

# Celebrity Exes Demi Lovato & Wilmer Valderrama Haven't Ruled Out Reconciliation



By [Karley Kemble](#)

Demi Lovato has always been vocal about her feelings toward her ex boyfriend Wilmer Valderrama. The [celebrity exes](#) previously dated for six years before their celebrity break-up in 2016. However, the pair made [celebrity news](#) a couple days ago, after they were spotted grabbing lunch together. Now, a source close to the former couple tells [People.com](#) that there is a chance they could become exclusive again. For now, though, the source says Valderrama and Lovato are “extremely close friends” though “there’s always potential they could give a romantic relationship another try.” Guess it is possible to be friends with an ex, after all!

**These celebrity exes are on good terms, and may end up back together. What are some reasons getting back together may actually work out?**

## Cupid's Advice:

Regardless what others may say, getting back with an ex is not always a bad idea. Sometimes time apart is what's needed to grow stronger. Cupid weighs in:

**1. It's all on the table:** If you're thinking about getting

back together with an ex, the most important thing you must do is talk with each other. If there is any unfinished business or unresolved resentment, you must lay it all on the line. Once all the feelings are accounted for, be sure to set clear guidelines before jumping back in.

**Related Link:** [Celebrity Exes Demi Lovato & Wilmer Valderrama Reunite for Lunch Date](#)

**2. You've forgiven:** Forgiveness isn't easy, but it is possible! Contrary to popular belief, forgiveness does not weaken your character: it shows you have the strength to accept the past, look beyond the mistakes, and move on. If you have come to terms with an ex who may have hurt you, but genuinely want to give them another chance, that shows a maturity toward both parties involved.

**Related Link:** [Celebrity News: Demi Lovato Has Dating Advice For Fans](#)

**3. You're both in better headspaces:** Break-ups usually happen because two people are unable to be on the same page. The time spent as a single person is pivotal in personal development. If you and your ex have given each other enough time and space apart, allowing each other to grow, then getting back together might be worth a shot. Though you already know each other, and the relationship is by no means "new," it is exciting to begin a new chapter and get to know each other's newfound headspaces.

**Have you gotten back together with an ex? We want to hear about it: share your comments below.**

---

# Celebrity News: 'The Bachelor' Star Bekah Martinez Says She's More Ready for Marriage Than Arie



By [Karley Kemble](#)

Bekah Martinez is one of the most talked about contestants on this season of [The Bachelor](#), not because she caused drama, but because of her age! Though she just turned 23, this season's Bachelor, Arie Luyendyk, Jr., is 36, and he (along with many women on the show) felt Martinez was not ready to settle down. However, in the [latest celebrity news](#), Martinez claims Luyendyk Jr. is the one who's not ready for marriage. In a recent interview with *Entertainment Tonight*, the reality TV star stated, "I think I'm more ready for marriage than Arie is, quite honestly. I don't think Arie knows what he wants, and I don't think he's serious about being with one person for the rest of his life," reports [UsMagazine.com](#). Though she was mum about why she felt that way, Martinez assured all our questions will be answered during next week's finale. Sounds juicy!

**In celebrity news, Bekah M. was accused of not being ready for marriage on *The Bachelor*. How do you know if you're ready for**

# marriage?

## Cupid's Advice:

Age and marriage don't always coincide. When you're ready for marriage and to settle down, you'll know. Check out these tips from Cupid:

**1. You're ready to commit:** Marriage should be a natural progression in your relationship. In fact, it's better to begin any relationship with marriage on the back burner. Instead of pursuing a relationship with marriage on your mind, focus on being present in the now. As time passes and your love grows, the progression and desire to take the next step will be a fluid change

**Related Link:** [Celebrity News: Arie Tells Two Women He Loves Them Ahead of 'The Bachelor' Finale](#)

**2. You aren't trying to fix or save them:** All too often, people enter relationships and try to be the heroic figure. In these situations, the underlying thought is that the flaws or challenges the partner is facing will be fixed over time with careful guidance from the other partner. This is never a good idea, as it ultimately is romanticizing challenges and causes you to think things will work out eventually. It's better to find a partner that you see eye-to-eye with, and to keep your mind and heart in-sync with each other.

**Related Link:** [Celebrity News: Jenny McCarthy Says 'Bachelor' Arie Luyendyk Jr. Is a 'Snooze Fest'](#)

**3. You know it won't be easy:** The honeymoon phase of your relationship will come to an end, and finding romance will not always be a walk in the park. You and your partner will certainly have your fair share of struggles to keep the romance alive. If you are accepting of this, and feel ready to face the challenges that will arise, that is a good sign.

Always be sure to grow together, because the only other option is growing apart.

How did you know you were ready for marriage? Share in the comments below!

---

# Celebrity Break-Up: Alicia Silverstone & Husband Christopher Jarecki Split After 20 Years



 By [Carly Horowitz](#)

Actress Alicia Silverstone and singer Christopher Jarecki have split after 20 years of [celebrity marriage](#), according to [EOnline.com](#). This [celebrity break-up](#) is being handled in a very mature manner. Silverstone and Jarecki plan to co-parent their 6-year-old son Bear Blue Jarecki. Silverstone's rep said that this former [celebrity couple](#) still has love and respect for each other. Best of luck to the two in the future!

**This long-time pair are calling it quits with a celebrity break-up. What are some solid reasons to separate after a long-term**

# relationship?

## Cupid's Advice:

Even if you have been with someone for a long time, sometimes you realize that you may be better off as friends. It can take a lot of time to truly get to know someone. It is not a waste if you realize that the person you have been with for so long is actually not the one for you. Cherish the moments that you did get to share together and be thankful for that wonderful time. Here are some common reasons that a pair may separate after being together for a long time:

**1. Not enough in common:** It takes time, and living together, to really realize how well you and your partner fit together. Sometimes it even takes raising a child together to actually find out that your relationship isn't the best suited. At first, you may have just been so in love that you did not realize the gaps in your relationship.

**Related Link:** [Celebrity Break-Up: Jennifer Aniston & Justin Theroux Announce Separation](#)

**2. It's just not there anymore:** As sad as it is to say, sometimes people can fall out of love. That's not a bad thing though. Life happens and maybe you go through experiences that change you and make you realize some stuff that you weren't able to see before. Accept this realization and look forward to being just companions with your ex-partner.

**Related Link:** [Celebrity Break-Up: Sarah Silverman Announces Split from Michael Sheen On His Birthday](#)

**3. Lack of experience being alone:** If you have been with someone for a long time, you may come to fathom that you don't know your true self anymore. It is easy to lose yourself in another person if you were not completely aware of your true

being before the relationship started. It's not selfish to take the time to really get in touch with yourself outside of your long-term relationship.

What are some other reasons to end a long-term relationship? Comment below!

---

## Celebrity News: Arie Tells Two Women He Loves Them Ahead of 'The Bachelor' Finale



By [Carly Horowitz](#)

In [latest celebrity news](#), last night's episode of [The Bachelor](#) was insane! According to [UsMagazine.com](#), Becca's ex boyfriend showed up and proposed to the [reality TV star](#), but he was shot down. Arie Luyendyk Jr. told both Becca and Lauren that he loved them. Even though Arie expressed that he was falling in love with Kendall, she was sent home because their relationship just wasn't at the same level as with Becca and Lauren. Therefore, those two lucky ladies received roses. We are curious to see how the finale is going to play out!

**In celebrity news, the finale of *The Bachelor* is no doubt going to be a heartbreaker. What are some**

# special ways to tell your partner you love them for the first time?

## Cupid's Advice:

It is so special the first time that you tell your partner that you love them. You don't have to make an extravagant gesture, but it is nice to put some thought into how you want to say it if you have been feeling this way for a while and just haven't been sure of the right time. Here are some sweet ways to reveal your exciting emotions to your partner:

**1. Pick a special place:** Plan to go to a place that is special to both you and your partner to tell them that you love them for the first time. Maybe go to where you first met, or where you had your first date!

**Related Link:** [Celebrity News: Hometown Heartbreak on 'The Bachelor'](#)

**2. Through art:** Do you play the guitar and sing? Are you a painter? If you have a hobby that allows you to express emotions through an art form, it would be so special if you used that medium to say 'I love you'.

**Related Link:** [Celebrity Wedding: Surprise! 'Bachelor Winter Games' Couple Clare Crawley & Benoit Beauséjour-Savard Are Engaged](#)

**3. Say it with a gift:** Whether it be a nice jewelry item that they've always wanted, or a small piece of candy, it's a fun idea to present your partner with a present as you say those three special words to them.

**What are some more sweet ways to say 'I love you' for the first time? Comment below!**



---

# Celebrity Couple Scott Disick & Sofia Richie Enjoy Date Night As She Introduces Puppy No. 2



 By [Jessica Gomez](#)

In [celebrity news](#), [celebrity couple](#) Scott Disick and Sofia Richie enjoyed a [date night](#) after Richie posted videos of the couple's puppies on social media, according to [EOnline.com](#). Hours after Richie posted the adorable videos on Instagram, the couple was photographed leaving Shibuya, an Asian restaurant, in Calabasas. The couple was dressed comfortably and casually on their night out. Disick and Richie seem to be really happy together. How cute!

**This celebrity couple is still going strong and enjoying dates. What are some ways to keep the spark alive in your relationship?**

## **Cupid's Advice:**

There are plenty of ways to keep the spark alive in your relationship. Sometimes it happens naturally because of who you are and sometimes it requires work. Either way, Cupid has some [love advice](#) for you:

**1. Don't stop flirting:** In the beginning, flirting gave us that fluttery feeling in our stomachs (yeah, butterflies – remember those?). This keeps that “new” feeling going. Sometimes couples stop with the compliments, stop with the flirtatious and promiscuous comments, and that can take some of the fun out of your relationship. Every couple is different, but if you both enjoyed flirting before, you should definitely still be doing it. Send text messages, and do it in person!

**Related Link:** [Kristen Bell Shares The Secrets to Her Healthy Relationship With Dax Shepard](#)

**2. Continue going on dates:** Go to different places and even continue going to places where you're both regulars. Bottom line: don't stop going on dates. Spending quality time together is essential, whether it's a date outside or an indoor at-home one. Continue to do things together – share experiences and make more memories. Schedule at least one date a week.

**Related Link:** [Prince Harry & Meghan Markle Enjoy 'Hamilton' Date Night](#)

**3. Role play:** Whether you role play while flirting or in the bedroom, you can spice things up this way. Acting things out can be enough for some and others want to take it the whole way and dress up as well. Being comfortable with one another is important. Have some fun and enjoy being someone other than yourself. Many couples try filling in the roles of cops, prisoners, teachers, nurses, and/or dress up elegantly and take it from there.

**What are some ways you have kept the spark alive in your relationship? Share below!**

---

# Celebrity Exes Demi Lovato & Wilmer Valderrama Reunite for Lunch Date



 By [Jessica Gomez](#)

In [celebrity news](#), celebrity exes Demi Lovato and Wilmer Valderrama were spotted having a lunch date at Sol Y Luna in Los Angeles, according to [UsMagazine.com](#). The former [celebrity couple](#) dated for six years, and their [celebrity break-up](#) occurred in the summer of 2016. However, Lovato and Valderrama sparked rumors last year when they were spotted together in multiple places. Could these two be reconciling their celebrity relationship or are they just good friends? We'll have to be on the look out!

**These celebrity exes are either on good terms as friends or may be giving their relationship another try. What are some benefits to remaining friends with your ex?**

## **Cupid's Advice:**

Sometimes break-ups don't end badly, and in those times you may want to stay friends with your ex. Cupid has some advice on the benefits to staying friends with an ex:

**1. They know you:** If you guys end on a good note and stay cool with one another, then they can give you advice. The people we date get to know us in ways others don't. This comes in handy when it comes to your new relationship, because your ex can give you advice based on your past experiences and the fact that he indeed knows you in that way. Just make sure you are not dealing with a bitter or spiteful ex – you would not want to take the wrong advice.

**Related Link:** [Would Jennifer Aniston Get Back Together With Brad Pitt?](#)

**2. You've got history:** It's a shame to let all that history go to waste if you are both decent people that get along well after the break-up. Just because your romantic relationship didn't work out doesn't necessarily mean that a friendship won't work. You never know – maybe you were not compatible as lovers, but you make great friends, and the history can make the friendly bond stronger.

**Related Link:** [Justin Theroux Found Post-Its from Brad Pitt During Jennifer Aniston Marriage](#)

**3. You get closure:** Becoming friends with an ex can be a path into getting over them, but only as long as you're both ready and willing to actually be friends. If you're friends, then you obviously should have let go of any resentment between the both of you. The past is in the past, and now you've got a friendship. You didn't have to lose a good person just because it didn't work out.

**What are some reasons you stayed friends with your ex? Share with us below!**

---

# Celebrity Interview: Reality TV Star Becca Tilley on 'The Bachelor' Finale: "Well, I Read the Spoilers!"



Interview by [Mallory McDonald](#). Written by [Whitney Johnson](#). Social media influencer Becca Tilley has built an impressive fanbase since she first appeared on seasons 19 and 20 of [The Bachelor](#), but she hasn't strayed far from her roots: She's close friends with many former *Bachelor* and *Bachelorette* contestants, including [JoJo Fletcher](#), Ashley Iaconetti, and Dean Unglert. In our exclusive [celebrity interview](#), she opens up about these relationships and says, "Being on *The Bachelor* or *The Bachelorette* is such a unique experience. There's absolutely nothing like it... It can form a bond instantly, whether it's romantically or just a friendship."

## Celebrity Interview with Becca Tilley

**Related Link:** [Celebrity News: Hometown Heartbreak on 'The Bachelor'](#)

And, of course, she's still a fan of the show. With next week's finale of season 22 of *The Bachelor*, we had to ask about her prediction for Arie Luyendyk Jr.'s final rose. "Well, I read the spoilers!" she says with a laugh. "I kind of feel like I know what happens, but at the same time, I always think they're going to throw me for a loop."

For her latest project, Tilley is partnering with Lime-A-Rita

to introduce The Ritas, three legendary women who are sharing their best life hacks, including dating and relationship advice. “Of my friends, I’m always the straight-shooter, tells-it-like-it-is, so it’s nice to have these three women to ask for advice. They give it to me straight, just like I would do for myself!” she shares.

If you go to any of the Lime-A-Rita social media sites and hashtag #RitaSays with a question, they’ll send you an answer. “I want everyone to tag me in their questions so I can see what kind of advice they’re getting from The Ritas,” she adds in our celebrity interview.

**Related Link:** [Celebrity Wedding: ‘The Bachelor Winter Games’ Couple Clare Crawley and Benoit Beauséjour-Savard Are Engaged](#)

As for what’s next, the reality TV star will continue recording her podcast *Scrubbing In with Becca Tilley* each week and sharing pictures from her swoon-worthy vacations, including an upcoming trip with Fletcher. “There’s just always something fun going on – and it’s all thanks to getting dumped on TV twice,” she says with a laugh. “It’s the silver lining, people!”

You can keep up with Becca on [Instagram](#) and [YouTube](#). You can also listen to her podcast [Scrubbing In with Becca Tilley](#).

---

## **Celebrity Wedding: Surprise! ‘Bachelor Winter Games’**

# Couple Clare Crawley & Benoit Beauséjour-Savard Are Engaged



By [Carly Horowitz](#)

In [latest celebrity news](#), [Bachelor Winter Games](#) couple Clare Crawley and Benoit Beauséjour-Savard are now engaged. The pair has secretly been dating off-camera since the end of the show. This is such a surprise because the last time we heard, Crawley wasn't into Beauséjour-Savard the way that he was into her. Now, clearly things have changed! The [celebrity engagement](#) occurred at the *The Bachelor: Winter Games World Tells All* special. We have a [celebrity wedding](#) to look forward to in the future!

**Well, this soon-to-be celebrity wedding is a surprise! What are some ways to know you've found "the one"?**

## **Cupid's Advice:**

It is such an amazing feeling when you realize that you have found the person that you wish to spend the rest of your life with. Here are some tips to help you come to this realization:

**1. You just love spending time together:** Sometimes it's as simple as that. Your partner should be your best friend. If you love doing everything and anything with your partner, than that is a good indicator that you guys could be in it for the long run.

**Related Link:** [Celebrity Wedding: Michelle Williams Is Engaged to Andrew Youmans](#)

**2. You have similar goals:** It is always beneficial to be verbal about where you would like to go in the future. If you and your partner have discussed your visions of the future together and they are similar, than that is a good sign. Do you both want to have two children? Do you both want to live in the suburbs? Both of your thoughts and goals don't have to be exactly the same, but they should definitely be pretty similar.

**Related Link:** [Celebrity Wedding: Gwyneth Paltrow & Brad Falchuk Confirm Engagement](#)

**3. They bring out your true, best colors:** When you have found "the one", you will definitely be able to be your true self around them. It will just feel right. Not only will you feel comfortable being yourself around them, but they will help you to be your best self around them. You both will truly bask in each others light.

**How else can you know if you've found "the one"? Comment below!**

---

**Celebrity Break-Up: Cheating Didn't Play a Role in Jennifer Aniston & Justin**



# Theroux's Split

By [Carly Horowitz](#)

The [Jennifer Aniston](#) and Justin Theroux [celebrity break-up](#) has been the [latest celebrity gossip](#) in everyone's ears the past few days. According to [UsMagazine.com](#), in order to decrease speculation, a source explained that cheating didn't play a role in the celebrity break-up between Aniston and Theroux. "The split is very mutual. They truly want each other to be happy and wish the best for one another," the source said. "Cheating is not the reason for the split and did not happen." A source also said that even though cheating did not play a role in this split, distance may have.

## This celebrity break-up didn't involve a cheating scandal. What are some ways to know if your partner is cheating?

### Cupid's Advice:

It is definitely not beneficial to be on guard all the time about if your partner is cheating on you, but it isn't bad to be aware that it could happen. Here are some signs that may indicate that there is some infidelity occurring in your relationship:

- 1. Less time together:** If your partner randomly begins to have less time for you, they may be spending time with someone else. Obviously if your partner just got a new job or is dealing with some occurrence, they might have less time to spend with you because of that. Talk to your partner and ask

why your time together has decreased.

**Related Link:** [Celebrity Break-Ups: Charlie Puth Says Selena Gomez Romance Messed Him Up](#)

**2. Emotional distance:** You may begin to notice that something in your relationship just doesn't feel the same. You're not connecting on that emotional level anymore. That may just be because you have gotten very comfortable in your relationship, or it may indicate that the emotional energy that your partner used to put into you is now going towards someone else. Be open and bring this emotional distance to your partner's attention.

**Related Link:** [Are Nikki Bella & John Cena Calling Off Their Celebrity Wedding?](#)

**3. They guard their phone:** Your partner should be relatively open with their phones around you if they have nothing to hide. If out of the blue your partner starts making sure you cannot view their phone, that may not be a good sign. Overall, you can't be sure of anything unless you have proof and you don't want to go out searching for signs of cheating. Just live happily in your relationship and if you really do feel like something may be up, talk to your partner. Hopefully they will be honest with you.

**What are some other indicators that your partner may be cheating? Comment below!**

---

# Celebrity Baby News: Rachel

# McAdams Is Pregnant With Her First Child



By [Jessica Gomez](#)

Multiple sources say that Rachel McAdams is pregnant, according to [EOnline.com](#). The alleged mother-to be has not said a word on it and neither have any of her representatives. McAdams has always been pretty private about her life. The last time she was photographed was in Toronto where she was wearing a jacket that could have been hiding her [celebrity baby](#) bump. She's also been keeping a low profile in the last few months. We don't know much as of yet, but let's hope we soon will!

**This [celebrity baby news](#) hasn't been confirmed by McAdams herself, but we're happy for her! What are some reasons to keep your pregnancy under wraps?**

## **Cupid's Advice:**

Whether to announce your pregnancy or not is the mother-to be's choice. Cupid has some reasons why you may not want to break the news just yet:

**1. To avoid stress:** Pregnancy is a sensitive time when your health and the one of your baby depends on you taking it easy. If we feel like outside factors can cause us stress during a critical time, then as mothers-to be we must cut out those things. Sometimes people can become over bearing when it comes

to receiving baby news – so if you're around those kind of people, then momentarily hiding your pregnancy is an option. Do what's best for you and your bundle of joy.

**Related Link:** [Jordin Sparks Celebrates Baby Shower](#)

**2. Judgy peers:** Whether these peers are at school or work, or are your neighbors, friends, or fam, sometimes they're just not the easiest people to deal with. At times, we may be surrounded by people who judge and/or gossip, and that can lead to you wanting to keep your pregnancy low-key. During pregnancy, drama should be avoided, so there's no shame in doing what you have to do. Do what you have to do for yourself, forget about others. You and your baby are most important.

**Related Link:** [Kylie Jenner Plans to Keep Motherhood Journey with Stormi Private for Now](#)

**3. You don't want to jinx it:** Some of us are superstitious and believe in the ability to jinx things. This may not be logical to everyone, but if it's logical to the mother-to be, then that's enough. It's your body and your baby. Sometimes certain people find reassurance and comfort in not telling people right away due to fear of something wrong, like a miscarriage for example. At the end of the day, as long as the baby news is delivered later rather than never, it should be fine.

**Have stories on reasons for hiding a pregnancy? Share with us below!**

---

# Celebrity News: Would Jennifer Aniston Get Back Together With Brad Pitt?



By [Jessica Gomez](#)

Former [celebrity couple Jennifer Aniston](#) and Justin Theroux's split is raising a certain question: will [celebrity exes](#) Aniston and [Brad Pitt](#) be getting back together now that they're both single? According to [UsMagazine.com](#), Aniston and Pitt will not be rekindling their [celebrity relationship](#) after all. "Jen wouldn't consider being with Brad in a romantic way," a friend of Aniston's said. "But there is always a spot in her heart for him." As for Pitt, a source said, "Brad is sad to hear about Jen's divorce. He only wishes the best for her. However, Brad hasn't reached out to Jen, and has no plans to do so at this point."

In this [celebrity news](#), fans are speculating about Jennifer Aniston and Brad Pitt now that both have gone through splits. What are some things to consider before getting back together with an ex?

## Cupid's Advice:

Whether or not to get back with an ex is an important decision. It isn't always an easy one either. Cupid has some things to consider before making the choice:

**1. Have you both moved on from the reason you both broke up?:** Think about the reason why you both broke up in the first place. Was it for a good reason or was it circumstantial? Then, also think about whether you both have forgiven each other completely for past mistakes. If you have, then that can be a good sign – if not, then not so much. If you feel like you haven't forgiven your ex for something, then that problem will probably constantly arise during your reconciled relationship.

**Related Link:** [Justin Theroux Found Post-Its from Brad Pitt During Jennifer Aniston Marriage](#)

**2. Do you see a future with your ex?:** Why go back to an ex if you don't think it's going to be serious and no good future ahead? Think about this thoroughly – sometimes we see a future with someone, but that future comes with unnecessary obstacles and negativity. If this is the case, then it may be a sign that your ex is meant to stay an ex. Think about this while spending some time apart – it's something big to ponder.

**Related Link:** [Justin Theroux Had 'Reservations' About Marrying Jennifer Aniston](#)

**3. What are reasons to get back together and not get back together?:** Pro and con lists are good ones to make. Be fair and think about why you should get back together with your ex and why you shouldn't. Then, weigh it all. Certain things weigh more than others, so be honest and just with yourself when considering all the information. Making a list with a friend can help, as long as that friend isn't necessarily biased.

**What are some things you or a friend considered before getting back with an ex? Share below!**

---

# Celebrity News: Justin Bieber Takes Selena Gomez As His Date to His Dad's Wedding



 By [Carly Horowitz](#)

In [latest celebrity news](#), [Justin Bieber](#) took [Selena Gomez](#) as his date to his dad's wedding in Jamaica yesterday. According to [EOnline.com](#), Bieber arranged for Gomez to be picked up in a private jet so that they could fly to Montego Bay and spend the day with Bieber's family at a resort. The [celebrity couple](#) seemed to have a blast, as sources explained that Gomez gets along very well with Bieber's family. The pair is continuing their [celebrity vacation](#), as they were spotted on the beach. A source further states, "She and Justin ate lunch together and packed on the PDA. They were kissing and hugging throughout the morning. He rubbed sunscreen all over her back and they enjoyed the pool and being outside."

## In celebrity news, Jelena flew to Justin's dad's wedding in a private jet. What are some ways to make a wedding date special?

### Cupid's Advice:

It is always a fun time when you are asked to be someone's date to a wedding! Here are some ways that can help make that

occurrence even more memorable:

**1. Snazzy pick-up:** Think of a fun way to get your wedding date to the wedding with you. Bieber was able to grant Gomez with a private jet. Maybe look into getting a limousine or a chauffeur for your own car.

**Related Link:** [Celebrity Wedding: Amy Schumer Marries Chris Fischer in Surprise Wedding](#)

**2. Pick them up with a surprise:** Bring something cute for your date when you pick them up. Maybe a rose, or have a glass of champagne ready for them at their door. Think of something nice that will help to start off the date in a fun romantic way.

**Related Link:** [Celebrity News: Prince Harry Asks Ed Sheeran to Perform at Royal Wedding to Meghan Markle](#)

**3. Take lots of pictures:** You want to remember your fun wedding experience. Take a bunch of pictures with your date. Don't forget to post some on Instagram!

**Share some more ideas that can make a wedding date special. Comment below!**

---

**Celebrity Break-Up: Justin Theroux Found Post-Its from Brad Pitt During Jennifer**



# Aniston Marriage

By [Carly Horowitz](#)

In [latest celebrity news](#), Justin Theroux found post-it notes from [Jennifer Aniston's celebrity ex, Brad Pitt](#), during the time that he was together with Aniston. According to [UsMagazine.com](#), a source stated, "He stumbled upon old Post-it notes Brad had written. Sweet little Post-its like, 'You looked nice tonight' or 'Miss you already'." The source further explained that these post-it notes caused much controversy. The source goes on to say, "Jen assured him they weren't a big deal, but Justin wasn't thrilled ... Justin had moments of insecurity like that." Needless to say, details are still surfacing with regard to the Aniston-Theroux [celebrity break-up](#).

**Details from this celebrity break-up are still emerging. What are some ways to keep the personal details of your relationship under wraps post-split?**

## **Cupid's Advice:**

Personal details about your relationship are just that – personal. It can be a burden if these intimate details are being released. Post-split time is stressful in general. It doesn't need to be more stressful by details being revealed. Cupid is here with some advice on how to keep those personal details on the down-low after your break-up:

**1. Be careful to whom you tell information:** A relationship is usually between only two people. If you truly want to keep the details between you two, be meticulous about who you share your post-split details with. Even your best friend might not be able to keep the juicy details to themselves.

**Related Link:** [Celebrity Break-Up: Jennifer Aniston & Justin Theroux Announce Separation](#)

**2. Get on good terms with your ex:** Have a mature conversation with your ex and make sure you guys are on decent terms after your separation. Make it clear that you want to keep your information private. If you and your ex aren't on good terms, it could cause them to potentially leak information in regards to your relationship that you did not want exposed. Make sure you guys are on the same page.

**Related Link:** [Celebrity Break-Up: Justin Theroux Had 'Reservations' About Marrying Jennifer Aniston](#)

**3. Be straight forward:** If you must expose information to someone post-split, be straight forward and make affirmative statements so that your words cannot be twisted and skewed. Say things like "We have moved on maturely", and just leave it at that.

**How else can you keep your personal break-up details secret? Comment below!**

---

## **Celebrity News: Hometown Heartbreak on 'The Bachelor'**



✖ By [Carly Horowitz](#)

According to [EOnline.com](#), [The Bachelor](#) hometown dates resulted in similar fashions. Each of the girls' families made it clear that they weren't too ecstatic over Arie, but they trust their daughters' decisions if they want to marry him. When it came down to the moment of truth, the rose ceremony, Arie pulled Kendall aside and revealed he was looking for an engagement and wanted to know if Kendall could get to that place emotionally. Kendall couldn't answer the question, but she told Arie that he really is everything she wants in a partner. In the end, Kendall accepted the rose that was offered to her. The [reality TV star](#) Tia was very upset with her departure. She thought she did something wrong, but in fact, there was just something missing between her and Arie.

**In this [celebrity news](#), one woman vying for Arie's heart went home. What are some ways to deal with the initial sting of a break-up?**

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

The feelings you experience from a fresh break-up are not too fun. Fortunately, Cupid is here with some advice on how to deal with your split:

**1. Allow healing time:** The best thing to do is focus on yourself. Rest, eat healthy, and remember to get some exercise! Even if you don't feel like eating, remember that your body needs the nutrients and you are now in the mindset of giving your full attention to your own needs.

**Related Link:** [Celebrity News: 'Bachelor' Arie Luyendyk Jr. Justifies First Impression Rose Pick](#)

**2. Cry:** Yes, cry. You are allowed to let it all out during this fresh break-up period. Allow yourself to cry, it is natural. After you let it all out though in whatever allotted time works for you, remember to pick yourself back up because you are strong and independent!

**Related Link:** [Celebrity News: Jenny McCarthy Says 'Bachelor' Arie Luyendyk Jr. Is a 'Snooze Fest'](#)

**3. Write it out:** You are most likely going to have a lot on your mind after a recent break-up. Instead of resorting to social media or worse, your ex, let your feelings out on paper. This is a great exercise to release the feelings inside of you and help you to feel renewed.

**What are some other ways to deal with a break-up? Comment below!**

---

## **Celebrity Break-Up: Justin Theroux Had 'Reservations' About Marrying Jennifer Aniston**



 By [Carly Horowitz](#)

In [latest celebrity news](#), it turns out that Justin Theroux did not view his [celebrity marriage](#) to [Jennifer Aniston](#) as a necessity. According to [UsMagazine.com](#), a source said, "Justin was absolutely head over heels in love with Jen – and probably always will be – but marriage was never important to him." The

source further explains, "Marriage was always just a piece of paper to Justin, and he didn't need it." On the other hand, the source has the impression that Aniston contained different views- "Constant scrutiny of Jen's personal life, including whether she would ever find her happily ever after, played a huge role in her marriage to Justin." All in all, Aniston and Theroux seem to have enjoyed their time while it lasted, although some may argue that this lack of congruence from the start may have proved their [celebrity break-up](#) inevitable.

## **This celebrity break-up comes after some hesitation to get married in the first place. What are some ways to know you're 100% ready for marriage?**

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

It is important that you and your partner are on the same page, especially when it comes to marriage. Here are some clues you can look for that can show you are ready for marriage:

**1. You feel open:** If the love you have for your partner leads you to a mindset of open-ness and excitement, than that is a good sign. It is great if you feel as if you would try anything or go anywhere as long as you have your partner by your side.

**Related Link:** [Celebrity Break-Up: Jennifer Aniston & Justin Theroux Announce Separation](#)

**2. You see the world the same way:** It is definitely a plus if you and your partner have similar outlooks on life. Although, it is not an absolute necessity that you two agree on

everything. Sometimes it is good to have some different views. Opposites attract! Overall, it would make for a smooth, healthy marriage if you and your partner at least had similar views on a majority of aspects.

**Related Link:** [Celebrity News: What Reese Witherspoon Learned After Leaving an Abusive Relationship](#)

**3. They bring out the best in you:** The best part about marriage is that you have found someone that compliments your greatest attributes, as you do the same for them. If you love the person you are when you are with your partner, it may be time to walk down the isle!

**What are some others things that can indicate you are ready for marriage? Comment below!**

---

## Celebrity Baby News: Jordin Sparks Celebrates Baby Shower



By [Jessica Gomez](#)

In [celebrity news](#), Jordin Sparks celebrated her baby shower in Arizona, where she's from, with family and friends on Sunday, according to [UsMagazine.com](#). The singer took a post to Instagram, a photo of her niece kissing her baby bump, captioned: "Little Bug can't wait to meet her cousin. We had a low key baby shower for Little Man in AZ . . . It was beautiful. I am so grateful for the support system. I've had growing up and the roots that took hold to support us now. The journey is incredible. God is good." Sparks and her [celebrity baby](#)-to be are super cute.

# In this celebrity baby news, Jordin's niece is super excited to meet her cousin! What are some ways to introduce your baby to family and friends?

## Cupid's Advice:

There are many different ways that you can introduce your little bundle of joy to family and friends – the choice is yours. Cupid has some tips:

**1. Social media:** Post a cute photo on Facebook, Instagram, etc. Posting a precious photo is one of the simplest ways. You can literally share the photo with so many people without having all the germ fears first-time parents go through. If you don't like the idea of social media, send it through a photo message individually or in a group chat.

**Related Link:** [Kylie Jenner Plans to Keep Motherhood Journey with Stormi Private for Now](#)

**2. Throw a small get-together:** Hosting a nice intimate gathering at your place is a cute and fun way to introduce your baby to your friends and fam. It can also relax the new mommy. Being around loved ones can be good for you and your baby, as long as you know and let everyone know about how long the meetup should last. Let everyone rave about your cute little one, but know how much you can handle in a time of big transition and probably one of the most tired times of your life.

**Related Link:** [Get Inspired by These Celebrity Baby NurseriesPosted In: Parenting](#)

**3. On a one at a time basis:** Sometimes, some moms prefer to

keep their kids more sheltered than usual in the beginning. That's fine. Have friends and family come over one by one, in pairs, or in small groups to see your little one. Sometimes babies do get overstimulated, which is why this option makes sense.

What are some ways you or those around you introduced their baby? Comment below.

---

## Celebrity News: Prince Harry & Meghan Markle Enjoy 'Hamilton' Date Night



By [Jessica Gomez](#)

In [celebrity news](#), royal [celebrity couple](#) Prince Harry and Meghan Markle were spotted Friday on [date night](#) watching *Hamilton* at the Victoria Palace Theater in London. According to [UsMagazine.com](#), Leslie Garcia Bowman, who plays the role of a general in the hit production, tweeted that it “was an honor to have Prince Harry and Meghan” in the audience. The couple seems very happy and as we can see, do take out time from planning their royal [celebrity wedding](#), possibly because it's already pretty planned out.

**In celebrity news, even the royals step out for special date nights!**



# What are some out of the box date ideas?

## Cupid's Advice:

Date ideas are endless! Cupid has some out of the box date ideas for you and your partner to take part in. Here they are:

**1. Go to an escape room:** This is fun and a cool way to bond. You have to put your minds together and work on a plan to complete a mission. There are plenty of escape rooms, so just google some near you. It will feel like you're in a movie or a very thrilling situation – how cool.

**Related Link:** [Date Idea: Best Shows to Binge-Watch With Your Partner](#)

**2. Glow in the dark painting:** Go out to a place that provides UV body paint. Go nuts and paint on each other. Get creative and “handsy.” This is a fun date to do to express your artistic side and it definitely gives you something to remember. Take photos after to remember how you both used each other's bodies as canvases. Show off that body aka art work.

**Related Link:** [Kristen Bell Shares The Secrets to Her Healthy Relationship With Dax Shepard](#)

**3. Scavenger hunt:** Create a scavenger hunt for each other. Use things you know about each other and things based on your history as clues. This will be fun and get your mind going, so put your thinking cap on and get creative. This takes some effort, but it costs little to nothing, and it is endearing because of the the thought that goes into it.

**What are some cool, unique dates you've been on? Comment below!**

---

# Celebrity Wedding: Amy Schumer Marries Chris Fischer in Surprise Wedding



 By [Carly Horowitz](#)

Amy Schumer and Chris Fischer tied the knot on Tuesday! According to [EOnline.com](#), the [celebrity wedding](#) took place in a private waterfront home in Malibu. Schumer and Fischer only went public as a [celebrity couple](#) two days before their wedding via an Instagram post of them kissing. Although, rumors of Schumer and Fischer being together have been stirring around since November. Some individuals whom were in attendance at the celebrity wedding were [Jennifer Lawrence](#), [Jake Gyllenhaal](#), [Jennifer Aniston](#), Larry David, Judd Apatow, and David Spade.

## This celebrity wedding was a surprise! What are some benefits to making your wedding a surprise?

### Cupid's Advice:

Your wedding is a very special occasion. Sometimes, it can make it even more special if you celebrate it in an intimate, surprising manner! Here are some good aspects regarding surprise weddings:

- 1. There is less pressure:** When you are planning a surprise

wedding, there won't be any expectations of how it should go. The guests or the public in general has no idea what to even expect since it is a surprise. Therefore, your wedding doesn't have to live up to anything crazy.

**Related Link:** [Celebrity News: Prince Harry Asks Ed Sheeran to Perform at Royal Wedding to Meghan Markle](#)

**2. You only have to rely on select people:** When keeping your wedding a surprise, you won't have to worry about people who you don't really want contributing giving you input. Since you will only be notifying a select number of people in the first place, you will be able to conduct your wedding peacefully with just the right amount of outside input.

**Related Link:** [Royal Celebrity Wedding: Princess Eugenie Is Engaged to Longtime Boyfriend Jack Brooksbank](#)

**3. It is exciting!:** Even though a surprise wedding is not traditional, you have to admit that it is pretty cool. Not everything has to be a big production. What better way to spend your wedding than in a secluded area with your closest family and friends. Once the word gets out, everyone else will have something surprising to be excited about!

**Do you have any surprise wedding stories? Comment below!**

---

# **Celebrity Break-Up: Jennifer Aniston & Justin Theroux Announce Separation**



✖ By [Carly Horowitz](#)

In [latest celebrity news](#), [Jennifer Aniston](#) and Justin Theroux have officially announced that they are separated. The former couple was wed secretly in August 2015. Now, this [celebrity break-up](#) was also kept until wraps until yesterday. According to [UsMagazine.com](#), the duo released a statement, saying, “In an effort to reduce any further speculation, we have decided to announce our separation. This decision was mutual and lovingly made at the end of last year.” The former [celebrity couple](#) wanted to release the truth despite false speculation. “Normally we would do this privately, but given that the gossip industry cannot resist an opportunity to speculate and invent, we wanted to convey the truth directly. Whatever else is printed about us that is not directly from us, is someone else’s fictional narrative.” Aniston and Theroux seem to have had a pretty peaceful celebrity break-up, as they also stated, “We are two best friends who have decided to part ways as a couple, but look forward to continuing our cherished friendship.”

**This celebrity break-up comes after much speculation. What are some ways to keep your break-up just between you and your partner?**

#### **Cupid’s Advice:**

One of the worst things that can happen during a break-up is that other people get involved. Cupid has some ways to keep your split between you and your partner:

**1. Don’t post:** In order to keep your break-up just between you and your partner, it is definitely a good idea to refrain from posting anything on social media that could cause break-up

speculation. Posting nasty comments will only make you look bad.

**Related Link:** [Celebrity News: What Reese Witherspoon Learned After Leaving an Abusive Relationship](#)

**2. Stay in contact as friends:** If you think it would be a healthy idea to stay friends with your ex, then go for it. This will also decrease speculation of a break-up because you and your partner will still be acquaintances.

**Related Link:** [Celebrity Break-Up: Sarah Silverman Announces Split from Michael Sheen On His Birthday](#)

**3. Keep intimate facts to yourself:** Even if the word of your break-up does get released when you were trying to keep it a secret, you can still decrease the false information that is out there by refraining from revealing intimate details regarding the break-up. You don't need to explain to anyone the reason why you broke up if you don't want you. Keep it short and simple, and just let people know that it is over, but that everything is okay.

**What are some other ways to keep your break-up just between you and your partner? Comment below!**

---

# **Celebrity News: Kristen Bell Shares The Secrets to Her Healthy Relationship With Dax**

# Shepard



By [Jessica Gomez](#)

In [celebrity news](#), [Kristen Bell](#) shared her marital wisdom with Instagram on Valentine's Day, according to [EOnline.com](#). Bell shared a post of a letter with [relationship advice](#) she had been asked to write for her newlywed friends. Grab a tissue, here is what she wrote: "Vulnerability always begets connection and intimacy. Stay vulnerable with each other. In 10 yrs when the dopamine has waned, remember: Life is a crazy ride. It is a privilege to go through it with a partner. Take necessary separateness. It will make your marriage better. Loving someone despite their faults, failings, or character defects is the most powerful loving thing you can do. Rejoice in what makes the other person happy, and allow them their individual interests. Know that everyone is doing the best they can with what they've got. So get a bigger emotional tool box to fix your problems." Aw, Kristen Bell is bae – Dax Shepard sure is lucky!

**In celebrity news, Kristen Bell is giving us her secrets to a successful relationship. What are three things that add to a healthy relationship?**

## **Cupid's Advice:**

There are many things you can do to help your relationship become healthier. Some things work better than others, while others work for some couples better than others. Nevertheless,

here are three things to do for a healthier relationship:

**1. Be honest:** Being honest is a two way street. Being honest with one another is crucial. Trust is key to making a relationship work. Lies hurt and even ruin relationships. Being honest builds trust and makes the bond between you and your significant other even stronger. It can sometimes be hard to be honest at all times, but the benefits are worth it.

**Related Link:** [Dating Advice: Survey Results Are In! What Does it Mean to be Single in America?](#)

**2. Encourage and compliment each other:** Sweet things and encouraging words go a long way. Supporting each other is another crucial element to making relationships work. As for complimenting, you should always make each other feel special. Never stop making your loved one feel special – flirt and push one another ahead!

**Related Link:** [Celebrity Couple Tom Brady & Gisele Bundchen Kiss in Costa Rica After Super Bowl Loss](#)

**3. Spend quality time together:** Snuggle, do things you both love doing together, and try new things. Cuddling is great because physical contact and connection is important. In fact, being held for an extended period of time releases serotonin, elevating your mood. Spending quality time is important for every relationship. As time passes, sometimes couples spend time together but not quality time. Spice things up and do different things or do those things you really enjoy – try to do that at least once a week.

**What are ways you keep your relationship healthy? Share below!**

---

# New Celebrity Couple: 'Full House' Star Jodie Sweetin Is Dating Mescal Wasilewski



By [Jessica Gomez](#)

In [celebrity news](#), there's a new [celebrity couple](#) in town! *Full House* star Jodie Sweetin is dating Mescal Wasilewski, according to [UsMagazine.com](#). A source confirms that the new celebrity relationship began in November. As a Valentine's Day post, Sweetin took to Instagram a collage of photos with her beau, captioned: "Find someone who you can share this kind of love with ... Someone who doesn't just show you they love you one day a year ... Who isn't afraid to look silly when they tell you they love you ... Who doesn't judge you for past mistakes, but who wants to build a better future together ... Who builds you up and never makes you feel small ... Who supports your dreams and hopes and desires, and also has those of their own. Who doesn't put a price tag on your love ... Who holds your hand when you're scared and doesn't run away ... Who loves you, not in spite of your weirdness, but because of it ... Who makes you a priority in their life, no matter what," she continued. "Who doesn't hold you hostage with their love, but whose side you don't want to leave because you're happier when you're with them ... who makes you get shy when they look at you, because the rest of the world stops. That's the kind of love we all deserve. Anything less isn't worth it." How sweet!

**In this celebrity couple news, Jodie Sweetin is moving on from a**



# series of bad relationships. What are some ways to know you're choosing someone who will treat you right?

## Cupid's Advice:

There are many things that are signs showing that someone will treat you right. Sweetin was right on the money with all she said on V-Day via Instagram. Here are three signs to be optimistic about:

**1. They make you feel both safe and special:** Having someone that treats you the way you should be treated is a wonderful thing. Not everyone can provide that for their lover. Being comfortable with your partner and feeling like they wouldn't do anything to hurt you is a comforting feeling. Trust is what leads to these feelings.

**Related Link:** [Camila Cabello & Matthew Hussey Are Dating](#)

**2. They respect your differences:** This is important! It's great to have things in common, that's one of the many things that build a bond. However, having differences is okay, as long as you both respect each other's dissimilarities. Variation can be good when you both have boundaries and don't judge one another. This also leads to a more open relationship, which is a good thing.

**Related Link:** [John Stamos & Pregnant Caitlin McHugh Tie the Knot](#)

**3. They support you any way they can:** Your partner should be your cheerleader. We can all use a support system, and having someone that encourages your dreams, aspirations, and decisions is a magnificent thing to have. Don't think that

everything needs to be encouraged and supported, that's not the case. We do not want to support negative behavior. We do however need our loved ones to be there for us.

What are some ways you know your partner is right for you? Comment below!

---

## Romantic Getaway: Justin Bieber & Selena Gomez Sneak Away to Laguna Beach



By [Carly Horowitz](#)

This past weekend, [Justin Bieber](#) and [Selena Gomez](#) ventured on a much needed [romantic getaway](#) to Laguna Beach, California. According to [EOnline.com](#), the [celebrity couple](#) stayed at the Montage Hotel in a low-key fashion. In [latest celebrity news](#), Bieber and Gomez “took a walk on the path in front of the resort that overlooks the ocean. It was a cloudy day, [so] they didn’t spend too much time outside.” Multiple fans spotted the couple and reported their findings. Hopefully Bieber and Gomez enjoyed their quick romantic getaway!

**A mini romantic getaway is just what the doctor ordered. What are some ways to keep the spark alive**

# in your relationship?

## Cupid's Advice:

A nice getaway, even if it is just for a day, is always beneficial to help keep your relationship fun and exciting. If you don't have the time or money for a romantic getaway, there are still many options of things to do in your relationship that will help keep your fiery love alive:

**1. Relive activities from the beginning:** How did you and your partner meet? At a bowling alley, in high school, at a bar? Wherever it is, take a day to go back to this place or even just discuss with your partner how amazing it felt to fall in love with them for the first time. Reminding yourself of the reasons you fell in love with your partner in the first place will definitely help to add kindling to the fire.

**Related Link:** [Celebrity Getaway: Scott Disick & Sofia Richie Enjoy PDA on Mexican Vacation](#)

**2. Surprise each other:** Come home from work with a package of your partner's favorite candy! Do little surprising things that will help to remind your partner how much you care for them. You can even do something as simple as leaving a small, sweet note for them on their desk or in their jacket pocket. What a nice surprise!

**Related Link:** [Celebrity News: Prince Harry & Meghan Markle End African Vacation with Romantic Trip to Victoria Falls](#)

**3. Keep yourself in check:** When you are in a relationship, sometimes it is easy to let yourself go a little bit. Although, try to refrain from that for both the well-being of yourself and your partner. By keeping yourself looking good and healthy, this will transfer into you having a good and healthy attitude about your relationship.

What are some other ways to keep the spark alive in your relationship? Comment below!

---

# Celebrity News: Prince Harry Asks Ed Sheeran to Perform at Royal Wedding to Meghan Markle



By [Carly Horowitz](#)

In [latest celebrity news](#), Prince Harry has made a special request for Ed Sheeran to perform at his [celebrity wedding](#) to Meghan Markle. According to [UsMagazine.com](#), the royal [celebrity couple](#) will tie the knot at noon this upcoming May 19 at St. George's Chapel in London. We are not sure at exactly which part of the wedding Sheeran will perform during. Rumor has it that Elton John may possibly perform at either the celebrity wedding ceremony or reception as well, as it has come to our attention that John rescheduled some performances that were originally during the weekend of the celebrity wedding. What an exciting array of singers!

**In celebrity news, Prince Harry & Meghan Markle will be having some very special music at their**

# wedding. What are some ways to incorporate music in your wedding?

## Cupid's Advice:

The goal is for your wedding day to be as magical as possible. The incorporation of music can help that dream become a reality! With all of the hustle and bustle of planning a wedding, the little details of adding music into certain spots can be overlooked. Luckily, Cupid is here to remind you of some cool ways to incorporate music into your wedding:

**1. Don't forget about pre-ceremony music:** You want to get your guests in the wedding mood right when they walk in the door. Play some background music while your guests arrive to help set the mood for the ceremony. Choose some of your favorite love songs or some instrumental pieces that you genuinely enjoy!

**Related Link:** [Celebrity News: Prince Harry Says Meghan Markle's Christmas Is the 'Family She's Never Had'](#)

**2. Choose dinner music wisely:** In order for people to converse over their meal, the music that is played during the meal portion of your wedding should not be the craziest. Set the mood with some Indie songs if that is something that you are into! Or go with the classical wedding music during this time.

**Related Link:** [Royal Celebrity Wedding: Princess Eugenie Is Engaged to Longtime Boyfriend Jack Brooksbank](#)

**3. Live music!:** Live music is always a great idea at the wedding reception. Search for a band or group that is good at performing the type of music that you wish to have at your wedding. Remember that the music really sets the tone for your wedding. If you are having trouble figuring out which music will go best during certain parts of your wedding, don't be

afraid to consult with your closest friends or even the bartender or whoever you have chosen to perform the live music- everyone will have unique ideas! Maybe even browse through Spotify to help brainstorm about what type of music would be best. Overall, the music that will really be overpowering on your wedding day is the sound of your loving heart which beats for your partner.

**How did you incorporate music into your wedding? Comment below!**

---

## **Celebrity Couple Tom Brady & Gisele Bundchen Kiss in Costa Rica After Super Bowl Loss**



By [Jessica Gomez](#)

In [celebrity news](#), [celebrity couple](#) Tom Brady and Gisele Bundchen were spotted in Costa Rica sharing a loving kiss, days after Brady's loss at the Super Bowl, according to [UsMagazine.com](#). He even joked about it on Instagram when he posted a photo of the couple smooching Sunday. "This Sunday's outcome is a lot better than last Sunday's! #losingstreakstopsatone," he captioned. Adorbs!

**This celebrity couple isn't letting the Super Bowl loss affect their**

# relationship. What are some ways to keep negative life events from putting a damper on your relationship?

## Cupid's Advice:

It happens. When we are involved in negative circumstances, we tend to misplace our emotions and take out our frustrations on our significant other at times, which isn't okay. Cupid has some advice on how to get around it:

**1. Remember what you're mad at:** Breathe and think. It's easier said than done, but it works. When we become angry, we can lose sight of what or who we're really mad at, which can lead us to take it all out on those closest to us, like your lover. When surrounded by negativity, clear your head by taking about 10 deep breaths – in and out. Then remember that you're not mad at your partner, and that they deserve your fairness and respect.

**Related Link:** [Gisele Bundchen Consoles Husband Tom Brady After 2018 Super Bowl Loss](#)

**2. Do something with your significant other:** It will help take the edge off. When you create a happy place with them, then outside negativity should not be able to reach you there. Also, building positive memories is always a good thing! Be sure to remain mindful of the energy you give out in your happy place because if you're being negative, then what's the point?

**Related Link:** [George Clooney Opens Up with the Sweetest Statement About Wife Amal Clooney](#)

**3. Blow off steam:** Chill with your friends. Sometimes when

surrounded by the bad, we need to kick back and have some time with our friends. We sometimes also need space from our partners, so this works for both. Don't let bad energy or vibes bring you down, go and have a good time!

**How do you avoid taking things out on your partner? Comment below!**