

Demi Moore Is 'Jealous and Frustrated' by Ashton Kutcher and Mila Kunis' Relationship



By Jennifer Ross

It can be extremely painful for a woman to tolerate an ex finding a new love; even celebrities are not immune to this sadness. Demi Moore has had a rough year, starting with ex Ashton Kutcher's cheating scandal, leading to their divorce and now – coping with his new love, Mila Kunis. Moore, who will celebrate her 50th birthday this November 11, has been described by a close source as "jealous and frustrated." Also, many sources have reported to [People](#) that friends are worried she hasn't fully recovered. On the other hand, a separate

source maintains that Moore is moving forward and doing well. “...despite the depression of going through a divorce, she came through it.”

What are some ways to cope with your ex's new relationship?

Cupid's Advice:

Your relationship has broken up. You are trying to move on. So far, you are doing a pretty good job. Then, you hear your ex has a new love and the pain feels like you are back to the day after the breakup. Have no worries. Coping with the news can be easier by considering these three tips:

1. Accept the sadness: Unfortunately, the wound is open again no matter how “over it” you believe to be. Feel the pain, again. It's useless and hurtful to your future to ignore it. Realize that it will not last long and will not hurt nearly as bad as the breakup.

2. Find a new hobby: Want to learn how to surf? Or cook? Involve yourself in a new hobby, something you have always wanted to do. By focusing your mind on yourself in a positive manner, you are gaining confidence. This will help to alleviate the sadness much quicker.

3. Support your own relationships: Remember those friendships you had before your ex that slowly disappeared? Rekindle those again. Reach out to old friends and start anew. Also, go out and meet new friends. Thankfully, a partner is not the only form of love and support in this world.

How did you cope with your ex finding a new partner? Tell us below.

Justin Timberlake and Jessica Biel Tie the Knot



By Nicole Weintraub

It's official: Justin Timberlake and Jessica Biel have officially tied the knot, according to [People](#). The ceremony took place this past Friday in southern Italy. Photos and more juicy details will be revealed later in the week, as the majestic couple will surely adorn magazine covers. "The ceremony was beautiful...it's great to be married," revealed the couple who are over the moon with happiness. Though, Timberlake fans everywhere were mourning the loss now that Timberlake is officially off of the market. Mixed emotions regarding the couple's union were all over Twitter mixed with congratulations for the happy couple along with tears over the fact that their favorite boy band member is off the market.

What are some ways to incorporate a surprise element in your wedding?

Cupid's Advice:

Weddings tend to be very structured and scheduled, right down to bathroom breaks. Here are some ways on how to add a little surprise in your wedding to break up the schedule whether you're looking to surprise your partner or the guests themselves:

1. A toast: Rather than having members of the couple's family or members of the bridal party toasting the couple, why not have the couple toasting their guests. A simple thank you and a heartfelt appreciation for those who took the time out to join you on your special day can go a long way.

2. A gift: If you are looking to surprise your significant other, buy them something special and then reveal it to them at the reception on your wedding day. Or, buy your bridal party and groomsmen a present as a token of your gratitude for them putting up with all of the chaotic wedding planning.

3. A step back in time: Playing an old favorite or an ode to the golden days can be a crowd pleaser for everyone – parents and old friends alike. If all of your bridesmaids were Justin Timberlake fan girls, for example, dedicate an old Nsync song to them.

How would you add a little surprise in to your wedding? Share your ideas with us in the comments below.

Emma Stone and Andrew Garfield Attend a Cirque du Soleil Production in Hollywood



By Nicole Weintraub

The Amazing Spider-Man couple on and off screen Andrew Garfield and Emma Stone went to a production of Cirque du Soleil according to [People](#). Once they finished watching the performance, the pair went backstage to meet the cast where they gushed over the spectacular performance. According to a source, the couple has been inspired by the production that sought inspiration from the performance to channel into their next *Spider-Man* film. Garfield and Stone saw the production at

the Dolby Theatre in Hollywood on Tuesday evening where they were joined by Andrew Armstrong who is *Spider-Man's* stunt coordinator.

What are some other productions you can attend as a couple?

Cupid's Advice:

There are tons of productions you and your partner can see as a couple instead of visiting the same old dinner and a movie type of Friday night date. Here are some different types of productions you two can attend.

1. The Broadway Play: Broadway, especially in New York City and California, are fantastic date night ideas. Seeing a play together is a great anniversary outing or a birthday celebration. Rather than dinner and a movie, try dinner and a play out in the city. Some plays include but are not limited to *Rent*, *Les Misérables*, *Hairspray*, *Mamma Mia*, etc.

2. The Circus: A more fun, filled exciting date can be to the circus where there is something for everyone. You can bring the kids or the family members since it is a family friendly entertainment outlet for everyone. There are often various times so that you can either attend earlier in the afternoon or later in the evening.

3. The Murder Mystery: A less common production date idea is a murder mystery dinner in an unconventional dinner and a show type of setting. In an interactive, entertaining setting where you are the guest to a show, a staged crime or murder is executed. As the guests, you mingle with staged actors and work together with other guests to solve the mystery.

What are some productions you would recommend for a couple? Share your ideas with us in the comments below.

Jef Holm Unwinds with Golf Post-Split from Emily Maynard



By Nicole Weintraub

The day after it was publicly known that Jef Holm and fiancée Emily Maynard were calling it quits, Holm was seen out golfing, according to [People](#). “Just what I needed,” Holm announced via his Twitter account on Tuesday – a day after announcing his split from fiancée *Bachelorette* Maynard. His golfing buddy ironically was Arie Luyendyk who was the runner-up on the *Bachelorette*. In response to calling off his engagement with Maynard, he commented that the two remain “great friends” and he hopes to continue his friendship with

her. The duo “tried our hardest to make it work”, but it looks like the two will remain friends for now.

What are some ways to keep yourself busy after a breakup?

Cupid's Pulse

The first few days after a breakup are the hardest from coping with the loss of a valued relationship to dealing with the sudden amount of free time. Here are some ways to busy yourself:

1. Catch up with old friends: When we are in a relationship we tend to replace the time that we would spend with friends with time spent with a partner. Go out for a drink with a few friends or take an old pal to lunch to catch up. Reunite with an old classmate or friend that you lost in touch with.

2. Cross that item off your bucket list: Never had time to take those dance classes? How about that movie you've been dying to see? Go see it and cross it off your to do list! While you have the time, do all of the things you had wanted to do but never got around to do yet.

3. Avoid the computer: Whatever you do avoid the computer including Facebook. Nothing good can come out of seeing your ex and his current whereabouts. Plus, you don't need to log your daily activities on the computer for your ex and his friends to see.

How do you keep yourself busy after a breakup? Share your ideas with us.

Megan Fox and Brian Austin Green Welcome Son Noah Shannon



By Nicole Weintraub

New parents Megan Fox and Brian Austin Green welcomed their son Noah Shannon into the world, according to UsMagazine.com. Born on September 27, the new mother gushed, "We are humbled to have the opportunity to call ourselves the parents of this beautiful soul." The couple has had a quiet few weeks at home, which are a blessing according to Fox. The couple began dating back in 2004 where they met on the set of *Hope & Faith*. The pair split in 2009 after a two-year engagement, but reunited in June of 2010. The two were wed on June 24, 2010 and this is the first child for the couple. Green has one son from a

previous relationship who is now ten years old. The couple expects to have more children, though since Fox confessed, "I've always been maternal."

How can having a child change your relationship?

Cupid's Advice:

Welcoming a new bundle of joy into your family can alter your relationship with your partner. Here are some ways in which having a child would change your relationship:

1. More responsibility: Having a child together adds an immense amount of responsibility to your lives. Now, you are not only responsible for yourselves, but another human being. The two of you will need to be mature and wise in your decisions regarding your child.

2. Deeper connection: The connection that you share with your partner will be deepened automatically by having a child together. Between bonding over parenting, the two of you will be experiencing new concepts and creating new memories together. Be sure to document them with plenty of video and pictures!

3. Fewer date nights: While adding a new addition to your family is a wonderful experience, there is less time for one on one alone time with your partner. There will be fewer date nights and more family activities.

How has having a child changed your relationship? Share your stories with us in the comments below.

Robert Pattinson and Kristen Stewart Cuddle at Hollywood Club



By Jennifer Ross

Saturday night was a memorable night for celebrity watchers in Hollywood. Robert Pattinson and Kristen Stewart were spotted out at Chateau Marmont in Hollywood. The *Twilight* couple was there to celebrate a friend's birthday. Witnesses reported to UsMagazine.com that Pattinson, 26, and Stewart, 22, arrived together and "snuck into the garden from a private side entrance." A low-key event, the reunited love birds were dressed in t-shirts and jeans and "whispering very close and intimately."

How do you know when to forgive and forget your partner's betrayal?

Cupid's Advice:

When a partner betrays your trust, the pain can be debilitating to yourself, along with your relationship. Betrayal acts like scissors, cutting the millions of strands you both worked hard at tying together between your hearts. Nevertheless, there are situations when a couple is able to move past it and reconcile. If you are in one of these relationships, here are a few tips to consider on when to forgive and forget:

1. The relationship is important: When you two and the relationship are more important to each other than the betrayal, it is a sign that reconciling is possible. That is not to say that it will be easy; it won't. However, the importance factor shows you and your partner are on the right path to a possibly stronger union.

2. Actions: Another good sign is when your partner has apologized AND acted on that apology. Is your partner apologizing repeatedly when you need it? Does he hear your pain? Does he answer you so it no longer haunts you? Consistent action is what you'll need to get there.

3. The pain is forgettable: Most importantly, forgiveness is possible when you are not completely consumed by the pain. No matter how much he tries to help you heal, you must be able to let go. Otherwise, you will only create a hell for both of you.

When did you know it was time to forgive and forget your partner's betrayal? Tell us below.

Matthew Fox Says He's Never Hit a Woman, Despite Rumor



By Jennifer Ross

After a difficult year for Matthew Fox and rumors spreading all over the place, he is ready to set the record straight. According to [People](#), in his interview with [Men's Fitness](#), the former *Lost* actor speaks about the false accusation of hitting a woman in Cleveland. "That I beat a woman in Cleveland when in fact I was assaulted by a man and did nothing but retaliate against him? ...I have never hit a woman before. Never have, never will." One thing Fox, 46, does admit to is his DUI this past May and his resulting sentence. "I did my four Sundays of

group informational treatment... I will bet you any amount of money that I will never get behind the wheel of a car after even one drink."

What do you do if your partner begins being abusive?

Cupid's Advice:

Abuse in any relationship begins slowly and comes in all forms besides physical. You can be emotionally, mentally and/or economically abused. Because of this, some victims may not become aware till it's too late. Once you know, you must act. Here are a few things you can do to help yourself:

1. Make the decision: When a victim realizes they are being abused, a tendency may be to ignore it. This will only make your situation worse. Be real with yourself and make the decision to stop being abused. The decision, you can control.

2. Know you can't fix him: Often times, you may believe that your partner abuses you because of something you did wrong. You are not the problem. Therefore, you cannot fix your mate by saying or doing what he says. Only he can change himself.

3. Get help: Regardless of what you have said or done, there really is not a good reason when it's okay for your partner to punish you. When you don't feel strong enough to help yourself, ask for help from someone...anyone. Call a friend, a neighbor, a cop, a hotline. Just call someone.

Have you ever been in an abusive relationship? How did you handle it? Share your story below.

Jennifer Aniston Gets Teary-Eyed Discussing Engagement to Justin Theroux



By Jennifer Ross

Jennifer Aniston's engagement to fiancé Justin Theroux brings her tears of joy, according to [People](#). Last Monday night on E!'s *Chelsea Lately*, the actress, 43, became teary-eyed when Chelsea Handler, host of the show, began to speak of the engagement. "I just got verklempt," Aniston said as she wiped a tear away. Handler went on to say that Aniston and Theroux, 41, are "the greatest couple ever." Then the conversation changed to making fun of Handler imitating Aniston's life. "I just saw my sports doctor backstage...and I haven't seen my yoga teacher since we went to Cabo two years ago," Aniston

states as proof. All in good fun, Aniston thinks it would be nice for Handler to imitate her by also getting engaged. “Any takers?” she asked.

What are some ways to know you're smitten?

Cupid's Advice:

People who are smitten with their partner live in a completely different world than the rest of us. It's easy for them to give the benefit of the doubt in situations. They tend to focus on the positive side, with an assumption of good will. Also, they generally feel a constant sense of enthusiasm or enchantment, expressing passion and feelings of tenderness. Here's how to tell if “smitten” describes you:

1. You talk him up to your friends: If he is meeting your girlfriends for the first time and they already know everything about him, you are crazy about him. Wanting to constantly talk about your new partner to any friend that will listen is a good sign of how well your feelings are for him. You might get teased, but it's worth it.

2. You like doing mundane activities together: Another example is the thought of helping him do his laundry, clean his apartment or go with him to run HIS errands makes you giddy inside. You may be perceived as the most boring couple ever by your friends. Even so, you prefer doing this because you two are together.

3. You can't get over how handsome he is: Have you caught yourself staring at him when he's staring at the TV? Better yet, has he caught you doing that? An obvious clue that you are smitten is the overwhelming urge to stare at his beautiful face. Let's face it – you're hooked.

How you know you were smitten about your partner? Comment below.

Sources Say Russell Crowe and Danielle Spencer Have Split



By Nic Baird

Oscar winner Russell Crowe and musician Danielle Spencer have split after an eight year marriage, according to the [Sydney Morning Herald](#). The relationship blossomed after the two were cast as lovers in the 1990 movie *The Crossing*. The New Zealand-born actor married Spencer in her native Australia April 7, 2003. Spencer is currently in Sydney with their two children, while Crowe is on a N.Y.C. stage with Alan Doyle, Sting, and upcoming *Les Misérables* co-star Emma Watson. Crowe's rep did not respond to [People](#)'s request for comment,

Sunday.

What are some ways to get through a rocky patch in your relationship?

Cupid's Advice:

Getting past the hurdles in a relationship is easy. Every couple has problems, but all it takes is a bit of effort to move on. Before you go wasting your money on therapists and bartenders, check that you're both completely invested in making it work. It only takes a spark to get the fire going again.

1. Clear the air: Don't tiptoe around ongoing issues. Find out what burdens your relationship. Tell your partner what makes you unhappy, and listen to their problems as well. Think about the times when you worked well as a couple, and examine why relations are suddenly different.

2. Compromise: Someone's needs are being neglected in your relationship. Trying to push past a rocky patch means resolving to make the necessary adjustments. Talk with your partner about the needs you both have. Figure out what structural tweaks will keep your twosome blissful.

3. Change: Resolving to improve means nothing without action. As a couple, you move forward together. Half the pair can't be crushed by all the relationship maintenance, while the other shows no interest. Obviously your relationship changed once before when it slid into this rut, now something has to change again. Follow through on the changes you discussed with your partner.

How did you get past a rocky patch in your relationship? Share your experiences below!

Jennifer Aniston Shows Off Engagement Ring on a Date with Justin Theroux



By Nic Baird

Actress Jennifer Aniston wore her enormous engagement ring out for a romantic Saturday night with fiancé Justin Theroux, according to UsMagazine.com. The two had a private table in the garden of Hollywood's Chateau Marmont. The couple chatted and made subtle signs of affections, like Theroux reaching out to touch her hand during the meal. Although the actor-screenwriter proposed to Aniston back in August, the ring

didn't publicly debut until Oct. 6.

What are some ways to make a classic dinner date more romantic?

Cupid's Advice:

The classic dinner date is definitely the generic outing for a new couple, but pack it full of romance, and it won't lose its magic. It's always a great excuse to sit down and talk to your significant other for a couple of hours. Keep these tips in mind, and try new variations to pull off a deeply engaging dinner date:

1. Ambiance: The local, music, and the food create the date. Candles and flowers go a long way obviously, but try changing up the setting. Have a picnic, find some water, or make your own meal at home. Just changing things up adds some fresh romance.

2. Conversation: More important than what you're eating, or where you're eating it, is how you interact with your partner. If dinner is following an activity, you can discuss the heartfelt and funny moments of your date. For a special dinner date, you should make a connection in the conversation. Discuss topics that are special to you, or take the opportunity to learn more about your partner.

3. Appearance: Even if you've both seen each other at your worst, a special dinner date means it's time to spruce up. Dress appropriately for the date, but if you're unsure, always overdress. Putting extra effort into your appearance tells your partner this date is special to you, and shows an endearing vulnerability. You're sending them an intimate message by soliciting their attraction. If you get dolled up for an important event, then make this one of them.

What are some ways you've made your dinner dates more

romantic? Share your experiences below!

‘True Blood’ Star Deborah Ann Woll’s Boyfriend Runs Marathons to Fight Blindness



By Nic Baird

Deborah Ann Woll, who portrays the vampire Jessica Hamby on HBO's *True Blood*, is dating an activist with a degenerative eye disease, according to [People](#). Comedian E.J. Scott is running twelve marathons, hosting stand-up events, auctioning

DVDs and anything else to raise money for the Chrroideremia Research Foundation. He and Woll began their relationship in L.A. through an online dating site, and it continued when he moved to Chicago for improv despite the distance."What he's doing could help thousands of people worldwide," said Dr. Jean Bennet, a scientist studying the disease at the University of Pennsylvania.

How do you give back as a couple?

Cupid's Advice:

It can be frustrating to try channel a sense of misdirected altruism. If you want to give back to the common good, working with your partner can develop your love and your karma. This is a way you can combine meaningful parts of your life in a healthy way. Cupid has some advice:

1. Find your passions: There are so many ways you can contribute through volunteering, fundraising, activism and donations. Discuss your interests and concerns with your partner regarding politics, charities, and your community. This is a great way to learn about each others' views, as well as finding an area of mutual empathy. Pick something that will fulfill both of you.

2. Make plans: Look at your schedules and decide how much time you have to spend on this venture. Do you prefer working at a grassroots level, or with a larger organization? You'll have to make decisions about your commitment and the ways you're able to contribute. Learning about current issues together is a great way to be productive as a couple. It's also a great date idea, so make sure you coordinate.

3. Take action: Get out there and do it. If you decide to get involved, make sure you both bring a professional attitude. Some coordinators might be weary of taking on a couple, but show them you're both ready to work on this mutual interest.

Discuss your experiences afterwards and make sure you give every opportunity your attention. You could have second thoughts about your choice and go back to the drawing board, but first you have to give it a chance.

What are some ways you've given back with your partner? Share your experiences below!

Miley Cyrus Reveals to Jay Leno How Liam Hemsworth Proposed



By Nicole Weintraub

Miley Cyrus finally recently revealed on *Jay Leno* how longtime boyfriend Liam Hemsworth proposed, according to [Extra](#). The *Hunger Games* actor and Cyrus have been dating since they filmed *The Last Song* together. Hemsworth reportedly presented Cyrus with a 3.4-carat rock after she sang his favorite song of hers titled "Lilac Wine" during a free online concert. "He was sitting there and I'm like, 'He's looking at me funny!' And then I knew," gushed the 19-year old. Hemsworth himself was only 22 when he proposed to Cyrus back in May of this year.

What are three ways to enjoy the engagement period before you start planning a wedding?

Cupid's Advice:

Engaged? Next comes the wedding with all of the appointments and decisions and research that has to be done – it can be a nightmare. Though, here are some tips on how to enjoy the engagement before starting the stress of planning a wedding:

- 1. Discuss long-term goals:** Instead of jumping right into wedding talk, which can take up an entire engagement period, hold the reigns on that for now. Instead, why not focus on the future that goes beyond the wedding day. If the two of you have not moved in together yet, focus on that aspect.
- 2. Have an engagement party:** Nothing says enjoyment and relaxation like a celebration. Perhaps a few friends will throw an engagement party for you or if you're the do it yourself person, plan a small one for yourself. Don't go overboard though – that's for the wedding.
- 3. Spend time together:** Engaged couples can become so caught up with wedding and marriage talk that they forget who they are as a couple. Don't become lost in all of the future

aspects of an engagement and be sure to embrace the here and now.

What are some ways that you would enjoy being engaged? Share your stories with us in the comments below.

Prince Harry Reunites with Ex-Girlfriend Cressida Bonas



By Nicole Weintraub

Prince Harry and former girlfriend Cressida Bonas are back together, sources report on [Extra](#). The duo split after Harry's scandal of nude photos in Las Vegas in which he embarrassed

the model. Bonas dumped the royal redhead, but the two have still been in contact with each other. Harry has missed his former girlfriend and revealed that he “wanted things to go back to normal when he returns” from Afghanistan. According to sources, Bonas feels the same way and is looking forward to his return where the two will finally be reunited.

Can you move on, forgive and be happy again with a partner who has cheated?

Cupid's Advice:

You never thought you would be back with him – he lied, cheated and the two of you have long since broken up. But can there be a round two? Cupid has some tips:

1. Forgive, don't forget: We all need to forgive, mostly in order to move on and heal ourselves. If we hold on to a grudge and hold onto anger and resentment, then we are only hurting ourselves in the long run. Though, just because we forgive does not mean that we forget what has been done to us.

2. Think long and hard: Do not jump right in to another relationship, especially with someone who has cheated on you before. Weigh the pros and cons and truly consider whether or not your former beau has changed. Keep in mind the common saying: once a cheater, always a cheater.

3. Take baby steps: Don't rush into anything; take baby steps to see if this is something that you and your partner truly want. Perhaps you have forgiven them, but you cannot trust them. Perhaps you will find you are on two different paths in life.

Would you ever get back with someone who cheated? Share your stories with us.

'Bachelor' Winner Courtney Robertson Makes Out with 'Bachelorette' Runner-Up Arie Luyendyk Jr.



By Nicole Weintraub

Rumor has it that Courtney Robertson shared a smooch with Arie Luyendyk just after ending her engagement to Ben Flajnik a week ago, according to [People](#). Robertson ended her engagement to *Bachelor* star Flajnik who confirmed it on Friday, though no details have been shared regarding the split. Regardless, the

Bachelor winner locked lips with *Bachelorette* runner-up Luyendyk. It seems that Robertson is keeping it within the same franchise. Her former fiancé seemed bewildered regarding the turn of events. Robertson and Luyendyk went out for a dinner date that ended off with a goodnight kiss at the same restaurant that Robertson went to with her former fiancé during her home visit on the television show.

How long after a broken engagement should you wait before kissing someone else?

Cupid's Advice:

It's difficult trying to recover from a broken engagement, but some recover more quickly than others. So what is the appropriate amount of time before moving on to someone new? Cupid has some advice:

1. There is no exact timeline: There is no masterful equation of when the appropriate amount of time is to kiss someone other than your former fiancé/fiancée. Though, there is a courtesy time period. Kissing anyone within two-three weeks is immediate grounds for violation and disrespectful.

2. Respect your former beau: You may be ready to live up your newly singlehood, but your partner may still be reeling from the broken engagement. If you are going out and meeting new people, try not to boast about it to mutual friends, to your former beau directly or on the Internet.

3. Check yourself: Rebounds are not good for anyone – especially you. Make sure that if you do meet a new person that you are interested in them for the right reasons. Move on when you are ready, not when you are lonely.

How long did you wait to move on from a broken engagement? How long would you wait? Let us know!

'Mentalist' Star Owain Yeoman is Engaged



By Nicole Weintraub

Owain Yeoman of *Mentalist* recently proposed to girlfriend Gigi Yallouz, a jewelry designer according to [People](#). The couple began dating earlier this year after introducing themselves at a traffic light in Los Angeles. Yeoman surprised the designer by making his bulldog do all of the work by holding up a sign proposing to her. "It was quite a challenge picking out the ring," the star remarked since his bride to be designs jewelry after all. Though, Yeoman seemed to pick the right one since she accepted his proposal and the two will be married this

coming June in Malibu.

How do you find out what engagement ring your girlfriend would prefer?

Cupid's Pulse:

You're ready to pop the question but there's just one problem – you are completely and utterly clueless as to which ring to get. You don't know the difference between a gemstone and a diamond! Here are some clues on how to find the right ring.

1. Recruit others to the cause: There is no one better to ask for help than your girlfriend's mother, your mother or your girlfriend's best friends. Chances are, your girlfriend has spilled to them over the years what her dream ring will include so don't feel that you're alone in this quest to finding the perfect ring.

2. Be sly: While you're out, walk by a jewelry store and see if anything in particular catches her eye. Look through her jewelry box and take a look at the jewelry she already has to see if there is a common theme between her pieces. For example, if the jewelry looks sort of antique, she will probably want a matching engagement ring.

3. Do your homework: The internet and magazines are your best friends. If necessary, look through the magazines at home so that you are not embarrassed at work or on the go. Though, it will be beneficial in the long run if you at least know what the typical price ranges are and styles.

How would you know which ring is right? Share your stories with us below.

Ben Affleck Discusses Staying in Touch With His Exes



By Nicole Weintraub

Even though Ben Affleck is happily married to wife Jennifer Garner with three beautiful children, he still keeps in touch with his former beaus according to UsMagazine.com. The actor revealed that he still keeps in touch with Jennifer Lopez whom he dated for approximately two years. The two e-mail back and forth to touch base with one another. "I touch base. I respect her. I like her," he explained. Prior to dating Jennifer Lopez, the actor has been linked to Gwyneth Paltrow whom he dated for three years. Though, the one who stole his heart permanently was Jennifer Garner. "She truly is kind. She means no one any harm. She doesn't have ill will for any person," he gushed regarding his wife and the mother of his three

children.

What are some reasons to stay in touch with an ex?

Cupid's Advice:

Friends with exes – it's a controversial topic that varies from person to person. If you are one of those people who want to remain in contact after a split, here are some reasons to back you up:

1. Friends forever: If you were friends before your relationship, you may want to remain friends after your relationship. Just because the two of you did not work out romantically does not mean that the two of you will make horrible friends. Sometimes two people are truly just better off as friends.

2. Connections: You never know whom you are going to come across in the future. You may want to keep in touch and touch base every now and then with an ex to see if they have any networking connections that can help you down the line in your career, especially if the two of you have or currently work together.

3. Formality: It is a small, small world. If you and your ex remain in contact and bump into one another at a function down the road, it will not be as awkward as if you go complete separate ways. You don't have to be best friends, but a simple smile and nod would do.

Why would you keep in touch with a former partner? Share with us!

Taylor Swift Denies 'Kidnapping' Conor Kennedy



By Nicole Weintraub

Taylor Swift recently opened up during a *Rolling Stone* interview in which she assured everyone that she did not kidnap her boyfriend, Conor Kennedy, according to [People](#). Via the internet, there have been rumors circulating that the singer whisked away her boyfriend who is still in high school amidst a private jet. "You can't kidnap a grown man," exclaimed Swift, explaining that stories as such are exactly the reason as to why she does not investigate tabloid and rumor stories. Another story was fabricated claiming that Swift crashed a private Kennedy wedding, stealing her beau but this time from a family function.

What are some ways to keep rumors from affecting your relationship?

Cupid's Advice:

Regardless of how old you are, in a time where lives are publicized, rumors are bound to surface time and time again. Here are some ways on how to keep those rumors from affecting your love life:

1. Fact or fiction: Know the difference between fact and fiction for the benefit of your own relationship. If you hear a rumor regarding your lover, don't look too much into it. Chances are, you would have known about it first if it were true.

2. Let it bounce off of you: Remember the infamous old saying rubber and glue? Just let it bounce right off of you and don't let it get to you. If a particular rumor is keeping you up at night, talk about it with your partner. It's better to set the record straight than to keep thinking what if.

3. Laugh it off: Rumors are rumors – they are childish and honestly a part of everyday life. If someone asks you if such and such is true, laugh it off as if you don't have a care in the world. Others will see your reaction and have similar ones.

How have you kept rumors from affecting your relationship? Share with us in the comments below!

Courtney Robertson Speaks Out

About Split with Ben Flajnik



By Jennifer Ross

The two 'Bachelor' Season 16 lovebirds, Ben Flajnik and Courtney Robertson have finally admitted to calling it quits. Courtney removed her engagement ring, and decided to speak out via Twitter. The Bachelor winner had brief and positive words to say regarding their break up, which Flajnik, 28, confirmed on October 5. "Thank you all so much for the kind words and for believing in us," the model tweeted. Her ex-fiancé also tweeted his thanks as well, saying he is "blessed to have amazing friends/fam." Even before the official split, the two had admitted to wanting to take a break before getting married. They had concerns that they may have been moving too fast due to public pressure. It appears that their instincts were correct.

How do you know when you've done all you can to make a relationship work?

Cupid's Advice:

As odd as it may seem, it is actually possible to find a partner that checks all the boxes on your list but doesn't work in your real-life. Here are some common situations:

1. The Spark Dies: The initial infatuation fades and you notice that the love for your partner doesn't continue to grow. You rationalize your initial feelings. After all, everything looks great on paper. If the attraction was once there, you convince yourself it was real. You try and try but your attempts at love end up empty. Love cannot be forced when it simply doesn't exist.

2. Professional Help Fails: You used to get along with your partner. You both supported one another and did whatever it took to make each other happy. Somewhere along the way, the bickering began, the stubbornness kicked in and the fighting took over. You tried to solve it on your own, you even went to counseling, but it didn't work. You both realized that two people are sometimes better off alone. It takes a strong couple to let go.

3. Damage is too Great to Repair: Throughout the relationship, you both were completely honest with each other-or so you thought. Then, you find out he has been having an affair, doing drugs, or gambling his money away. None of these need to be dealbreakers in the relationship. Perhaps your partner has a problem and needs help. If your partner keeps repeating the same mistakes, that's when it's time to decide if it's better for you to move on to a happier place.

What steps did you take to make your relationship work? Tell us below.

Adele Is 'Thrilled' About Becoming a Mother



By Jennifer Ross

Adele's new single, the James Bond theme "Skyfall," is finally out and hitting the charts; yet, the thing that's most on her mind now is much bigger than her new single. The Grammy-winning singer, 24, is "thrilled" about her upcoming real-life role as mum, a source reports to [People](#). As Adele prepares for her first baby with her boyfriend, Simon Konecki, she has no complaints about staying out of the spotlight for awhile. She has been described as "laying low and nesting." Little baby is expected to arrive sometime this fall.

How do you prepare your relationship for a first child?

Cupid's Advice:

No matter how hard you try, you and your partner can't possibly know what to expect with the birth of your first child. But there are some common pitfalls all couples can be aware of after a baby is born that could help ease the transition to parenthood:

1. Understand biological drives: Men and women respond differently when it comes to transforming into parents. Soon after a woman discovers she's pregnant, her mommy mode kicks straight into protection gear. For men, the daddy mode may not start until after the baby arrives and it usually comes with a blast of last-minute financial panic. Understanding that these feelings are normal and supporting each other through them will help ease the stress.

2. Individual roles: It's vital to agree to each other's role with the baby. Talk about what your parents did when you were a child and how you felt about the way they raised you. Do you want to follow in their path? Are there some key areas that you want to steer away from when you're a mom or dad? Figuring out who does what before the little one arrives will lead to less confusion.

3. Sleep deprivation: In the beginning, the baby will need feedings at all hours. It would be useless if both parents were getting up together at night. This would inevitably transform you both into walking zombies during the day. Instead, divide the feedings into a set schedule that both of you agree to so that at least one of you gets rest each evening.

What steps did you take to prepare your relationship for a first child? Tell us below.

Olivia Wilde Opens Up About Relationship with Jason Sudeikis



By Jennifer Ross

At a recent [Glamour](#) magazine hosted event in NYC, Olivia Wilde gushed to the audience over her new boyfriend, Jason Sudeikis, although she didn't name him directly. When comparing Sudeikis, 37, to the likes of say David Beckham, the *House M.D.* star said she "would drop him [Beckham] off at the pound." This in no way was a jab at Beckham, but rather an example of how smitten she is over her new beau. During her

monologue reading, Wilde spoke about the raw truth on personal matters such as her divorce, her body and her strong feelings for her partner.

How do you know if you're really into someone?

Cupid's Advice:

When you begin to fall in love with someone, it can be one of the best times of your life. Your thoughts wonder to where he is and what he's doing. Your heart beats faster when he first approaches you. His eye contact takes your breath away. Here are a few tips that point to the fact that you might be falling in love:

1. He's Your Go-To Person: If you find yourself in a challenging work situation and immediately text/email your new partner about it, you are probably into him. Having the urge to tell him what's going on throughout your day, moments that can be considered unimportant or urgent, is a sign that you are thinking of him constantly and want to be near him.

2. You Open Up About Your Past: Sharing personal stories about your youth, especially ones about your awkward stages, relays a message that you feel comfortable enough to express your vulnerable side. Vulnerability is not easy for many people to show and is normally reserved for those who you've known a long time or people you trust in your heart. When you start opening up, it is a clear indication that you want more than a temporary partnership with the person you're dating.

3. Your Friends, Family or Co-workers Have Met Him: One of the most obvious signs that you are into someone is when you introduce him to your friends, family or co-workers. This is definitely big! Attempting to incorporate your new relationship into your personal life shows him and yourself that you want him around often and you want others to know he exists.

When did you know you were really into someone? Share your story with us below.

Guy Ritchie Is Engaged to His Pregnant Girlfriend



By Jennifer Ross

The word is out! She said “yes” and Guy Ritchie could not be any happier. Recently confirmed by UsMagazine.com, the British director proposed to his longtime girlfriend, Jacqui Ainsley. Ritchie, 44, and Ainsley, 30, were at a dinner date last Sunday at Madeo Restaurant in L.A., where she showed off both

her baby bump and her round-cut engagement ring. The baby-to-come will be the second child for Ainsley with her fiancé, one which she revealed to the world on the red carpet at the London premiere of the movie, *The Dark Knight Rises*. The happy couple has been dating since 2010. Before Ainsley, Ritchie ended an eight year marriage with Madonna in 2008, and shares two sons with her.

What are some cute ways to propose to your pregnant girlfriend?

Cupid's Advice:

Although proposing to your girlfriend after she is pregnant may be a reversal of traditions, it is still as romantic and exciting as the original way. Depending on which trimester she is in, you may have limitations to the ways you can propose. However, with her being pregnant, you have the unique opportunity to get creative and even try to include your unborn child into the details. Here are a few ideas that are sure to make any proposal a huge success:

1. Written for the stars: If your girlfriend is near the end of her pregnancy, a great way to propose is to take her to the movies. Before you go, have the proposal, along with a picture of you two or the new baby, added to the advertisements shown before a movie. Then sit back, relax and enjoy the show. You can even invite your friends and family and let them be surprised as well. Contact your local cinema for the details.

2. Get the OBGYN involved: If your OBGYN is up for it, ask him/her to help you with the proposal at your next appointment. Have the doctor perform the normal consultation as they usually would. Towards the end of the visit, the doctor could "recommend" another supplement for overall health and well-being of both baby and mom. Watch her surprise as she is handed a prescription that states, "Will you marry him?"

3. A gift for the baby: Since the baby will need lots of things, why start clothes shopping right away. Buy a newborn onesie and have the words, "Will you marry my daddy?" added on it and wrap it nicely. You can give it to your girlfriend either alone over dinner or at a special time with friends and family around. It will be a wonderful proposal she remembers every time your newborn wears the onesie.

When you were pregnant, how did your partner propose to you? Tell us below.

Courtney Robertson Is Spotted Without Engagement Ring





By Jennifer Ross

Nothing spells a breakup any clearer than when a woman takes off her engagement ring, as is the case with *Bachelor* couple Ben Flajnik and his ex-fiancée Courtney Robertson. This Monday, Robertson, 29, was spotted out wearing workout gear minus an engagement ring just a mere few days after Flajnik, 30, had confirmed to [People](#) that the two had split up. As if this was not enough confirmation, Flajnik then posted online, "Welp, another weekend ahead and there is so much going on in San Francisco. I can't even begin to tell you how crazy of a weekend it's going to be." Will Flajnik be the next second-time Bachelor? Stay tuned.

How do you know when to call off your engagement?

Cupid's Advice:

Thankfully, most of us do not have to deal with a breakup while being constantly followed by the media. However, this does not make ending an engagement any easier for you. Before you walk down the aisle, here are a few signs leading towards ending your engagement:

1. Infidelity: Without a doubt, if someone is cheating in your relationship, this is a major sign that the engagement needs to be called off; at the very least, the wedding needs to be postponed. Infidelity is a usually symptom, and not the cause, that someone is not 100 percent on board with a union between two people. Without full commitment from both parties, your future marriage will not last long.

2. Too many missing links: By the time you are engaged, certain fundamental questions should be agreed upon by you and your partner. Where will you two live? How many children will you have? What, if any, religion will the children learn? Who will stay home with them? Not agreeing or compromising to these questions will set your relationship up for future surprises and high risk failure.

3. Instincts are loud: If on the outside everything in your relationship seems perfect but your internal instincts are screaming “run,” feeding it cookies will not do you any good. Never let a perfect, albeit false, image of your love life prevent you and your partner from having true happiness, even if it’s separately. Like all other challenges in life, you will survive a breakup and be stronger for it.

What made you decide to call off your engagement? Share with us below.

Sources Say Rob Pattinson and Kristen Stewart Are a Couple

Again



By Jennifer Ross

The love story of Robert Pattinson and Kristen Stewart – take two! Several sources have confirmed to [People](#) that the Twilight on-and-off-screen couple is back together at last. To recap, the two broke up back in July when Stewart, 22, admitted to having a short affair with her *Snow White and the Huntsman* director, Rupert Sanders, who himself was a very married man. Soon after, Pattinson, 26, put their L.A. home up for sale and moved out. After much time separated, the two decided to meet up in L.A. around September 15 and have been practically inseparable since then. The newly reunited couple has yet to make their formal public debut on the red carpet, which is scheduled to happen while promoting *The Twilight Saga: Breaking Dawn – Part 2* movie at the end of this month.

How do you know when to forgive and forget in a relationship?

Cupid's Advice:

No matter what horrible thing has happened, letting go of the bitterness and anger surrounding it will benefit your love life. It's imperative that you do this, If not for the sake of your relationship, then for your health and peace of mind. The alternative only imprisons you in a cell you create. Understanding these few tips below to will give you strength to let go and lead you towards a better attitude within:

1. Get rid of the resentment: When being interviewed by the *New York Times* in 1998, author Malachy McCourt said, "Resentment is like taking poison and waiting for the other person to die." He could not be any more correct. Holding on to resentment will not only kill your inner self, it definitely stops your relationship from strengthening and growing. Learn to let it go.

2. Look for the lesson: Some spiritual people believe that bad events are a test of our character, a challenging of our inner strength. Whether you believe this or not is up to you. However, when working on forgiving and forgetting your partner, focus on the lesson behind your situation. Something emotionally within you may be hindering your self-growth. Here is a perfect chance to find out what.

3. Purposefully forgetting: Obviously some situations are going to be too difficult to naturally forget. In these instances, look at it from a different perspective. Each time you remember this bad moment, teach yourself to associate it the happy times that came as a result of it. It is not a matter of never forgetting the pain, but a determination of consciously choosing to remember the good.

Were you able to forgive and forget in your relationship? If so, how did you do it? Share your story with us below.

Kristen Bell and Dax Shepard Share Laughs at Lunch



By Nic Baird

Hollywood couple Kristen Bell and Dax Shepard laughed over lunch on Saturday, according to [People](#). The *Hit and Run* costars ate at a Las Vegas burger joint with Bell's parents. Besides their presence on screen, the two also share a similar diet. They're both vegans, and both ordered the house made veggie patty, though Bell went for the side salad and Shepard chose waffle fries to join his lunch. "They were having a great time and were laughing together," an onlooker said.

What are some ways laughing together can benefit your relationship?

Cupid's Advice:

Laughter is the best medicine. If moods are tense, maybe your relationship needs a healthy injection. Of course there are times to laugh, and times when laughter is a bad idea. As long as your partner isn't modelling a new outfit, here are some benefits of laughing in your relationship:

1. Communication: Laughter tells your partner how you feel about different topics. If they mention marriage, and you're the only one laughing, it will definitely communicate something. More often, it simply shows your sense of humour, and allows your partner to find common ground. Laughing together is enjoying the company of your love, so find the things that put them in hysterics.

2. Assessment: Being able to laugh with your partner comes harder if you communicate differently. Laughing together is a connection, and if that never happens it should prompt you to examine your relationship. You might find you have different values, interests, or experiences. It could be you're just a very serious couple. It's not necessarily bad, but how much you laugh together can explain important details about your dynamic.

3. Comfort: Laughter expresses confidence by making yourself vulnerable to your partner. If you're on edge, being able to laugh can relieve tension between your significant other. You're showing approval of your relationship by demonstrating enjoyment, familiarity, and empathy.

What are some silly moments you've shared with your partner? Share your experiences below!