

Relationship Advice: Does Being Wronged Give You The Right To Fight?



By Dr. Jane Greer

Superstar Pink has revealed that Christina Aguilera tried to punch her in a club during their feud, rather than talking things out. Sometimes when people do not have the skills or the opportunity to deal with their anger directly, that hostility might build up and result in a situation like this, which isn't healthy for anyone.

So, how can you avoid this a hostile incident, and, more important, how can you guard against feeling so mad that you find yourself wanting to hit someone? Here's some relationship advice:

Very often when somebody does you wrong, you believe you have the right to feel outrage toward them. If you don't get to talk through those feelings, they can build up into self-righteousness that you carry around with you like a landmine that might explode anytime it is triggered. Understanding this points to how important it is to speak up when you feel offended or hurt by someone's behavior or actions toward you. Doing this is essential to your health and well-being.

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The best thing to do is to talk directly to the person you have the grievance against. Reach out through a letter, email, or a call, and ask if that person is willing to sit down with you or have a conversation over the phone. Explain that you are upset and would like to clear the air, and hopefully they will respond accordingly. If you can do this, it will not only help to dissipate the fury you feel, but might also lead you to a place of understanding as to why you had such a strong reaction about what happened in the first place. There is also the chance that the person in question did not even realize he or she did something to anger you, and this will give you the opportunity to gain some perspective as to what might have been going on for them. In this way, you can discover something that can help to shift things so that what they did

doesn't occur again.

Of course there are times it isn't possible to speak directly to the person. If, for example, they refuse to talk to you, or if it is impossible to reach them, are you stuck with all this rage? You don't have to be. If that happens, see if there is someone else you can talk the issue through with who might help you figure out why this pushed your buttons so much. Did you feel devalued? Lied to? Blamed? Were you treated unfairly? Were you made to feel vulnerable? Once you have a good handle on it, it will help you navigate so that you can prevent similar situations in the future. One of the goals is to learn how to stop taking things personally, because this can make you stronger and less sensitive to people's offensive behavior.

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If there is nobody you are comfortable talking about this with, and the other person is uncooperative, then write it down for yourself. There is a reason we say the pen is mightier than the sword, and there is no better example of that than this scenario. When you are able to express yourself in words, either through talking or writing, it helps to release and decrease your anger, so instead of carrying around one hundred pounds of it, you can reduce that to a lighter load of twenty pounds or so. The sword, or in Pink and Christina's case, a possible punch, does not address the problem or resolve the conflict. It will only lead to more of the same.

Nobody likes to be angry. But if you can use it in a positive way as a catalyst to change through conversation, it can give everyone a chance to move forward and feel better. Thankfully, Pink and Christina never came to blows. Perhaps in the future they will find the words to connect.

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Celebrity News: Put Yourself First Like Lady Gaga





By Dr. Jane Greer

Lady Gaga announced she is postponing the European leg of her Joanne world tour until next year because she is in a great deal of physical pain, and has decided to take this time to try to heal so that she can come back stronger. This is a very difficult thing to do, since as a performer she may feel like she's letting down her fans. She has been open about her battle with fibromyalgia, including the side effects of anxiety and depression, but until now has pushed through it. In order for her to take this drastic and important step, one can only imagine the acute discomfort she is experiencing. She clearly has such a strong work ethic, and over the years we have witnessed the incredible details that go into her work. It often seems she will do anything for her fans. But the time has come to focus on herself, making her fans number two for the time being. You don't have to be Lady Gaga or a performer to have a strong response to the people in your life, making it tough to take yourself out, even if it is just for a short time, and do what you have to do if you are suffering from a physical or emotional situation that is making it hard to function in your daily life. Sometimes even being able to find

the time to get to the doctor for a simple appointment can seem daunting. So many of us feel a need to keep going, in work or taking care of family, and feel too guilty to take any time out for self-care.

The thing is, when you neglect yourself, not only can it compromise your work and caretaking, there is also a chance you will miss something with your health that needs your attention. When you consider the celebrity news behind Lady Gaga, it's very important to take care of yourself.

It seems like the obvious response that if you are not feeling well you will check it out, but so many people simply don't and continue to ignore whatever is bothering them, often trying to forge ahead and doing further harm. It isn't until you have gone over a cliff or hit a wall, simply unable to go on in the same way, that many people stop to consider their own needs. By then, though, recuperating might take even longer and be more complicated.

If you are one of those people who finds it difficult to put your own needs first but might be concerned about a personal health issue, what can you do? This does not include situations that might seem like an emergency – a terrible headache, a pain in your left arm, symptoms of a possible stroke – in those cases it is essential to seek immediate medical help. But for more subtle symptoms that linger, making you feel different from your norm, it is important to pay

attention and take inventory. Give yourself a timeline, deciding that if the symptoms don't go away by a certain time you will go to a doctor. Some health issues present themselves in a flurry of symptoms that are hard to pinpoint and too easy to explain away. If these persist, don't ignore them.

Along the same lines, if you're dealing with health concerns and physical pain, it helps to be able to talk about it with people, friends and family. That way they can let you know that they care about you, as well as offer support and be helpful with whatever you're going through. It gives them a chance to be there for you.

Lady Gaga was open in sharing her painful condition, and is a role model for all of us. One thing she will most certainly feel in the coming weeks and months is the tremendous love and caring of all her fans .

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Relationship Advice: What We

Can Learn From Trials & Triumphs of Celebrity Relationships



By [Dr. Jane Greer](#)

Selena Gomez was seen cuddling up with The Weeknd while he relaxed with some video games recently. This is a perfect example of a low-key date. Couples sometimes think they must have constant excitement to keep the spark alive in their relationships; however, that is simply not the case. There are so many ways to share quality time, and a well-planned, expensive evening or afternoon is just one of many routes to take to create those special moments.

If you and your sweetheart are having difficulty finding ways to share some quality time, never fear. Check out some [relationship advice](#) to help you move forward!

Whether you are dating or married, finding time to be together and then deciding how you are going to spend it can be challenging. Many believe that if it doesn't require effort and money, it might not be worth it, or that their partner won't be interested. But so often people don't have the energy or extra minutes in a day it would take to choose a restaurant, make a reservation, find the right exhibit at a museum, and therefore the whole thing might simply not happen at all. There is no question that sometimes extravagant nights out are fun, but the pressure to get them just right can be overwhelming. Instead, consider a low-key date which can be a great way to spend quality time with a loved one. It can be as simple as watching a good movie, ordering your favorite take-out, or each doing what you like while being in the same room, which was the case with Selena and The Weeknd. One of you might want to play video games while the other puts together a photo album, or one of you might want to read a book while the other reads the newspaper.

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If you and your partner have been passing each other most days as you run around keeping your lives in order, but rarely have time to focus on each other, take the pressure off and plan a low-key date. All you really need is to find a few hours in your schedule when you can be together in the same room. One extra benefit it provides is a break from all your other

social responsibilities with family and friends. You don't have to be a celebrity to appreciate a few hours out of the limelight. You can snuggle and watch your favorite show on Netflix, or play cards, or learn how to play chess, or even take a walk. It's an opportunity to let your hair down and be real with each other, free from having to dress up and put too much attention on what you're wearing and how you look. The goal is to be together sharing time and space. Sidestep the fancy schmancy and make it easy peasy. Instead of thinking big, think small and turn it into great fun. The most important thing is that you are devoting time to each other. It will be more doable if it is simpler to plan, and often can be as enjoyable.

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Selena and The Weeknd have the right idea. Just being together is the only real requirement of a happy date.

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Relationship Advice: How to Navigate a Separation



By [Dr. Jane Greer](#)

Actors and [celebrity couple](#) Anna Faris and Chris Pratt announced that they are separating. This comes after eight years of celebrity marriage, and the birth of one son, Jack. It's always a shock when a seemingly stable couple decides to split. It appears that Anna and Chris are now finding some of their differences in family life difficult to reconcile, given their respective careers and professional demands. Chris needs to travel more for his career which is at a high point, making it necessary for Anna to handle many home responsibilities solo. Additionally, there may be other issues that they are not in agreement about.

Head below to check out some relationship advice regarding similar situations to Anna Faris and Chris Pratt's!

There is no question that once the decision is made to break up, disentangling your life from your partner's is almost always difficult and messy on so many levels. In addition to the obvious hardships, there is often collateral damage. One of the areas in which it can be particularly complicated is with the family and friends you share in common, and deciding how those alliances will shake out once you are no longer a couple. If you are in the same business, as is the case with Anna and Chris, that group probably also includes your colleagues.

There are so many possible scenarios: your brother has become good friends with your ex-husband, your kids go to the same school as your sister's and your ex-wife is used to spending mornings with her after drop-off, or your parents still invite your ex to holiday dinners. You might expect all of that to stop automatically now that you've split, but sometimes it isn't that clear cut and people want to continue relationships even though you might prefer they don't. Your instinct may be that they will be joining you in the separation and parting ways with your ex as well. However, demanding that they stop being involved in your ex's life can lead to conflict. How, then, can you begin to navigate this so that you can become more comfortable as you try to move forward in your new life?

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The first step is to evaluate what your hopes and expectations are in terms of family and joint friends and colleagues. Do

you want them to unquestionably take your side and never see or speak to your ex again, or are you simply hoping they will let you know when they do interact with your ex or invite him or her to an event? Once you have a sense of that, consider the relationships these important people to you have with your ex. Have they become great friends, or are they just passing acquaintances who see each other a few times a year? Obviously, the request would vary depending on the intensity of what you are asking someone to give up. If they are very invested in their relationship with your ex, are you able to accept and make room for it? You can look to do this by trying to recognize that it is something separate from you, instead of seeing it as a threat.

Rather than trying to control their behavior, telling them what to do and what not to do, explain to them the way it feels for you, that their staying in touch with your ex might even feel like a betrayal, and let them know how that might affect your relationship with them. For example, it might be harder to talk to them about your feelings, or it might have an impact on the amount of time you spend together. Additionally, you can also let them know there are certain things you have already shared with them that you hope they can respect and keep private, and how important that would be to you. And finally, you can ask them to give you a heads up if there is a possibility that you and your ex will be invited to the same event. This will give you the opportunity to decide if you do or don't want to go, rather than being blindsided by your ex's presence when you show up. Keep in mind there can be many extenuating circumstances that can be confusing – a family illness or even a death – so it helps to be as clear with yourself as possible about what you can handle, so you can be equally honest with the people you love as you move forward.

Related Link: [Celebrity Break-Up: Anna Faris Opens Up About Split from Chris Pratt](#)

The goal is to figure out what it will take to give you the most peace in an already difficult situation. As Anna and Chris work their way through the murky waters of separation, hopefully they, too, will be able to minimize the collateral damage.

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Relationship Advice: Are Guilty Pleasures Okay?





By Dr. Jane Greer

The pursuit of happiness is an inherent right, as stated in the Declaration of Independence. And yet, everyone grapples with pleasure in one way or another, encountering stumbling blocks along the way. Gina Rodriguez, star of the popular television show *Jane The Virgin*, recently admitted in [celebrity news](#) that she used to feel extremely guilty about masturbating. While masturbating is a natural and healthy activity, many people do experience guilt, especially if their religion indicates it is something to stay away from. They might also feel guilty if they are in a relationship, and worry it might be taking away from their being intimate with their partner.

We all want pleasure, but so often feel we “shouldn’t” have it for one reason or another. Guilt and anxiety can become barriers that make finding it elusive, and that is true whether someone is thinking of masturbating, or indulging in a good meal or a favorite dessert, or even taking time away from work and family to go to the spa. Generally, people have a hard time giving themselves permission to participate in self-

gratification.

The question is, why does feeling good make so many people feel bad? And even more important, how can you handle the negative feelings so that they don't spoil the positive ones? Here is some [relationship advice](#):

Of all the pleasures people feel sheepish about, certainly masturbation is one that carries perceived taboos. By the time people have reached sexual maturity, most have explored and discovered what feels good. If they aren't in a relationship, masturbation will give them the chance to satisfy their sexual desires. If they are, masturbating does not have to take away from the bond they have with their partner but can instead heighten their shared intimacy. But even with this in mind there is often a shameful element to it, as there is with other indulgences. There is this idea of what you should and should not be doing, when in fact, as long as you aren't hurting another person, there is no reason to deny yourself happiness. In fact, it is important to revel in it. We all deal with so many responsibilities and tasks we have to do on a daily basis, from paying the bills to feeding the family to going to work. With that in mind, it is all the more reason to seek out pockets of pleasure that can rejuvenate you and give you the stamina to tolerate all the rest. Here are a few tips for tackling the guilt that may be thwarting your joy.

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First of all, question the source of your guilt. Are you listening to someone else's voice in your head? Whether it be a parent or a religious figure or someone else, take time to figure out who is telling you that you shouldn't do whatever it is you want to do. Stop that voice in midsentence and replace it with your own beliefs and convictions. Speak up and out for what you deserve and want, as Gina is doing in challenging the social stigma by talking about masturbation.

Next, give yourself permission to find pleasure. Again, as long as you aren't completely shirking your responsibilities or causing harm to another, you have every right to pursue whatever healthy passion calls to you.

Finally, take responsibility for your well-being with the understanding that if you want to indulge it's helpful to set parameters so that you can feel in charge. Consider what you are hoping to do, and set a middle ground that will make you feel better. Meaning, if you engage in behavior that's triggering your guilt – a delicious dessert or masturbating – know that you will do these things and plan ahead so that you have intention, though you may not know when, you know that they will happen. In this way, rather than doing something impulsively where you feel controlled by it, you are making the decisions.

It isn't easy to tackle guilt, but it is possible. In the end, it is important to remember it is okay to feel good. Just as Gina is speaking out and moving beyond the taboos, you can too. In the end though, keep in mind that treating yourself well will have a positive effect on everything you do, and will give you the energy and grounding you need to keep your life running and give back to others.

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Relationship Advice: Getting Over a Grudge



By Dr. Jane Greer

In [celebrity news](#), social media is going crazy after pop star

[Taylor Swift](#) decided to release her entire back catalog of music on all streaming services on the same day that [Katy Perry](#) released her new album, *Witness*. It was especially big news because Taylor had previously pulled her songs from Spotify in 2014. Some fans took it to be an intentional act, possibly to take the attention away from Katy on that important day. At the very least, the timing was interesting since Katy has publicly discussed her feud with Taylor multiple times in the last few weeks while promoting her new record. This is the perfect example of two people holding onto a grudge and resentment for a long time.

For Taylor and Katy, the grudge seems to be born out of creative competition that went on between them, but grudges can be kept over almost anything. Check out this [relationship advice](#):

Usually at a grudge's core is both people believing that they were wronged by the other person, and feeling justified in their anger, entitled to an apology, and basically hurt by the other person putting their own interest and needs ahead of the friendship. Very often, the pain that the betrayal causes can run so deep that people easily become consumed in their desire for retaliation and/or revenge. When this happens, the goal is to make the other person suffer and pay for the pain they put you through.

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In my book *How Could You Do This To Me?: Learning To Trust*

After Betrayal, my chapter “I’ll Make You Pay” speaks to the nature of revenge and the toll it takes. When you lock into getting back at the other person, it keeps you connected to that person in a negative way. It is one thing to feel resentful over something a friend has done and decide to end the friendship and not have anything more to do with that person. It is another thing entirely to get mad and end the relationship, but stay connected by way of your anger. It also can be difficult for the people around you who may be drawn into the controversy as they are asked to choose sides, or worry about offending you by wanting to still be involved with the person you are feuding against. Too often there is collateral damage.

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The question becomes, how do you end a grudge when you feel you have been betrayed? It isn’t easy to let go when you believe you have been wronged, but here are a few things to keep in mind as you attempt to do just that. The first step is realizing that if you are in this situation it is like giving bad energy free rent in your mind which could be used for more productive things. If you keep the flame of anger burning you will have less available fuel for engaging in activities and doing things that could actually make you feel good. Recognizing this can help you choose to let go of all these vindictive thoughts so you can begin to shift your focus to what you can do for yourself, something you can control, and away from focusing on what you hope might happen to the other person, which you can’t control.

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Another option is to deal directly with the person you have a grudge against. If you do go this route, it is important to give up the notion that you are in the right and the other is

in the wrong, and that you deserve an apology. Instead, recognize that both of you are dealing with a misunderstanding, and tackle it like a team. Consider saying to the other person that obviously you both have hurt feelings, and that you are sorry for what happened and you hope that is mutual. If you try to get into your view versus theirs, it is likely that tempers might flare and you might end up being accusatory and have a difficult time problem solving. If that should occur, the only choice might be to agree to disagree, and accept that you may never get to the bottom of it, but concur that the relationship matters more and you are willing to put the disagreement behind you. At that point, you can talk about how to put guidelines in place so you can check things out with each other and be more considerate, so hopefully you can avoid altercations in the future.

Perhaps Katy and Taylor are on the brink of letting go of their grudge, and time will tell.

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Relationship Advice: Can You Move Too Fast Moving In?



By Dr. Jane Greer

Actress Ariel Winter revealed that she's moved in with her boyfriend, Levi Meaden, after just several months of being together. While this is an exciting next step in the relationship, it raises the question of if it is ever too soon to move in with your significant other.

Is it how long you've been together, or the quality of the

time you have shared that determines when the time to move in with your partner is right? Check out my [relationship advice](#).

In today's age of Skype, Facetime, and Google Hangouts people can almost be with each other all the time, texting or even Skyping in the middle of the night. When you are in love and spending all your time with your partner, it feels logical to want to take that next step and live with them. If your lives have become entwined, you may feel your relationship is resilient enough to deal with the ins and outs of joint living. Others, though, find that marking the passage of time as a couple helps give them security that the relationship is solid before feeling ready to consider moving in with their significant other. You are already sharing your heart, but are you ready to share your home?

Related Link: [New Celebrity Couple Ariel Winter & Boyfriend Levi Meaden Make Red Carpet Debut](#)

The most important thing is to be aware of the responsibilities that come with making a home together, and knowing if you have a deep enough foundation to work through it all as a team. It becomes about more than just the love you share and begins to include housework, the bills, child and or pet care, the actual square footage, who gets more closet space, food shopping, cooking, and whatever else goes along with cohabitating. Much of that requires clear communication about what you both need for yourselves and expect from each other, and most important, the compromise it takes to accomplish it. If you are ready to share the space and everything that comes with it, that is the first step in knowing you might be ready. Another thing to consider is how involved you have become in each other's lives. Do you spend

most of your time together, including each other when making plans with family and friends? Are you basically doing everything as a pair anyway? If so, that is another indication that you might be in a good position to take that next step. Another clue that you might be heading down this road is if you are already pretty much living together at one location, with a lot of your stuff still at your own place and really being inconvenienced because you don't have what you need a lot of the time. In that case, making the decision to consolidate and be in one house or apartment becomes the practical and considerate thing to do.

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On the other hand, if it seems like a sacrifice or an effort to make room for your partner, if you feel they are encroaching on your personal space, and or if you feel that your partner is reluctant and unwilling to accommodate your needs, then it might be worth taking some extra time to see where your relationship stands. Similarly, if you worry about losing personal time with your family and friends, about potentially now having to be accountable to your partner for your whereabouts, this is another red flag that you might not be quite ready. Finally, if your relationship has not been stable and you've had a breakup along the way, there is no need to rush into anything. You might stand a better chance of going the long haul if you make sure you have the important tools in place to tackle the daily challenges of living together.

Ultimately it is up to you to sort out where you stand with all of these issues, and determine when making that big decision suits both of you. There is no right or wrong time, it just depends on your own personal situation. It seems Ariel and Levi are ready, so here's to luck and happiness ahead for them.

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Relationship Advice: Can Humor Go Too Far?





By Dr. Jane Greer

Caustic comedian Don Rickles has recently [passed away](#). His true talent was in his ability to insult his audience and have them join in and laugh with him, rather than feeling laughed at by him. He had no qualms about going for people's vulnerabilities, whether they were short, bald, late, whatever it might be. His shows centered around those derisive comments about people's looks, their spouses, their jobs, their ethnicity – anything he could find to insult. He went right for the Achilles heel when targeting someone. Nothing was sacred, nothing was off limits. While so many fans were able to enjoy this unique brand of humor, others saw him as mean spirited and potentially hurtful. There is no question that he had his own style and people either loved him or hated him.

This raises the question of what crosses the line in trying to be

funny. How far is too far? Here's some relationship advice.

Many people act like Rickles and will use humor to say something "in jest" that they think is funny or maybe even as a way to express a true issue that is bothering them. How many times are you angry with your partner or spouse and say something mean spirited or devaluing? Often the disparaging thing is said in a joking manner, and is shared only when one or the other feels annoyed. When they are called out on it, they might say, "I was just kidding! Can't you take a joke?" While it might have been meant to be light, comments like that can often feel stunning and cause the other partner pain.

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Rickles worked long and hard to develop his style and craft to be able to push the boundaries and get away with truth under the banner of humor. In a relationship, however, whether it be a spouse, girlfriend or boyfriend, sister or a friend, if you think you are being funny and they aren't laughing then you might have gone too far. It's crucial to be aware of when your partner is actually upset or offended by a "joke" you made. If that happens, apologize. Always be open to communicating that you weren't looking to be hurtful, and if it still isn't coming across as funny, consider re-evaluating your choice of "humorous" comments. At the same time, think about what motivated your comment, are you actually upset about something that needs to be discussed directly with your partner? Along those lines, if you are the recipient of the "joke" it is worth considering if there is some underlying annoyance or negative feeling your partner has toward you that is moving him or her to say these things. Either way, it would be good to have a conversation to check out if there is something under the surface that is going on that needs to be dealt with. When one of those comments is lobbed around your house,

if it is unwelcome and unappreciated, seize the opportunity to work through whatever might be fueling it.

Related Link: [Celebrity News: Ryan Reynolds Had Ridiculous Birthday Message for Wife Blake Lively](#)

Rickles was good at giving you the punch and the pain killer at the same time. If you went to his show you were basically giving your permission to be verbally attacked, if he saw fit. When you are in a relationship, people think they have permission to take a shot, but that is not always the case. Be aware of your partner's reactions, or speak up if you are feeling unfairly made fun of or ridiculed.

And remember, there really was only one Don Rickles.

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Relationship Advice: How Far Will You Go for a

Relationship?



Dr. Jane Greer

Singer Ed Sheeran found true love on another continent. When he first started dating girlfriend Cherry Seaborn, she lived in New York and he lived in England. The two, who met in school, made that work for a while before Seaborn moved to England to be closer to Ed. The latest buzz is that Ed plans to propose to her soon, sealing the deal that has seen a lot of miles traveled to build their relationship before finally ending up in the same place. This is not an unusual scenario.

Since celebrities and singers are

so busy on set or on tour, they often meet and even strike up a relationship with someone who lives far away.

You certainly don't have to be a celebrity or songwriter to travel the world to find love. Sometimes, if you're lucky, work will take you to another place where you might meet someone you feel a connection to, and then you find yourself trying to stay in touch with the hope of building a relationship. Other times you might be forced to become more creative in your pursuit of finding a romantic partner. Whatever the case, while long distance is never easy, it is much more doable these days with all the social media that keeps us connected and has bridged that gap that might literally be between you. With Skype, Instagram, Twitter, Facebook, email, and even a good old-fashioned phone call, people can interact and feel like they are together even when there is a great distance between them. This allows couples to not only feel close, but also to actually get to know each other and begin to date when they aren't in the same town or, in some cases, the same country.

So if you are contemplating broadening your horizons, what is the best way to go about it, especially if your job is not going to take you someplace new? Consider this relationship advice. This might be particularly timely now that Valentine's Day is over and spring is right around the corner, both which might spark your desire to step outside your comfort zone to meet that someone. Here's how to proceed. Use a dating app, which is a great tool in this process. Many people flinch at the thought of doing so, because they have tried it and it didn't work out, or they had a negative experience, or they feel they should be meeting someone spontaneously instead of

in this formalized way. Consequently, they have tried it and won't use it again, or are reluctant to use it in the first place. However, one bad date doesn't translate into all dating apps being useless. Proceeding that way would be like having a cut on your wrist and amputating your arm. By excluding them from your options you could wind up missing out on a terrific way to meet a great person who could be your friend or even more.

So instead of generalizing all dating sites, consider them individually. If you are ready to go abroad, AnastasiaDate.com, AsianDate.com, and AmoLatina.com are the apps for you because they specialize in international dating both in Europe and Asia. In using these apps you expand your search far and wide, give yourself the chance to experience the culture of another country, and create the opportunity to build travel into your lifestyle as well, all while achieving your main goal of finding love. Best of luck to Ed Sheeran and his girlfriend. They are the perfect example that absence makes the heart grow fonder.

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Relationship Advice: Can You Cheat Jealousy?



By Dr. Jane Greer

[Kristen Bell](#) recently shared how her husband, Dax Shepard, was her wingman at the Golden Globes so that she could meet her celebrity crush, Riz Ahmed. This is a perfect example of a relationship where both partners are secure and completely trust that, even though one may find another individual attractive, it won't challenge their fidelity. It's natural to see others as appealing, even when you're in a committed, monogamous relationship, but it is also important to remember that everyone's physical appearance changes. People get older, and sometimes they get sick. Beauty is not enough to sustain an ongoing romance. If you know in your heart that you're

always the most important person to your partner, then even if they have flirtations and/or a crush, it will enable you to tolerate your partner's attention or interest in someone else without feeling threatened.

So, how do you get the trusting feeling that equips you to joust jealousy? Here's some [relationship advice](#).

Make sure you take the time to tell and show one another how much they turn you on. If you are able to do this even when someone hasn't taken the time to dress up – when they first wake up in the morning and are makeup free, or are playing with the kids and despite being covered in dirt from the backyard look so manly – it can mean even more because those are the real moments of living. They can bind you in intimacy because you are seeing each other through the eyes of love. Also, be aware of your partner's likes and dislikes so that you can take them seriously. This will help them feel supported, cared about and understood by you, and help keep the air clear so tension doesn't build. You don't have to be the best looking person in the room, just the best in your partner's eyes.

Related Link: [Famous Couple Kristen Bell and Dax Shepard Plan Date Nights Mathematically](#)

By following this recipe, you strengthen your bond so that you can buffer your relationship from other people coming between you. When you have a solid foundation and know that you both have each other's back, it gives you the confidence to handle a passing flirtation knowing that's all that it is, something that is in the moment and will pass. Whether it is meeting one of your high school first loves, an old flame from college, a

new work partner, or anyone who might be perceived as a possible intruder, the two of you can remain impenetrable.

Related Link: [Expert Relationship Advice: How to Handle a Jealous Girlfriend](#)

Another ingredient in the trust recipe is that when either one of you feels insecure and voices that, it is important to respond with a heavy dose of reassurance. Rather than getting angry, minimizing your partner's feelings, telling them they are being ridiculous and continuing your behavior or ignoring them, instead let them know that it doesn't matter how many people you are talking to because they come first and you only want to go home with them.

Everyone is drawn to other people at times, but attraction and intimacy are two different things. One is instant and the other takes time to develop. If you trust this, and know your connection runs deep, you will be better able to cheat any jealousy that might come up and move forward as a team that nobody can divide. It seems that Kristen and Dax have this recipe under their belts.

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Parenting Advice: You're Never Too Old to Have a Child



By [Dr. Jane Greer](#)

You're never too old to have a child – just ask Steve Martin, Mick Jagger, Ronnie Wood, and many other [celebrity dads](#) who are choosing to become fathers later in life. While there is no ideal age that is perfect for every couple, having children at an older age has many benefits and also a few possible drawbacks. And you certainly don't have to be a [celebrity](#) or a dad to consider starting a family beyond your twenties and thirties. In fact, because of various reasons including being caught up in their professional lives, many people are realizing it doesn't have to be one or the other, and despite focusing on their career for years realize they have not

missed the chance to have kids. With that in mind, along with the current fertility technology and the possibility of adoption, many are pursuing that goal in their forties and even fifties. If you are in a new relationship with an older or younger partner, or you're older and finally ready to enjoy the joy of parenthood, or you have kids with an ex-spouse, but want to share that experience with a new one, there is still time.

Here are a few things to consider while you contemplate having kids later in life.

On the positive side, waiting to have a baby means there is more time available to pursue your career before settling down. It gives you the chance to focus on work and achieve the goals you set for yourself without feeling guilty that you don't have time for a child, or weighed down by the details of taking care of your family. Additionally, because you were able to fulfill your life dreams you may be more content and relaxed when you are faced with the additional responsibilities that come with parenthood. Furthermore, being older parents can also mean more financial and emotional stability for the kids, as well as a higher level of wisdom and teaching that comes from extra life experience, along with resilience and stamina which are essential qualities in a good parent. And of course, what better way to bring youth back to your home than to have a baby? Of course the family dynamics do change somewhat the longer you wait, but there's something to be said for getting the most out of the first chapter of life before starting the next one.

Related Link: [How Raising a Child Can Bring you Closer Together as a Couple](#)

On the flip side, though, there are a few other things to keep in mind. In truth, one's physical energy level is not the same when you're older as when you're younger. Being able to deal with the high demands and energy level of children themselves is something to be aware of. Of course, there is always the option to reach out for childcare support, no matter what age you are, when you become a mother or a father. Even more serious is the hope that one will live long enough to see their children reach different junctures in life – high school graduation, a wedding, the birth of a grandchild. The older you are, the more this might come into question. Mortality can be something that enters into the picture when the decision is made to have children at a later date.

Related Link: [Why It's OK to Have Kids Later In Life](#)

In the end, you have to consider the pros and cons of bringing a new person into the world at any time in your life. Why not do it when you are more established and more grounded in the world, just like Steve Martin and the other celebrity dads did? It might be as good a time as any, especially if you missed the chance at an earlier stage.

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Relationship Advice: Does Time Apart Heal Betrayal?



By Dr. Jane Greer

Tiger Woods opened up about his relationship with ex-wife Elin Nordegren this week. The couple ended their [celebrity relationship](#) and marriage in 2010 after Tiger's cheating scandal, but now they have managed to build an amicable friendship. With time, Elin seems to have gotten past the betrayal of her ex-husband's infidelity, which is a challenge for many couples. Tiger and Elin share two children, so this must be a welcome development for all of them.

While some couples are able to find higher ground and continue to make their marriage work after an affair, others realize that the intensity of the pain of the incident is just too much and that they are better apart, as was the case for Elin and Tiger.

Either way, initially there can be so much anger that it takes effort to not drag the children into it. This can be especially difficult if the spouses have parted and find themselves alone. The one who was betrayed feels that their whole world is turned upside down, and wants to get back at the person who did this to them and caused so much unhappiness. It is tempting to say terrible things about them to the people who are closest to you – your kids. The natural inclination is to want to get them on your side and have them take up arms against the person who caused this upheaval. The impulse to have the children understand what you are going through and why can be powerful.

How, then, can you avoid this urge, and instead let them know they still have two solid parents they can continue to depend on? How can you protect them from your own fury, and the negative energy that is coming from both sides, while navigating your way to a place of, if not forgiveness, at least of tolerance and understanding? How can you lead them to a solid foundation of security so that even if there is trouble between parents, they know they can count on the fact that both mom and dad will continue to be stable forces in their lives?

Consider this [relationship advice](#). To begin with, understand that they are not the ones who should be supporting you through this. They need your support, so the goal is to try not to burden them with your rage. Of course, that is easier said than done. The first step is to find an outlet elsewhere because you will need to talk about it, and choosing people other than your kids to unload on is a great start. You can find solace and confide in anyone from a therapist or counselor to friends and other family members. Work to insulate your children so they don't have to go through the raw emotion that you are going through. Steer clear of sharing the bad things your spouse did to you with the kids as much as you can. Finally, give yourself time which will hopefully lessen the sharpness of the betrayal, and eventually allow you to share at least a cordial relationship.

The hope is to find a way to provide a harmonious family environment despite the rift in your marriage. When both parents can come back together and share an affable connection, as Elin and Tiger have done, this can become easier to do. The distance between Tiger and Elin may have been just what they needed to move past their relationship as lovers, then fighters, and eventually continue forward in a solid friendship.

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Relationship Advice: Why Isn't It Easy to Say Goodbye?



By Dr. Jane Greer

Some say [Ben Affleck](#) is waiting to find out if his [celebrity ex Jennifer Garner](#) wants to reconcile with him. Despite their [celebrity divorce](#), they have remained close. According to a source, many people feel Jennifer is stringing Ben along and “making him jump through hoops.” They say she’s acting hot and cold, and he has no idea where they stand as a couple or a family. It can be very frustrating to remain in limbo and not know what to expect. Many people find themselves in this situation after a break-p or an attempted break-up.

Sometimes the road to splitting up permanently isn't clear, and there can be lots of fits and starts before either reaching the final end of a relationship, or deciding to give it another solid try. Why is it so hard for people to let go, sometimes even if they are officially divorced? Check out the following relationship advice:

The most compelling reason people continue to hold on is the fact that they have a shared history. The person who might be an ex-partner has a sense not only of who you are, but who you were with them and during your time together. To then say good-bye to them can also feel like saying goodbye to who you were during your relationship. Another thing that can keep you hopeful, even if you aren't happy right now, is the possibility that something will change and the good times you once shared and the positive aspects of the relationship will resume.

Related Link: [Jennifer Garner Source Says Ben Affleck's Alleged Celebrity Affair Was the 'Ultimate Betrayal'](#)

Another thing that can keep the glue between you from completely giving way is if one of you wants to hold on more than the other. When this happens, the one who isn't ready to finally end it might persist with calls, emails, and texts which can increase the doubts the other might feel as well as any guilt feelings he or she might have about ending the relationship in the first place. The partner who wants to

continue to be together might also make assertions that they will change whatever behavior may have led to the unhappiness between you. They might even start to do it, which can make the other person stick around with the hope that the negative behaviors will disappear completely. As a result, a couple can often seesaw because even small changes can increase optimism and give someone the stamina they need to be willing to try to give it another shot. In the case of a betrayal, when the initial and intense anger diminishes, there can be a willingness to give the person a chance to rebuild your trust. Also, when there are children involved, as there are with Jennifer and Ben, there is often a desire to keep the family together for their sake. That can be one of the strongest driving forces of all. Whatever the case, certainly if a lot of loving feelings remain it is hard to imagine life without them in it.

Related Link: [Lessons From Jennifer Garner and Ben Affleck](#)

The question becomes, how do you know if you are wasting your time, holding on with the hope that the happiness will be rekindled or the bad behaviors will change when there is the chance that neither of those things is likely? How can you know how much time to give it before reaching the decision to finally call it quits? Are there any strategies to employ for ending a relationship?

If you are moving forward with the intent to give your relationship a try and see if things can work out, it's good to be clear about what specific changes you are looking for and how long you are willing to wait to see if they actually take place. For example, if you are looking to see if you can trust your partner again, the only real way to do that is to give them enough time to show through their actions that what they say and do is worthy of your trust. But if months go by and you continue to be disappointed because the promised changes aren't happening, or they have happened once but were never followed up on, that can be a good indicator that things

aren't really going to be different from what had been upsetting you all along, and if you want to be happier it is time to let go. Ideally, you or your partner can look for counseling, which can help you either get your relationship back on track or help you reach the difficult decision that it really is time to say good-bye to each other.

It appears that Jennifer and Ben continue to share loving feelings, as well as children, and therefore remain open to the possibility of reuniting as a couple. Here's to hoping for the best!

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Relationship Advice: Mending a Split Like Megan Fox and Brian Austin Green





By Dr. Jane Greer

After five years of celebrity marriage, Megan Fox and Brian Austin Green had decided to call it quits. However, apparently their differences are reconcilable – the [celebrity couple](#) has reunited and is moving back in together. Sometimes it can be very helpful when two people take some time apart to evaluate how they feel about each other, and to sort out what is really important to both of them.

In the face of baby number three on board, it looks like Fox and Green have decided to join forces to work on their marriage and see if it can, in fact, work on take two.

Similarly, Patrick Dempsey and his wife recently put the

brakes on their [celebrity divorce](#). And you don't have to be married to give love a second chance. Courtney Cox and her boyfriend are back together after calling off their engagement late last year.

Related Link: [Megan Fox Reveals Third Pregnancy](#)

There are many things that can drive a couple toward a breakup. Underscoring most separations are feelings of disappointment, anger, and the idea that there was something you couldn't get beyond, some impassable issue, an irreconcilable difference for which there is no clear middle ground or answer. The anger itself can make it impossible to get along, either leading to too much fighting or a cold war distance between you, both of which can bring your sex life to a complete stop. For some people, the decision to end the relationship seems like the only path out of the hopelessness and unhappiness one or each partner is experiencing. Breaking up can appear to be a way out of the stress and on the road to a better place.

That said, love is a funny thing. Just because you aren't getting along doesn't necessarily mean you have stopped loving or feeling attracted to your partner. In addition to that, some space might infuse those feelings with new life while giving you a fresh perspective on what you can and can't tolerate in your life. In other words, even though an end to your connection might seem freeing at first, it might ultimately prove to be complicated, difficult, and lonely. Suddenly those weekend trips to see his mother don't seem like that much of a sacrifice, or the fact that she chooses to go to the gym most nights instead of eating dinner with you might not leave you feeling so abandoned as long as she comes home after. Time apart allows you to evaluate what is important, and can give you the chance to decide if what once felt untenable and unacceptable might suddenly become manageable in the face of what you really have to lose. Taking a break can give you a chance to get a new outlook, while letting the

anger subside. You can cool down and bring some objectivity back into your relationship.

Related Link: [Are Celebrity Exes Emma Stone and Andrew Garfield Back Together](#)

If your relationship feels like it is at a standstill and is steeped in feelings of resentment and disappointment try this [relationship advice](#): instead of making the decision to end it for good, consider ending it for now. Give yourselves some time apart so you can see that you actually might want to stay together – just as so many celebrities are doing lately.

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Relationship Advice: Why Are Women Attracted to Unavailable Men?



By Dr. Jane Greer

Actress [Scarlett Johansson](#) revealed to *Cosmopolitan* that years ago, she was in a [celebrity relationship](#) with someone who was forever unavailable, and that was when she hit “rock bottom.” She described him as “so attractively unavailable.”

Her story raises the question, why are women attracted to men who are unavailable? What is it about the “chase” that is appealing to us? Check out this [relationship advice](#).

Whether you are in high school dealing with a boyfriend who you feel loves you too much, or you’re a movie star with

people constantly asking you out, or you are recently divorced and getting more calls than you ever did, but none of them seem right, you might be in that funk so many people find themselves in where the men who are interested strike you as unappealing availability-wise, but the ones who won't commit are "attractively unavailable," as Scarlett described her one-time boyfriend. Sometimes the guy who wants to commit to you and does not hide his feelings is equated with the good and nice guy, as opposed to the one who says he will call, but doesn't, and who instead is seen as the romantic bad boy. For some reason, the fact that the guy likes you so much makes you question his confidence and desirability. You might ask, why is he available in the first place? If he were more secure and attractive, wouldn't he be taken by now?

Related Link: [Relationship Advice: When to Stop Wearing Your Wedding Ring](#)

There are also the possible elements of a challenge or a competition. If someone pulls away and becomes seemingly less interested, then you might feel the need to try to get them back. It can become more about having their love than actually sharing the love with them. Or, if that someone begins to give another woman attention, you might feel jealous and try to take that focus away from the new love interest and return it to you.

Related Link: [Four Changes You MUST Make to Avoid Falling Prey to the Unavailable Man](#)

So why do so many women choose the undependable, withholding man over the one who is ready to profess his love to them? In terms of family dynamics, there is the question of what you did and didn't get growing up from family members, especially mothers and fathers. On the one hand, it may be that you are constantly trying to get what is out of reach. On the other hand, you might be more comfortable with less commitment and emotion in a relationship. That constant chase can also become

a vehicle for your self-esteem and believing you are better and greater if you are able to attain the unattainable. In other words, if you can convince a man who is not eager or willing to commit to do so, then you must be extra special, and this can set you on a journey that does not have a happy ending.

If this sounds familiar, and you are constantly chasing your man, or not sure when he might call or ask you out again, it could be time to look at it from a different vantage point and turn it inside out. Why spend your efforts trying to get someone's affection that at best will be inconsistent and leave you wanting more, when you can instead choose someone who will be dependably loving and offer you a true sense of fulfillment? The goal is to feel valued, cared about, and loved for who you are and what you do, the qualities you already possess, rather than having to prove your worth to a guy who is not looking to ever really be fully involved with you. Overhaul how you are going about seeking happiness and security. If you are lucky enough to be with a good guy who does nice things, accept it and believe that you are worth it. Look to reciprocate and build on a relationship with someone who is able to give you the closeness and companionship you are looking for. Try to stop seeing that as boring, and instead see it as rewarding and positive. In many ways it is like developing a new muscle. Do your best to stop flinching and being turned off by nice behavior, and begin to welcome and appreciate it so that you can feel good about yourself, rather than not.

It's important to be aware of these things, if, in fact, there is a pattern in play and you are continually choosing partners who can't be there for you, so you can make better choices in the future. Ultimately you want to strive to try to feel like a winner because of the things you can have, not for half-heartedly getting the things you can't. It looks like Scarlett has finally been successful at that.

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Relationship Advice: Love the Second Time Around





By Dr. Jane Greer

Pop star [Miley Cyrus](#) was spotted wearing an engagement ring after she and former fiancé Liam Hemsworth reunited over New Year's in Australia. Multiple sources revealed that Miley had been struggling to move on from Liam after the end of their [celebrity relationship](#), and has never fully gotten over him. It appears the feelings are mutual, as the [celebrity couple](#) is giving it another try. And, they aren't the only ones people are talking about when it comes to wondering about the possibility of rekindled love. Superstar Madonna and movie star ex-husband Sean Penn have reportedly been spending more time together lately, and were recently seen at a hotel bar together. All of this can be heartening for those who wonder about doing something similar with a previous partner. Hearing these stories can make people believe in romance and the value of a shared history. But, it also raises questions.

How do you know when an old loved

has the potential to come back to life, and when is it best to leave an old relationship where it is, in the rear view mirror? Here is some [relationship advice](#):

When you see old lovers like Miley and Liam, and Madonna and Sean, get back together, it might make you think about reaching out to an old, but extinguished flame. There are times when that might require a deliberate act, actually calling or contacting someone from your past, or it can happen in a more spontaneous way, such as when you run into someone you once dated at a wedding or a reunion. Either way, it is good to take stock before jumping in with both feet.

Related Link: [Miley Cyrus Is 'Hanging Out' With Celebrity Ex Liam Hemsworth Post-Split from Patrick Schwarzenegger](#)

The most important barometer for gaging what to do is to consider how and why your connection ended in the first place. It is ironic that in wondering if you should begin again, it helps to go back to where it ended, but that is where you might find the best answers. If the circumstances that broke you up didn't have anything to do with the attraction and passion you felt for each other, and might still feel, it is possible that giving it another go could be a fine idea. It is also possible that even if there were problems, you have both grown and changed, and with the wisdom and distance you now have might be better able to deal with and manage them. The same issues that were front and center when you were first together might not bother you anymore, or might be more easily worked out.

Related Link: [10 Celebrity Couples We Never Knew Existed](#)

On the other hand, if your relationship ended badly and there is still a lot of unresolved anger, there is the chance you will find yourself returning to that unhappy place. Also, if there were behaviors, habits, or personal traits the other person had that were intolerable for you, and that person still exhibits them and has not changed his or her ways, it may be better to leave the relationship in the past with the fond memories of what you once shared.

Once you have sorted that out, it may be that you feel your ex is really your lost love. In this new time and place, where both of you have mellowed, it may be viable and pleasurable to give it another chance, as Miley and Liam seem to be doing, and as Madonna and Sean may be flirting with trying. Only time will tell if they will prove to be stronger than ever after their time apart. Madonna said it straight out in her song Stay: When you walked out my door, I knew you'd be back for more, Let's leave the past behind, True love is so hard to find.

Are Celebrity Couple Emma Stone and Andrew Garfield Overcoming Jealousy?





By Dr. Jane Greer

It's rumored that celebrity couple Emma Stone and Andrew Garfield are having issues lately, stemming from the fact that Stone is close to her colleague Ryan Gosling. The possibility has spawned a lot of discussion about jealousy and how the famous couple might move forward from here. While the two of them have not addressed the situation publicly, additional reports surfaced suggesting the pair have resolved their issues.

It's very important to tackle jealousy head-on rather than letting it simmer within the relationship.

Believe it or not, your partner doesn't have to be working with a movie star, as is the case for Emma and Andrew, for you to feel the green-eyed monster in full force. In fact, most

people go through this at one time or another, especially if their loved one is working closely with someone who is attractive and smart. When this happens, it is hard not to be rattled by the possibility that they could fall for this person and you could wind up losing them. So, what can you do to keep your fear and jealousy from taking over, and possibly creating more of a problem with your relationship than actually exists?

Recognition.

First, recognize that acting jealous can actually cause tension between you that may drive you apart rather than bring you closer. If you are feeling threatened, you may accuse your lover of doing something he or she isn't doing, lash out in anger, or just generally make things so unpleasant that you unwittingly push them away from you and possibly in the direction of the other person.

Focus on your connection.

The bottom line is that it is always uncomfortable knowing there are appealing men or women around whom your lover might come into contact with and find attractive. However, the real key to staying together happily is to focus on the connection you two share, rather than putting an emphasis on that perceived interloper. In other words, pay attention to ways to build on and strengthen your intimacy and closeness. If you are having problems over sex and/or money, for example, then now is a good time to invest your energy into problem solving and finding ways to compromise and resolve them, so that you can feel more confident, happy, and safe in your relationship. This way you use your energy productively to focus on considering and loving each other, rather than use it to act on your anxiety and possibly end up having it work against you.

Eliminate the space.

When you are in sync and feel harmonious, it can eliminate any room for someone else to come between you. It can also help to ask for reassurance, making sure to avoid placing blame but rather raising your concerns and giving your significant other the chance to bring clarity to what is actually going on that will help you feel better. Despite jealous feelings occurring, when you have a strong foundation and trust each other, you can feel secure that you are the person your partner wants to be with. Hopefully, that will be the case, too, for Emma and Andrew.

Please tune in to the Doctor on Call radio hour on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to [Dr. Greer](mailto:askdrjane@drjanegreer.com) at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer](https://twitter.com/DrJaneGreer) on Twitter for her latest insights on love, relationships, sex, and intimacy.

ShrinkWrap: Has Your Relationship Hit a Speed Bump?





By Jane Greer, Ph.D. for GalTime

catching the clues that something is off

Not all roads to romance offer a clear ride. Sometimes the signs are harder to read than others. As Emily Maynard, this season's Bachelorette, handed out roses, the message was pretty clear: stay or go. But short of gathering for the ABC show's famous rose ceremony, is it possible to miss the message? Might an important lane shift have taken place that you somehow didn't notice? And what can you do to protect yourself against the turbulence of an unexpectedly bumpy ride?

Take Lucy, for example. She was dating a guy named Adam with the usual excitement and reservation that comes at the start of any promising possibility. But Adam took off, gaining speed faster than she expected: telling her how much he liked her, wanting her to meet his friends, and calling and texting all the time. Since she liked him, too, she joined in and went along for the ride. Before she knew it, though, she was ahead of him, and he had slowed down, suddenly saying he couldn't keep up with her expectations. Because he continued to stay

connected, she didn't realize what that might mean. So she kept going at the same momentum. And then she didn't hear from him. That was two weeks ago.

She was angry, and didn't understand what had happened. How can you make sure you don't get ahead of the relationship, particularly if one person is coming on strong? Before you let yourself go full-steam ahead, you might want to build in a few speed bumps for yourself. There are some people who jump into a relationship fast, and then want out fast, and you want to protect yourself from getting too attached if there is the chance that person could burn out.

You can do that by being aware of when and how much of your feelings you share. If they say they like you, you can reciprocate with an, "I like you too, let's see where this goes." If they want you to meet their friends, suggest you get to know each other a little better first. Build a foundation under the two of you before getting carried away.

When Adam told Lucy he couldn't keep up with her, it was the equivalent of the Bachelorette's not offering a rose. It just took her a little while to realize it, and by then she was halfway down the highway and looking forward to the road trip. Once you're there, it's harder to come back.

ShrinkWrap: J. Lo...Once Betrayed, Always Betrayed?





By Jane Greer, Ph.D. for GalTime.com

J.Lo is back in the news and it isn't because of her music. Once again it is her love life that is getting attention. The three-time divorced megastar might be having romantic troubles, something she has dealt with many times before.

It was recently revealed that her boyfriend dancer Casper Smart walked into an "exotic massage parlor" and gay porn shop in New York City. Smart said he didn't mean to go there, that he was lost, but there is talk that his journey – mistaken or otherwise – is already taking a toll on their still relatively new relationship.

Jennifer is not new to betrayal, so the question is: if you are once betrayed are you destined to repeat it? Can you learn from a betrayal so it doesn't keep happening?

To begin with, you have to understand your own personal limits and boundaries. In order to do that, you must determine for yourself what is forgivable and what isn't. In my book, *How Could You Do This To Me? Learning To Trust After Betrayal*, I

talk about the fact that there are many nuances to betrayal and what might be perceived as infidelity. For some, a tiny indiscretion such as flirting with or texting someone else might be enough to cause a great rift in a romantic partnership, while for others that might not even rock the boat. Knowing your boyfriend or girlfriend watches Internet porn might not seem like a problem at all to some, while for others it might be a deal-breaker. There are so many scenarios out there, each couple must decide together what is okay and what isn't, and if one partner exceeds those limits, then that is a betrayal.

The biggest question between Casper and Jennifer, and between any two people dealing with an issue like this, is what is acceptable and, therefore, forgivable in their relationship. This answer will be different depending on who you ask. If, in fact, Casper entered that store to satisfy unmet needs, and Jennifer is aware and accepting of those needs, then the tabloids are wrong: It wasn't a betrayal and this won't cause the downfall of their relationship. If she didn't know about these needs, however, and he was sneaking around, then it is possible that her readiness to invest trust in her relationship with Casper is not fully warranted.

It is hard to know if Casper has betrayed Jennifer, maybe we'll learn more as the story unfolds, but if he has then she will benefit from stepping back and taking inventory. So often people who are trustworthy simply believe their partner will be by default. They assume that their partner will put them first, just as they tend to do. Instead, the other person puts their own needs first, and when they are sexual or romantic, inevitably it spells betrayal.

If you are looking to trust someone, you want to base that trust on what your partner does, not on what they say. Pay attention and make sure their actions are consistent with what they are telling you. If Casper has been open and honest and has shared his desires and needs with Jennifer, even if they

don't always include her, they can make it work. In the end, from where we stand, only time will tell for the celebrity couple. In your own relationship, you don't have to be so passive. If your lover's actions and words don't mesh, or if you know they are keeping secrets from you, no matter how much you want it to work, unless you deal with your doubts, you will be at risk of being betrayed.

Heather Locklear: What Is She Running From?



By [Dr. Jane Greer](#): Marriage & Family Therapist, Author, Radio Host & *Shrink Wrap* Celebrity Commentator

No matter how talented, beautiful, or rich you are, none of those things are sure antidotes for misery. Heather Locklear is a clear example of this. The Melrose Place actress was rushed to the hospital last week, reportedly because she mixed alcohol with prescription drugs, after her sister found her unconscious. This newest crisis follows years of trouble and heartbreak including two stays in rehab, an arrest for a DUI, two divorces, and her more recent break up with Melrose Place costar Jack Wagner. With all this in mind, it seems that Locklear's latest episode might be part of her attempt to outrun her unhappiness, but unfortunately she doesn't seem to be getting any traction.

There are many ways people try to escape their sadness. Alcohol is a big one. Illegal and prescription drugs are another way. Sometimes the two are mixed which can lead to dangerous consequences as we saw with Locklear. As a result, the substance abuse becomes the problem that is focused on, but what really needs to be looked at is what got her to the place of needing to use it and what is it that she is unable to deal with.

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Lots of times we see the troubled behaviors – drinking excessively, using prescription drugs, the rehab visits, the DUIs – as the issue when, in fact, they are the person's best effort to bury whatever is torturing them. It is in the core of that sorrow where the real complication that is holding them back from moving forward lies. Instead of focusing on what they are doing to block it out, it can be more helpful to look at what is underneath and when it started.

It is hard to know exactly when Locklear's depression began and what she is working so hard to avoid. With Wagner, it seemed that for a while she was trying to walk down the aisle but, for whatever reason, was unable to get there. Could she

be considered a runaway bride even though she had been married before because she may be afraid to remarry after her two failed marriages? I do know that one of the awful things she had to deal with in her past was the betrayal of her second husband Bon Jovi guitarist Richie Sambora when he cheated on her with her best friend Denise Richards. In a situation like that not only are you reeling from the betrayal of your husband but from a best friend as well, leaving you confounded and wondering who can I trust? Sometimes these emotional assaults take their toll not just when they happen but in the future where they can rage on below the surface. As a therapist I see this every day, people soldiering on in the face of upheaval, be it an unfaithful partner or a broken marriage, and for many the aftermath of that event can become too much to handle. It has leveled their foundation, oftentimes destroying their ability to trust themselves let alone another person. In my book *How Could You Do This To Me? Learning To Trust After Betrayal*, I talk about how so many people get on with it, but they don't get over it. They try to leave their pain behind but it is always at their heels. The broken trust becomes too much to bear and often they are left scarred. Consequently it feels almost impossible to trust again. Perhaps this is what is keeping Locklear from making another trip to the altar.

Related: [Keith Urban Says Wife Nicole Kidman Saved His Life](#)

In order to avoid the rollercoaster that Locklear and so many others have been on, it helps to appreciate the blow you sustained and not only give yourself time to get over it, but realize you have to take measures to come to terms with what happened and begin to fix the damage. With support you can do this so you can give yourself room to heal from broken trust.

This means redefining what you base your trust on, and learning what to look for so you can determine if someone is trustworthy. Then you can avoid jumping into a new relationship before you have gotten over your fear that you

will get kicked in the teeth again, and feel safe to trust again.

For Locklear it may be that her fears of the past have become her fences of the present. Hopefully she will get the help she needs to be able to tackle the underlying problems, instead of trying to numb what she is feeling, so that perhaps she can finally be able to stop running. Sometimes the best thing to do is to stand still.

Please tune in to "Let's Talk Sex" which streams live on HealthyLife.net every last Tuesday of the month at 2 p.m. EST, 11 a.m. PST. We look forward to listener call-in questions, dealing with relationships, intimacy, family, and friendships, at 1.800.555.5453.

Charlie Sheen: The Greatest Loss of All





By Dr. Jane Greer, Marriage & Family Therapist, Author, Radio Host & Shrink Wrap Celebrity Commentator

People are still transfixed by Charlie Sheen. Some clinical speculation about his behavior has suggested the ravages of drug addiction or an untreated bipolar episode. While all of this may be true, to me, it looks like unbridled narcissism in full fury.

The go-to definition of narcissism is thinking only of oneself. However, when you use the word narcissist you are really making a much bigger statement. A narcissist is not only selfish but actually lacks the ability to think of anyone else. Most narcissists are masters at turning things around so they're the ones being wronged, and they make it appear that they are doing you a favor by letting you make it up to them. They are typically self-righteous and have an exaggerated sense of entitlement that leads them to believe they deserve everything and more. When they don't get what they want, they get angry and their rage knows no bounds.

You could be dating a narcissist and not even realize it. In

fact, at the beginning of a relationship, it can be easy to miss the signs. If you're not sure, take a minute and consider these questions. Are most of the conversations you have centered around your partner? Are you always the one being flexible, making changes to your schedule or agreeing to new plans? If you're out to eat, does your date help themselves to your food without asking, not seeming to think twice about it and never offering you a taste of theirs? When you visit them, do they get up and greet you at the door or expect you to just walk in and join them in whatever they're doing? While each of these things might seem insignificant alone, together they are the signature behaviors of a narcissist.

The epitome of this is a specific personality type that in my book, *What About Me? Stop Selfishness from Ruining Your Relationship*, I call an ultimate controller. Their slogan is "it's all about me." They talk about how great they are, how successful they are, how they know more than anyone and how they're better than everyone else. Charlie certainly brings this to life. We see this in his public tirades on Twitter and his webcast "Sheen's Korner," along with his declaration of "winning." Ultimate controllers have little if any empathy for their significant others and they are unable to accommodate the needs of those around them. To try to get them to is likely to lead to frustration, disappointment and unhappiness. This is what each of Charlie's wives realized, and why they ultimately got out of their marriages. For ultimate controller's, when their needs aren't met they are quick to get mad and attempt to control others with their anger in an effort to intimidate so they get their way. All of this comes through loud and clear with Charlie's reported death threats, along with his talk about trolls, fastballs and tiger blood. If you pay attention to some of the indicators you will hopefully avoid getting in so deep.

Unfortunately, because Charlie is such a money-generating

celebrity he's been able to make his narcissism work for him and his out of control antics actually perpetuate his image as "the quintessential bad boy." The irony is that despite all that Charlie has lost, the one thing he is indeed the 'winner' at is being the best narcissist around.