

# 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!**

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## **Celebrity Break-Ups: Charlie Puth Says Selena Gomez Romance Messed Him Up**



By [Carly Horowitz](#)

In [latest celebrity news](#), Charlie Puth reveals that his short relationship with [Selena Gomez](#) had a significant impact on him. According to [UsMagazine.com](#), Puth explains that his [celebrity break-up](#) with Gomez fuels the energy behind his song "We Don't Talk Anymore." Puth further elaborates, "You gather up a bunch of emotion with the life shovel, throw it in the life bucket, mix it up. And she evoked such good emotion on that song, it was a pleasure working with her. That's why I'm always happy to sing it, even though it came from a dark point in my life."

## **Even celebrity break-ups leave a lasting effect on their victims. What are some ways to cope with a recent break-up?**

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

Time can't measure the amount of feelings you may have for someone in a relationship. Also, you may carry the effects from a break-up for years to come. Luckily, Cupid has some advice on how to cope with a recent break-up so that you can respectfully accept what happened and become better from it:

**1. Change up your workout regimen:** When you exert energy from working out, endorphins are released in your brain. This helps to fight stress and heighten your happiness level. Take this post break-up time to better yourself and your body. Go to the gym with your friends and do some fun workout routines together! Remember to not overwork yourself though. Do just enough so that you feel happy and healthy.

**Related Link:** [Celebrity News: The Weeknd Hangs Out with Justin](#)

## [Bieber's Ex Post-Selena Gomez Split](#)

**2. Write it out or talk it out:** When emotions are bottled up inside of you continuing to boil and you don't let them spill out, it can be very detrimental to your overall well-being. It is healthy to get out how you are feeling. Identify your feelings in order to get past them. If you don't feel comfortable talking to anyone in your life about your personal post break-up feelings, start a journal. Write down your thoughts and feelings. Let it all out- so then you have more room in your heart to let love in.

**Related Link:** [Celebrity News: Miranda Lambert Throws Shade at Celebrity Ex Blake Shelton With Key Lyric Change](#)

**3. Go outside:** Fresh air has the power to boost your mood and self-esteem. This is a simple way to clear your head post break-up. It is easy to stay in your bed all day and sulk about what is going on your life. Make an effort to try to get outside at least once a day for a few hours. Smile and realize that this world is so beautiful!

**How have you coped with a recent break-up? Comment below!**

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# Celebrity Style: Active Wear Inspiration to Kick Start Your Workout







By Christine Rudolph

You're probably familiar with the infamous New Year's mantra "new year, new me." People everywhere use (and sometimes overuse) this phrase to help motivate and achieve the goals they have set. For some, the "new me" entails hitting the gym to get that toned body many of us desperately desire. But we all know that making a resolution is one thing and abiding by it is a whole different ball game! We all need the right amount of inspiration to stick with such momentous resolutions – and cute active wear certainly helps! Gone are the days when workout clothes were incredibly dull and boring. Now you can attract everyone to your newfound style mantra based on active wear. Not only will you stand out from the crowd, but you will also look as good as some of your favorite fit celebrities!

**Here are some of our favorite celebrities that have awesome**

## workout clothes! You don't want to miss out on these bits of [celebrity style](#):

**Selena Gomez:** Selena Gomez has been making [celebrity news](#) recently since getting back together with Justin Bieber, but what is even more ravishing than that is Gomez's choice of active wear! Gomez was recently spotted leaving a hot yoga class sporting blue Puma leggings with an oversized white sweatshirt with spotless white sneakers. The bright blue leggings added a chic pop of color to her mostly-white outfit, and she looked ah-mazing! We don't blame her for turning up the heat at yoga class his winter.

**Related Link:** [Celebrity Fitness Secrets: Funky Exercise Fads](#)

**Gigi Hadid:** Gigi Hadid makes working out look so, so glam! Her active wear ensembles are just as cute as the outfits she wears on the runway. She is frequently spotted strutting down the street of whatever glamorous city she's in, wearing the cutest work out clothes. A recent standout of Hadid's included a chic sports bra paired with an oversized zip-up jacket, and silver metallic fitted leggings. Hadid definitely doesn't sweat when she exercises, she sparkles!

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**Rihanna:** Rihanna isn't all just songs and dance as this diva is more feverishly known for her new beauty line and her fashion choices! Being a global icon is not a small deal, but Rihanna's confidence in her outfit choices shines even when she has on active wear. One standout in particular was a matching Alexander Wang long-sleeved crop top and leggings. She even amped up her look with some red-hot lipstick. Rihanna is your go-to girl if you aspire to create the perfect look to

make those jaws drop down to the ground!

Take notes from these celebrities and make this year be the one that you stick to your resolutions, and look great doing it! Your future self will thank you.

*Christine Rudolph is an enthusiastic dreamer and a workaholic to achieve that. She is a blogger, writer, state level badminton player, and technology freak. Currently, she is associated with [Sophie & Trey](#), an online clothing boutique and a team of style conscious millennials. For all updates, follow her [@RudolphBlogger](#) and become friends with her on [@Facebook](#).*

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## Relationship Advice: What If Your Family Doesn't Approve Of Your Partner?







By Dr. Jane Greer

Choosing a partner for life is a big deal under any circumstances. There's enough pressure on yourself to ensure that you're making the right decision and meeting all your needs. So what happens when you come up against a thumbs down from a parent, sibling, or friend who has been weighing in on your choices all your life? Why is it that the people you love take a contrary position and see your partner completely unsuitable for you? Why can't they just welcome the people you care about with open arms? If this sounds like a familiar situation, you are not alone. This is a very common experience for many people, and it happens for a lot of reasons. It speaks to declaring your independence, freedom of choice, autonomy, and, most importantly, trusting your own judgement to know what is best for you, rather than what others think is best.

**Here are some key pieces of**

## relationship advice as you work to stay true to yourself and your commitment, without allowing conflict to tear apart your family:

It has been reported that [Selena Gomez](#)'s mother is not happy about her rekindled [celebrity relationship](#) with pop star [Justin Bieber](#). Considering how distraught Selena was in the aftermath of their much-publicized breakup, it makes sense that her loved ones would worry about her this time around. Whatever the reasons may be, Selena's mom has assured the public that she just wants her daughter to be safe, healthy, and happy. While the approval of your parents is always a plus in any relationship, is it crucial to the success of your union? What can you do, then, if you find yourself in a similar situation?

It is important to begin with an open conversation with the person criticizing your partner. Ask them to spell out their concerns and explain why they feel the person is not right for you. This isn't always easy to do. You might start from a defensive position, (especially if this is a continuous pattern) but it is worth hearing what's on their mind because their thinking is valid and you might be missing something. Keep an open mind while you are talking and consider what they have to say. If, for example, your romantic partner exhibited bad behavior in the past and your parents call that out, think about what has changed and what is different now. You have likely allowed yourself to fully trust that person and move forward with them. Explain the changes and describe why the previous behaviors are no longer something to worry about.

**Related Link:** [Relationship Advice: Is a Bad Boy Good for You?](#)

If, on the other hand, your family members or friends raise

issues about a difference in race or religion, this may be a fork in the road where you choose to go your own way. It becomes a step toward independence, and a move away from the ideals of the family you grew up in. It is a time when you can take responsibility and voice your own values, even though they may differ from your parents, siblings, or friends. It can serve as an emotional emancipation and where you start to embrace what is important to you. When this happens, you acknowledge that they have criticisms, while asserting that they are not your personal beliefs.

**Related Link:** [Relationship Advice: When Is the Old New Again?](#)

Whatever the case, if you continue to meet disapproval tell your loved ones that you would like them to “agree to disagree” and accept that you have clear differences of opinion in order to stay together as a family. This is also a time to put boundaries in place. Note that you are aware they don’t like your choice, but you do not want to hear anything more from them unless you specifically ask for an opinion. You can even warn that if they broach the subject, you will simply end the conversation. This will help you keep some control and prevent being blindsided.

The ultimate goal is to avoid getting into a power struggle that could make you feel controlled and judged by a parent or other loved one. It’ll also avoid lots of arguments, too! Try not to become defensive or feel you have to justify your choice. The only thing that matters is that you are happy, excited, and comfortable as you move forward with your partner with your eyes on the future. Hopefully Selena and Justin will be able to do this and find peace even with the family discord. And, in time, Selena’s mother will also come around and embrace her daughter’s rekindled romance.

*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 at [askdrjane@drjanegreer.com](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on [Facebook](https://www.facebook.com/DrJaneGreer), at [www.facebook.com/DrJaneGreer](https://www.facebook.com/DrJaneGreer), and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

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## **Celebrity News: Justin Bieber's Mom Defends Him Amid Selena Gomez Romance**





By [Carly Horowitz](#)

In [latest celebrity news](#), [Selena Gomez](#)'s mom is not too fond of [Justin Bieber](#). [Celebrity couple](#) Gomez and Bieber have been stirring on and off [celebrity gossip](#) for a couple years now. Right now in latest celebrity news, they seem to be on. According to [EOnline.com](#), Bieber's mom posted an Instagram with a caption that praised how proud she is of her son and how beautifully he is maturing. With all of this talk of Gomez's mom not approving of Bieber, Bieber's mom had to show the world that no one is perfect so we need to have patience with one another.

**This celebrity news has us clapping. What are some ways to get support when your partner's parents don't approve of you?**

**Cupid's Advice:**



The only realistic expectations you should have should not be for anyone other than yourself. It is upsetting though if your partner's parents don't approve of you and your relationship. Don't worry- Cupid is here to help with some tips on how to put your best self forward to potentially make a better impression with your partner's parents:

**1. Find out activities they like:** Talk to your significant other and find out some things that their parents are into. Maybe boating, cooking, going on walks, etc. Then, reach out to them to do one of their favorite activities with them. This will seem like less of a "kiss-up" move since you're not buying them anything, you are just simply creating a comfortable situation for them to truly get to know your amazing self!

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**2. Be blunt if they are:** If your partner's parents really make it clear that they are not a fan of you, be blunt and ask them sincerely what you can do in order to gain their trust. Communication is key. Ask and then make efforts to do what they feel is necessary as long as it is reasonable and does not interfere with changing who you truly are.

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**3. Show them how much you love their child:** If they can't get past who you are, and it is a struggle for you to see the good qualities in your partner's parents as well, there is a genuine force that cannot be denied- the love that you have for your partner. Instead of trying to boost your self-image, make it clear how much you love and care for your partner. Their parents cannot be too upset with the fact that their child is getting the love and care that they deserve.

**Have more advice on how to make a better impression with your**

partner's parents? Comment below!

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# Celebrity Couple The Weeknd & Bella Hadid Are 'Still Totally in Love'



By [Rachel Sparks](#)

Is a reunion of this [celebrity couple](#) on the horizon? We hope so! A source told [UsMagazine.com](#) that [celebrity exes](#) The Weeknd and Bella Hadid “have been talking, texting, and FaceTiming each other pretty consistently” since he and [Selena](#)

[Gomez](#) broke up. The source continued to say that The Weeknd and Bella Hadid are still in love with each other.

## **This recently reunited celebrity couple are finding love once again. What are some benefits to rekindled love?**

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

At some point we all have wanted to get back together with an ex. It's normal. They know you and what you like and they're familiar and safe. While getting back together with an ex doesn't work for everyone, there are times that it can be the exact romance that you want in life. It all depends on your past with your ex. Was the breakup irreconcilable? You alone know what's best. Cupid has the [relationship advice](#) to help you decide:

**1. You know each other:** The best relationships are the ones where your partner knows you inside and out. They know your buttons and your insecurities, but they love you anyway. They know what makes you happy, how your brain works, your dreams, and how to support you. If your ex was great at all of these things, going back to that relationship can actually be a good thing.

**Related Link:** [Celebrity News: The Weeknd Hangs Out with Justin Bieber's Ex Post-Selena Gomez Split](#)

**2. You're friends:** Romantic relationships work best when there's a solid foundation as friends. Sure, friends becoming romantic partners doesn't always work out, but romantic partners need to be friends through it all. If your friendship never ended with your ex, consider going back. No matter what

[dating advice](#) says about dating an ex again, you will know if you're ready for that kind of thing and if it will be good for you both.

**Related Link:** [Celebrity News: Surprise! The Weeknd & Bella Hadid Are Hanging Out Again](#)

**3. A chance at redemption:** We've all messed up at relationships. We've all been too young, too immature, too inexperienced and regretted the outcome. When you go back to an ex, you're still the same people, but a little older and wiser. Sometimes that's all you need to make something a success. When you go back to an ex, make sure it's for the right reasons and that you're fully committed to making it work. Who knows, the person who was once an ex could become the love of your life and your future spouse. Treat them as if they could be.

**Have you gone back to an ex? Share you dating advice below!**

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## **Celebrity News: Source Says Beyonce Struggled to Trust Jay-Z After Cheating Scandal**





By [Jessica Gomez](#)

Couples therapy and their daughter Blue Ivy are the reasons why [Beyoncé](#) was able to remain in her nine year marriage with [Jay-Z](#), a source told [People.com](#). Queen B struggled to trust her husband again after his infidelity, like many of us would. “It took Beyoncé a long time to trust again. She was struggling to move on and forgive. But keeping her family together was very important,” the source said. The [celebrity couple](#) are now back to a happy marriage, according to the source, making [celebrity news](#) and relationship goals.

**This celebrity news isn't surprising, given that cheating is a violation of trust. What are some ways to regain lost trust in a relationship?**

**Cupid's Advice:**



Once trust is lost, it's hard to get it back. But it's possible. Cupid has some [love advice](#):

**1. It takes two of you to rebuild trust:** Both the person who is forgiving the other and the one that is working to mend the trust they broke have to work on it. You both have to meet each other half way to rebuild what was lost. And remember, Rome was not built in a day.

**Related Link:** [Selena Gomez Breaks Silence on Split from The Weeknd & Reunion with Justin Bieber](#)

**2. Be honest with one another from here on out:** Honesty is always key to making a relationship work. A way of proving yourself to one another is to not lie. If one partner or both partners continue to lie to one another, it will not work, and the path to rebuilding the trust will get much more difficult. Be truthful and be open. Communication is key.

**Related Link:** [Minka Kelly Shuts Down Jesse Williams Cheating Rumors](#)

**3. Can you forgive? Can you prove yourself?:** Lots of thinking and evaluating needs to happen! Before trying to rebuild the trust in a relationship, you both need to ask yourselves something: Can I forgive him or her? Can I prove my loyalty again after violating his/her trust? If the answers to these questions are yes, then let the mending begin. If not, it's time to let go.

**Usually there is that moment when we realize that we trust the other person again or that we've gained their trust back, what was that moment for you? Comment below!**

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# Celebrity News: Selena Gomez Breaks Silence on Split from The Weeknd & Reunion with Justin Bieber



By [Karley Kemble](#)

[Selena Gomez](#) is finally opening up about her recent romantic reunion with [Justin Bieber](#)! Gomez and Bieber were once infamous for their on-again-off-again romance, but the singer has a positive attitude about her [celebrity relationship](#) this time around, reports [UsMagazine.com](#). In a recent interview with *Vanity Fair*, the singer spoke candidly about her past and present feelings for Bieber, saying, "I cherish people who have really impacted my life. So maybe before, it could have

been forcing something that wasn't right. But that doesn't mean caring for someone ever goes away." She also revealed that there are no hard feelings toward The Weeknd, and that the [celebrity exes](#) remain best friends.

**This [celebrity news](#) is something a lot of fans have been waiting for! What are some benefits to being open about your relationship triumphs and woes?**

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

Being open about your relationship has many benefits that not only help you, but also help others. Check out these tips from Cupid:

**1. It's mature:** There is a certain maturity that comes from being open about your woes. Nobody has a perfect relationship that is free from conflict. Being honest about your past mistakes and showing an active desire to change and grow is very mature. People will respect you and shouldn't look at you any differently!

**Related Link:** [Celebrity News: Selena Gomez's Family Is 'Still Getting Comfortable' With Her Justin Bieber Romance](#)

**2. It's therapeutic:** Sometimes, you need a listening ear to help process your feelings and emotions. When you talk to your close, inner circle about the good and bad parts of your relationship, you're allowing yourself to be vulnerable – which isn't always easy to do. It is also super beneficial to your mental health and wellbeing, and you'll have a newfound clarity in due time.

**Related Link:** [Celebrity News: Selena Gomez Snuggles With Her Pup at Justin Bieber's Hockey Game](#)

**3. It's helpful to others:** We're all familiar with the saying "everyone has something going on." We are naturally inclined to conceal the ugly parts of our lives, so you might not even realize one of your coworkers or close friends are going through a rough patch! Sharing your story is helpful to others who are facing similar situations, whether it's intentional or not.

**What are some other benefits of being open about your relationship? Let us know below!**

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## **Workout Tips: 5 Exercise Videos Based On Today's Pop Hits**





By [Marissa Donovan](#)

Many people enjoy listening to the radio or their Ipad while working out. Fitness instructor Cassey Ho has created a series of workout videos tailored to those who love today's pop music! Ho has exercises that will help you build muscle while also burning fat as well. You will break and sweat after trying some of her music based exercises!

**Today's workout tip involves watching these fitness videos for new workouts to add to your daily routine!**

**1. One Direction's "What Makes You Bootyful" Butt Challenge:** This workout will making your butt firm if you complete this challenge every day! It may seem like an awkward position to be in at first, but you will feel and see results!



**Related Link:** [Fitness Advice: Is Fitness Turning Entirely Digital?](#)

**2. Katy Perry's "Roar" Challenge for Abs & Inner Thighs:** Become a beast while working out to this exercise. This challenge will focus your core areas for getting stronger abs and inner thighs.

**Related Link:** [Look Like a Victoria's Secret Model with These Celebrity Workouts](#)

**3. Justin Bieber's "As Long as You Love Me" Love Handles Challenge:** Feel the burn with this Bieber fever challenge! This workout can help you stretch out while also targeting areas you been meaning to transform at the gym.

**Related Link:** [5 New Fitness Trends to Help You Get a Celebrity Body](#)

**4. Lady Gaga's "Applause" Arms Workout:** This sassy workout will have you clapping over your progress. Make sure to have weights for these arm toning movements.

**Related Link:** [Fitness Trend: 5 Reasons Women Should Lift Weights](#)

**The Wanted's "Glad You Came" Calves Challenge:** This simple workout requires two shopping bags and your will to work your calves. Although this challenge is meant for your calves, you may feel a change in your arms too!

**Which workouts do you plan on trying? Let us know in the comments!**

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# Celebrity News: Selena Gomez's Family Is 'Still Getting Comfortable' With Her Justin Bieber Romance



By [Karley Kemble](#)

Though [Selena Gomez](#) and [Justin Bieber](#) have recently reunited, it appears those close to Gomez are hesitant to accept Bieber back into the family. According to [EOnline.com](#), Gomez's family "is still getting comfortable with the idea of them back together." The [celebrity couple](#) spent Thanksgiving apart and

both agreed to be with their families, because Gomez felt it was too soon to bring him home for the holidays. A source close to the couple says Bieber is hoping to be included in Gomez's Christmas plans, but knows that her family is hesitant. Hopefully they'll come around soon!

**In the latest [celebrity news](#), Selena's family is taking a while to come around to her rekindled romance with Justin Bieber. What are some ways to foster a positive relationship between your partner and your family?**

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

It can be troubling when your family doesn't approve of your partner. Check out Cupid's advice on how to deal with these tough situations:

**1. Start small:** If your family is hesitant to accept your partner, it's probably a good idea to start small. Having them come home for the holidays is traditionally a big deal, and it can get super awkward. Instead, try gradually making your partner a part of your family's life. Some people just take longer to warm up to than others, so it doesn't mean all hope is lost!

**Related Link:** [Celebrity News: Selena Gomez's Friends Want Her 'To Be Cautious' with Justin Bieber](#)

**2. Don't force it:** No matter how hard you try, you can't force people to get along. In fact, forcing a positive relationship upon people often works in reverse. If the relationship

between your partner and your family is not what you hoped it'd be, give it some time and don't meddle! Things will pan out, in due time.

**Related Link:** [Relationship Advice: What To Do If Your Partner's Family Doesn't Like You](#)

**3. Respect the differences:** At the end of the day, your family is not the one in the relationship. You are. If you are happy, then that's ultimately what matters most. Your family and your partner are entitled to feel the ways they feel. Just make sure you keep an open mind and focus on what's important to you!

**Do you have any tips on how to keep the peace between your family and your partner? Let us know below!**

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# Celebrity News: Surprise! The Weeknd & Bella Hadid Are Hanging Out Again





By [Karley Kemble](#)

[Selena Gomez](#) and [Justin Bieber](#) may not be the only [celebrity exes](#) on the mend! In the latest [celebrity news](#), The Weeknd and Bella Hadid have recently been in contact with one another, reports [EOnline.com](#). The Weeknd was spotted leaving Hadid's New York City apartment on Tuesday. While friends close to the former celebrity couple say the pair are not officially back together, they do admit there might just be some unresolved feelings – the rapper has “been very open about the fact that he still cares for her deeply.” The Weeknd and Hadid ended their relationship of a year and a half back in 2016.

**In celebrity news, it seems lots of celebs are getting back with their exes! What are some benefits to getting back together with someone**



# who you've dated before?

## Cupid's Advice:

Dating somebody you've dated before isn't always a bad idea, contrary to what you may have heard. If you are thinking of getting back together with a former fling, here are some advantages to consider:

**1. No awkward small-talk:** Let's face it – small talk is pointless, but a staple of any new relationship. (Do you *actually* care about the weather?) When you jump back into a relationship with somebody from the past, you've already gotten to know them and can skip the boring norms. You can move forward faster and get to the more serious stuff.

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**2. Sense of familiarity:** To an extent, we all fear the unknown. Dating somebody you've dated before eliminates that fear. Your ex accepted you once before, so whether you realize it or not there's comfort in knowing you were good enough for them in the past.

**Related Link:** [Single Celebrities: Bella Hadid Has Had Enough Of Dating Rumors](#)

**3. Time apart helped you grow:** While you will be familiar with who they *were* when you dated them before, you could find yourself surprised at how they changed in your time apart. Perhaps you both did a lot of soul searching and have a whole new outlook on life to share with each other. Whatever the case, you won't be bored with the same stories.

**What are some other benefits of getting back together with an ex? Let us know below.**

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# Celebrity News: Selena Gomez Snuggles With Her Pup at Justin Bieber's Hockey Game



By [Karley Kemble](#)

[Selena Gomez](#) and [Justin Bieber's](#) rekindled relationship appears to still be going strong. According to [UsMagazine.com](#), the [celebrity couple](#) was seen together at Bieber's hockey match on November 15<sup>th</sup>. In tow with Gomez was her adorable Cavalier King Charles Spaniel, Charlie. Gomez and Bieber caused quite a stir in [celebrity news](#) just weeks ago. Following Gomez's breakup with The Weeknd, it was revealed

that she was dating Bieber again. Though there may have been drama between the celebrity couple with their past on-again-off-again relationship, sources close to the duo say that Bieber has always been Gomez's soulmate. We're happy to see that they are going strong!

## **This celebrity news proves that Selena and Justin are still rekindling their romance. What are some ways to rebuild trust in a broken relationship?**

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

It's not impossible to rebuild a broken relationship. While it may take a lot of work, if you are wanting to move on from past occurrences, Cupid has some tips you can implement into your lives:

**1. Act lovingly:** Within the tougher times when emotions are high, it will be more challenging to respond kindly. Even in the toughest of times, it is critical to keep love in the forefront. If your partner sets you off, instead of putting your guard up and acting defensively, take a step away from the situation. Then, think of an appropriate way to respond lovingly.

**Related Link:** [Celebrity News: Selena Gomez's Friends Want Her 'To Be Cautious' with Justin Bieber](#)

**2. Follow through:** Remaining consistent is very important. You must follow through on your word, and your partner must follow suit. An already rocky relationship will be impossible to mend if one person thinks they are more reliable than the other. If life gets in the way of you staying true to your word, make

sure you maintain an open line of communication to show that you respect your partner.

**Related Link:** [Celebrity News: It's Official! Selena Gomez & Justin Bieber Are Back Together](#)

**3. Maintain patience:** Trusting someone is a gradual process. It's certainly more challenging to rebuild trust after a serious situation occurs. Be patient and know that you cannot magically trust someone overnight. If the relationship is worth it, it will happen, though.

**How have you rebuilt trust in a broken relationship? Share with us in the comments below.**

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## **Relationship Advice: When Is the Old New Again?**





By Dr. Jane Greer

Jelena is back! [Justin Bieber](#) and [Selena Gomez](#) are officially back together. This is an instance when what was once old and finished can become new again. Rekindling a relationship in this way can sometimes mean a couple was never really over the feelings they shared for each other the first time around, or that with the passage of time they are simply ready to give it another try. Sometimes extenuating circumstances such as illness can play a role and help them realize what is truly important. With this in mind, an end is not always really an end, and you might have an opportunity one day to reconnect with an old love if they're single, too. If that happens, it may give you both a chance to deal with unfinished business, and to move forward the way you may have always hoped you would.

**How, then, can you get from Point A  
– a breakup – to Point B – a**



# revived romance?

So many things can bring a relationship to a grinding halt despite the fact that two people still feel love for each other. Career opportunities that force people to live in different places, or one of you wanting one thing – such as marriage or a family – when the other isn't quite ready. Negative parental pressure can also tear two people apart even if they don't really want to say goodbye. In these cases it isn't the feelings people have for each other that threaten the relationship, it is the life/work balance and other outside forces. This can become especially hard to cope with if one or the other jumps into a new relationship quickly to get over the hurt and disappointment of the loss. Even considering that, there still might be feelings of hope that someday they will find their way back to each other and their connection will resume.

**Related Link:** [Relationship Advice: Does Being Wronged Give You The Right To Fight?](#)

Sometimes this can occur with simple good luck – two people find themselves living in the same city again. It can also happen more dramatically, such as when someone becomes ill, as Selena has been with lupus which required a kidney transplant earlier this year. That sort of event can change your perspective and make you question your priorities, turning the small issues that once seemed so important in the past into meaningless details in the present. It may make you more willing to compromise over differences that previously you might have stood your ground on. It might also make you realize that you don't want to waste any more time hoping and waiting, and one or the other might reach out. When one does that, if the other person is receptive and welcomes the contact, it can leave room to pick up where you left off, rebuild, or even lay down new tracks.

**Related Link:** [Relationship Advice: Can You Cheat Jealously?](#)

If you have been in a relationship that ended, and find yourself suddenly single and thinking about a former love, if they are also single, it might be a chance to call or write to them. If that person is sick, you can reach out in the name of friendship and offer caring support in those hard times. By doing so you open the door which might lead to something bountiful for both of you, and give new life to the connection you once shared and cherished.

Whatever happens going forward, it seems clear that Selena and Justin indeed have a bond together that has endured.

*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 at [askdrjane@drjanegreer.com](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on [Facebook](#), at [www.facebook.com/DrJaneGreer](http://www.facebook.com/DrJaneGreer), and be sure to follow [@DrJaneGreer on Twitter](#) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.*

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## **Celebrity News: The Weeknd Hangs Out with Justin Bieber's Ex Post-Selena Gomez**

# Split



By [Rachel Sparks](#)

After only a week without [celebrity ex Selena Gomez](#), The Weeknd has been spotted out on the town with [Justin Bieber's](#) ex Yovanna Ventura. He was seen holding hands with Ventura while hanging out with French Montana, according to [EOnline.com](#). The Weeknd's partying is the [latest celebrity news](#). He's been photographed with other celebrities, such as [Leonardo DiCaprio](#), [Robert Pattinson](#), and Emily Ratajkoski as well.

## Post-celebrity breakup from Selena

# Gomez, The Weeknd is definitely getting around. What are some ways to recover from a split **quickly?**

## Cupid's Advice:

Post-split is a disorienting feeling. You've lost the person you spent all of your time, likely other friends, and common hobbies. For the sentimental, TV shows, music, video games, etc. that the two of you shared bring back painful memories. Figuring out what to do with yourself after a breakup is hard, but it starts with getting over your ex. Here's our [dating advice](#) for all of you who are newly single:

**1. Actually feel your feelings:** No one wants to feel lonely, guilty, hurt, or betrayed, but pushing all of those feelings aside will only prolong the process of moving on. Grab a friend and bawl your eyes out. Get to the gym and work-out your frustrations. Drink until feel your sorrows, purge them, and move on.

**Related Link:** [Relationship advice: How Do I Know If I'm Rebounding?](#)

**2. Cut them off:** The only way to really get over your ex is to ignore them. Sounds harsh? It's worse being that guy who is stuck in the past. Delete all contact information for your ex, get out of your shared group of friends, and find new hobbies if you shared any with your ex. Finding who you are on your own starts with actually being on your own.

**Related Link:** [Dating Advice for Dealing with the Breakup Blues](#)

**3. Get back out there:** Ok, so one-night stands, flings, and rebounds can happen if you get back in the saddle before you're ready. Prolonging jumping back into the dating pool is just as harmful, though. Even if feel under confident, start

flirting with other people until you're ready to start dating again. The fun of flirting, and how good you feel when you receive it, will help you get over your ex that much quicker.

**How have you battled the breakup blues fast? Share your post-split advice below!**

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# **Celebrity News: Selena Gomez's Friends Want Her 'To Be Cautious' with Justin Bieber**





By [Karley Kemble](#)

Recently reunited [celebrity couple Selena Gomez](#) and [Justin Bieber](#) are as happy as ever, and want to do things right this time around. Though the couple spent most of their past relationship as an on-again-of-again couple, they have both grown individually in the years they've been apart. In the latest [celebrity news](#), friends are a bit wary that the celebrity couple is back together, reports [UsMagazine.com](#). Sources close to Gomez, including her bestie Taylor Swift, report that they want her "to be cautious" dating Bieber again. Though her friends admit the singer has certainly changed for the better, they also know how much hurt he has caused Gomez in the past. Here's to hoping they continue to go strong!

**This celebrity news is definitely the talk of Hollywood at the moment. What are some things to be careful about if you're getting back together with an ex?**

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

No matter what people say, getting back with an ex isn't always a bad idea. Like Gomez says – the heart wants what it wants, right? However, it is important to be cautious when you jump back into a relationship with someone. Cupid has the scoop:

- 1. Think about their motives:** While this might be unsettling, you need to consider your ex's feelings. Are they genuinely wanting to give it another go, or are they just using you to fill a void? You don't want to get burned again, so be careful and really think this through before you jump back in.

**Related Link:** [Celebrity News: It's Official! Selena Gomez & Justin Bieber Are Back Together](#)

**2. Think about your feelings:** Similarly, it's important to be careful that you're really interested in giving it another shot. If you just want to get back with them because you don't want to go to your bestie's wedding by yourself or are lonely in general, you should reconsider your priorities. Don't invest your time into your ex if you aren't going back into the relationship with the right intentions.

**Related Link:** [Celebrity Break-Up: Selena Gomez & The Weeknd Split After 10 Months of Dating](#)

**3. Beware of old habits:** As they say, old habits die hard. While you might be thinking that your ex has completely changed for the better, it's important to be realistic. There's still potential for the habits that previously affected your relationship to creep back into the picture, so don't put your ex on a pedestal quite yet.

**Have you ever gotten back with an ex? How were you careful? Let us know below.**

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**Celebrity News: It's Official! Selena Gomez & Justin Bieber Are Back Together**



By [Karley Kemble](#)

After a roller coaster of a week for [Selena Gomez](#), it appears she and [Justin Bieber](#) are officially a couple again! [UsMagazine.com](#) reports Gomez “has always had feelings” for Bieber, so this [celebrity news](#) is not too surprising for their inner circle. Since 2011, the [celebrity couple](#) has had a longstanding on-again, off-again history, and they went their separate ways for good three years ago. After Gomez’s kidney transplant over the summer, Bieber reached out to check in with her. While they kept things platonic at first, it wasn’t long before old feelings resurfaced. According to their pals, their time apart has allowed each of them mature and “move past” the drama they used to have, and the rekindled celebrity couple is happier than ever!

# This celebrity news has us reeling! What are some ways to decide whether or not to get back together with your ex?

## Cupid's Advice:

Sure, you broke up for a reason. But sometimes, it's impossible to get that one person out of your head. If you're thinking of getting back with an ex, Cupid has some ways to help you decide if it's the right move:

**1. Enough time has passed:** If it's been awhile since you've gone your separate ways and you've had the chance to grow individually, then you might be ready to give it another shot. Time apart allows for clarity, after all. Maybe they were the right person for you, just at the wrong time in your life.

**Related Link:** [Celebrity Break-Up: Selena Gomez & The Weeknd Split After 10 Months of Dating](#)

**2. You're miserable without them:** It goes without saying, but if you want to get back with your ex simply because you are lonely, that isn't a good idea. However, if your break-up has truly made you realize your ex is your better half, then you should definitely consider getting back together. Second chances aren't always a no-go!

**Related Link:** [Why Celebrity Exes Justin Bieber & Selena Gomez Can't Quit Each Other](#)

**3. You can easily fix what was broken:** Perhaps the reason you two broke up wasn't anything personal; they just worked too much, or the distance was too challenging. If the big issues aren't big anymore, why not give it another shot? It could turn out to be something wonderful.

Have you ever gotten back with an ex? How did you make your decision? Let us know!

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# Celebrity News: It's Official! Selena Gomez & Justin Bieber Are Back Together



There are many ways to select the best essay writing service. You may want to check the reviews of previous clients. This is an excellent option to see if the service you are looking at



is a good one. [edubirdie.com reviews](#) It is also possible to contact a writing service to get a sample of their writing. The chances are that you'll get the highest grade possible and you want to do very well in your class. It is possible to get the most price for your money when you go with a business that places academic needs first.

By [Karley Kemble](#)

After a roller coaster of a week for [Selena Gomez](#), it appears she and [Justin Bieber](#) are officially a couple again! In the latest [celebrity news](#), [UsMagazine.com](#) reports Gomez "has always had feelings" for Bieber, so this news is not too surprising for their inner circle. The [celebrity couple](#) has a longstanding on-again-off-again history since 2011, and went their separate ways for good three years ago. After Gomez's major kidney transplant over the summer, Bieber reached to check-in with her. While they kept things platonic at first, it wasn't long before old feelings resurfaced. According to their pals, their time apart has allowed each of them mature and "move past" the drama they used to have, and the rekindled celebrity couple is happier than ever!

**This celebrity news has us reeling!  
What are some ways to decide  
whether to get back together with  
your ex or not?**

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# Celebrity News: The Weeknd 'Really Didn't Trust' Selena Gomez's Ex Justin Bieber



By [Karley Kemble](#)

[Selena Gomez](#) and The Weeknd may have broken up, but it's clear the [celebrity exes](#) may still have drama between them. In the latest [celebrity news](#), a source close to The Weeknd questioned Gomez's rekindled friendship with her ex-boyfriend, [Justin Bieber](#). Following a major kidney transplant earlier this summer, Bieber reached out to Gomez and the celebrity exes kept in constant contact after that. According to [UsMagazine.com](#), The Weeknd trusted his ex-girlfriend, but "really didn't trust" Bieber's intentions. Gomez and Bieber have been spotted hanging out with each other since news of

her split with The Weeknd became public. Maybe Gomez isn't so sick of that same old love, after all?

**In this celebrity news, it seems that ex relationships caused some turmoil in a current relationship. What are some ways to keep your past relationships from dictating your current or future ones?**

**Cupid's Advice:**

Break-ups are almost always rough. While it may seem challenging to heal, it's important to maintain a strong sense of self. Cupid has some tips that you can implement into your life to help keep your past from dictating the future:

**1. Respect the past:** Your past relationship ended for a reason. You don't have to forget the good times you had. Respect the relationship for all that it was, because it probably was right for you at that point in your life.

**Related Link:** [Celebrity Break-Up: Selena Gomez & The Weeknd Split After 10 Months of Dating](#)

**2. Be present:** If you spend your time dwelling on what used to be, it'll be super challenging to find happiness in another relationship. Yes, you should respect the past for what it was, just know you are a different person in the present. Learn from your past self and relationship, and fully embrace yourself for who you are presently.

**Related Link:** [Relationship Advice: What We Can Learn From Trials & Triumphs of Celebrity Relationships](#)

**3. Do not fear vulnerability:** Maybe your last relationship ended badly, and it has taken you forever to move on. As much as that sucks, if you fear vulnerability you're doing yourself a disservice. Starting a relationship with someone new is always going to be scary – so be open to the greatness that could come from it.

**Do you have any other tips to share? Comment below with your thoughts.**

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## **Celebrity Break-Up: Selena Gomez & The Weeknd Split After 10 Months of Dating**





By [Karley Kemble](#)

[Selena Gomez](#)'s heart wants what it wants, and apparently it's not The Weeknd. In the [latest celebrity news](#), the former couple has ended their 10-month relationship, according to [UsMagazine.com](#). News of this [celebrity break-up](#) is a surprise to many, as they appeared "stronger than ever" just last month. Gomez has reportedly been back in contact with ex-boyfriend [Justin Bieber](#) after undergoing a kidney transplant, but the two are just on friendly terms. Hang in there, Selena and The Weeknd!

**This celebrity break-up has us wondering if Selena Gomez will be getting back together with Justin Bieber anytime soon! What are some ways to cope with a recent break-**



# up?

## **Cupid's Advice:**

Break-ups are almost always difficult to overcome. While it may seem like you will never be able to get over your ex, we promise it's possible. Here are some ways to get that ex off your mind:

**1. Write it out:** In this digital age, it's easy to want to take your feelings to social media. Don't. Put your phone away, shut down your laptop, grab a pen and piece of paper, and start writing. You'll find it to be very therapeutic!

**Related Link:** [Why Celebrity Exes Justin Bieber & Selena Gomez Can't Quit Each Other](#)

**2. Talk it through:** Find a good friend, and ask them to sit down and listen. Make it clear that you just want them to hear you out for now – they can give their personal opinions when/if you are ready for it.

**Related Link:** [Celebrity News: Selena Gomez Wants a 'Low Key' Guy Who Isn't 'Terrified' Of Her](#)

**2. Get out of town:** Sometimes the best thing you can do for yourself is to get out of town. It removes yourself (temporarily) from the memories, and will help clear your mind.

**How have you coped after a break-up? Share in the comments below!**

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# New Celebrity Couple? Justin Bieber Is Dating 'Ballers' Actress Paola Paulin



By [Ashleigh Underwood](#)

Love is in the air, as a new [celebrity couple](#) has been unveiled. According to [UsMagazine.com](#), [Justin Bieber](#) and Paola Paulin are officially dating. First spotted together at a church service in late September, the pair have been out on a few intimate dinners since. While their romantic endeavors have been short-lived so far, a source says they are “totally smitten with each other.”

# There may be a new celebrity couple in Hollywood, proving Bieber has a thing for brunettes! What are three different ways to be attracted to someone?

## Cupid's Advice:

Everyone is different, and they have different things that they are attracted to. While one person may be all about one thing, another could feel the exact opposite. Here are a few ways you can be attracted to someone:

**1. Looks:** Although some people may deny it, the first thing we notice about someone is the way they look. You can be drawn in immediately by their eyes, hair or even their style. If you are intrigued by someones style, what they wear or the way they carry themselves, it is easy to be attracted to the person as a whole. So, if looks are your thing, then flaunt what you got!

**Related Link:** [Celebrity Couple New: Hailee Steinfeld Addresses Justin Bieber Dating Rumors](#)

**2. Intellect:** To many people, looks are not everything. They need to feel intellectually stimulated by someone in order to feel attracted to them. If they aren't drawn in right away by the way you look, dazzle them with your incredible mind. Brains over brawn are very true for them and you should not shy away from showing off your nerdy side.

**Related Link:** [Celebrity News: Justin Bieber Was Sad and Single on Valentine's Day](#)

**3. Personality:** In the end, personality reigns supreme over all other forms of attraction. Having a good personality, can

make anyone's feelings about you turn a full 180 and make them like you even more. On the flip side, if they were at first attracted to your looks or your brain, having a poor personality can make them want nothing to do with you.

**What are you attracted to? Comment below!**

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# Single Celebrity: John Mayer Tries to Score a Date with David Foster's Daughter on Instagram



By [Marissa Donovan](#)

[John Mayer](#) seems to be searching for his next romance! The *Love on The Weekend* singer left a comment on David Foster's [Instagram](#) picture asking if he suggest him to his daughter Erin. Foster has yet to make a public comment about Mayer's remark. After breaking up with [celebrity ex](#) Katy Perry, the singer reflected on their relationship with song "Still Feel Like Your Man." According to [UsMagazine.com](#), the singer has clearly moved on and is scoping out his next romance.

## This [single celebrity](#) made one bold move! What are some ways to utilize social media for dating purposes?

### Cupid's Advice:

Over the recent years, dating has gone digital and has changed our ways of meeting new people. Here are some ways to use social media for dating purposes:

**1. Download apps:** Dating apps can be a hit or miss when it comes to dating someone. Some people get lucky and meet someone, while others find themselves mindlessly swiping. Before downloading any dating app, do your research on one you may be interested in and see how you can create a dating profile that others will be interested in.

**Related Link:** [Celebrity Exes Katy Perry and John Mayer Spark Latest Celebrity Gossip By Spending Super Bowl Together](#)

**2. Create a dating resume:** Get creative and humorous with you love life by making a funny, yet charming dating resume. According to *NYPost.com*, a student from Michigan State University created one and it apparently had a successful response. You can also come up with another creative concept



that can help boost your dating game.

**Related Link:** [Celebrity News: Is John Mayer's New Song 'Paper Doll' about Taylor Swift?](#)

**3. Direct message:** Mayer is not the only one that's used Instagram for getting girls. According to [People.com](#), Justin Bieber directed message a gym's Instagram account by asking for a girls name in a photo they posted. Although this may seem like the easiest avenue to try dating, use with precaution! Direct messages can often come across as creepy if you have never met the person. If you've met person you are messaging, then it may be okay to send a flirty message.

Who do you think John Mayer will date next? What [dating tips](#) would you give him? Let us know in the comments!

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## Date Idea: Cuddle Up in the Dark





By [Delaney Gilbride](#)

Need a fun [date idea](#) for this weekend? Cupid's got you covered! With the summer on the rise, evening dates are looking more and more tempting.

**Get out into the cool and sultry night and check out what's sizzling in your area for the perfect summer [date night](#)!**

*Many* popular museums have special events going on in the evenings. The American Museum of Natural History in New York City hosts Evening Bat Walks on select Friday and Saturday nights. You can also check out local aquariums and marine centers for your special night! Visit [List of Public Aquariums](#) from FishChannel.com to find one near you.

**Related Link:** [Dating Advice: Who Should Pay For a First Date?](#)

Another great nighttime idea is stargazing. Live in the city? Not a problem. All those bright lights may make it difficult to see the night stars, but it's not impossible! The Amateur Astronomer's Association of New York leads stargazing ventures every week. Search 'amateur astronomers association' on Google to find one in your city and take a tour.

**Related Link:** [Date Idea: Learn a New Sport Together](#)

If you live around Los Angeles and are into the pop culture scene, now is the perfect time to head to one of the city's famous venues! Live Nation holds tons of concerts in LA and the surrounding area, featuring artists like Justin Bieber, Rihanna, Keith Urban, and more. Don't live in Los Angeles? You can find a live concert or play near you with a little research at [ticketmaster.com](http://ticketmaster.com).

**Have a romantic night spot you want to recommend? Comment below and share it with our other readers.**

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## Miriana Rexrode





**March 2017 to Present**  
**Writing Intern**

Miriana Rexrode will be a Public Relations and Media student at Palm Beach University starting in Fall 2017. She is currently interning with J Migs PR and works with clients including Mike Tyson, Boys 2 Men, and some of the cast of the hit [reality TV](#) show *Jersey Shore*. She initially became interested in the entertainment business after her personal fan page about [Justin Bieber](#) gained a lot of attention. She credits the pop star as her biggest inspiration. Through that page, she has self-started her media career, landing her current internships with J Migs PR and CupidsPulse.com. Miriana loves writing about [celebrity news](#) and relationships as well as conducting celebrity interviews. Her biggest piece of [relationship advice](#) focuses on communication, and she believes that you have to talk through and about everything to have a healthy relationship.

**Miriana's Expertise:** [Celebrity News](#), [Relationship Advice](#), [Celebrity Interviews](#)

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# Celebrity News: Hailee Steinfeld Addresses Justin Bieber Dating Rumors



By [Noelle Downey](#)

Superstar singer and actress Hailee Steinfeld has officially gone out of her way to debunk some recent [celebrity news](#) that has been circulating through the rumor mill; she and [Justin Bieber](#) are *not* dating. According to [UsMagazine.com](#), the rumors were stirred up when photos of Steinfeld and Bieber FaceTiming were noted by fans of the pair. They were recently seen hanging out together, but Steinfeld is firm that this doesn't



mean anything about their respective relationship statuses. “I don’t know why people make such a big deal,” Steinfeld insisted, “We’re friends. We’ve been friends for years.” So what’s really going on in her love life? Steinfeld and boyfriend Cameron Smoller are still the [celebrity couple](#) of the moment, and it seems that rumors of her [Hollywood relationship](#) with Bieber haven’t phased the pair. In fact, Smoller recently shared a social media post of him and Steinfeld cozying up together, and Steinfeld commented back with a sweet heart emoji.

## **It looks like this celebrity news comes from a rumor! What are some ways to keep rumors from affecting your relationship?**

### **Cupid’s Advice:**

When it comes to rumor and gossip, these silly stories can have a really negative effect on your relationship with your significant other. Here are Cupid’s top tips for not letting the drama bring you or your relationship down:

**1. Talk it out with your partner:** Recently heard a crazy rumor about you or your SO that’s beginning to bother you? Sit down with your partner and talk it out. Figure out how much truth is behind it, if any, and go from there. If hearing the rumor made you upset or hurt in any way, own up to that, and explain to your partner it’s important to you to address these negative feelings before they take over your relationship and breed resentment, when most likely the story is barely even based in truth!

**Related Link:** [Celebrity News: Justin Bieber Was Sad and Single on Valentine’s Day](#)

**2. Confront the problem:** Just like Hailee Steinfeld, it's okay for you to step up and explain that the recent rumors about you or your relationship are totally off-base. If you catch someone in the act of spreading a rumor about you, be kind but firm and explain that that information is incorrect and that it bothers you that false rumors are being spread about you. You can explain what's really going on, but remember that you don't owe anyone a detailed explanation of your personal life. It's enough to simply say, "No, what you've heard isn't true, and I'd appreciate if you'd stop spreading that misinformation."

**Related Link:** ['True Grit' Star Hailee Steinfeld Worries Guys Date Her For Wrong Reason](#)

**3. Ignore it:** On the flip side, if the rumor truly is just silly nonsense that isn't hurting anyone, it's fine to just ignore the buzz and go on with your happy life and relationship with your significant other. If you and your partner are really secure in your relationship and don't bat an eye when you hear rumors about each other or yourselves, then why let the gossips see you sweat? If you're asked about it, laugh it off and tell whatever nosy individual is trying to pry that of course that rumor isn't true. If you're capable and willing to rise above the petty mind games of gossips, then do so!

**Have you ever heard a crazy rumor about yourself or your relationship? How did you respond? Let us know in the comments!**