

# Taylor Swift: New Song Slamming John Mayer?



With Taylor Swift's upcoming album dropping next week, speculation has begun circulating around one of the tracks, entitled "Dear John."

Does it reflect Swift's once-rumored relationship with crooner John Mayer? [Us Magazine](#) reports that Swift, 20, and Mayer, 13 years her senior, were romantically linked last year when the country crooner collaborated with Mayer on the song "Half of my Heart" for his album, *Battle Studies*. Although Swift refuses to confirm the song is about Mayer, with lyrics like, "You'll add my name to your long list of traitors, Who don't understand, And I'll look back in regret, I ignored what they said, 'Run as fast as you can,'" one can only assume all signs point to the soulful singer and serial dater.

**What are some appropriate ways to deal with anger after a breakup?**

## **Cupid's Advice:**

It's normal to be angry after a breakup. While it may be fun to sit with your girlfriends and plot revenge on the one who broke your heart, think twice before you pull a Carrie Underwood in her "Before He Cheats" days:

**1. All talk and no action:** This may be the one time you should run your mouth with no intention of following through. Take a cue from Taylor Swift and write it out. Her lyrics are her personal way of getting through an emotional time without doing anything outrageous and harmful. The individual in question may end up being a bit embarrassed, but doesn't he deserve that anyway?

**2. Gather your girls:** Release your anger in a positive way. Grab some friends and go out dancing. Part of the friend code means that you'll automatically have someone to lean on. Feel free to vent as you dance out your post-breakup frustrations. Don't worry – your roles will eventually reverse, and your friend will need you for comfort and take-out pizza.

**3. Work it out:** Find a gym that offers a kickboxing class, and let loose! Fill your iPod up with your favorite songs and run your anger right out of your system. Exercise is a great way to filter your emotions and burn off those pizza night calories. Your ex will be sorry once he sees your hot bod, and the look on his face will be the perfect revenge!

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# Katy Perry's Pre-Wedding Excitement



Katy Perry is enjoying her final days as a single woman. Following her performance on Britain's *The X-Factor*, Perry and fiancé Russell Brand talked to judge Simon Cowell backstage. A source tells [Us Magazine](#), "She had so much fun with Simon, and Russell was chatting with him too. Katy was hugging Russell a lot after her performance. She kept asking him, 'Was I OK?' 'Was it OK?', but he was nothing but supportive. He was stroking her bum in her catsuit. He couldn't keep his hands off her, actually." The engaged pair also went to a private screening of *The Social Network* on Monday. On Tuesday, Perry and Brand intend to fly to India for their extravagant 6-day wedding celebration. The few guests, including Rihanna, will stay in "pimped out" tents and are to be flown in on private jets. Despite the extravagance, Brand seemed uneager to talk about the celebration. "I'm trying to preserve it, to keep it

a beautiful thing,” Brand explained. “I think people get the wrong idea on how we want the wedding to play out. Love between two people is the most spectacular yet ordinary thing in the world.”

**What are some things to be careful about before your wedding?**

**Cupid’s Advice:**

The days before your wedding are nerve-wracking, exciting, and unlike anything you have ever experienced. While you should enjoy these last few days to the best of your ability, here are a few things of which to beware:

- 1. Too much talk:** No matter how excited you are, talking about your wedding too much may ruin the big day. By talking about the big day, you raise expectations. Hold disappointment at bay, and keep at least some of your excitement to yourself.
- 2. Stress:** Wedding planning is stressful. You want the best day possible, but by accepting the fact that no wedding is absolutely perfect, you will be able to relax and really enjoy the day without worrying about minor things.
- 3. Too many nerves:** Chances are, before your wedding you are feeling excited and nervous. While it is good to share your nerves, make sure you do so in a healthy way so you don’t give your friends and family the wrong idea.

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# **Seth Green Watches Wife Play**

# Video Games for Hours on End



Newlyweds Seth

Green and Clare Grant have been embracing each other's silly sides since their May 1wedding, reports [People](#). The self-proclaimed geeks spend their time together creating viral videos for Youtube and making each other laugh. This kind of behavior may not come as a shock from a pair who met in a comic book shop. "We might be together a long time before we think about kids," Grant admits, saying she and her husband are focusing on each other right now.**What are some unique activities to do with your partner?**

## Cupid's Advice:

We all know that having one-on-one time with your beau is important. The question is, how do you keep it interesting? Cupid has some special activity suggestions:

**1. Get out:** Are you outdoorsy and adventurous? Try something like rock climbing or sky diving. Find gyms or specialty

stores in your area where you can practice on climbing walls before you attempt the real deal. If jumping out of a plane isn't your thing, perhaps a little white-water rafting is instead. These adrenaline-pumping dates will bring a smile to your faces and a spark to the bedroom.

**2. Movie night:** If you and your partner are more of a cuddle-up-at-home type, designate a night solely for yourselves: no calls, texts or other interruptions allowed. Rent a movie and play some board games, with special rules just for you. Or find a discount theatre in your area and catch a cheap flick.

**3. Wine tasting:** Take something you both are interested in and turn it into a hobby. Are you both self-proclaimed wine junkies? Find a local winery and take a tour together over the weekend. Afterwards, buy a bottle of the vineyard's own and enjoy it later on that evening.

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## Anne Hathaway Talks Trust Troubles





When your ex-boyfriend pleads guilty to 14 counts of money laundering, conspiracy, and wire fraud, what's a girl to do? Years later, after a highly publicized fall out with ex-boyfriend Raffaello Follieri, actress Anne Hathaway has found comedic relief when it comes to talking about past relationships. [People](#) reported that when *Vogue* sat down with the actress, and asked about potential deal-breakers, she wittily replied, "Uh...fraud?"

While Hathaway can laugh, looking back, she can't deny it has left her with trust issues stemming from lies and deceit.

Hathaway is set to star in romantic comedy *Love and Other Drugs*, which hits theaters November 24. She says, "Gosh, I hate talking about the breakup, because I don't want it to define me, but as is to be expected, there were a lot of lingering trust issues, and I think that making a film about trust that required a great deal of trust – well, it was challenging to get there."

**How can you get over trust issues from a past relationship?**

**Cupid's Advice:**

Some past relationships can leave you wondering, "How can I ever trust again?" Here are a few ways to put the past behind you, opening yourself up to new opportunities:

**1. Start with you!** After enduring a relationship that left you with trust issues, it's important to do some soul searching. Before you can even think about starting to trust others, you need to sit down and work through these problems, and learn to trust yourself!

**2. Focus on the present:** While things might not have ended well in the past, don't pass up new opportunities just to prevent yourself from getting hurt again! We've all been there; what's important is that you walk away having learned something. Try to get comfortable with the idea of giving people the benefit of the doubt again.

**3. Talk it out:** If you're thinking about starting a new relationship with someone, make sure you give your new beau a heads up on your issues with trust. Why? Because if you find yourself lashing out, he'll know where it's coming from. Remember he's given you no reason *not* to trust him. Give him the chance to prove himself!

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## Smiling David Arquette Looks 'Relaxed and Cheerful' After Separation







If David Arquette

is hurting after his recent separation from wife Courteney Cox, he certainly isn't showing it. The 39-year-old actor was all smiles at the 2010 Spike TV Scream Awards, his first public appearance since news broke of the split from Cox, 46. [Us Weekly](#) reports that Arquette, who attended the awards show without his wife, looked happy, relaxed and chatted animatedly with his publicist before going into the event. After 11 years of marriage, the couple announced their trial separation earlier this week. The two met in 1996 on the set of *Scream* and married three years later. Their daughter, Coco, is 8. A source close to the couple says they "are by no means interested in giving up. They just need time apart."

**How can you tell if your mate is fake?**

**Cupid's Advice:**

Some people might enter into a relationship for the wrong reasons. But with Cupid's help, you can tell whether or not your mate is for real:

**1. He pays attention:** If he remembers minute details, like what you said a week ago and already forgot about, then he's really into you and is in the relationship for the right reasons. If his eyes seem to glaze over when you talk, you

might want to look into why that's the case.

**2. He respects you:** This means respect in every sense of the word. One example is understanding your need to take it slow. If he tries to round the bases too quickly, then his intentions are only lustful.

**3. He only has eyes for you:** If he's shows no interest in other women, then he thinks you're the one. But if he wants to keep an "open relationship" and date other women, he's not sure yet and may just be faking interest.

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## Christina Aguilera Goes On Vacation After Split





Christina Aguilera

has recently been dealing with divorce papers and drama, all caused by her split from hubby Jordan Bratman. The singer decided to escape the chaos by taking a quick vacation to Hawaii. The *Burlesque* star “...has a packed weekend ahead of her, including yoga, surfing lessons, hikes, lunches, VIP dinners and cocktail parties,” reports [E! Online](#). Sounds like it’s just what she needs!

**After a breakup, where are some good places to get away?**

**Cupid’s Advice:**

When your heart is aching, you may need some space. Some people may recuperate just by having some down time, while others may need a paradise getaway to soothe their spirits. Cupid has some suggestions:

- 1. Suburbs:** Live in a big city? Get some fresh air by stepping outside of your urban environment. The change of scenery will be both relaxing and refreshing.
- 2. Europe:** If you’re one of those people who needs serious space after a split, head to an exotic location. Skip romantic activities in Paris, and spend some time with friends in Greece, or relax on a beach in Italy.

3. **A friend's house:** If you don't have the time or the money to plan a trip, spend some time at a friend's house. You will have a different environment in which to recover and the added bonus of a good friend taking care of you.

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## Jenny McCarthy Tries Honesty With New Guy



After splitting with Jim Carrey, her boyfriend of five years, Jenny McCarthy has found love again. [People](#) reports that the actress is very happy with her new man, Jason Toohey, 35, a Las Vegas-based pirate performer. McCarthy, 37, says she has learned a lot from her previous relationships. "I was a girl who pretended. I would say I liked things when I didn't," she

says. "I knew if I wanted to grow, I needed to make myself happy before I could begin to have an equal relationship with another man." And the most important lesson she learned? Honesty is the best policy. "If he wants Chinese [food] and I don't, I say it," she says. "If he wants to go out and I want to stay in and watch *Dancing with the Stars*, I tell him so... Our relationship is stronger because of the honesty." **How can you have an equal relationship?**

### **Cupid's Advice:**

Aretha Franklin had it right when she sang, "R-E-S-P-E-C-T, find out what it means to me!" In order for a relationship to work, you need to have mutual respect and equality. Cupid has some ideas on how to make sure you and your partner are on equal footing:

**1. Decide together:** If one of you is making decisions for the other person, you're not in an equal relationship. Make sure that you listen to each other's ideas so you can come to mutually beneficial conclusions.

**2. Tell the truth:** Follow Jenny McCarthy's lead and be completely honest and open with your partner. These two things are essential in any healthy relationship. Make sure he doesn't always get his way or vice versa. If you don't want Chinese tonight, tell him!

**3. Money matters:** Financial issues are often the biggest source of relationship inequality. While you don't both have to make the same amount of money, make sure that the relationship doesn't become a financial burden. If it seems like your mate is overextending himself, try to even the score.

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# Kim Kardashian Blames TV for Lack of Love Life



Kim Kardashian's not too happy with sharing the spotlight, but it's not her sisters she's worried about – it's her boyfriends. The reality star is planning on staying single for awhile, and blames the constant camera attention for complicating her love life. Kardashian told [US Magazine](#) that being single “is a lot easier” than trying to “figure out who likes me for really me (and) who wants to be on a show.” The star's ex, Dallas Cowboys' player Miles Austin, reportedly loved the attention he got from Kardashian's show. As she prepares to begin shooting *Kim and Kourtney Take New York*, in which Kim and her sister will open a new boutique in the Big Apple, she looks forward to remaining single. “This was like, for me, the

perfect time to come to New York, because I'm single," she says. "I just felt like I kind of wanted a fresh start."

## **What are some things that get in the way of love?**

### **Cupid's Advice:**

Relationships can be a lot of work, and there tends to be obstacles nearly every couple has to overcome. Cupid has some ideas on how to work around these issues:

**1. Time:** Like most things in life, relationships require a lot of time in order to flourish. While it may be difficult to balance all the aspects of your life, try to take at least 15 minutes a day to show your partner that you care about him or her.

**2. Distance:** Particularly in new relationships, distance can cause some issues. If you're not living together, try to make sure you communicate in some small way daily, even if it's just a text that says "hi" – that way, you'll stay on each others' minds.

**3. Harmony:** Variety can add depth and health to any relationship, but balancing opposing viewpoints or interests can make things tough. Stay open-minded about what your partner likes, believes and wants, but make sure you also stay true to yourself. Make sure to communicate about conflicts when the need arises.

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# **Love Lessons From ABC's 'The**

# Bachelor'



By Erika Vujnovich

While there's no question that *The Bachelor* and *The Bachelorette* are must-watch television shows, statistics show that out of a 19 seasons, only two couples have stayed together, while waiting to see how the latest relationship between bachelorette Ali Fedotowsky and Roberto Martinez ends up. These are programs designed to produce long-lasting marriages, yet we often wonder whether we can call them reality TV or merely fantasy, designed to whet the appetite of women and men everywhere. Season after season, the program dominates the ratings with an average audience of 10 million viewers taking part in a voyeuristic game of watching desperate singles attempt to find true love.

If you're looking for "happily ever after" and contemplating the reality show route, here are a few things to keep in mind:



**1. Get real:** Each season, the contestants are whisked away to some exotic location to fall in love. Viewers watch as the couples travel over the canyons in helicopters, fly through the sky on zip cords or bask in the sun on a tropical island with a breathtaking backdrop. These settings could make even the biggest skeptic feel like they're falling in love. Let's face it, reality isn't always having the luxury to lounge on the beach and sip champagne with your partner, but rather it's realizing how you couple cope with money problems, children and everyday monotonous routines.

**2. Play the field, but keep it simple:** For those of you not familiar with the concept of the show, the series revolves around one man or woman dating 25 singles in the hopes that they will find a partner for life. Throughout the season, the bachelor goes on a series of group dates, two-on-one dates and one-on-one dates. At the end of the journey, two contestants are left standing from which a fiancé is ultimately chosen. According to [Match.com](https://www.match.com), there are several benefits of dating more than one person at the same time, "Multi-dating isn't merely a tactic for doubling your pleasure. Rather, during your hunt for 'The One', it can be a way to achieve romantic wholeness by dating partners with differing interests and personalities." This may be true but you also want to make sure you don't let your emotions get the better of you. Dating several people at one time can stir up feelings leaving you confused.

**3. Don't come across as desperate:** Put 25 singles against each other in a competition to land the perfect mate and you are sure to see some desperation among the contestants. Think about it: they all came on the reality dating show with one sole purpose – to find love and get married (or at least that's what they said). Therefore, it's no surprise that drama always finds its way into the story. When dating, try not to make yourself too available or be the one always initiating contact. This could come across as desperate. Be

confident, attentive and a bit assertive, but most importantly, just be you.

*The next season of "The Bachelor" returns to ABC in January 2011.*

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## Jessica Simpson Declares Her Love



Jessica Simpson is smitten with her longtime beau, football player Eric Johnson. The singer recently told [People](#) of her Thanksgiving plans with Johnson, saying, "...We're all gonna be in New York. I'm gonna be on a [Macy's parade] float. It's not always the best way to spend a Thanksgiving, but it's a great way to celebrate." The couple started dating in May, and their

relationship seems to be getting very serious. “He’s the one for me right now! I’m very happy, I’m in a great place and if right now could last forever, I’d take it.” Simpson says Johnson is extremely supportive. “He went and got a sweater and a bowtie to try to lift my spirits because I [had] been working extremely hard. I laughed my butt off!” she recalls. “I couldn’t ask for a better man in my life right now.” **What are some romantic/unique ways to make your partner laugh?**

### **Cupid’s Advice:**

Whether it be stress, routine, or boredom, a good laugh can solve a good many relationship problems. Here are a few ways to get a laugh:

**1. Sing together:** Try karaoke, or burst into song. The worse your voice is, the funnier you will be. Print out lyrics to an Adam Sandler song, and unleash your vocal prowess! Your neighbors may be in agony, but at least you and your beau will have fun!

**2. Be brave:** Consult Eric Johnson’s play book, and be brave. Grab a funny outfit, and wear it in public. A sweater vest and a bowtie may make others look at you strangely, but your mate will find it hilarious.

**3. Movies:** If you’re the worst comedian on the planet, grab your Blockbuster card. Rent a few funny movies, and spend the night watching them. You and your partner are sure to share a few laughs.

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# Poker Pro Beth Shak on Millionaire Matchmaker



By Victoria

Sullivan

Though the poker table may be an excellent place to meet men, it's no longer just a man's game. Cupid was there in Midtown Manhattan at the Spot at the Table Charity Poker Tournament where Asylum.com teamed up with Poker Pro, Beth Shak, who will soon make an appearance on Bravo's Millionaire Matchmaker.

After discovering poker in 2002, Shak has conquered more than just tournaments. As the card shark, style mogul, and philanthropist told Cupid, "Poker has helped me learn so much about men." She goes on to explain that she's "treated like a women" when she first sits down at the table "but after playing for hours, men tend to forget and start to let their guards down and be themselves." When we asked Shak

about men being intimidated by her she didn't think it was intimidation, she said "men just don't want to lose to a woman."

A key ingredient to playing poker is having the ability to read people. Shak uses her intuition to play the table. As a woman playing in a male-dominant sport, the advantage is that as a woman she thinks differently than they do. This helps her game. When it comes to her love life, it isn't all that different. Shak notes that if any guy claims to be too busy to see her, she's bound to call their bluff. She offers some good advice (women listen up). She notes that men can multi-task. For example, they can use the mens' room, grab a bite to eat and get back to the poker table all within a 15 minute time period. She's got a great point!

After seeing Shak in her element, Cupid is counting down the minutes for her *Millionaire Matchmaker* episode to air. Though Shak didn't give much away, she did issue the following statement exclusively to Cupid: "Millionaire Matchmaker was an amazing experience. I loved Patty. The past two years have been a life transition for me (going through divorce, etc). She helped me see clearly about a few important things in relationships."

Stay tuned for the Season Premiere of Bravo's Millionaire Matchmaker tonight @ 9/8c!

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**Ali Fedotowsky and Roberto**

# Martinez Slow It Down



After finding love on the reality TV hit, *The Bachelorette*, Ali Fedotowsky and Roberto Martinez announced that they planned to elope. Though still head over heels for one another, the happy couple has decided not to tie the knot immediately. As Fedotowsky recently told [People](#), “Nothing has changed – we’re still just as happy as we were when we were finished [with the show]; we were so excited. We were like, ‘Oh, we’re going to get married right away.’ But if you’re rushing because you’re in love, why rush? [Just] wait. You’re going to get married anyway. We’re both sort of enjoying life.” The soon-to-be newlyweds have moved to San Diego together and are considering wedding venues on the west coast. **Why is it important to take things slow?**

## Cupid’s Advice:

Taking things slow or slowing things down doesn’t mean you are

any less in love. Couples who mutually decide to jog to the altar instead of running there are simply doing what they feel is best for them:

**1. Only fools rush in:** Just because you're in love doesn't mean you have to walk down the aisle tomorrow. Take the time to enjoy each other's company and plan your dream wedding. This moment should only happen once.

**2. You know best when the time is right:** Your gut feeling is almost always correct. If the only rationale you have for taking it slow is that making the next move doesn't feel right, trust yourself. There's probably a reason you're internally hesitating.

**3. Love knows no schedule:** Don't let anyone tell you or your partner that it's time to get married or move in together. There are no deadlines when it comes to love.

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## TLC's Sister Wives & Hubby Under Investigation





No matter what your

take is on TLC's reality series *Sister Wives*, there is no doubt that Utah's most famous polygamist family has caught America's full attention. Unfortunately, according to [RadarOnline](#), Kody Brown and his multiple wives have also caught the attention of the feds. Though bigamy is a third-degree felony in Utah, it's rarely investigated. But due to all of the publicity surrounding the show, a full-out police investigation on the Browns is underway. In response to potential legal action, the Brown family issued the following statement: "We are disappointed in the announcement of an investigation, but when we decided to do this show, we knew there would be risks. But for the sake of our family, and most importantly, our kids, we felt it was a risk worth taking."

**What should you do if you love two people at once?**

**Cupid's Advice:**

Cheating is one thing, but what if you really love two people at the same time? Cupid has some things to consider:

**1. Alternative lifestyles:** Whether it's for religious reasons or other moral considerations, there will always be people out there who have alternative love lives. As long as those



people are happy and not hurting anyone around them, there's no reason we shouldn't accept relationships which differ from our own.

**2. Making equal time:** If for some reason you do end up in a consenting relationship with two or more people, the top priority must be to give equal attention to all the parties involved. If one person believes they aren't loved as much as another, it can lead to drama or depression.

**3. Multiple commitments:** If you don't believe in polygamy, but are in love with two people at the same time, it's time to start analyzing each relationship separately. Focus on factors outside of the love. With which mate are you most compatible? Which relationship can truly go the distance?

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## True Blood's Joe Manganiello to Tie the Knot





True love has found

*True Blood* star Joe Manganiello. According to [People](#), the actor proposed to actress/model Audra Marie while on vacation in Italy. But this couple's romance didn't start off easily. "She wouldn't go out with me for six months," Manganiello told [People](#) in September. "We started dating a few months before I got cast [on *True Blood*]." Now the couple are anything but coy, confessing exactly what attracts them to each other. Manganiello says, "She's sweet ... nice. And she makes crazy English breakfasts," while Marie loves Maganiello's "sense of humor, his work ethic and how humble he is with everything that has gone on."

**When does playing hard to get work?**

**Cupid's Advice:**

While honesty is key in a healthy relationship, being a little coy with your emotions in the beginning may be what it takes to get the spark going. Cupid recommends when playing hard to get is a good thing:

**1. Playing the game:** Many people treat dating like a fun game, so not letting on right away can create a pursuit that will make finding out more about you a goal your crush is striving to achieve. Bring on the excitement!

**2. Adding mystery:** By not immediately laying it all out there, you're leaving something to the imagination. Your romantic interest will have to ask you out again to get more info about you, ensuring a second or even third date.

**3. Playing it safe:** While it'll take your potential partner longer to learn more about you, it'll also take you longer to learn about him/her, allowing you to truly get to know the person you could be dating before you get too serious.

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## Christina Aguilera & Jordan Bratman Admit to Separation



*Burlesque's*

Christina Aguilera and husband Jordan Bratman are yet another couple on Hollywood's long split list. After almost five years

of marriage, [E! Online](#) originally confirmed the two had called it quits and were living separately, but were still hoping to work it out for their two-and-a-half-year-old son, Max. Now, however, Aguilera and Bratman have filed for divorce, citing “irreconcilable differences,” according to [TMZ](#). The former couple began dating in 2002 and wed in 2005 with a private ceremony in Napa Valley. The pair announced their separation right on the heels of another celebrated Hollywood couple – Courteney Cox and David Arquette. It seems as if celeb couples are having a rough time this month!

## **Why should you try separation before divorce?**

### **Cupid’s Advice:**

People are so busy juggling their crazy lives these days that they sometimes forget how much time and energy it takes to maintain a healthy relationship. When things in a relationship get bad, it may seem like divorce is the only option. But this decision can be life-altering, it’s better to try separation first:

**1. Take a step back:** Sometimes when you take yourself out of a situation, it’s easier to gain perspective on what’s truly going on in your relationship. You’ll have time to decide whether it’s possible to work things out or whether it’s time to call it quits. It’s best to clear your head, analyze the situation and allow enough time to pass before making any serious decisions.

**2. Define your wants and needs:** Go back to the basics, and make sure your personal goals haven’t changed over time. Do you still want kids? What are your career goals? Where does your partner fit in? Figure out exactly what you want out of life before returning to your mate to make sure he/she wants similar things.

**3. Love or lust:** Do some soul searching and make sure that what you and your partner have is true love. You may have

married too quickly or too young and mistaken lust for love. But if what you have is the real thing, it might be worth figuring out how to work together as husband and wife. Separating for a bit may motivate you to recommit to your marriage together.

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## Daniel Radcliffe Loves the Single Life



Even though Daniel Radcliffe probably has the power to “cast a spell” over any woman he chooses, the *Harry Potter* star has vowed to remain single during his upcoming stint on Broadway. Radcliffe will be returning to the stage in “How to Succeed in Business without Really Trying,” and has told [Dazed and Confused](#)

[magazine](#) that he wants to enjoy being single during the show, particularly because of his tempting cast mates. “I’ve been in relationships from the age of 14, and now I’m single,” said Radcliffe. “I said to a friend the other day, ‘Dude, I’m doing a show with dancers. I’ve got to be single.’” Radcliffe added, “He was like, ‘Don’t sleep with anyone in your own show. That’s a mistake.’ It’s good advice. But I’m not sure I’ll stick to it.”

## **Is there a point when playing the field goes too far?**

### **Cupid’s Advice:**

Like most fun things in life, casual dating and sex are great, but too much of a good thing can be bad for both you and those around you. Cupid has some thoughts on when dating around moves from harmless fun to harmful behavior:

**1. Physically unhealthy:** Carelessness during casual sex could lead to unwanted STDs or pregnancy, but no matter how much protection you use, there’s no way to protect your brain. According to *Hooked: New Science on How Casual Sex Is Affecting Our Children*, sex causes the brain to release dopamine, which can lead to poor decision making. And oxytocin, which makes women feel a sense of trust and connection with their partner, is based on nothing, but the chemicals in their heads.

**2. Mentally unhealthy:** Some people deal with their fear of intimacy by refusing to get close to anyone and dating around instead. This fear stems from deeper problems, and if left unresolved, could escalate and prevent a real relationship from blossoming.

**3. Addiction:** Casual sex could be a mask for a burgeoning sexual addiction. According to PsychCentral.com, “a sex addict will continue to engage in certain sexual behaviors despite facing potential health risks, financial problems, shattered relationships or even arrest.”

But enough with the downsides! Casual sex and dating can be fun, and healthy for you, too – in moderation.

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## Ashton Kutcher and Demi Moore to Renew Vows?



Faithful Twitterer

Ashton Kutcher has once again revealed his predicament in 140 characters or less, reports [E! Online](#). Kutcher, 32, told Twitter followers that he and wife Demi Moore, 47, are traveling to Israel to “[Share] Love & Light while in Israel.” The couple are, “Asking 4 the energy 2 forge bonds with our similarities & find compromise in our differences.” Kutcher and Moore have recently been facing rumors of Kutcher’s infidelity. The couple has been taking to Twitter

to sort out rumors, posting pictures of themselves in bed together, and thank everyone for their anniversary wishes. They are expected to renew their vows while in Israel, effectively squashing all rumors.

**Why is it good to renew your vows?**

**Cupid's Advice:**

There are lots of reasons to renew your vows – and you don't need to be a celeb to do it! Here are some incentives if you and your mate want to relive your vows:

**1. Children:** Your children weren't around the last time you got married. Making fresh commitments will allow for your entire family to take part.

**2. Relationship troubles:** If you and your partner have been having problems in your relationship, renewing your vows may be the answer. Reassurance will make your partnership stronger.

**3. More fun:** Since you got married, you and your partner have earned more money and met more people. Think of vow renewal as a romantic excuse to throw an even bigger ceremony. Invite more people, buy an even more expensive dress and even hire a band to replace the deejay this time around!

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## **Married Brett Favre Accused of Hitting on Second Woman**





Brett Favre may have to worry about getting sacked by more than just linebackers. The quarterback for the Minnesota Vikings has been accused twice in three days of cheating on his wife Deanna Tynes Favre, according to [RadarOnline](#). Earlier this year, sports reporter Jennifer Sterger accused Favre of sending her sexy texts and pictures, but it wasn't until last week that the National Football League began looking into the allegations seriously. Less than 48 hours after the NFL announced its investigation, an unnamed masseuse who worked with Favre when he was part of the New York Jets, accused the quarterback of repeatedly leaving steamy messages on her phone.

**Is it okay to be attracted to someone other than your mate?**

**Cupid's Advice:**

Cupid knows that it's perfectly natural to be attracted to someone other than your mate. Here's some suggestions on how to make sure the attraction doesn't turn into more:

**1. Keep talking:** Open and honest communication is the key to success in any relationship, so knowing how you and your partner feel about attraction to others will keep suspicion and resentment out of the relationship.

**2. Consider the options:** If you were to cheat, what would the benefits and gains be? If you're in a healthy and lasting relationship, the pros of a quick fling should be less than the cons of ruining your relationship.

**3. Check your relationship:** If the positives don't outweigh the negatives, then you should see whether your relationship needs some revamping. It may be time to have a serious heart-to-heart with your partner, or it might just be time to end things.

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## Snooki's New Boyfriend Is a 'Refreshing Change'





*Jersey Shore's*

Nicole “Snooki” Polizzi, who was recently rumored to be starting her own reality dating show, looks like she doesn’t need any help finding a man. [Us Magazine](#) reports that the reality TV star’s new boyfriend, Jionni LaValle, is a “refreshing change,” according to a source. “Jionni is great. He is so quiet and isn’t trying to be in the spotlight.” But apparently Snooki was still nervous about her new beau and looked for approval from her girlfriends. “She wasn’t sure about him at first and kept asking her friends what they thought of him,” says the source. “She was hesitant because he isn’t the typical gorilla.” **How important are the opinions of your friends when it comes to the person you’re dating?**

### **Cupid’s Advice:**

Advice from your family and friends can be very telling. Cupid has some ideas on when you should listen to your friends’ opinions and when it’s okay to follow your own intuition:

**1. Get a new perspective:** Sometimes it’s hard to see a person’s faults when you really like him/her, which is why it’s important to listen to your friends when you’re with

someone new. They have an outside perspective and won't hesitate to tell you if they think your new flame is actually a jerk.

**2. Know your history:** Your friends know about your past relationships and your tendency to date certain types. If they see you gravitating toward the same type of partner (especially if you've had bad luck with that type in the past), they may be able to help steer you in another direction.

**3. Go with your gut:** Your pals don't know everything. While they care about you and want you to be happy, they don't know how you feel or what you want as well as you do. So if your intuition is telling you something's wrong (or right), listen.

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## Surprising Split for Ben Harper and Laura Dern





It's splitsville

for another seemingly happy celebrity couple. [RadarOnline](#) reports that singer Ben Harper and *Jurassic Park* actress Laura Dern have filed for divorce. The pair dated for five years before marrying in 2005 and have two children together. The breakup is especially surprising because it comes three weeks after the Harper-Dern family traveled to Hawaii together to attend the wedding of their close friend, Pearl Jam frontman Eddie Vedder. Vedder and model Jill McCormick married September 18, and Harper and Dern spent a week partying in Honolulu along with other celebrities like Jack Johnson and Sean Penn. The couple's reps had no comment on the split.

**What are some signs that your partner is unhappy in your relationship?**

**Cupid's Advice:**

Some relationships end so abruptly that it leaves you wondering, what happened? Cupid has some tips on how to recognize signs that your partner is unhappy:

**1. He seems distracted:** If he doesn't pay attention to you when you talk or seems distant on dates, he may be thinking about ending it. Not fully engaging shows that he's not content in the relationship anymore.

**2. He cancels plans:** If he suddenly opts out of that cruise in the Bahamas you had been planning forever, he's not ready to take that next step with you. If he doesn't want to move forward, he's not happy with where the relationship is going.

**3. He starts fights:** Some people have a hard time showing emotion, and men often express their sadness or frustration through anger. If it seems like you're constantly bickering, he might be trying to show you that he's lost that loving feeling.

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## Rumer Willis Moves On With New 'Glee' Beau





Rumer Willis and

beau Micah Alberti have officially parted ways, reports [People](#), but it doesn't seem to be keeping Willis down! Demi Moore's famed daughter was spotted with new *Glee* cast member, Chord Overstreet. The duo was seen in Beverly Hills at the Night Vision presents an Evening Affair with Seth Macfarlane party holding hands and sharing kisses. The two were first spotted last week acting flirty in Las Vegas partying with Overstreet's *Glee* co-star, Mark Salling.

**What are a few things you can do before jumping back into a relationship?**

### **Cupid's Advice:**

Being in a relationship can be amazing. Always having someone who is a phone call away can be hard to let go of when a relationship ends. But if you are continuously jumping into a new relationship, you may be avoiding the one relationship that may need the most work: the one with yourself:

**1. Take a break:** If you find that you are spending most of your time partnered up, take some time off. Going to a movie and out to eat alone can be peaceful and rewarding. Plus, you won't feel pressured to order the lighter option on the menu.

**2. Learn from your mistakes:** Acknowledge what wasn't working in your last relationship in order to prevent the same things from happening in your next one. Couldn't stand your old smoker boyfriend? Make sure your next one is tobacco-free. If something didn't work work in the past, it won't work in the future.

**3. Write it out:** Sit down and make a list of all the qualities you want in a partner, as well as a list of "deal-breakers." Don't settle but be realistic. There is no such thing as the "perfect man." Keep the list in a place you'll see it, and be patient. It's often when you're not looking that you'll find someone worthy of your time.

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## Courtney Cox & David Arquette Split







After years of

irreconcilable differences, Hollywood couple Courteney Cox and David Arquette have announced their official separation. The two have been married for 11 years. Ironically, this romance began when they met on the set of *Scream* in 1996. They now have a six-year-old daughter named Coco, whom they both adore.

As Cox and Arquette recently told [People](#), “The reason for this separation is to better understand ourselves and the qualities we need in a partner and for our marriage. We remain best friends and responsible parents to our daughter and we still love each other deeply. As we go through this process we are determined to use kindness and understanding to get through this together.” Though this separation may appear drama-free, it seems the marriage was not. The media has reported repeated arguments in the past.

**How can you put an end to the “same old fights” in your relationship?**

**Cupid’s Advice:**

Irreconcilable differences are the number one cause of breakups and divorces. No matter how big or small these issues are, many couples tend to have the same fight over and over. In order for a relationship to grow, these ongoing

issues need to be worked out:

**1. Seek the advice of a third party:** Sometimes all you need is the counsel of a completely uninvolved third party to help you and your partner come to a compromise. This can be, but doesn't have to be, a marriage counselor; however, a mutual friend could also do the trick.

**2. Recognize the problem:** As soon as the "same old fight" begins, look for the redundancies. Write down the problem. Sometimes it's better to see it on paper. This can be the first step to working things out.

**3. Reevaluate the relationship:** If after countless tries to work out your issues you are not any closer to finding a solution, then perhaps you're not right for one another. It may be a hard thing to face, but it could be time to move on.

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## 'Brothers & Sisters' Star Dave Annable Marries Odette Yustman





Love seems to be

enough for *Brothers & Sisters* star Dave Annable and his actress bride, Odette Yustman. The couple, who got engaged over Valentine's Day weekend at the place they fell in love, officially carried their fairytale romance down the aisle last weekend and started their life together as husband and wife, reports [Us Weekly](#). With 215 family members and friends taking in the spectacle, Yustman walked toward her husband to the song, "All You Need is Love" by the Beatles. **Is love enough in a relationship?**

### **Cupid's Advice:**

Dave Annable and Odette Yustman seem to believe in the age-old mantra that "love is all it takes," but it's not always so straight forward. Cupid thinks that there are some other factors you should consider before committing to a partner:

**1. Morals and values:** Sometimes moral differences severely hurt a relationship. Decide which of your values are set in stone before you get too involved with a mate. It's not good to commit yourself to someone if your morals vary too much.

**2. Family:** If you want to have children and your partner isn't as keen on the idea, you may want to rethink the relationship. If there's no compromising about the situation, it will end

up being a huge problem – love, or not.

**3. Finances:** Money is always a touchy subject, especially within a relationship. One partner may have a much higher standard of living than the other, which could pose issues in the future. It's best to get financial discussions out of the way in the beginning.

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## Kelsey Grammer's Girlfriend Miscarries



After six weeks of mourning, Kelsey Grammer and girlfriend Kayte Walsh opened up to [People](#) over the weekend regarding the tragic loss of their

unborn child. " We would like to thank all of those who expressed kindness and concern, but we needed a little time to heal, time to find some solace before we publicly acknowledged our loss," the couple explained.

## **What are ways to support each other after a miscarriage?**

### **Cupid's Advice:**

A miscarriage can often be one of the most heartbreaking things a couple must endure together. When dealing with this type of tragedy, it's essential that you support each other.

Cupid has some advice on how to stay strong together:

**1. Be open:** In light of such a tragic event, it's often tempting to retreat into solitude in order to grieve. Don't forget that you have a counterpart experiencing the same grief that you are, and it will help the both of you to be open with each other about it.

**2. Get away:** If you don't feel ready to deal with the world after your loss, it's okay to take some time away from it all.

Escape somewhere and try to cope with how you're feeling before jumping back into the bustle of your daily routine.

**3. Remember:** Find a way to cherish memories of the child that you lost. Trying to forget about what happened can often times bury feelings that will eventually surface later. Start a journal, or hold a memorial service in your child's honor.

Though it can't heal all the wounds, these things can help bring a sense of closure to you and your partner.