

White Collar Star Matt Bomer Comes Out



White Collar actor,

Matt Bomer, finally came out as gay at the Steve Chase Humanitarian Awards this Saturday. After accepting the New Generation Arts and Activism Award for his work in the fight against HIV/AIDS, the actor made the announcement to the public. "I'd really especially like to thank my beautiful family. Thank you for teaching me what unconditional love is. You will always be my proudest accomplishment," he added, according to UsMagazine.com. Bomer's partner is Simon Hall, who is a Slate PR publicist.

What are the best ways to come clean about your sexuality to friends and family?

Cupid's Advice:

The nuclear family is changing, and more people have the

confidence to come out about their sexual orientation. Cupid has some tips to help you be honest with your friends and family:

1. Friends: Coming out to your friends first will be good practice for when you tell your family. You'll get an assortment of reactions, and you'll be able to identify your true friends. It will be easier to tell your family once you already have a support system behind you.

2. Be ready: If you have gay friends that have already come out, they may pressure you to hurry and do the same. Wait until you're completely ready emotionally and mentally, so that the situation is handled the best it can be.

3. Confidence: Your biggest fear about coming out may be your friend's and family's reactions. If things take a turn for the worst, be patient and give them time to come to terms with the situation.

What advice would you give your friend or family member about coming out? Share your comments below.

Bobby Brown Rushes to Be with Daughter After Whitney Houston's Death





Bobby Brown dropped everything to be by his daughter's side after Whitney Houston's death. Brown, Whitney Houston's ex-husband, canceled a Nashville concert and instead visited his daughter Bobbi Kristina, 18, upon her release from Cedars Sinai Medical Center, reports [People](#). When asked why Brown chose to fly to L.A., his agent said, "[Brown's] love for his daughter and his daughter being in the hospital. He wants to go be with his daughter." Bobbi Kristina was hospitalized after "having a complete breakdown" Saturday night. She has since been cleared medically and released.

How do you help your children cope with a parent's death?

Cupid's Advice:

Though a loved one's death is hard on everyone, the situation is especially tough for a child. Here are a few ways to help your children cope with a parent's death:

- 1. Explain death:** Understanding death is difficult at a young age. If your children are very young, you must find a way to explain it in terms they will understand. This is also a time to share some of your religious beliefs with your child.
- 2. Mourn the loss:** Don't try to put up a strong front for your children. Grief is more easily overcome when you are able to

openly talk about it. Start the healing process by mourning with your children.

3. Ask for help: Don't be afraid to ask for outside help. If coping with your loss while supporting your children is too big of a burden, hire a counselor. Professional help may enable progress when you are unable.

Have you and your children ever had to deal with the death of a loved one? Feel free to leave a comment below.

'The Bachelor' Season 16 Episode 7: Ann and Jesse Csincsak Weigh in on Ben Flajnik's Ladies in Belize





Welcome to Belize.

This week's episode of 'The Bachelor' had quite a few breakdowns. Lindzi gets a Blue Lagoon type date with Ben and they spend their date hunting for food caveman style. They end the date by writing a fairy tale love note, putting it in a bottle and sending it out to sea (cheesy). Nikki has breakdown #1 complaining that she needs a one-on-one with Ben.

Breakdown #2 was in full swing by Courtney after she becomes enraged at her 'boyfriend' for betraying her by giving Emily a date card. Unfortunately for Emily, there was absolutely no on-air chemistry between them although viewers had to witness their disgusting display of tongue action (gross)!

When Courtney receives the final one-on-one date card, she tells the other girls "he listened to me." Noting earlier, that she better get a date card if he "knew what was good for him." On the date, Courtney makes Ben work for her love by telling him that she may have lost a spark. Sweet and lovable Kacie B. gets a rose on the three-on-one shark diving date with Rachel and Nikki but gets our vote for Breakdown #3 when she opens up about her disdain for Courtney. During the rose ceremony, Emily and Rachel are eliminated.

Next week we are off to the hometown dates!

1. Of the four girls left, who do you feel has the most chemistry with Ben when you watch them together on television?

Jesse: Well let's see. Who has gotten naked for him? Courtney. Who rode him naked in the ocean? Courtney. Who plays the "I-don't-know-if-you-can-meet-my-parents" card? Courtney.

Ann: Kacie B by far! The funny thing is, I don't think he even has chemistry with Courtney. They have a lot of sexual chemistry, but not the romantic kind.

2. Who do you feel has the least amount of chemistry with Ben?

Jesse: Nikki.

Ann: Nikki. I actually thought she was going home and Rachel was staying!

3. What if Lindzi said "no" to jumping out of a plane on her date because she was too scared?

Jesse: It would have made their date a lot more interesting.

Ann: I would have pushed her in! Just kidding. I think they would have bullied her into jumping. Don't underestimate the power of the producers to get you to do something uncomfortable if it makes good television.

4. Is she allowed to say, "no?"

Jesse: This is reality TV. There are no rules. The rules are what the producers say they are in that exact moment! If one of the girls wanted to walk up to Chris Harrison and kiss him, they would let it fly if it created ratings.

Ann: Yes, she is allowed to say no, but they would have made it really awkward for her. At this point, the producers are her "friends." I use that word lightly – it would have been like all of your friends making you feel dumb for something.

5. If Ben liked her, wouldn't he still like her even if she didn't do it?

Jesse: If Ben is a *real man*, he knows that women almost never do what you ask them (sorry, honey).

Ann: I think Ben is genuine enough that if she hadn't done it he still would have liked her. Do I think she is going to win the show regardless? NO!

6. Are the stunts they do on the show dangerous or is it just made to look that way (shark diving, helicopter jumping)?

Jesse: People do shark diving every day in places like that and people jump out of planes from 4,000 feet in the sky not 30 feet over the water, totally safe in my book!

Ann: They are all things any tourist could do with enough money. So, they're definitely not that dangerous. The show would be over if anyone died from one of these things.

7. Why does Ben keep saying, "I could see myself spending the rest of my life with (insert the person he just went on a date with)?" Or, "I could be falling in love with this person." We hear this after almost every date. Is this true or a canned response?

Jesse: All those lines are done post show. So after the finale, they make Ben and the winner go back and do voice overs, saying all the lines they need to fill in the show. Those just happen to be the lines that they use!

Ann: If you watch closely, his hair is different in some of these shots and it sounds very generic. They use clips from all throughout the season and paste them together (gotta love editing). Aside from that, one of the main requirements to being the 'Bachelor' or 'Bachelorette' is being able to play ball with the producers. Meaning, they have to say certain things on camera if the producers request it or suggest it.

8. Doesn't Courtney "losing the spark" send a red flag that she may do the same thing in a relationship with Ben once the cameras are off and things get "real?"

Jesse: She got naked and rode him in the ocean, need I say more?

Ann: Yes, Yes and YES! If she weren't such a TV gold mine she would be gone by now. This is the "bad boy" syndrome in reverse. Ben is attracted to her because she plays hard to get.

9. Are you excited to see how Courtney acts among her family and what they have to say about her?

Jesse: Nope. I am pretty sure her parents are just like her – they think they're better than the rest. *Sad, really.*

Ann: No, I am sure her family is a lot like her. If they aren't, THANK GOD! I would love to see her family put her in her place, that would make for good TV, but after her mothers article that came out I doubt that will happen.

10. Were you shocked at the outcome? Emily going home and Nicki and Courtney staying?

Jesse: The only one who I thought would stay was Rachel and that Nikki would go. Courtney will be in the final two. She makes the show; otherwise no one would watch!

Ann: YES! I dramatically gasped outloud. I actually thought Rachel would stay instead of Nikki. Oh well.

J.R. Martinez Prepares His Dog for His Baby



Man's best friend?

Meet Daddy's little girl. Season 13 winner of *Dancing With The Stars*, J.R. Martinez, is preparing his black lab for the arrival of his baby girl in May. The actor and former U.S. Army soldier, told [People](#) that his lab, Romeo, is a loving pup and "totally human". Sounds like J.R. Martinez is going to be a great father.

How do you prepare your pet for the arrival of a new baby?

Cupid's Advice:

For most couples, getting a dog is a great learning experience before having a baby. Therefore, when the time comes to add a new bundle of joy to the family, couples need to prepare their child's future sibling and best friend. Here are some fun ways to get your pet ready for a new baby in the house:

1. Less attention is okay: Pets are just like children, because they need a lot of attention. Try to practice minimizing that attention before the baby comes.

2. Consider a training class: Take care of your pet's urges of possessiveness and mouthing/scratching.

3. Dress rehearsal: Use a doll or ask friends to bring their babies over so your dog can become comfortable around children.

How have you prepared your dog for the arrival of your new baby? Share your comments below.

Bobby Brown is 'Deeply Saddened' by Whitney Houston's Death





Whitney

Houston's ex-husband, Bobby Brown, has finally spoken out about the late singer's tragic death. According to *People*, Brown released a statement saying, "I am deeply saddened at the passing of my ex-wife, Whitney Houston." He also asked for privacy during this difficult time, especially for daughter, Bobbi Kristina. On top of that, he thanked everyone for their heartfelt condolences. Houston's ex was said to have been devastated by her loss when the diva was found dead in a Beverly Hills hotel. After hearing of her death, a tearful Brown proclaimed, "I love you Whitney" while performing with his band, New Edition, in Mississippi.

What are some ways to cope with a partner's passing?

Cupid's Advice:

Aside from the loss of a parent, dealing with a partner or even an ex-partner's passing is one of the hardest things to go through. Here are some ways to cope:

1. Take time to grieve: After the initial shock of losing a partner, it's okay to take a break for a while to deal with your loss.

2. Surround yourself with positive influences: True friends will also be there when you need them to be. Keep them close

during this difficult time.

3. Honor their memory: Keep something to remember your late partner by, and share stories of all the great times you had together.

What other ways can you deal with the death of a lover? Share your thoughts below.

Did Katy Perry Sing About Russell Brand at the Grammy Awards?



Newly single Katy Perry may be using her music as an outlet for her divorce with Russell Brand. A nominee for record of the year, Perry

performed at the Grammy Awards. She came out with “E.T.” and then followed it up with her new song titled “Part of Me.”

According to [People](#), with lyrics like, “You can keep everything.” It sure sounds like the singer was making a reference to Brand.

How can music help you recover after a tough breakup?

Cupid’s Advice:

Sometimes it can be difficult to find ways to get over your ex. Cupid shares some advice about using music as an aid to recovery:

1. Sad love songs: It’s cliché, but true. Listening to sad music can give you the perfect opportunity to cry and let it out, instead of holding it all in. It’s a better outlet than venting too much to those outside the relationship.

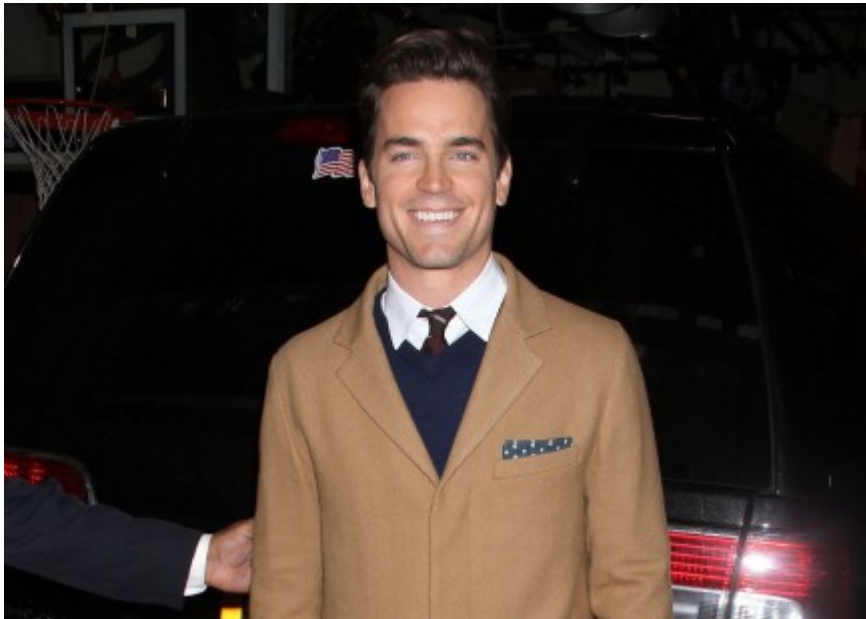
2. Embrace the music: Taking up a new habit, such as learning a new instrument or joining a singing group can be a good outlet. It gives you the ability to concentrate on happier moments and forget the lack of compatibility with your ex.

3. Write it out: You don’t have to be a superstar like Katy Perry to embrace the heartache, and write a song about your ex. It might not hit the charts, but it’ll do the trick.

What are some ways you’ve used music to get over a break up?

Let us know in a comment below.

Katy Perry and Russell Brand Reach Divorce Settlement



According to a filing that took place on Tuesday in the Los Angeles Superior Court, Katy Perry and Russell Brand have come to a “comprehensive written settlement of all issues.” A source tells [People](#) that Brand is not seeking cash from his higher-earning ex. Having not signed a prenuptial agreement, Brand would have been entitled to half of what Perry earned during the marriage. Since the ex couple have no children, the only issue was the distribution of property, which they will settling out of court. Seeing that Perry signed the papers with her usual happy autograph that included a smiley face in her last name, she must have been happy with the settlement.

How do you keep the courts out of your divorce agreement?

Cupid's Advice:

If you conduct yourself well during a divorce and are able to respect and compromise with your ex partner, you can easily settle your divorce out of court. Here are some actions to consider when you want to keep your divorce out of court:

1. Don't try to take it all: Remember that your are spitting your assets. Once you go around trying to have your cake and eat it too, you might need to take your divorce to court.

2. Don't gossip: Emotions run high during a divorce. Engaging in gossip can only make it worse.

3. Stand your ground: If there's something you really want to hold onto such as a piece of property, let your partner know from being beginning.

Do you think you would be able to settle a divorce out of court? Share your thoughts below.

Scarlett Johansson and New Beau Nate Naylor Vacation in Hawaii





Scarlett Johansson is enjoying the last few weeks of winter. The *Iron Man 2* actress, 27, visited a Hawaiian island with beau Nate Naylor, reports [People](#). The couple were seen smooching on an unidentified beach on Friday. Johansson has been dating Naylor, a New York City-based ad executive, for five months.

How do you make the most of a romantic tropical vacation with your partner?

Cupid's Advice:

There are endless ways to make a tropical vacation more romantic. Here are a few suggestions:

- 1. Go hiking:** Take advantage of the local landscape, and go hiking. Many hiking trails even have waterfalls along the way.
- 2. Stargaze:** Tropical islands are famous for their cloudless skies and bright stars. Lay out on the beach or on the balcony of your hotel room and look at the sky with your significant other.
- 3. Visit a private beach:** Though popular beaches are beautiful as well, sometimes private beaches are even more breathtaking. Ask a local or pick up a tourist guide to find

a less-populated beach.

Have you ever visited a tropical locale with your partner?
Feel free to leave a comment below.

Rumor: Is Adam Levine and Anne V's Relationship On the Rocks?



If the reported relationship woes are true, then Adam Levine will have to find someone else to serenade. UsMagazine.com reports that the Maroon 5 frontman and Victoria's Secret model Anne V's relationship may be over after two years. A source says that the duo got into a fight, and she dumped him. The source also said that the reason behind the arguing is that V doesn't

think “he treats her well.” To add to that case, Levine did not have his date with him at the Golden Globes. Despite this, Levine’s rep struck down the rumor as “100 percent not true.”

What do you do if your partner doesn’t treat you well?

Cupid’s Advice:

Nobody should be with someone who treats them unfairly. Cupid has a few tips on what to do if you feel this way:

1. Have a ‘sit down’: You and your partner need to be able to sit down and talk your issues out. The only way to see the relationship work is if you can talk everything out without being over emotional.

2. Stay calm: Blowing up is the last thing you want to do. You’ll end up saying things you regret, and you can’t take those things back. Remain calm and rational if at all possible.

3. Keep your distance: If all else fails, then walk away. This should be the last resort, but in the end you deserve to be happy and with someone who treats you well.

What did you do when your partner started treating you poorly? Share your experiences below.

Scarlett Johansson and Ryan Reynolds Sell their L.A. Home



Scarlett

Johansson and Ryan Reynolds, two of Hollywood's brightest young stars, have put their former Los Angeles, CA, love nest on the market. Shortly after the couple's divorce, they took the next step in their separation and put their amazing 4bed/3bath up for sale. It will be hard for the former couple to say their goodbyes to the house's beautiful views of West Hollywood and the Pacific as well as their exclusive walled garden and outdoor bath. Their move can be a positive step towards closure in their relationship.

Kris Humphries Says He's in a 'Great Place' After Split

from Kim Kardashian



After the world saw their marriage come together and fall apart, Kris Humphries said he's come to terms with his split from Kim Kardashian and is in a better place. The New Jersey Nets forward is focusing on his game on the court rather than the one off, averaging 13.2 points per game and 10.6 rebounds per game this season. "I'm not dating anyone right now. What do they say, my girlfriend is Spalding," he said in an interview with [Access Hollywood](#). "I always tell people basketball is like my therapy. Some people talk to psychologists, I just need to go play basketball; that's it." The Humphries-Kardashian marriage, which aired as a special on E!, lasted 72 days, ended with Kardashian filing for divorce on Oct. 31. Since then, Humphries said his family and religion have been essential to him moving forward. "I'm in a great place," he said.

What are some alternate forms of therapy after a breakup or divorce?

Cupid's Advice:

One can certainly learn a lot from Kris Humphries and his ability to cope with his divorce. Cupid has some pointers:

1. Get physical: Go to the gym and sweat it off. A good workout is one of the most effective ways to help you get your mind distracted and to relax.

2. Career moves: Hey, it worked for Humphries, who's playing his best basketball this season. Take the free time that you would spend with your partner, and put it into your work. You'll be busier, and a greater feeling of self-satisfaction will result.

3. Family: What is family for? Don't be too proud to lean on your family and close friends when a relationship ends. You'll no doubt feel less alone.

What are some other ways to cope after a split? Share your ideas below.

'The Vow' Actor Channing Tatum and Wife Plan on Having Kids





Channing Tatum's next big project may just be starting a family. *The Vow* actor and his wife, actress Jenna Dewan, told *Hollyscoop.com* that they are opting to have kids at some point in the future. "We're married, so it doesn't get any further than that," Tatum said. Although the couple plans to procreate, it won't be anytime soon, given that the two are busy working on other projects. Despite having a demanding schedule, the couple manages to keep their marriage fresh by being creative and communicating. Tatum admits that he loves leaving notes around for his wife to show how much he loves her, while Dewan states they make sure to see each other. "We have a like a two week rule. So we see each other every two weeks...If you want to make it work, you make it work."

How do you know when your relationship is ready for kids?

Cupid's Advice:

"First comes love, then comes marriage, then comes the baby in the baby carriage." That's how the saying goes, but how do you know when it's time to have children? Starting a family is the next big step after tying the knot in your relationship. Cupid has some tips:

1. Enjoy each other first: The first few years of your

marriage should be just about you and your lover. Take romantic vacations to tropical locations, surprise each other with “just because” gifts and go on spontaneous dates and trips. It’s definitely possible to do this with kids, but it may not be as easy.

2. Practice makes perfect: Before having a child, babysit for a family member or a friend to get an idea of what to expect if you haven’t been around kids in a long time. For the animal-loving couple, getting a dog wouldn’t be a bad choice as this can somewhat prepare you for the future as well.

3. You’re both ready: When you communicate to your spouse that you’re ready to have children and they agree, then you can anxiously start planning for offspring.

How did you know you were ready for kids? Share your thoughts below.

Is Zac Efron Dating ‘Mirror Mirror’ Star Lily Collins?





It looks as if Zac Efron may have a new woman in his life. According to [People](#), Lily Collins, 22, the star of the upcoming film *Mirror Mirror*, was spotted having dinner with Efron in Los Angeles at STK on Saturday night. A source says the couple arrived together holding hands. They were there to celebrate one of Efron's friend's birthdays. After having a drink at the bar, they joined the birthday party on the patio. To clear up any confusion about Demi Moore and her daughter Rumer, Efron told [Extra](#), "Me and Rumer have been friends for a long time. I know Demi is going through some personal stuff right now. I just wish her well. I hope she's doing okay."

What are three strong dinner date conversational points?

Cupid's Advice:

Being nervous about a dinner date is perfectly normal. Conversation can be a serious challenge when your nerves have the best of you. Here are some great go-to points to discuss:

1. Education: Discussing your college life can be a great way to get to know someone. Uncovering that your date was a music major may make you 10 times more interested. Sharing his experiences can give you a new outlook, as well as a great way to get to know one another.

2. Work: Knowing what your new man does for a living is a deal changer. However, don't let work steer the entire conversation, as it would get boring very quickly. Bring up how much you enjoy your job as a nurse, but don't give any gruesome emergency rooms horror stories.

3. Hobbies: Talking about what you love to do in your spare time is the number one way to get to know someone. Maybe you both enjoy skiing, or biking. Either way, once you discover what you have in common, your conversation will steer itself in the right direction.

What are your dinner date conversational points? Share your stories below.

Video Exclusive: Food Network's Anne Burrell Gives Valentine's Day Cooking Tips





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Food Network star Anne Burrell knows a thing or two about spurring the fires of romance over the flame of a hot stove.

Cooking has always been revered as a mutual romantic touchstone, and no day is better to exploit this fact than on Valentine's Day. Be it chocolates or spaghetti with a nice bolognese sauce, treating your partner's palette with care can lead to delicious consequences. Anne dishes on how to cook for your partner this Valentine's Day, using the kitchen as an aphrodisiac atmosphere where love can only grow.

For more videos from CupidsPulse.com, check out our YouTube channel.

David Beckham Says Kids Are Competitive Like Him and Victoria





With parents like David and Victoria Beckham, it seems natural to say that Brooklyn, 12, Romeo, 9, and Cruz, 6, have been raised with a competitive spirit built in. “It would be easy for our kids to sit back and not work for anything, but they’re not like that,” David, 36, told [Men’s Health](#). “They’re as competitive as Victoria, 37, and me.” The couple plans to instill the same values into Harper Seven who was born in July 2011, according to [UsMagazine.com](#). “We’re very luck with our boys: They want to win. They want to work at something. They know their values. That’s the way we’ve brought them up so far, and that’s the way we’ll continue to bring them up,” said David. “Family is the most important thing to me.”

How do you teach your kids that being competitive can be a good thing?

Cupid’s Advice:

Instilling values in your children is important, and it has to be done early. Here are some tips on how to teach *healthy* competition:

1. It’s okay to lose: Teaching your child it is okay to lose is extremely important. Raising your child to win and always be right will be a huge disappointment when, someday, they are

not chosen first for kickball at recess.

2. Life isn't fair: Giving your kids everything they want will lead to them a lifetime of attitude. Showing your children that they have to work toward goals and then accomplish them in order to receive a prize is key.

3. Sportsmanship: Knowing how to keep from being a sore loser is just as important as not being an over-the-top winner. Winning is exciting, but children should know it's not okay to rub their glory in their friends' faces.

How did you teach your kids that being competitive is a good thing? Share your stories below.

Find Out What Jennifer Aniston Likes About Justin Theroux





It seems Jennifer Aniston is no longer concerned with her ex-husband Brad Pitt. She's now very happy with her new guy, Justin Theroux. According to [People](#), the actress' relationship with Theroux is "going strong," and she says that she's in a "joyful and peaceful" place in her life. What's their secret to a healthy relationship? Not only do they have a love for acting in common, filming *Wanderlust* together, but they also share a sense of style.

What are some important things you should have in common with your partner?

Cupid's Advice:

Although many say that opposites attract, it's good to have some things in common with your partner, too. Cupid shares some important similarities:

1. Shared interests: You don't have to like everything that your partner likes. However, it's a good idea to like some of the same things. Take a cue from Aniston and Theroux who point to their shared love of acting and fashion.

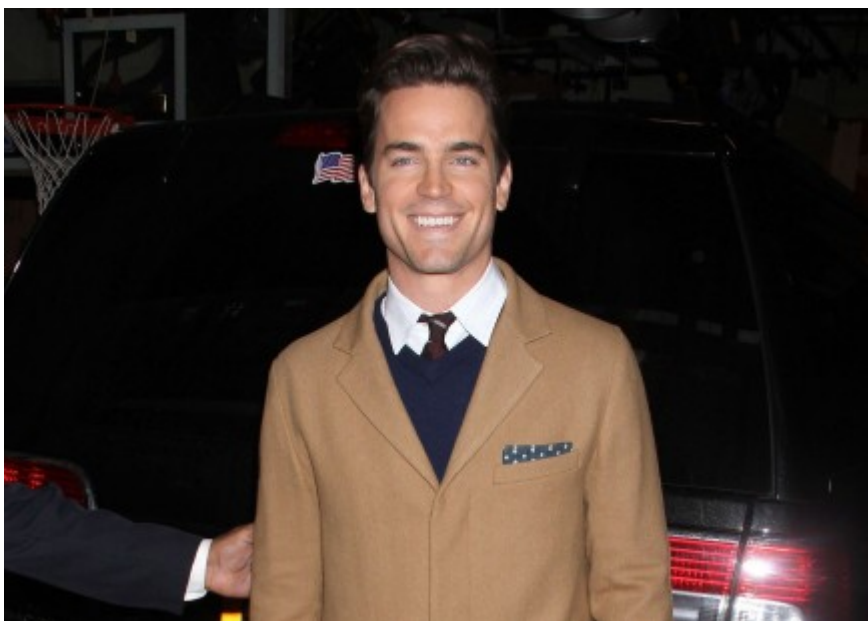
2. Goals: You and your sweetheart should share similar goals. What are your thoughts on marriage and children? Your viewpoints on this question should eventually coincide or

intersect so that your relationship can continue into the future.

3. Opinions: If you or your partner has strong opinions on certain topics, it may be a good idea to have similar thoughts on those subjects. If you don't, you'll need to be able to agree to disagree in order to avoid yearning for the single life.

**What are some things you have in common with your partner?
Share your comments below.**

Robert Downey Jr. and Wife Welcome a Baby Son



Robert Downey Jr. welcomed a son, Extton Elias Downey, into the

world at 7:24am on Tuesday, Feb 7 in LA. Downey's wife, Susan, delivered her son at 7lbs 5oz. "Everyone is healthy and couldn't be happier," a friend said, according to [People](#).

The *Sherlock Holmes* star revealed the sex of the baby on national television back in August, which was unexpected for his wife. "I could never really stay mad at him, but I can tell you it genuinely wasn't something we planned to reveal," Susan later commented. The married couple is thrilled to have given Indio, Downey's 18 year-old son from his previous marriage, a little brother.

What are some reasons to keep the sex of your baby a secret?

Cupid's Advice:

Some people choose to keep the sex of their baby a secret. Cupid has some possible reasons:

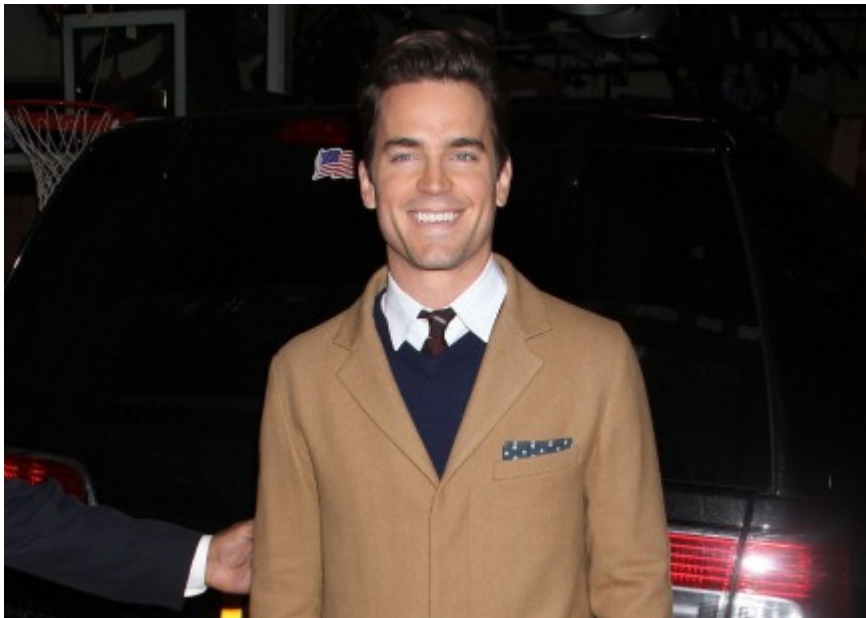
1. Avoiding expectations: The sex of your baby can be accompanied by expectations. You avoid comments like, "Since it's a boy, he's going to be a handful."

2. Avoid the pressure of choosing a baby name: Once everyone knows the sex, everyone will be jumping in to give you ideas for your child-to-be's name. Either that, or they'll be bugging you to find out what you've chosen.

3. Gender neutral gifts: Getting gifts that aren't specifically for one gender or the other is actually a blessing if you plan on having more children in the future. If you end up with all pink baby clothes, you can't hand them down to a future little boy.

**Do you think the sex of the baby should be kept a secret?
Share your opinions below.**

Jennifer Aniston and Justin Theroux Enjoy a Snuggly Dinner Date



[Jennifer Aniston](#) and [boyfriend Justin Theroux](#) went for an early dinner at a restaurant in one of their favorites hotels, L.A's Sunset Tower Hotel. An onlooker claims the couple looked very [happy](#) while they enjoyed their low-key evening in matching leather jackets, according to [UsMagazine.com](#). The two ended their early dinner, and walked out with their arms around each other.

What are some ways to spice up an ordinary dinner date?

Cupid's Advice:

The same [dinner dates](#) all the time can get boring. Here are some ideas on how to make them more interesting:

1. Go restaurant hopping: Try going to more than one restaurant throughout the night for a variety of atmospheres. Have some drinks at your local bar, appetizers in the hip lounge down the street, and your main course at your favorite restaurant.

2. Make it a double date: Bring along your best friend and her date to dinner with you and your [beau](#). There's nothing like having your best friend there to loosen things up.

3. Cook for each other: You and your date each pick something you've never cooked before, and test out your new recipes on each other.

How do you spice up your dinner dates? Share some ideas below.

Sources Say Heidi Klum and Seal Have No Plans to Get Back Together





No serenade can change Heidi Klum's mind. Sources say that Klum does not wish to get back together with Seal, her husband of seven years, according to *HollyScoop*. Though Klum and Seal still wear their wedding rings, a source close to Klum says, "They have zero plans to get back together." Klum is reportedly miffed that Seal "won't shut up" about their separation.

How do you keep from falling back into an unhealthy relationship?

Cupid's Advice:

Though looking back on old relationships can be emotionally trying, it's important to stick to your decisions. Here are a few ways to avoid going back to an ex who's not right for you:

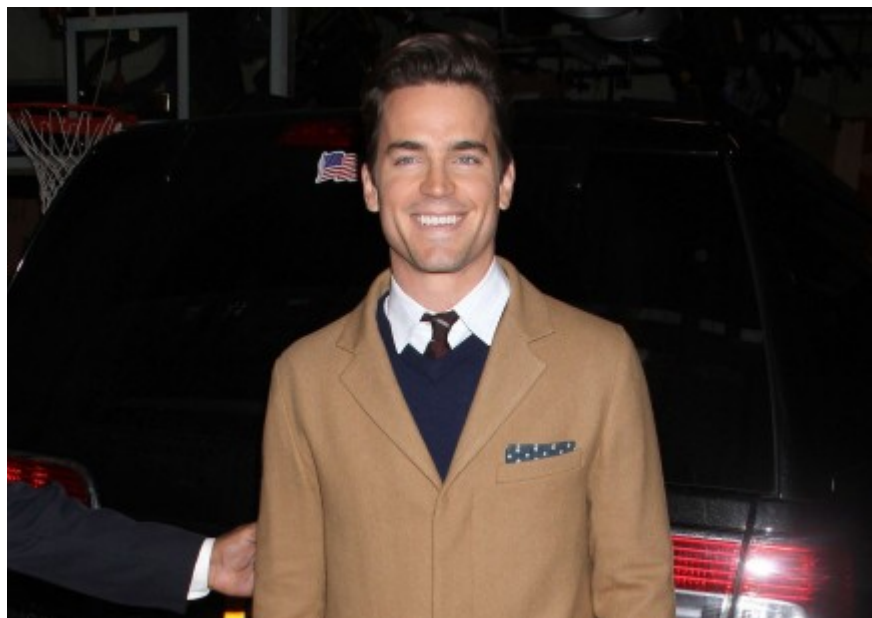
1. Remember your breakup: Though anger fades over time, the reasons behind your breakup are still present. Think back on the mistakes made in your previous relationship and hopefully those thoughts will deter you from reentering the relationship.

2. Stick with your friends: Spending time with friends—people with whom you have a healthy relationship—will help you realize just how imperfect your previous relationship was.

3. Look to the future: Instead of looking back at your relationship, try looking forward to future relationships. Be optimistic and hope for one that's better than the last one.

Have you been in an unhealthy relationship? Feel free to leave a comment below.

'The Bachelor' Contestant Jennifer Says Ben Should Run from Courtney



Although Jennifer Fritsch was eliminated during the rose ceremony last week by *The Bachelor's* Ben Flajnik, she isn't holding it against him. That said, she is rooting for all the final girls but one, and that's front-runner Courtney. Fritsch claims to no

longer be bitter towards Flajnik for his surprising elimination, but says that Courtney is not the girl for him.

She believes the skinny-dipping model is in it for her career, and she doubts that she even has feelings for Flajnik.

In her opinion, Courtney is as bad of a person as she's portrayed to be on the show. In an interview with [People](#), Fritsch said she would advise *The Bachelor* to "run for the hills" when it comes to this contestant.

How do you know when to take your friend's relationship advice seriously?

Cupid's Advice:

Some people have been your friend your entire life, while others act as your friend when they need or want something.

Cupid has some tips to help you recognize a good friend without an ulterior motive:

1. Trust: Relationships provide gossip for everyone, so make sure that you're not spilling your love life problems for everyone to hear, and only take advice from friends who are close to you and know more about your relationship.

2. Motive: If a person whom always seemed to be in love with your partner buddies up with you the minute they hear you're having issues, be skeptical. If they think the best way to resolve your problems is to break up, they may try to snatch up your potential ex when they're vulnerable.

3. History: The best person to take advice from is someone who knows your relationship history. Just because they may tell you something you don't want to hear doesn't mean they're trying to sabotage you. It probably just means they care enough to point out the obvious when you're too blinded to see it.

Who's dating advice have you found the most helpful? Share

your comments below.

Katy Perry Is Caught Flirting With a New Man



Though Katy Perry may not be fully ready to move on from ex-husband Russell Brand, she is getting there. According to UsMagazine.com, the singer was seen at a pre-Super Bowl party where she was seen mingling with many sexy athletes in attendance. She may not be hearing wedding bells again anytime soon, but she's certainly back to her old joking self. "You'll be the first straight man I've had a photo with in a long time, so live up to it," she said to Carolina Panthers quarterback Cam Newton, as they posted for a picture together.

How do you know how long to wait before moving on after a

split?

Cupid's Advice:

It can be difficult to determine when the right time comes for you to move on from your last relationship. Cupid shares some advice:

1. Mental closure: If you think of your ex late at night and are filled with feelings of hate, anger and jealousy, you need some time before attempting to move on and begin a new relationship.

2. You stop thinking about them: When you realize that you've gone more than just days without thinking of them, you're probably ready to begin dating again. You have to be happy by yourself before you can be happy with a new partner.

3. When dating helps: If you're potentially interested in someone and they already help you forget your ex, you may be able to move on with them. However, make sure that whoever you begin dating isn't a rebound.

When did you know it was the right time to move on? Share your stories below.

Julianne Hough Reveals the Secret to Her Relationship with Ryan Seacrest



Julianne Hough does not take her relationship for granted. [People](#) reports that the dancer has a difficult time coordinating schedules with radio personality Ryan Seacrest, her beau of nearly two years. “[Balancing your career and a relationship] is a hard thing to do, especially when you’re so caught up in your work and bettering yourself,” said Hough. “I’m so lucky that I have a great relationship. I’m very blessed and I don’t take anything for granted. I think if you alienate people and just focus on your work then it just becomes lonely and it’s not fun anymore.”

How do you balance your career and relationship?

Cupid's Advice:

Balancing your career and your personal life is tough, but it’s even more difficult when you have to coordinate with your partner. Here are a few ways to balance your career and relationship:

1. Plan a date night: For the extraordinarily busy worker, a

date night is a must. Set aside time at least once a week where your only focus is on your partner. Put away all cell phones and laptops and enjoy the evening together.

2. Include your partner: On nights when you have too much work to go out, invite your partner to help you. Ask for your significant other's insights on your latest project or ask for their help sorting through old emails.

3. Be open with your partner: Don't feel guilty about your career. If you know work will soon be overwhelming, let your partner know that you'll be a little occupied in the coming weeks. Your mate will appreciate your honesty and will help you work around your schedule.

Do you have a difficult time managing your career and a relationship? Feel free to leave a comment below.

'The Bachelor' Season 16, Episode 6: Ann and Jesse Csincsak Weigh in on Awkward Kissing Scene and Serial Nudist Courtney





By [Lori Bizzoco](#) and

Steven Zangrillo

Welcome to Panama. This season of 'The Bachelor' has taken a turn for the... weird. First, we have serial nudist Courtney Robertson who continues to use her body to command Ben's attention. While on the other end of the sexual spectrum, we have prudish-gone-wild Jamie who gives full on kissing instructions to Ben. And, somewhere caught in the middle is Blakely who during the two-on-one date with Rachel, reveals an over-the-top visual board to Ben fantasizing the non-existent romance she was having with him. Jamie and Blakeley were sent packing.

The one-on-one date was with Kacie B., who Ben took to a private island (surprise!). Over the course of the date Kacie divulges that she once had an eating disorder. Opening up to Ben gets her a rose. On the group date, the girls are taken to a tribal village in Panama. The girls all don traditional Panamanian tribal wear – over their bikinis. Courtney, however, decided that beads alone would do the job. Ben didn't look so upset about it. However, Lindzi was the one receiving the rose much to Courtney's dismay.

Speaking of being sent home, it was discovered (although with gray areas) that Casey S. has a love interest of her own at

home-her (ex) boyfriend Michael who refuses to marry her. Ben wasn't too thrilled and Casey is ousted. And, then there were six!

1. What lessons can we learn from watching Kacie B's interaction with Ben?

Jesse: Realness and honesty are key!

Ann: Be natural and be yourself and it will get you a long way. Like I said a few weeks ago, no games and you will go far in a relationship.

2. Do you think Courtney's strategy of being sexual will keep her in the competition or will it eventually be her demise?

Jesse: Demise! Ben will eventually catch on because being sexual only goes so far. Anyone in a long term relationship knows that you can't base a relationship on it or it will crumble.

Ann: Normally, I would say that doesn't work well for women but in this case I think Ben is under some kind of spell and doesn't realize that he's making the classic mistake of falling for the wrong things about a girl. Courtney is getting her 15 minutes and she knows that, she'll come out of this looking dumb with a lot of attention!

3. Next week looks interesting. Any thoughts on what will happen with Courtney?

Jesse: Maybe she gets pushed off a cliff? A guy can hope. Sorry.

Ann: I think 'The Bachelor' is creating drama this year more than ever. Tonight's episode is a perfect example. Lots of girls have feelings for other guys and none get called out and sent home.

4. What did you think about Blakeley's inspiration book?

Jesse: Creepy. You have known him a month.

Ann: The scrapbook was *way* too much! I'm just saying. Talk about too much, too fast. She made a vision book about a life with Ben she didn't have. Scary.

5. Why didn't Ben choose Blakeley over Rachel on the two-on-one?

Jesse: Blakeley is always putting her two girls in his face – *not attractive*. Get to know him and cover up your bits and pieces.

Ann: Blakeley came out of nowhere with these serious feelings and was pushing too hard. Lesson for all girls, push too hard and you become too available with no mystery.

6. Regarding Casey S., do you think it's common that people go on The Bachelor/Bachelorette still in love with their ex?

Jesse: Every guy or girl who has ever come on this show has an ex back home and probably had some sort of feelings for them. So, the fact that the producers just pulled this nonsense out of nowhere is ridiculous. They will exploit anyone and everyone to get drama for this show. It's sad really.

Ann: Yes. I think lots of people go on from all different situations. I think they needed a little drama so they made an example out of this. I think if all those girls were honest on camera they would admit to being there for all different reasons, some including fame (*cough, cough* Courtney).

7. The show felt pretty uneventful until the awkward kissing scene with Jamie took place, we would love to hear your thoughts on that scene.

Jesse: I think Jamie was probably told by producers that if she didn't do something like that, then she was going to be sent home and she fell for it hook line and sinker. I kind of

feel bad for her.

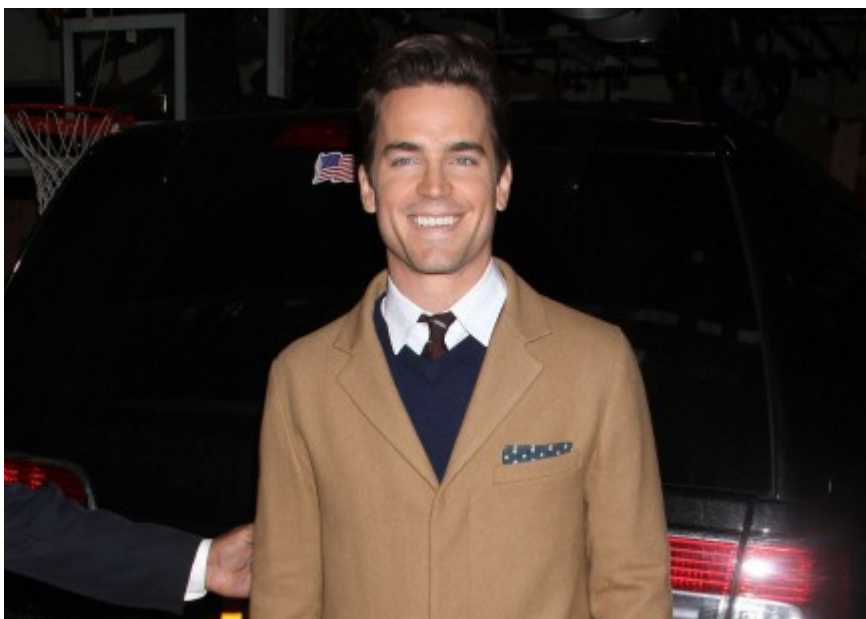
Ann: Horrified! I covered my head cause the awkwardness actually made me uncomfortable. It was like watching someone narrate a sex class.

8. Any predictions for who will go home next week?

Jesse: Nikki. No one even knows who she is.

Ann: Emily! Possibly Nikki. I think Emily was kept here for drama but that seems to be gone so, so will she.

Amanda Seyfried Discusses Remaining Friends With Her Ex



Amanda Seyfried covers the March 2012 [Glamour](#) Magazine and is uncensored when

it comes to dishing on her personal life. The actress, who may star as porn actress Linda Lovelace in the upcoming biopic *Lovelace*, admits that the next guy she commits to may be the one she decides to have kids with, and if not, there's always her ex-boyfriend British actor, Dominic Cooper. "My God, yeah. He was my last real boyfriend. We still joke about having kids, like, 'If it doesn't work out with other people, we might as well just have a child.' And there's a part of that that feels...possible."

What are the advantages to staying friends with your ex?

Cupid's Advice:

Who says you can't be friends after a breakup? Some people may think it's best to forget about your ex, but here are a few benefits to staying on good terms with your old flame:

1. Friends with benefits: Everyone has their wants, but you can't get them from everywhere. Depending on the terms of the split, it may be convenient for you to get what you want from your ex while looking for something new. Be careful not to get confused in the process.

2. Don't burn bridges: If your relationship ended on good terms, try to keep it that way. You never know who you may need in the future to talk to when you could use a quick "cheer-me-up."

3. Patch it up: Maybe your breakup didn't end so well. But, reaching out to your ex may be just what you need to help you move on. Most of the time, when you receive closure from a past relationship, it makes it a lot easier to be cool with your former love.

Are you still friends with your ex? Share your comments below.