told *UsMagazine.com* that Styles “said something he shouldn’t have ... This [breakup] is definitely going to be for good.”

How do you resist the urge to get back together with your ex?

Cupid’s Advice:

Although it may be tempting, getting back with your ex may not be a good idea. You know this deep down inside, but you can’t stop feeling the urge to go back. Cupid is here to tell you how to resist:

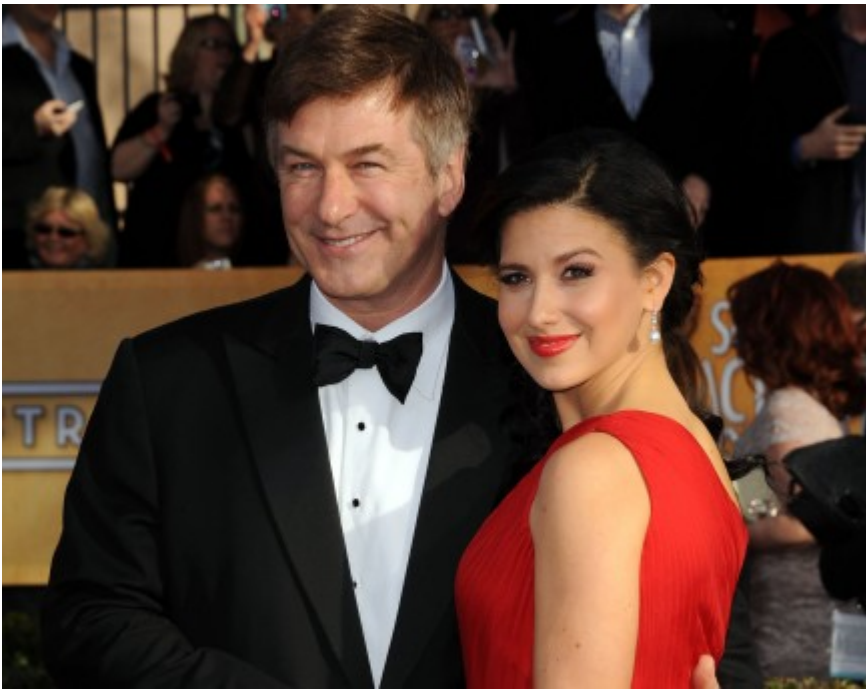
1. Cut contact: Do not continue to talk to your ex. Stop looking at their Facebook or Twitter, better yet, delete them all together. Stay away from them until you feel you are completely over them. Seeing them or talking to them constantly will increase the urge to rekindle the relationship.

2. Distract yourself: Get a hobby or go out with friends. Fill your schedule up so you won’t have time to think about your ex-beau. As the time flies by, so will your feelings for your ex.

3. Remember why you broke up: There was a reason why your relationship did not work out. Keep that reason in mind. During a break-up you are tempted to think about the good times in the relationship. Ignore all of that and focus on the reason that the two of you are not together. This will help you realize that it can not work between the two of you so you need to move on.

**How do you resist the urge of getting back with your ex?
Comment below and let us know.**

VDay Love: Rihanna and Chris Brown Show PDA at Grammy Awards



By Andrea Surujnauth

They walked the red carpet separately but once the two were inside, it was a completely different story. Rihanna and Chris Brown were seen showing PDA during the Grammy Awards on February 10th. According to UsMagazine.com, these lovebirds were spotted hugging and cuddling together throughout the ceremony. It has been four years since Brown assaulted Rihanna which happened on the night before the 2009 Grammy Awards. Brown was taken to court by Rihanna and is still serving probation for the brutal beating. However, Brown and Rihanna

rekindled their love last year and ignored all of the controversy that was stirred up because of it.

What do you do if your friends or family do not like your partner?

Cupid's Advice:

You are in love and happy about it, but unfortunately your friends and family are not so thrilled. They do not like your new beau. What should you do? Not to worry, Cupid is here for you with some advice:

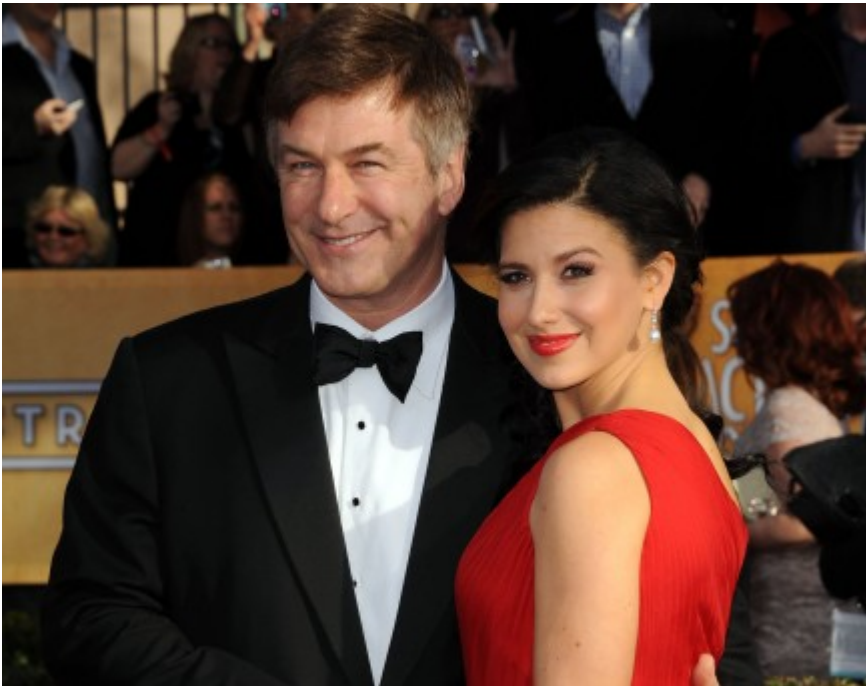
1. Understand them: You have to realize that your friends and family want what is best for you. Do not shy away from the people closest to you just because they do not like who you are with. They just do not want you to get hurt. Understand where they are coming from and accept their feelings.

2. Listen to them: Listen to why your friends and family have a problem with your sweetheart. Let them express their concerns, they may have a point.

3. Show them why you are with your partner: Let them see why you choose to stay with your partner even though they do not approve. Let them get to know your partner so they won't feel as concerned about you and your relationship.

What would you do if your family and friends didn't like your partner? Comment below and let us know.

The Bachelor 17, Episode 7: Victory in St. Croix!



By Jared Sais

Since there were only six girls left on this week's episode, I really wanted to hone in on each of their non-verbal cues and micro-expressions to determine their true feelings for the bachelor. I also focused a lot on Sean's reaction to each of them to see how he really feels about the remaining ladies.

Let's start with the first one-on-one date...

AshLee

AshLee was the one girl brave enough to tell Sean the truth about Tierra. As she was talking to Sean about the drama, she showed micro-expressions of anger: pinching her lips, lowering her eyebrows and glaring her eyes. She also revealed feelings of contempt when speaking about Tierra by moving only one side

of her face.

In response, Sean said, "When she tells me something about Tierra, I believe it." As he says it, Sean shakes his head no and shrugs, telling me that he doesn't believe what he just said.

Even so, when he's on the beach talking with Ashlee about Tierra, Sean puts his hand on his head with his thumb pointing down, meaning a thumbs down to Tierra. I think he's really beginning to wake up, even if it is *very* slowly.

At the start of their dinner together, the bachelor asked her if there was anything else he needed to know before meeting her family, and when she replied "yes," he gulped, which is a sign of fear. He also showed a micro-expression of surprise with his raised eyebrows and the widening of his eyes.

Sean smiled big enough to have crow's feet (wrinkling at the corners of her eyes) when speaking with her, so he really likes AshLee. You don't show that much emotion (the fear, the surprise and the genuine happiness) if you don't like someone.

Of course, he shook his head no as he said, "I think you're perfect the way you are," meaning that he's still not sold on her just yet. He also shrugged as he told her that he had no questions at this point, revealing that he's either lying or not being 100 percent truthful.

As for AshLee's feelings for Sean? She nodded to confirm that she was telling the truth when she said she loved him.

Related Link: [The Bachelor 17, Episode 6: Chemistry in Canada](#)

Tierra

It's no surprise that Tierra showed feelings of contempt when speaking about the other girls. What *is* surprising is that Sean also showed signs of contempt multiple times. I think (hope) her drama is finally getting to him.

Tierra totally fibbed and told Sean that she tried bonding with the other girls in the house. As soon as she stopped talking, she started licking her lips and put her hands up to pull back her hair on both sides of her face. Her body language showed that she's trying to manipulate Sean by lying to him about her feelings towards the girls and also about her feelings for him.

Of course, Tierra did her famous eyebrow raise. And when she said the above comment about the other girls and herself, her right eyebrow rose for a long period of time. This eyebrow raise is a sign of cynicism. The funny thing is she did this facial gesture after something she said, meaning that even *she* doesn't believe the words that just came out of her mouth.

The tone and pitch of Tierra's voice also gave away her true feelings. Both were very choppy as she spoke, revealing that her words were not actually true.

As she was speaking to "her boyfriend," Sean had his lips pinched, meaning he was bit angry with either her or the situation.

The drama queen revealed her own anxiety when she played with her straw throughout dinner. The body goes under a great deal of stress when lying, so it tries to cover that stress up by releasing it through agitated movements and fidgeting.

Related Link: [Tierra Causes Drama on 'The Bachelor,' Ladies Against Her](#)

Lindsay

Based on Sean's tone and pitch as he spoke about Lindsay, it was easy to see that he'd give her the group date rose. He slowed down his speech and emphasized his feelings for her. He really is crazy about her. Although he has strong feelings for Desiree and Catherine as well.

Lesley

Her body language told me that she wants to feel more in love with Sean than she does. She really, truly likes him, but she may not be in love with him as she had hoped. When she talked about loving him, she did a lot of shrugs and other non-verbal gestures which mean “I don’t know.”

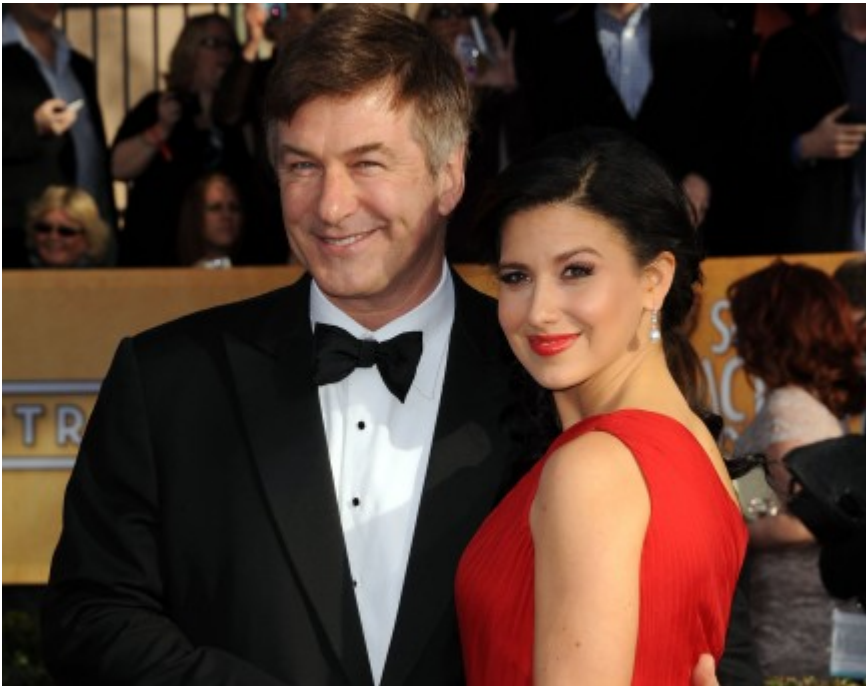
The sad thing is that I don’t think the show revealed everything that happened between this couple. It seems a bit weird that they really got along last week, but then this week, there was a lack of...well, everything. Their connection was strained on both sides. I really thought she would make it to the top three, but after this date, I didn’t know if she’d end up with a rose.

Sean, you did a great job by getting rid of dramatic Tierra and her “sparkle”, but I have to say, I think you should have kept Lesley around. I think you guys would have been great for each other, but then again, we didn’t really see what happened between you two. Still, I count this week as a major victory. Bye bye, Tierra!

Jared Sais is co-author of the website [The Non-Verbal Game](#). He is an expert in non-verbal communication, who specializes in body language, micro-expressions and lie deception as they relate to life and love. For more information and to download a free PDF of the speech he gave at NYC’s Single In Stiletto’s, click [here](#).

John Mayer Thinks His

Relationship with Katy Perry Is 'Very Human'



By Jessica

Conigliaro

John Mayer is well known for getting involved in high profile relationships—so often that we are left wondering how meaningful these celebrity women are to him. Mayer recently started dating pop singer Katy Perry; his feelings seem to be more believable this time around, according to [People](#). Mayer said, “I don’t feel like I’m in a celebrity relationship...for me it feels like something that’s very human.” When a relationship feels right, the topic of tying the knot tends to come up; when asked if he would ever get married, Mayer responded, “Of course!”

How do you know if your relationship is “real”?

Cupid's Advice:

As any new relationship develops, you begin to realize your true feelings towards one another. Being fully committed to someone definitely comes with challenges—but is even more rewarding when you find the right person—Cupid offers some advice on how to know if you are in a genuine relationship that offers future potential:

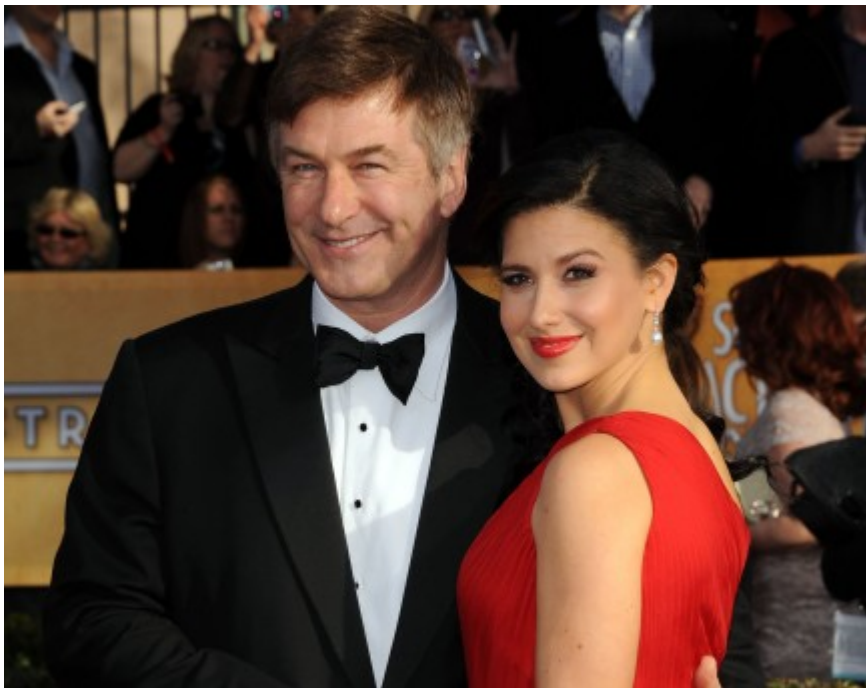
1. You feel comfortable with them: You're out to dinner with your boyfriend when all of a sudden you realize there's food all over your face—and we've all been there. Early in the relationship, an incident like this may leave you embarrassed; after a while however, little things like that shouldn't bother you anymore. Being comfortable around your partner is the beginning foundations of a healthy and serious connection. See if they accept you for who you are—annoying quirks included—The right person will love everything about you and will encourage you to be comfortable around them at all times.

2. He's your best friend: You should be able to talk to your boyfriend about anything and be excited to do so. For instance, you get a promotion at work and run home to tell your boyfriend. Take that as a good sign: you're in a strong relationship that is important to both of you. Your partner should want to know how your day was and seems to care if it was good or not. He should be concerned when you are upset and will do anything to uplift your mood.

3. Their family becomes yours: After talking about you for weeks, your boyfriend's family is dying to meet you. It's normal to feel a little nervous at first, fearing they will disapprove. Soon enough, you will be spending so much time together that their home feels like yours. Your partner will start inviting you to spend the holidays with them; this is one way to know he is serious about you. Get to know his family—they might become yours one day.

How did you know your relationship was “real”? Share your experiences below.

Tiger Woods Helps Lindsey Vonn Home After Devastating Injury



By Jessica

Conigliaro

Tiger Woods has been struggling to find someone to settle down with after his scandal of affairs back in 2009. Although their relationship is only rumored to be accurate, Woods is spending much of his time these days with his good friend Lindsey Vonn. [People](#) reports, “Tiger really does want a woman who he can

have good conversations with,” he says. “He wants shared interests and outlooks. He is finding that with [Lindsey]...he’s been spending more and more time talking to her – and talking about her.”

How do you leave skeletons from your past behind you?

Cupid’s Advice:

We all have demons from our past we wish to disappear—and fast! In relationships, people make mistakes and end up hurting one another. Cheating is one of the worst ways you can injure someone’s pride and destroy their trust in you. Cupid offers some ways to move on from mistakes we’ve made in the past:

1. Wait until you’re ready: After a nasty breakup, you shouldn’t jump into another one right away. If the breakup was mainly your fault, focus on why things got so bad. Figure out the reason why you hurt your partner; you might have destroyed the relationship in order to protect yourself from future pain. Learn why you put up these guards before getting involved with anyone new.

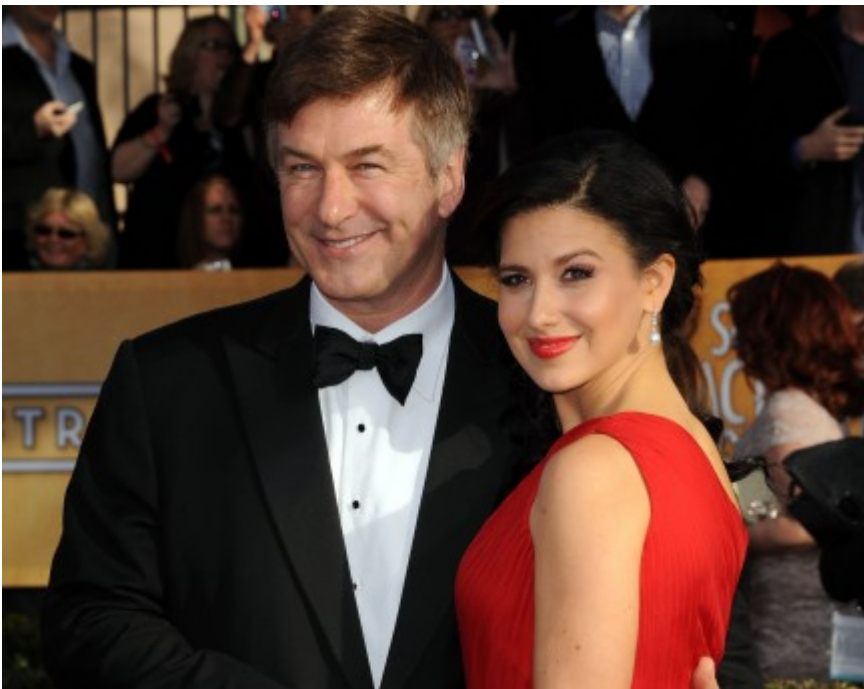
2. Acceptance: If you do something wrong, apologize and promise to never do it again—a valuable lesson we learned in kindergarten. Making mistakes in relationships can have serious effects. The only way to move on from your mistakes is by getting closure from the situation entirely; if you caused your partner emotional pain, let them know you are sorry and are completely at fault. Own up to your wrong doings as soon as possible.

3. Be Honest: Let your partner know about all the scandals from previous relationships; re-assure him that you have grown as a person since then. Your partner will respect you for being upfront about the mistakes you’ve made. This will create a bond of trust between the both of you—which will grow

stronger over time.

How did you move on from your past mistakes? Share your thoughts below.

Pink Says the Key to Marriage Is Only Half Listening



By Jessica

Conigliaro

Pop singer Pink often uses her marriage as inspirations for her songs. Personal lyrics such as those must have an effect on the man she is singing about. When asked how he felt, Pink's husband told her, "Look, I know you, we have a good sense of humor, and I know what I signed up for. I only listen

to half of what you say anyway!” [People](#) reports that Pink’s response was, “When he starts listening to me too much, we have problems!”

How do you know when to make an issue of something that upsets you in a relationship?

Cupid’s Advice:

Every committed relationship comes with arguments. In fact it’s seemingly healthy to fight with one another. It allows the other person to know what upsets you; instead of keeping your emotions bottled up. You gain the opportunity to express how you feel—and could prevent it from happening again. On the other hand, too many fights between one another will leave you frustrated. Here are some tips on how to pick your battles accordingly:

1. You’ve gotten mad about this before: People often hide their anger from their partner; eventually, it will become too much to bear. If your boyfriend is repeatedly late for plans, your anger level will rise every time you hold your tongue. Let him know if something is bothering you and get everything out in the open—this will prevent a much larger dispute later on.

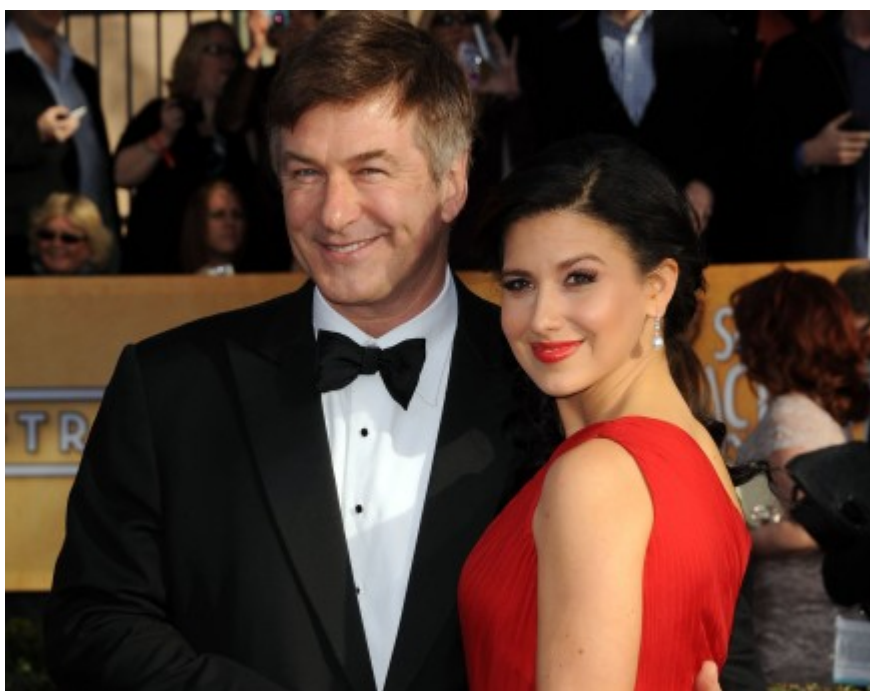
2. Don’t pick stupid fights: Little things our partners do—such as wearing mismatched sock or leaving the toothpaste out—can irritate us to no end. Although you may not be thrilled about these situations, ask yourself if it is worth getting into an argument over. Learn to accept the minor nuisances; there are more important things to be focusing on in your relationship.

3. Know why you are mad: If you find yourself upset about something your boyfriend said, consider his point of view. If he suggested getting salad for dinner and you assumed he wants you to lose weight, reconsider the situation. It is

possible—and more logical—that he was simply in the mood to eat that. We often work things up in our heads to be worse than they actually are; avoid this by taking time to contemplate why you are mad and if you are overreacting.

How have you decided what to make an issue out of? Share your thoughts below.

Prince William and Kate Middleton Babymoon In Mustique with Family



By Meghan Fitzgerald

The royal couple, Prince William and Kate Middleton, left this

past Monday for a tropical vacation. According to [E! Online](#), Kate's parents, Michael and Carole Middleton joined the couple in the island, Mustique. According to sources, the couple are staying in a extravagant five-bedroom villa with ocean views of other islands nearby. [UsMagazine.com](#) reports, "The villa is decorated with Balinese antiques and artwork, and surrounds a tranquil pond and tropical gardens. Outside, the expectant parents can soak in a 64-foot swimming pool and lounge on a sun deck and gazebos and dine al fresco on a dining patio."

What are some vacation ideas when you're pregnant?

Cupid's Advice:

Getting away when you're pregnant is a great idea to unload stress off yourself and your shoulders. Planning the vacation may be relatively stressful because of traveling, booking, fees, transportation. However, when you get to the vacation, you will be more than grateful that you took the risk. Cupid has some advice:

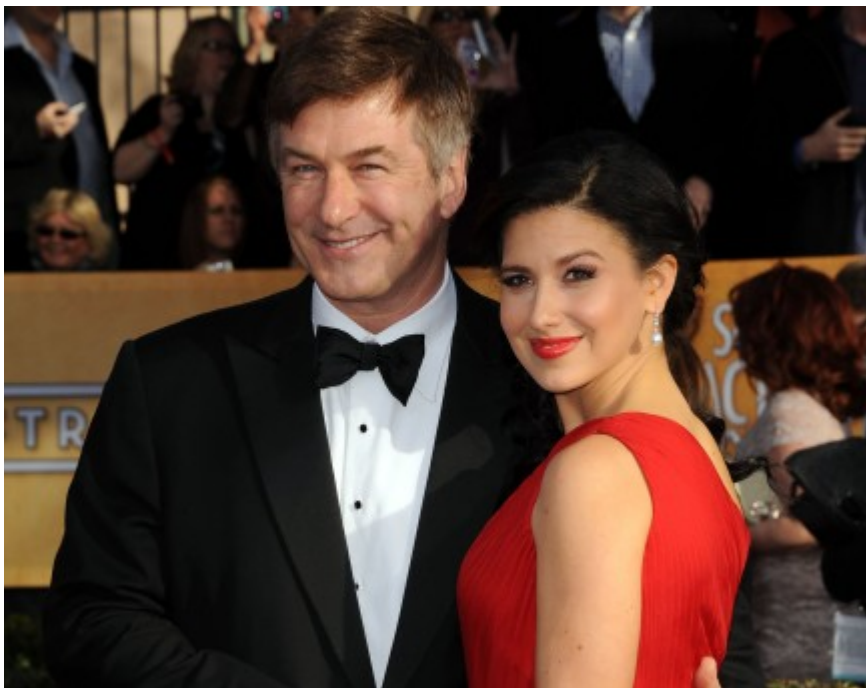
1. Pregnancy massage: In general, who doesn't love a massage? When you're pregnant, there are many stresses that come upon you. Booking a pregnancy massage for your significant other will make them feel beautiful and allow them to unwind.

2. Beach: Digging your toes into the sand will make all your problems and worries wash away like the ocean. Relaxing your days away on the beach will make you realize how grateful you are to have this opportunity of carrying a child.

3. Weekend to the city: Shopping, museums, parks, cafes; the city has the cosmopolitan atmosphere women love. Enjoy a weekend to the city with all your girlfriends. Wandering, local shops, spending time in a different city can give your life a little more kick.

Did you vacation when you were pregnant? Explain below!

Kim Kardashian Tells the Judge She Needs a Divorce Now for Her Baby's Sake



By Meghan Fitzgerald

Kim Kardashian is trying her best to end her marriage with Kris Humphries before her baby is born. According to [People](#), Kardashian stated “I firmly believe that an immediate dissolution of our marriage will help create a new, full life for me.” Kim explained in court that she is pregnant with another man’s baby, not Humphries. [Huffington Post](#) reported that Kim simply did not wish to be married to Kris since she is having a baby with current beau, Kanye West. Kim is struggling through paper work and court appearances trying to

make a good life for her baby.

What do you do if you have a baby with someone else before you're divorced?

Cupid's Advice:

Having a divorce is stressful, and learning to love after a divorce is challenging. If you do find another person who you love after a rough divorce, hold on to that. If you happen to get pregnant, do not worry about it. Cupid has some advice:

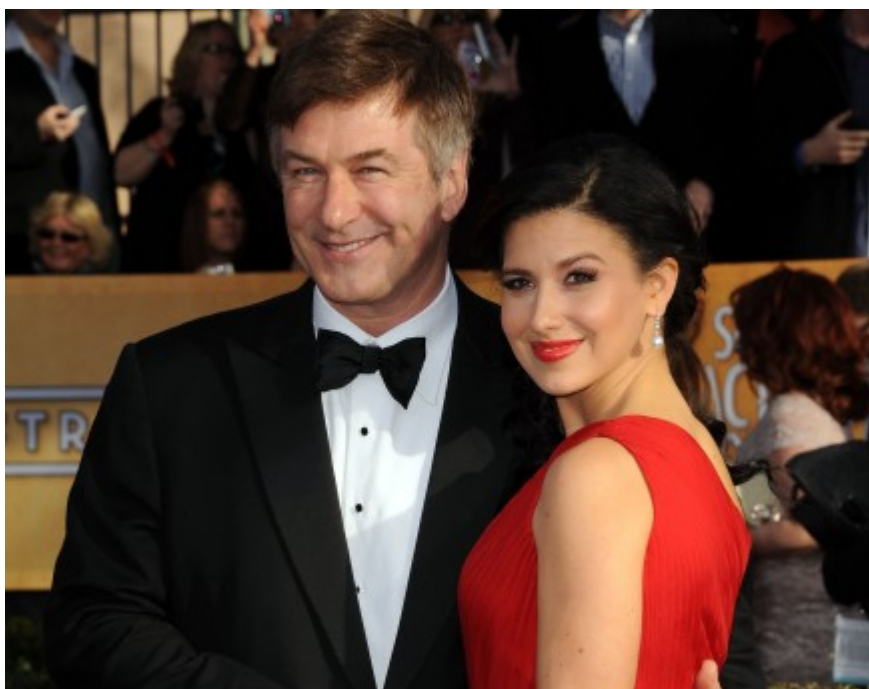
1. No worries: Don't worry about a single thing, worrying about how your soon to be ex-husband may feel about your new child will only stress you out more. You have to focus on yourself and your family to be. There is no need to concern the troubles which might occur, simply focus on you and your incoming child.

2. Explain the situation: Talk to your soon to be ex-husband about the situation going on. If you thoroughly explain what is happening in your life at the moment and how happy you are, he will hopefully understand. If he doesn't understand, that is his fault and not yours. You are moving on with your life and should not be punished for being in love.

3. Life goes on: You must realize that your life has to go on! You can not wallow in your own self despair and constantly be sad. You must soldier on darling. Put on your big girl pants and trump your way on.

Have you ever had a baby with someone before a divorce? Explain below!

'Big Brother' Couple Jeff Schroeder and Jordan Lloyd Discuss Living Together, Dieting and Watching 'The Bachelor'



By Michelle

Danzig and Rachael Moore

Jeff Schroeder and Jordan Lloyd instantly had chemistry when they met on the set of *Big Brother* in 2009. Building a strong friendship first, they formed an alliance on the show and became huge targets in the eyes of their competitors. "Being friends was our only option. We knew there were some romantic feelings, but we didn't express them because we wanted to win," said Schroeder.

But being just friends didn't last long. After Lloyd defeated the rest of her houseguests, walking away with the cash prize, and Schroeder was voted America's Favorite Houseguest, their relationship developed into something more intimate. This gradual shift from friends to lovers helped them with their communication skills. As she explained, "We are so open with each other and never hold anything back."

Two months later, CBS asked the pair to take part in *The Amazing Race*. Their diverse personalities were tested on the show and their relationship certainly felt the pressure. "We wanted to strangle each other," Lloyd shared. "We still needed to get to know each other better since we were newly dating."

Related Link: [Ryan Danz and Abbie Ginsberg Tell Us How They Bonded on 'The Amazing Race'](#)

After they were eliminated from the race, Schroeder and Lloyd returned to their separate homes in Chicago, Illinois and Charlotte, North Carolina respectively, pursuing a long-distance relationship. They tried to see each other two or three times a month and felt that, by putting forth an equal amount of effort, they could make their relationship work.

However, long-distance relationships are never easy, no matter how hard you try. Schroeder advises other couples to "be patient because everything happens for a reason." Having a goal that you want to pursue with your significant other is also important. "We knew we were always going to move in together; we just didn't know where because we are from two totally different places."

"Having complete trust in one another made us worry less about where we were going and who we were seeing," he added.

After dating and living apart for two and a half years, the couple moved in together in a small apartment in Los Angeles. By taking this next step, they discovered that they were

complete opposites, not only competitively but also with food and television. “The way we eat is totally different. I like fried food, and Jeff likes seafood,” Lloyd said of her man.

As for their varying tastes in television, the DVR is a huge help. The adorable pair enjoys watching TV together, even though they like different shows. However, they do share CupidsPulse.com’s love of [The Bachelor](#) and have been hooked since the first episode. “Nobody ends up getting married, but we can’t stop watching,” she said.

Related Link: [The Bachelor 17, Episode 6: Chemistry in Canada](#)

“We think Tierra is so dramatic and we just can’t wait to see what happens,” Schroeder added.

With their relationship going strong, the *Big Brother* couple will be celebrating Valentine’s Day in a really special way. They’re both participating in DietBet, a nationwide dieting challenge where they promised to shed pounds as their gift to each other. Over 367 players are a part of the program, which will end just before the romantic holiday, and vying to win a portion of the \$18,350 pot of prize money; together, the participants have already lost a collective 1,170 pounds. Whoever reaches the goal of dropping four percent of his or her weight will split the pot.

Schroeder and Lloyd believe that DietBet is a great motivator because, with so many people watching and supporting you, you can’t fail. To meet their goals, they often do yoga together. “I thought yoga was just stretching, but it’s totally different. I didn’t know it would help me so much,” he revealed. While he also goes to the gym to lose weight, he inspired his girlfriend to run along the beach to get fit.

To stay healthy, the pair also goes food shopping together. They buy a lot of fruit and like to try new recipes to encourage each other’s healthy eating habits. But if someone brings cheese in the house, all bets are off!

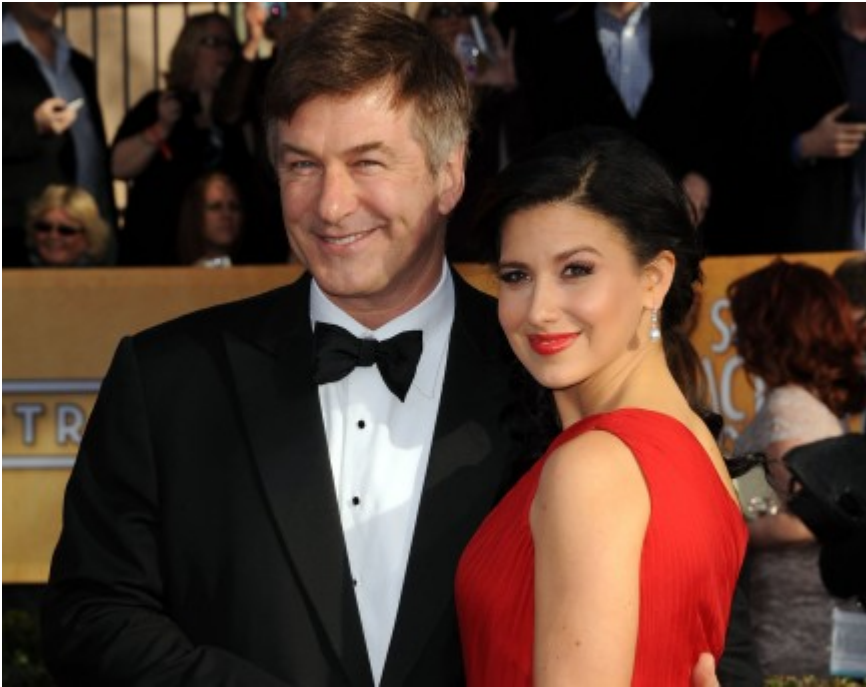
They've both found success with the program, losing around 10 pounds each. They are confident that they are going to win DietBet, and if they do, they will be giving their earnings to charity.

Next up for the active couple? Schroeder will be developing some projects for the summer, while Lloyd plans to return to school to get her cosmetology license. And, of course, they'll be tuning in to see who wins Sean Lowe's heart on *The Bachelor*!

Also follow them on Twitter: @jeffschroeder23 and @BBJordanLloyd.

Demi Lovato Admits She Used to Be 'Afraid of Being Alone'





By Meghan Fitzgerald

Current *X Factor* judge, Demi Lovato has had her fair share of failed relationships. From Wilmer Valderrama to Joe Jonas, she has realized what she has gone through and is trying to make improvements with her life. She insists that it is unhealthy to devote the entirety of one's time to a guy. Lovato talks to [Cosmo UK](#), stating how she is in "A place where I can finally trust and love and be a better person for the man I am in a relationship with, instead of being a clingy girlfriend or getting jealous." As a twenty year-old, she is looking for love. According to [UsMagazine.com](#), Lovato is more than glad with the place she is at in her life.

How do you know if you're in a relationship for the right reasons?

Cupid's Advice:

Relationships are tricky, meeting a new person and letting them into your lives is challenging. Even if you love love, allowing another person to come into your life entirely is hard. Trusting someone else is along the same lines. There are many ways to get into a relationship, to every person it's different. Determining whether you are delving into a

relationship for the right reasons is also challenging. Cupid has some advice:

1. Love at first sight: When you know you are meant to be with another person, it is simple. Seeing each other is the brightest part of your day and you love them more than life itself. Getting into a relationship because you know you'll love that person more than you've ever loved before is a great thing. However, if you are getting into the relationship because you want to be loved, that will not work nor will it be healthy for you.

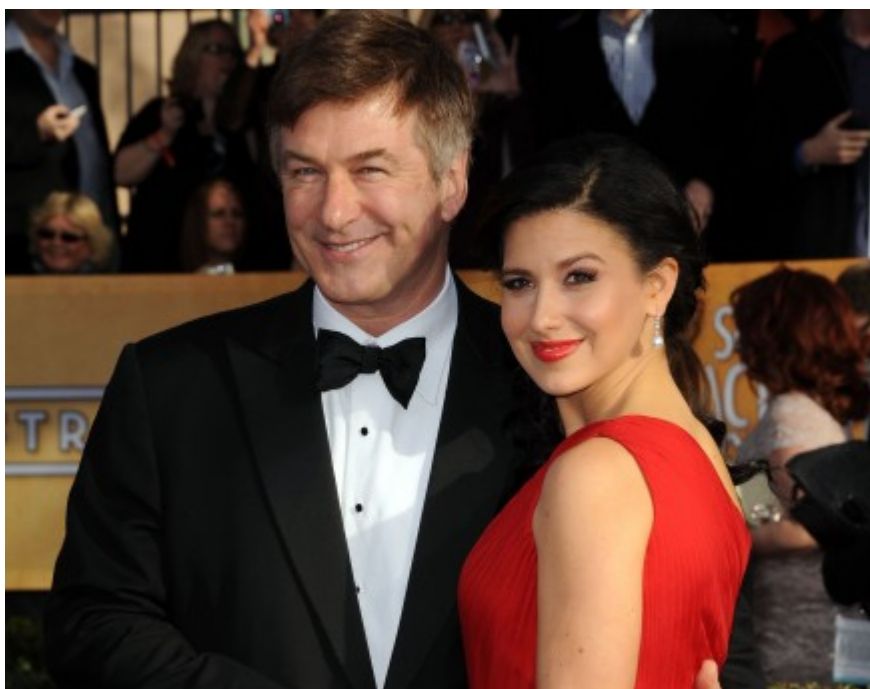
2. Loneliness: Your only guy around has been Ben and Jerry; you want a real man. You are lonely and sad and in need of an companion. Jumping into a relationship to rid yourself of your loneliness is not a good reason to get into it. Of course it isn't fun to be lonely however, you will not help yourself or your beau if you get into a relationship.

3. Rebounding: You were just broken up with from the love of your life, all you want to do is stop being sad. After two weeks of constant despair, you want to jump into a relationship with some new "better" guy. This is possibly the worst idea available. Wait it out, go through the sadness and you will love again.

Are you in a relationship for the right reasons? Explain below!

Kris Humphries Refuses to

Speed Up Divorce for Kim Kardashian's Unplanned Pregnancy



By Andrea Surujnauth

Kim Kardashian recently announced her pregnancy with her boyfriend, Kanye West's, child. Unfortunately, her 72 day marriage to estranged husband, Kris Humphries is still haunting her. Kardashian believes that Humphries is purposely stalling the divorce, according to [People](#). However, Humphries lawyer states "what is really going on here is that an 'urgency' in the form of an apparently unplanned pregnancy" is being used by Kardashian as "an opportunity to gain a litigation advantage (to) prematurely set this matter for trial." Kardashian denies the allegations and instead says that "God brings you things at a time when you least expect it. I'm such a planner and this was just meant to be. What am

I going to? Wait years to get a divorce? I'd love one. It's a process." The divorce has been in the works since October 2011.

What are some ways to keep your child out of your messy divorce?

Cupid's Advice:

Putting a child through a divorce can be heart-wrenching and extremely difficult to do. You tried everything to make your marriage work but came to the realization that the marriage needs to end. You want your divorce but you do not want to hurt your child in the process. How can you go through with a divorce without having your child thrown into the messy situation? Cupid is here to help you figure it out:

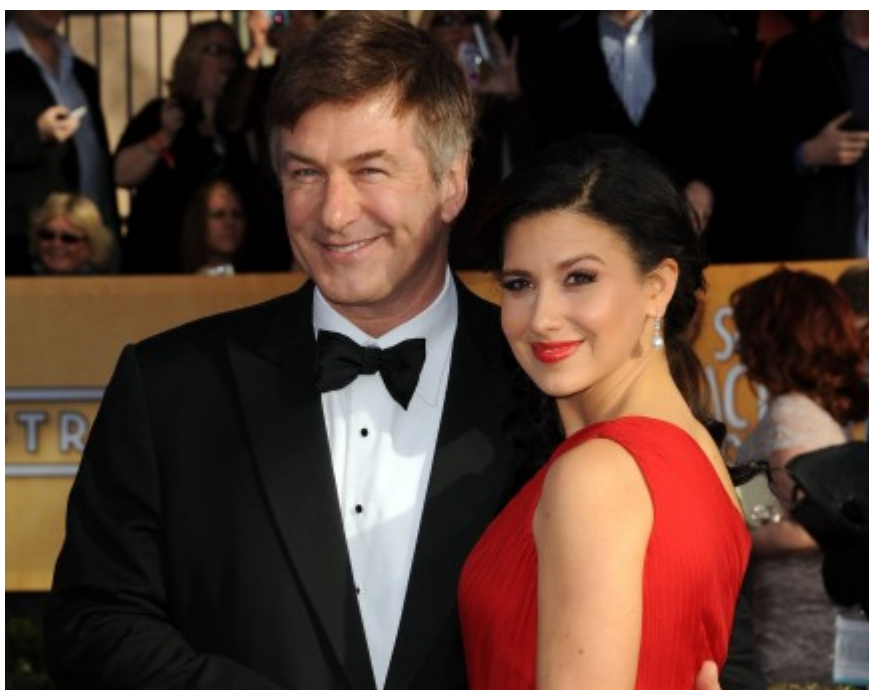
1. No arguing: Do not argue with your ex in front of your child. This will cause your child to feel depressed or even feel obligated to choose sides. Seeing the two of you argue will hurt your child, so don't let it happen.

2. Don't create a messenger: Don't make your child a messenger between the two of you. Keep your child as far away from the problem as possible. Don't ask them to spy on your ex and don't get them involved in your arguments.

3. Communicate: Let your child know that the divorce was not their fault. Make time to talk with your child often and ask them about their feelings. Make sure your child knows that despite the divorce issues his/her feelings still matter and they are still loved.

How would you keep your child out of your messy divorce? Comment below and let us know!

New Couple: Adam Brody and Leighton Meester Are Secretly Dating!



By Andrea Surujnauth

According to UsMagazine.com, Adam Brody and Leighton Meester have been secretly dating for weeks! Brody, who used to play Seth Cohen on WB's *The O.C.*, costarred in *The Oranges* with Meester. A source told *UsMagazine.com* that the two were close and friendly while on set. The source went on to say that the pair have been hanging out quite a bit since then although they managed to stay out of the public eye. Apparently these love birds even went to Bangkok together. Meester, who is best known for portraying Blair Waldorf in *Gossip Girl* previously

dated Aaron Himelstein but the two broke up during the holidays.

What are some reasons to keep your relationship out of the public eye?

Cupid's Advice:

When you're in a relationship you're so happy that you want to yell to everyone that your dating someone amazing. So why do some choose to keep their relationship under wraps? Cupid is here to tell you why staying on the down low may be a good choice...at least at first anyway:

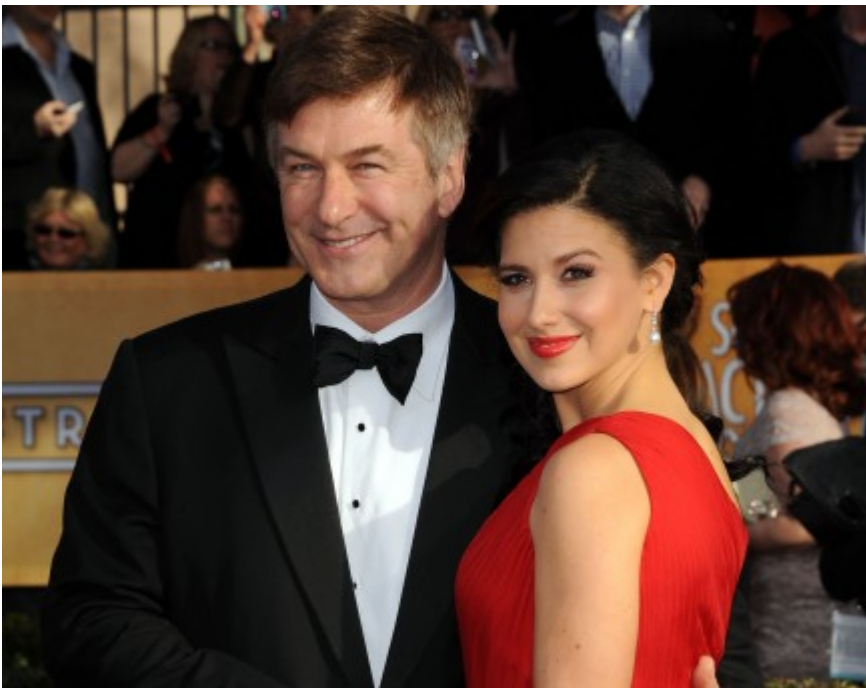
1. Publicity adds pressure: When a relationship is new, it tends to be very delicate. Keeping your relationship under the radar will help avoid strain that being public may bring. Having your relationship out in public is having it open for people to judge every aspect of it. It might be better to make sure that the relationship is strong enough to handle these pressures before letting everyone in on your new found love.

2. Making sure that it will last: You don't want to tell everyone about your relationship and then have it end a month later. It can be very embarrassing and depressing when someone asks you about your relationship a few weeks after you make it public and you are forced to admit that it is over. Keeping things quiet about your relationship at first will give you time to make sure you and your new beau are compatible enough to maintain a long term relationship.

3. Jealousy: Keeping your new relationship under wraps can help avoid jealousy issues from exs or others. Waiting until you get to know your sweetheart better before opening your relationship up to the world will help to avoid issues from jealous outsiders.

What are your reasons for keeping your relationship out of the public eye? Comment below and let us know!

Russell Brand Speaks Out about Ex-Wife Katy Perry Dating John Mayer



By Andrea Surujnauth

Russell Brand and Katy Perry have been divorced for about seven months now and according to UsMagazine.com, Brand says that he has moved on. He was on Howard Stern's Sirius XM radio show on February 4th and Stern got him to open up about his feelings on the divorce. Stern asked Brand how he felt about his ex-wife dating John Mayer. "What do you make of your ex-wife

dating John Mayer?" Stern asked. "Doesn't she know that he's a worse womanizer than you?" Brand jokingly replied, "Worse or better, depending on how you view it." But on a serious note, Brand spoke highly of his ex. He claims he has nothing bad to say about Perry or her new boyfriend, who she has been dating since July 2012. Despite Stern trying to dig a little deeper, Brand continued to claim that his ex-wife was perfect from top to bottom. He also admits that he is single at the moment and although he would love to have a wife and start a family, he is focusing on himself for now.

What do you do if someone you once cared about is dating someone you view as dangerous?

Cupid's Advice:

When you care a great deal about someone, you just want to see them happy. But what if the new person they are dating seems dangerous to you? What should you do? No worries, Cupid is here for you:

1. Voice your opinion: Tell the person that you are concerned about their new relationship, but do not start questioning their relationship or become too nosy. Just let the person know that you have a concern and that you do not want them to get hurt in their new relationship. After voicing your opinion one time, do not bring it up again otherwise this will chase the person away from you.

2. Let them know you're there: Let the person know that you care for them and you will be there for them no matter what. Let them know that you want them to be happy and you will back them up in any situation. This way if they decide to leave their boyfriend/ girlfriend, they will know that they have your shoulder to cry on and they won't be alone.

3. Stay out of it: After voicing your opinion and letting the person know you are there for them, you have to stay out of

their relationship. Do not constantly voice your opinion and do not pick apart their relationship. They are the one that is in the relationship so they are the only one that knows if it is a bad relationship or a good relationship. You can't force them to do anything that they don't want to do. So stay out.

What would you do if you believe that someone you cared about it dating someone dangerous? Comment below and let us know!