

# Celebrity News: Ben Affleck & GF Ana De Armas Join California Black Lives Matter Protests



By Diana Iscenko

In the latest [celebrity news](#), [Ben Affleck](#) and Ana De Armas participated in the #BlackLivesMatter protests in Venice, Calif. last Tuesday. The [celebrity couple](#) was spotted holding signs that read “Black Lives Matter” and “Save First Baptist Church of Venice.” Affleck and De Armas showed their support of the historic black church built in 1910 that faces the possibility of demolition. The famous couple are only two of the many Hollywood stars who are speaking out against the

recent death of George Floyd.

## **In celebrity news, Ben Affleck and his new girlfriend are joining forces to protest racism. What are some ways to support a worthy cause with your partner?**

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

Activism is important and there are countless causes that need your support. Find out what topics you're passionate about! If you're not sure where to start or how to support these causes with your partner, Cupid has some advice for you:

**1. Protest in your city:** No matter what cause is close to your heart, there's sure to be an upcoming demonstration for it. You and your partner can attend these together. You two can also spend the day before preparing for them together: making signs and packing the necessary supplies.

**Related Link:** [Celebrity Couple News: Ben Affleck Is 'Very Supportive' of Girlfriend Ana De Armas](#)

**2. Donate to causes:** It's important to put your money where your mouth is when it comes to activism. Research a trusted organization and donate to them. Everyone has limits to what they can afford so don't feel obliged to drop money you don't have!

**Related Link:** [Celebrity News: Blake Lively & Ryan Reynolds Donate \\$200,000 to NAACP Legal Defense Fund](#)

**3. Educate yourself and others:** You can always be a better activist and there's always more to learn. You and your partner can watch documentaries or listen to podcasts

together. If you're feeling up to it, you can also try to educate other family and friends.

What causes are important to you and your partner? Start a conversation in the comments below!

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## Celebrity Couple News: Ben Affleck Is 'Very Supportive' of Girlfriend Ana De Armas



By Ellie Rice

In the latest [celebrity couple news](#), Ben Affleck and Ana de Armas are still going strong! Their new relationship took off after costarring in their upcoming psychological thriller, *Deep Water*. According to *UsMagazine.com*, these two are quarantined together and enjoying exploring their feelings for each other. We hope to continue to see more of this blossoming relationship!

**In celebrity couple news, this new duo is happy and quarantining together. What are some ways to know you're ready for a serious relationship with your new partner?**

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

Sometimes finding *the one* can be a challenging journey. If you're unsure about seriously committing to a new partner, Cupid has some advice for you:

**1. You see a future:** If you look at your new partner and can envision a life together, this person is worth making a commitment to. Building a future with someone is a special part of life that every couple wants to commit to, but finding the right person can be a challenge. Be sure you are moving at your own pace and taking things slow, as these next steps will be huge for your relationship.

**Related Link:** [Celebrity News: Ben Affleck Had Breakdown While Filming Scene About Broken Marriage](#)

**2. The feelings are there:** Before you commit to a new partner, be sure that you feel ready. If you are undeniably physically attracted to this person, make sure you are emotionally there as well. Don't be afraid to ask for open and transparent

communication from your partner about where they stand with their feelings. You both want to be on the same page so your relationship can flourish in a natural and healthy way.

**Related Link:** [Celebrity Exes Ben Affleck and Jennifer Garner Have 'Underlying Tension' Coparenting](#)

**3. You've got babies on the brain:** If you have baby fever like never before, and keep viewing this person as a potential father for your child, maybe that's a sign he is worth committing to. Seeing this person in that light should speak a lot to their values, morals, and what they care about in life. If you are both on the same page with your feelings towards each other, take this next step and commit. You never know where it can lead, so go into it confidently and put your best foot forward.

**How do you know when you're ready for a serious commitment? Start a conversation in the comments below!**

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## **Celebrity News: Ben Affleck Had Breakdown While Filming Scene About Broken Marriage**





By Ellie Rice

In the latest [celebrity news](#), Ben Affleck was caught in a deeply emotional moment while filming his latest flick, *The Way Back*. According to *UsMagazine.com*, the actor felt parallels between his character's struggles with addiction and his own personal life. Affleck has openly acknowledged his battles with sobriety and how they have affected his career, children, and life with ex-wife Jennifer Garner.

**In celebrity news, Ben Affleck is experienced some emotions about his past personal trauma while at work. What are some ways to function at work when you're going through tough times in your relationship?**

**Cupid's Advice:**



Every relationship goes through challenges and each person will handle them differently. But when you start to feel those struggles affect your work life, Cupid has some advice for you:

**1. Separate the two:** Take time in the morning to reflect on your relationship and the struggles you are currently facing. Give yourself a few moments to really think about the problems you are having with your partner. Once you are finished, channel your energy solely into your work for the day and do your best to keep your focus locked in on it. By separating the two, you are distracting yourself and productively redirecting your efforts.

**Related Link:** [Celebrity Exes Ben Affleck and Jennifer Garner Have 'Underlying Tension' Coparenting](#)

**2. Take a walk:** If your relationship is starting to affect your ability to do your job, then changes need to be made. Start by taking your work breaks outside. Go for a walk or just get some fresh air to allow your body to relax and refocus on the task at hand.

**Related Link:** [Relationship Advice: How to Cope with a Loved One Who Is an Addict](#)

**3. Have lunch with your coworker:** Spend some quality time with your friends at work by going out to lunch. By taking a break from your job and socializing over a meal, you will be able to stay healthy and in the company of others.

**What are some ways you deal with challenges in your life? Start a conversation in the comments below!**

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# Celebrity Exes Ben Affleck and Jennifer Garner Have 'Underlying Tension' Coparenting



By [Hope Ankney](#)

In the latest [celebrity news](#), [celebrity exes Ben Affleck](#) and [Jennifer Garner](#) have kept an amicable coparenting relationship amidst “underlying tension.” According to *UsWeekly.com*, Garner has high expectations for Ben, and it’s difficult for him to live up to it, sometimes. However, the couple has agreed to keep their three children out of their “former problems.”



# These celebrity exes work at a civil relationship, but they still have tension when it comes to coparenting. What are some ways to work together on parenting?

## Cupid's Advice:

Whatever brought about the divorce, coparenting can be an absolute nightmare if not fleshed out correctly. You're trying to keep the peace with the kids, but it's hard when you and your ex are not seeing eye-to-eye. If you're having trouble keeping the conflict down and putting the children first, don't worry! Cupid has some [parenting advice](#) for those struggling to work together:

**1. Communicate when you're in a good emotional place:** When it comes to tension with an ex, it's important to take time to cool off. Keep calm, and put your emotions by the door. Keep the conversation about coparenting duties brief, informative, and respectful. You don't need more fuel for the fire.

**Related Link:** [Celebrity News: Justin Timberlake Breaks Silence on Alisha Wainwright PDA Pics](#)

**2. Focus on the children:** At the end of the day, it's what's best for the kids that should take priority over the divorce. Creating a new life and keeping a healthy family dynamic is way more important than outwardly battling with an ex. Find time, together, to figure out what would be best for your children before moving forward.

**Related Link:** [Celebrity Parents: Garth Brooks Gets Real About Raising Daughters After Split from Ex-Wife](#)

**3. Find a support network for difficult times:** Coparenting

after a divorce can revolve around tensions after tensions. It's important for both of you to have someone to talk with when things have become more difficult in this department. Whether that be a friend, a religious leader, or even family, finding someone who helps you see clearly about both sides make such a difference in how you handle situations going forward.

**How have you led a successful coparenting relationship? Let us know down below!**

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## **New Celebrity Couple: Ben Affleck is Dating Katie Cherry**





By [Ahjané Forbes](#)

In [celebrity news](#), [Ben Affleck](#) found love with musician Katie Curry. According to *UsMagazine.com*, the new [celebrity couple](#) met on a dating app called “Raya.” Affleck, who recently went through a [celebrity divorce](#) from Jennifer Garner, has reportedly been seen with Curry at several events. A Hollywood Halloween party on October 26th was the last event at which they were spotted.

**There’s a new celebrity couple to follow! What are some ways to know your new relationship has staying power?**

#### **Cupid’s Advice:**

Dating is the trial period of a relationship. You’re in the process of getting to know each other and deciding whether or not you want to move forward. If you make things official with

your partner, you're planning to be in the relationship for a solid period of time. However, it doesn't always work out that way. Cupid has some advice on how to know if your new relationship will last:

**1. You were friends first:** Getting to know each other is an important factor in any relationship. Having open communication can lead you in the right direction. Start by learning their likes and dislikes and what they want out of this relationship. If it starts at friends, it can always develop into more

**Related Link:** [Ask the Guys' Guy: How Do I Know My Boyfriend is Serious About Me?](#)

**2. Make your goals known up front:** If you set expectations for your relationship, you are most likely going to try to fulfill them. Take baby steps. Try bringing your significant other to a party with your friends or a family event. If they are reluctant to attend, then maybe you should reestablish what direction you want to take with your relationship.

**Related Link:** [Celebrity Break-Up: Find Out Why Katie Holmes Ended Relationship with Jamie Foxx](#)

**3. Are they already planning for the future?:** Planning for the future definitely tells you where you want the relationship to go. If they are already asking for your input on long term goals, then they want to be with you for a while.

**What are some ways you know that your partner is serious about the relationship? Let us know in the comments below!**

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# Celebrity News: Jennifer Garner Has Found a 'True Partner' in John Miller



By [Katie Sotack](#)

In [celebrity news](#), Jen and Ben are officially over. [Jennifer Garner](#) announced she has found solace with her new partner John Miller, a Cali Group CEO. After a hectic year divorcing [Ben Affleck](#) and supporting him through two stints in rehab, a source told *UsMagazine.com*, "John is the complete opposite of Ben. Jen feels like she's finally found a true partner." Both Garner and Miller are committed to keeping their relationship low-key as well as being successful co-parents to their kids from previous marriages.

# In celebrity news, Jennifer Garner feels like she's finally met her match. What are some ways to know you've met your "true partner"?

## Cupid's Advice:

Sometimes you just *know* you've found the one. Butterflies flutter in your gut, and your heart swells just looking at them. But, a true partner goes far beyond falling in love. Here are [relationship tips](#) to be sure your significant other is the one:

**1. You want the same things:** A partner should share your goals. When it comes to spending your life with someone, they should generally want the same things. If kids, a suburban house, and a steady career are in your future, love won't save your relationship with a kid-hating, apartment-renting, daredevil.

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**2. They support you:** Of course not all goals need to be shared. However they should stand by your individual goals and root you on as you achieve them. For example, if you want to eat healthy and get fit your partner doesn't need to do the same. However a partner that undermines your attempts to stay on track by offering you ice cream every night is not trying to help you succeed.

**Related Link:** [Celebrity Parents: Former 'Bachelor' Arie Luyendyk Jr. Calls Wife Lauren the 'Hottest Momma'](#)

**3. You're both willing to work:** Aside from goals, communication is the key to a healthy relationship. A



partnership likely won't have to same communication styles. But true significant others should be willing to compromise and workshop communication for a healthy relationship.

What are some other ways to know you've met your match? Share your thoughts below.

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## Back On! Celebrity Couple: Ben Affleck & Lindsay Shookus Are Back Together After Split



By [Mara Miller](#)

In the latest [celebrity couple](#) and [celebrity dating](#) news, [Ben Affleck](#) and Lindsey Shookus are back together after a six-month split. The two called it quits around the same time that Affleck began a brief fling with *Playboy* model Shauna Sexton and later entered (and completed) a 40-day rehabilitation program for alcohol abuse. Now, Shookus and Affleck have picked up right where they left off, according to a source from *UsMagazine.com*. It's great to see that these two have decided to give their romance a second chance.

## **This celebrity couple wasn't ready to call it quits altogether. What are some reasons to give your ex another chance?**

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

A split from your partner is a heartbreaking process, especially when neither one of you wanted one in the first place. Cupid has some solid reasons to give your ex a second chance:

**1. You both want the same things:** Splitting for a couple can be a good thing. It allows you some time away to reconsider what you really want—like kids and marriage. If you take some time apart and still want the same things after, then you should think about giving your ex a second chance.

**Related Link:** [Celebrity News: Bradley Cooper's Ex Wife Reacts to Rumors of Lady Gaga Romance](#)

**2. You believe their apologies:** It can be easy to give someone a shallow, "sorry!" to try to move on with your day. But if your ex has apologized to you and truly seem like they mean it, then it might be okay to give them a second chance. Take it slow and get some coffee, and hear them out if you're ready

to.

**Related Link:** [Celebrity Couple News: Rami Malek Gushes Over Lucy Boynton In Oscars Acceptance Speech](#)

**3. You're willing to put the past behind you:** It's not healthy to keep bringing up things that hurt you once, so you don't plan on ever talking about what happened again once you've both already talked things out to decide if you're ready to be back together.

What are some other reasons you might consider giving your partner a second chance? Let us know in the comments below!

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## **Moving On: Jennifer Garner is Dating Businessman John Miller After Celebrity Divorce**





By [Courtney Shapiro](#)

In [celebrity news](#), Jennifer Garner is happily dating businessman John Miller. After the actress finalized her [celebrity divorce](#) from actor Ben Affleck, she is excited to be moving forward with her love life. The new couple has been dating for six months and it seems to be getting pretty serious. A source told *UsMagazine.com*, “Jen brings out the best in John, and he is the happiest he has probably ever been. It’s a loving, healthy relationship.” Garner is glad to be moving on from the divorce.

**Now that her celebrity divorce has been finalized, Jennifer Garner has moved on. What are some ways to know you’re ready to move on after a divorce or break-up?**

**Cupid’s Advice:**

How do you know you're ready to move on after a divorce or a break up? Cupid shares some thoughts:

**1. You are dating someone else:** Dating someone else and being fully committed to that relationship is a big sign that you've moved on from your previous relationship. It is okay to move on and have a new love interest in you're life if you truly feel ready to be in that space again.

**Related Link:** [Celebrity Couple News: Gwyneth Paltrow Gushes Over Newlywed Life with Brad Falchuk](#)

**2. You and your ex are friends:** No one is asking you to be bff's with your ex, but if you two have a friendship rather than a romantic relationship, then it's safe to say you have respectfully moved on from that part of your lives.

**Related Link:** [Celebrity Divorce: Leah Jenner Officially Files for Divorce from Brandon Jenner](#)

**3. Your emotions aren't all over the place:** When the break-up first happens, it is expected that you will feel many different things. It's difficult at the start, but you'll have more control over your emotions after you have had time to move forward from the relationship.

**How were you able to move on after a divorce? Let us know below!**

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## Celebrity Divorce: Jennifer Garner is Seen Dating Someone

# New After Divorce from Ben Affleck



By [Courtney Shapiro](#)

In [celebrity news](#), recently divorced actress, Jennifer Garner was seen dating someone new. Her divorce from actor Ben Affleck was finalized on October 5, 2018. The [celebrity couple](#) made their split public in 2015 and officially filed for divorce in 2017. The pair has three kids together and are on the same page about co-parenting. According to *UsMagazine.com*, Garner is “ready to start the next phase of her life.”



# In celebrity divorce news, Jennifer Garner is moving on from her ex-husband. What are some ways to know you are ready to move on after a divorce?

## Cupid's Advice:

How do you know you're ready to move on after a divorce? Cupid shares some advice:

**1. You aren't thinking of your ex romantically:** Of course there was a romantic connection between the two of you since you decided to get married. If you don't feel connected or attracted to the other person anymore, it could be a sign that you're ready to move on with your life.

**Related Link:** [Celebrity News: 'Bachelor in Paradise' Alum Jordan Kimball Denies Falsifying Jenna Cooper Cheating Texts](#)

**2. You're excited to go out again:** The time will come after the divorce where you're ready to put yourself out there again. It may take a bit to get there, but eventually you'll be out of that post-divorce slump.

**Related Link:** [Celebrity Divorce: Leah Jenner Officially Files for Divorce from Brandon Jenner](#)

**3. You have direction in your life:** You know what you want and you are easing your way into getting it. Once you've dusted away the old pieces of the divorce, you have a clearer image of what your future will look like.

**How were you able to move on after a divorce? Let us know below!**

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# Celebrity Exes: Jennifer Garner Will Support Estranged Husband Ben Affleck 'No Matter the Circumstances'



By Lauren Burczyk

In [celebrity news](#), [celebrity exes Jennifer Garner](#) and [Ben Affleck](#) remain on good terms despite his vices. An insider revealed to *UsMagazine.com* that Garner will continue to be there for Affleck whenever he needs her “no matter the circumstances.” After everything they’ve been through

together, Garner plans to show continued support toward Affleck so that he can be a great father to their children. Garner's untiring loyalty to Affleck is for the sake of their children. Last month, she helped to stage an intervention and drove the 46-year old actor to a Malibu rehab center for his alcohol addiction.

## **These celebrity exes are the definition of "amicable split." What are some ways to keep things civil with your ex?**

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

When going through a divorce or break-up of any kind, it can be difficult to remain civil with your ex. No matter how hard it may be, it is important to try to be as friendly as possible, especially if there are children involved. Cupid has some ideas:

**1. Remember why you fell in love:** Whenever you are going through a divorce or a tough split, it is important to keep in mind that you were once in love with this person and never forget what qualities made you fall in love in the first place. Keeping these desirable qualities about your ex close in thought will help you remain on good terms.

**Related Link:** [Celebrity Divorce: Ben Affleck & Jennifer Garner Reach Divorce Settlement](#)

**2. Keep conversation simple and relevant:** It is important to only talk about topics that are simple and relevant to your current situation, such as about your children or pets to avoid any further disagreements.

**Related Link:** [Celebrity News: Ben Affleck Checks In to Rehab](#)

## [After Intervention with Jennifer Garner](#)

**3. Forgive your ex and forget about past issues:** It is necessary to forgive your ex and let go of any past issues that ultimately led to the split. By doing this, you are starting fresh with you ex, just without intimacy and now as friends.

**What are some other ways to remain civil with your ex? Share your thoughts below.**

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# **Celebrity Divorce: Ben Affleck & Jennifer Garner Reach Divorce Settlement**





By Jessica DeRubbo

In [celebrity news](#), [Ben Affleck](#) and [Jennifer Garner](#) have reached a [celebrity divorce](#) settlement, according to *UsMagazine.com*. This comes after a long drawn out set of proceedings (almost three years), and it comes at a time when Affleck is currently in rehab recovering from alcohol addiction. The 46-year-old actor entered a treatment center last week to combat his addiction. Garner, his ex, drove him to the facility after an intervention. A final divorce settlement will be filed with the court after Affleck is released from rehab.

**This celebrity divorce is almost official after long deliberations. What are some ways to keep your divorce proceedings civil?**

**Cupid's Advice:**

When going through something so trying, it can be tough to keep things civil. But, you're always better off not fighting and getting heated, especially if there are kids involved. Cupid has some tips:

**1. Always include a middle man:** Whenever you're talking about your divorce, make sure there's someone there to mediate. There's a reason you're getting divorced, which probably means effective communication between the two of you is at an all-time low. Having someone else there to listen to both sides will be helpful.

**Related Link:** [Celebrity Break Up: Jennifer Garner Wants Ben Affleck to "Work on His Health" Before Finalizing Divorce](#)

**2. Take a few breaths before responding:** Keep spur of the moment reactions to a minimum by taking a beat before responding to various requests. Think through what you want to say before you say it, so that you don't end up saying something you regret.

**Related Link:** [Jennifer Garner Is 'Not Surprised' Ben Affleck Is Dating Playboy Model Shauna Sexton](#)

**3. Think about the love you once had:** You got married for a reason in the first, place so keep that in the back of your mind while you're going through your divorce proceedings. This will open up that soft spot you had for your former S.O. and will keep you more level-headed.

**What are some other ways to keep a divorce civil? Share your thoughts below.**

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# Celebrity News: Ben Affleck Checks In to Rehab After Intervention with Jennifer Garner



By [Haley Lerner](#)

In [celebrity news](#), [Ben Affleck](#) checked in to rehab on August 22 after an intervention by estranged wife [Jennifer Garner](#) and a sober coach. According to *UsMagazine.com*, a source said Affleck knew he needed help and asked for it. An eyewitness at the scene of the intervention at Affleck's home in Pacific Palisades said at one point Garner came outside shaking. After the intervention, Affleck and Garner left his house in a car together, stopped at a Jack in the Box and drove to Malibu.

Garner has supported Affleck through his addiction struggles even though the two split up in 2015 and filed for divorce in 2017.

## **In celebrity news, Ben Affleck checked into rehab with support from his family. What are some ways to support a partner who has a substance addiction?**

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

Substance addiction is a tough battle, and if your partner is going through it, it can be difficult. Cupid has some tips on how to support your partner:

**1. Get them help:** The most important thing you can do for your partner is to get them help for their substance addiction. Whether it's having an intervention, taking them to rehab, getting them a therapist or some other form of treatment, it is definitely necessary for them.

**Related Link:** [Celebrity Break Up: Jennifer Garner Wants Ben Affleck to "Work on His Health" Before Finalizing Divorce](#)

**2. Be there for them:** Right now, your partner needs you to be loving and supporting while they are going through a hard time. Be there to talk to them whenever they need it and make it clear you aren't going to leave them.

**Related Link:** [Celebrity News: Jennifer Garner 'Doesn't Want' Her Kids Around Ben Affleck's GF Lindsay Shookus](#)

**3. Help them find new outlets:** If your partner is out of rehab but still is in a tough place from their substance abuse, help them find new fun outlets to spend their time and enjoy life.

Show them you still want life to be fun for them and take them on fun dates and outings.

Have any more tips on how to help a partner how has a substance addiction? Comment below!

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## Jennifer Garner Is 'Not Surprised' Ben Affleck Is Dating Playboy Model Shauna Sexton



By Rhodesia Williams

In [latest celebrity news](#), [Jennifer Garner](#) isn't surprised that her ex, [Ben Affleck](#), was spotted on a date with a *Playboy* model. The [celebrity exes](#) are all too familiar with this scenario. Affleck apparently has had his share of secret [celebrity relationships](#) even since his [celebrity divorce](#) to Garner. Unfortunately for Garner, Affleck isn't too worried about being discreet. Knowing Affleck won't change, all she can do is protect her kids as much as she can.

**In celebrity news, Ben Affleck's ex isn't surprised he's dating a Playboy model, but she isn't pleased. What are some ways to cope with your ex moving on?**

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

It's never easy to watch your ex move on, especially if you are always reminded of it. Cupid has some ways to cope with your ex moving on:

**1. Think about it:** So, your relationship didn't work out, but you can't seem to rationalize it. Make a list of the pros and cons of your relationship and be honest. While sometimes, the relationship could've ended out of the blue, but think about anything that could've been a warning signs. Sometimes taking some time to think can put this situation in perspective. Giving yourself time and being honest with yourself will help you to heal and move on.

**Related Link:** [Dating Advice: 4 Signs Your Partner Is the Right One for You](#)

**2. Enjoy yourself:** Go out and enjoy your single life. Although you may miss your relationship, use this time to adapt to your new lifestyle. Have a night out with friends or even enjoy a movie night alone with your favorite snacks. Dating yourself is a big part of healing because it lets you know that it's okay to be alone. You won't be able to move on unless you get out and start enjoying life.

**Related Link:** [Dating Advice Q&A: Should I Remain Friends with My Ex Online?](#)

**3. No lurking:** The best thing you can do to help move on is not to creep on your ex. For one, you already know what you are going to see. Also, why bum yourself out? Whether your ex is with someone or not, understand that you also need to start the process of moving on. Lurking will only hurt you so try your best not to. It's always easier said than done but it will help you to make peace with your ex moving on.

**What are some ways you cope with an ex moving on? Share below.**

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## Celebrity Break Up: Jennifer Garner Wants Ben Affleck to “Work on His Health” Before Finalizing Divorce





By [Haley Lerner](#)

In [celebrity break up news](#), [Jennifer Garner](#) isn't rushing to finalize her [celebrity divorce](#) from [Ben Affleck](#). According to *UsMagazine.com*, new court documents state that the couple was warned by a judge in the L.A. Superior Court that if the two can't settle their divorce case, a judge has the right to call it off. But, apparently Garner has been stalling the divorce. A source said, "Jen wanted to give Ben the time and opportunity to work on his health and sobriety. She isn't in a rush." The insider added that Garner wants Affleck to be "the best father he can be" to their three kids and "wants what's best for the kids. But, it seems Affleck is ready to move on, as he's been dating *Saturday Night Live* producer Lindsay Shookus. The source added, "Ben would have liked to have finished this and closed the books sooner." But, "Jen just isn't willing to settle the custody issues until she's 100 percent certain that he's clean."



# Jennifer Garner isn't rushing to finalize her divorce with Ben Affleck because she cares about his wellbeing. What are some ways to support your ex after a break up?

## Cupid's Advice:

Breaking up with an ex can be hard when they are going through a rough time. Cupid has some tips on how to support your ex after a break up:

**1. Give them space:** After a break up, sometimes the best thing you can do for your ex is to give them space. They need to heal from the split just like you, so giving your ex space can be good for both of you.

**Related Link:** [Celebrity News: Jennifer Garner 'Doesn't Want' Her Kids Around Ben Affleck's GF Lindsay Shookus](#)

**2. Talk to their friends:** If you don't want to be the one to directly help your ex, talk to their friends or family and let them know you think they are in need of some help. They can then take the lead and figure out how to help out.

**Related Link:** [Celebrity News: Jennifer Garner and Kids Visit Ben Affleck In Hawaii](#)

**3. Be there for them:** If you're comfortable with it, you can keep the door for conversation open with your ex. Make it clear that you want things to be platonic, but that you are also willing to be a friend to them and are there to talk them through anything they are dealing with.

**Have any more ways to support an ex after a break up? Comment below!**

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# Celebrity News: Jennifer Garner 'Doesn't Want' Her Kids Around Ben Affleck's GF Lindsay Shookus



By Rhodesia Williams

In [celebrity news](#), Jennifer Garner says she doesn't want [Ben Affleck](#)'s new [celebrity relationship](#) anywhere near their three children. Affleck, who is now dating Lindsay Shookus, went through a public [celebrity break-up](#) with Garner in 2015. They share three children together; however, Garner has her reasons

for not wanting Shookus around her children.

## In celebrity news, Jennifer Garner is doing well post-split from Ben Affleck, but she doesn't want her kids around his new girlfriend. What are some ways to handle introducing your kids to your new partner?

### Cupid's Advice:

Introducing your children to a new partner can be difficult. Often times, your ex may have some requests and, to keep the peace, honoring them is a good idea. Cupid has some ideas on how to introduce your new partner to your kids:

**1. Who wants ice cream?:** Naturally, most kids love ice cream. A good ice breaker is taking the kids and your new partner out for ice cream. It is important to have the kids in an environment where they are comfortable and feel safe. While you may think they are focused on their sundaes, they will remember the outing and it will help associate your partner with a happy memory.

**Related Link:** [Relationship Advice: The Pitfalls of Dating While Divorcing](#)

**2. Introduce the idea:** Sometimes the "what if" game helps. Slightly introducing the idea will help in finding out if your kids are okay with you having a new partner. Kids often object to their parent being with someone new because they want to see their biological parents together. Over time, suggesting that you may have a new partner will plant the seed needed and

will help introduce your new partner.

**Related Link:** [Parenting Tip: Being a Adoptive Parent](#)

**3. Make it a party:** If you and your ex are on good terms, it's a good idea for all adults involved to introduce your new partner. Your children seeing that you all are getting along and can co-exist will ease their minds. Naturally kids don't want to see their parents apart, so when introducing a new partner, you want your kids to feel comfortable. Having your ex back you up can only help the situation.

**What ways would you introduce your new partner to your children?? Share below.**

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## Celebrity News: Jennifer Garner and Kids Visit Ben Affleck In Hawaii





By [Jessica DeRubbo](#)

It looks like these [celebrity exes](#) are keeping it friendly, as [Jennifer Garner](#) and her kids were recently spotted visiting [Ben Affleck](#) in Hawaii over Spring Break, while he's there to train for a Netflix action movie. According to [UsMagazine.com](#), Garner traveled to the Aloha State over the weekend with daughters Violet, 12, and Seraphina, 9, and son Samuel, 6. She even posted a photo on Instagram of herself hiking with her trainer, Simone De La Rue during the trip. Though Affleck is currently dating Lindsay Shookus, who was spotted in Hawaii on March 26th, Shookus was nowhere to be seen when Garner and the kids were visiting. We're glad this former [celebrity couple](#) can keep it civil for their kids!

**In [celebrity news](#), Jennifer Garner and Ben Affleck are following through on their commitment to**

# putting their kids first. What are some ways to put your kids first after a split?

## Cupid's Advice:

When you have kids and are going through a split, it's super important to focus on your children and how the things you're doing are affecting them. Cupid has some ways to make sure you're putting them first:

**1. Put forth a united front:** No matter what your beef is with your former significant other, your kids shouldn't catch wind of it. It's important to get on the same page with your ex before communicating with your kids. You want to make sure the messages coming from each of you are the same.

**Related Link:** [New Celebrity Couple: Ben Affleck Is Dating 'SNL' Producer Lindsay Shookus](#)

**2. Hang out as a family:** If it's possible, continue to spend time together as a family. This may be difficult if your split was particularly bitter, but do your best to get to a point where being together is doable. It will make your kids relax and feel as if their family hasn't been ripped apart forever.

**Related Link:** [Latest Celebrity News: Jennifer Garner Says She Is 'Not Interested in Dating' After Split From Ben Affleck](#)

**3. Make all decisions with your kids in mind:** Instead of thinking of yourself during your split (or after), think about your kids first. Each decision should be made with them in mind. Even if something isn't necessarily preferable to you, you're at a point where you can deal with it, while your kids are still growing and impressionable.

**What are some other ways to put your kids first after a split?**

Share your experiences or thoughts below.

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# Celebrity Couple Ben Affleck & Lindsay Shookus Are Twinning On Friday Date



By [Jessica Gomez](#)

In [celebrity news](#), [Ben Affleck](#) and girlfriend Lindsay Shookus were out and about wearing matching outfits on Friday, according to [EOnline.com](#). The [celebrity couple](#) was spotted in Brentwood, California wearing similar outfits: leather



jackets, gray tops, and dark denim jeans. Adorbs. Affleck and Shookus both seem “coordinated” and enjoying each other’s company.

## **This celebrity couple came off looking like twins on a recent day out. What are some ways style plays a role in your relationship?**

### **Cupid’s Advice:**

Believe it or not, style does play a role in relationships, and not just in the aesthetically pleasing department. Cupid is here to inform you!:

**1. Matching has a connecting effect:** Have you and your partner ever matched without planning? You both end up wearing similar outfits or the same color? In a way, it feels good. You feel like you’re both connected, plus you look cute in public. Feeling like you and your partner are on the same page is a good thing, and matching is a small nudge in that direction.

**Related Link:** [Jamie Foxx Celebrates 50th Birthday with Katie Holmes](#)

**2. People snap judgments:** It’s engraved in our society – people judge others based on how they dress and their style. Whether these judgments are good or bad, the way you dress and the way your partner dresses are both in the public eye, up for observation. You shouldn’t care what people think, but you may be more reluctant to not care when your significant other is meeting your friends or the fam. We all know that a good sense of style does make a lasting impression.

**Related Link:** [Macaulay Culkin Steps Out with Brenda Song in Paris](#)

**3. Having a good sense of style gives you confidence:** And having confidence helps a relationship. Having a style that you love is important because it can give you a self-assuring feeling – and oh, how we know that a lack of confidence is a problem in many relationships. On top of that, your style is something that you identify with, it's a reflection of you. On that note, let's do some shopping!

**What are some ways style has affected your relationship? Comment below!**

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## **Celebrity Couple News: Ben Affleck & Lindsay Shookus Are Going Strong**





By [Melissa Lee](#)

In [celebrity couple](#) news, [Ben Affleck](#) and girlfriend Lindsay Shookus have been going strong! Affleck and Shookus, who have been casually dating since April, were seen enjoying a relaxed date night at a LA pizza joint. [UsMagazine.com](#) reported that Affleck is very happy with Shookus, a producer for *Saturday Night Live*. The two apparently met nearly three years ago, while they were both married to their respective spouses – both couples ended up getting divorced later that year.

**This newly announced celebrity couple are definitely making an impact. What are some ways to work on the strength of your relationship?**

**Cupid's Advice:**

This celeb couple seems to be going steady after a few months of casual dating. If you're looking to make your new relationship strong, check out some of these tips from Cupid:

**1. No pressure:** Putting pressure on a young relationship will only cause unnecessary stress, especially if it's still in the early stages. By keeping things fun, light and casual, the avoidance of pressure will eventually work to your advantage by letting the more serious stuff come at the right time. Besides, who wants to be getting serious in a relationship that's only a few months old?

**Related Link:** [New Celebrity Couple: Ellen Page Is Dating Dancer Emma Portner](#)

**2. Extend loving gestures:** Show your appreciation for your new sweetheart by occasionally doing nice things for them. Extend loving gestures like buying them flowers, cooking them a meal, or even just sending a sweet text to them. Kind and loving actions like this show that you truly do care for them, plus it'll put a smile on their face throughout the day.

**Related Link:** [Celebrity Wedding: Serena Williams Addresses Secret Wedding Rumors](#)

**3. Communication is always key:** Regardless of how long you've been with your partner, communication will always be crucial to a strong relationship. It's even more important to implement this behavior early on, so you two get in the habit of expressing your concerns, bothers or appreciations. By starting to do this when the relationship is young, it won't be as much of an issue later on.

**What are some ways that you work on strengthening a relationship? Share your thoughts below.**

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# New Celebrity Couple: Ben Affleck Is Dating 'SNL' Producer Lindsay Shookus



By [Marissa Donovan](#)

[Scarlett Johansson](#) is not the only one dating someone from *Saturday Night Live*! Since getting a [celebrity divorce](#) from [Jennifer Garner](#), Ben Affleck has been dating *SNL* producer Lindsay Shookus. According to [UsMagazine.com](#), the new [celebrity couple](#) spent four nights in London together while Affleck was filming *Justice League*. They were also recently spotted together in Los Angeles on July 6th. Maybe

the couple will collaborate for a *SNL* skit in the future!

## **There's a new celebrity couple in Hollywood three months after Affleck's divorce was finalized. What are some ways to know you're ready to move on after a divorce?**

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

Divorces can sometimes be messy business. Here are some ways to know you can find love again soon:

**1. You are officially divorced:** Making the agreement official will give you a clear state of mind on your new lifestyle. It will also save you from explaining any complicated problems while trying to date! Trying to date while still processing paper work, or moving out belongings can often be uncomfortable for those who have not experienced a divorced. Once you have a clean slate, then dating is never an issue!

**Related Link:** [Jennifer Garner & Ben Affleck Attend Church After Celebrity Divorce Filing](#)

**2. Feelings with your ex are neutral:** Hopefully you have moved past the stage of feeling angry and depressed towards your ex. It's also best if you and your ex can agree on not dating again. Being on the same page with your past partner is a good sign you are mentally ready to see other people!

**Related Link:** [Celebrity Divorce: Ben Affleck Still Living at Family Home with Jennifer Garner](#)

**3. You've made positive changes since the split:** Growing from your past experience can shape your life choices as a person. The divorce may have caused you to regress or develop bad

habits, but it's okay as long as you can identify and change them for the better! If you have become sober like Ben Affleck, or made other positive changes for the sake of a better future, then it's safe to meet someone new.

**Do you think Jennifer Garner will be dating soon too? What relationship advice do you have after experience a divorce? Let us know what you think in the comments!**

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## **Celebrity Co-Parents: See How Stars Manage To Raise Their Children Post-Split**







By [Marissa Donovan](#)

Co-parenting is a lifestyle choice that many celebrities find to be a healthy way to stay close as a family. [Celebrity break-ups](#) happen, but ex couples with children have come to the mutual agreement that parenting comes first. According to the [University of New Hampshire Cooperative Extension](#), the long term advantages of co-parenting include less feelings of abandonment and a sense of stability. Co-parenting after a split can be done by meeting with the other parent and making an agreement on future goals and family gatherings.

**Like a [celebrity parent](#), it can be hard to find balance between raising a child and working out a mutual schedule with your ex. Check out these co-parenting tips to**

# understand how to find the happy medium of raising a family after a break-up:

**1. Have positive conversation about your family members:** Even when the other parent is momentarily unavailable, it is important to tell your children that they are still loved. [Ben Affleck](#) spoke highly of [Jennifer Garner](#) in an [EOnline.com](#) interview calling her an “superhero mom” and being thankful they can co-parent together. Speaking compassionately to your children about their other parent shows them that you both genuinely care about their well being.

**Related Link:** [Parenting Tips: How To Set a Good Example For Your Child](#)

**2. Meet as a family:** Coming together as a family is something you and your ex should consider when co-parenting. Holidays may be the easiest time to share a meal or do an activity together. As seen on *Keeping Up With The Kardashians*, [Scott Disick](#) and [Kourtney Kardashian](#) go on vacations with their children to spend quality time together as a family. Spontaneous changes in schedules may arise, but you must move forward and plan another family day.

**Related Link:** [Celebrity Interview: Katherine Heigl Says “Family Comes First”](#)

**3. Understand your strengths as overall parents:** It’s good for your child to spend quality time alone with his or her mom or dad. Actor Ryan Phillippe opened up to [ETOnline.com](#) about his arrangement with [Reese Witherspoon](#) to have one parent have alone time with their children. When each parent has their children separately, the pair can understand their strengths when handling a situation with their child. Mom might be better at helping with school projects, or Dad might be better

at handling temper tantrums. Applying your skills as individual parents will help the development of your children.

Do you know of any other co-parenting tips? Share your experiences in the comments below!

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## Parenting Tips: Should You Circumcise Your Baby?



By [Noelle Downey](#)

There's no doubt about it – parenting can be a minefield.

There are so many decisions to make and questions that don't seem to have a clear right answer. While every good parent does everything they can to make sure that their child is safe, happy, and healthy, sometimes even the experts have conflicting [parenting tips](#) on the best ways to accomplish that goal. One of the most hot-button topics when it comes to [parenting advice](#) is circumcision. While some experts argue that circumcision has health benefits like decreased risk of urinary tract infections, penile cancer or STI's, others contend that the reduction of the risk is actually so small that it doesn't warrant a corrective procedure, especially for infants who have no say in what some consider to be an invasive surgery. Differing cultural and religious views also tend to influence parents when it comes to whether or not they choose to have their children circumcised. Although circumcision is a medical procedure many take for granted, even some [celebrity parents](#) argue against it. Cupid is here with a list of the top five most vocal celebrity protestors of circumcision.

**Whether or not you believe circumcision is right for your children, there are plenty of famous parents who say their top parenting tip for their [celebrity babies](#) is to avoid the cut altogether!**

**1. Alicia Silverstone:** Alicia Silverstone is a [celebrity mom](#) to six-year-old son Bear Blu Jarecki, and she and her husband, Christopher Jarecki, made the personal decision not to circumcise Bear despite the fact that Silverstone had a Jewish upbringing. Silverstone confronted the complicated decision

she and her husband made in her book, 'The Kind Mama' and later said that her fans reactions to it touched her deeply. "One [fan] said that 17 years ago she had her son, and she made this choice," Silverstone shared in a celebrity interview with *The Stir*, "and she was crying, because she was remembering her experience. It was moving to me."

**2. Ben Affleck:** [Ben Affleck](#), [celebrity ex](#) of [Jennifer Garner](#) and dad to children Violet, Seraphina, and Samuel, has said in the past that despite some reports from experts that state that being uncircumcised can lead to an increased risk of frequent urinary tract infections, he himself doesn't approve of the practice. He once confessed to Jon Stewart in an interview, "I hate circumcisions! Get enough in me, and I'll tell you how much I hate them!"

**Related Link:** [Celebrity Divorce: Ben Affleck Still Living at Family Home with Jennifer Garner](#)

**3. Russell Crowe:** Famed actor and father to two sons, Charles and Tennyson, Russell Crowe took to Twitter to slam circumcision in a series of controversial tweets. The actor steamed, "Circumcision is barbaric and stupid. Who are you to correct nature? Babies are perfect." While many responded negatively to his tweets, citing a lack of sensitivity to the nuanced reasons that many choose to circumcise their children, others firmly supported his declarations, sparking a dramatic social media storm.

**4. Mario Lopez:** On a 2010 episode of this cute star's hit reality TV show, 'Saved By the Baby', Mario Lopez pushed his then-girlfriend (now wife) Courtney Mazza to consider not circumcising their future son, and the discussion quickly got heated for the [celebrity couple](#). "That's not up for discussion," Lopez insisted firmly, "News flash, this is the way all men are born." Lopez and Mazza are now celebrity parents to two children, Gia Francesca Lopez and Dominic Lopez.

**Related Link:** [Mario and Courtney Lopez Welcome a Baby Boy](#)

**5. Cameron Diaz:** It's not just celebrity parents who have their opinions on circumcision. Forty-four year old actress Cameron Diaz has made it clear in the past that if she and her husband Benji Madden ever have a son, that circumcision will not be for them. She spoke in an interview with *The Stir* about her film 'What to Expect When You're Expecting' and some changes that had to be made to the script to achieve a PG-13 rating, claiming, "they made us cut out a bunch about circumcision. To get a PG-13 rating we had to cut out the actual *description* of circumcision. So apparently it is very uncomfortable for people to hear how it works." Diaz added, "America is the same way about their beef – they just want it delivered in a styrofoam package with saran wrap over it. They don't want to know how it got to you. Same thing with circumcision."

**What do you think about the practice of circumcision? Do the alleged health benefits or personal concerns outweigh these celebrity opinions? Or do you think they have a point? Let us know in the comments!**

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## **Jennifer Garner & Ben Affleck Attend Church After Celebrity Divorce Filing**





By Noelle Downey

[Celebrity exes Jennifer Garner](#) and [Ben Affleck](#) were spotted smiling serenely as they exited a church service they attended together on Easter Sunday with their three children, according to [UsMagazine.com](#). Garner filed for divorce from Affleck on April 13th, with both of them deciding to pursue a joint custody agreement of their three children, Violet, Seraphina and Samuel. Although Affleck had been living in the guest house since the couple separated in June 2015, he will now be making the move to a new home as the [celebrity divorce](#) moves forward. A source close to Affleck reported it's important to him to find a place near Garner's house so they can both successfully "continue to co-parent as they have been" adding that Affleck is expected to move out "when he finds the right place."



# Talk about being amicable during a celebrity divorce! What are some ways to keep life normal for your kids during a split?

## Cupid's Advice:

While a divorce is enough to threaten the future of any family dynamic, Garner and Affleck seem to be able to put aside their differences to lend their kid's lives some normality during this transitional period. Here are Cupid's top tips on how to emulate these sensible celebs and keep your kids secure during your separation:

**1. Present a united front:** Just like this former [celebrity couple](#), it's important to focus on presenting a united front and creating a viable co-parenting experience for your children. Whether that means attending church together, having a family dinner once a week or a monthly family movie night, remind your kids that you can still function as a family unit and that you and your ex are still capable of coming together for their benefit and security.

**Related Link:** [Celebrity News: Jennifer Garner Says She & Ex Ben Affleck Will Make Co-Parenting Work](#)

**2. Develop healthy coping mechanisms:** If you're dealing with the pain of your divorce in unhealthy ways, your children will feel the strain of those negative behaviors too. A source on Affleck recently reported that he was "doing great" and was in "a healthy place" following his treatment in rehab for alcoholism. Just like this celebrity parent, focus on making sure you're dealing with any issues you have behind the scenes to that your children can feel safe knowing you're not going to fall apart at a moment's notice.

**Related Link:** [Celebrity Couple News: Jennifer Garner Still Not Wearing Wedding Ring After Ben Affleck Reconciliation Reports](#)

**3. Communicate with your kids:** While it's true that your children shouldn't have to handle hearing every detail of your divorce, you may also find that opening up clear lines of communication and talking your child through this difficult time will be immensely helpful in getting them to open up and feel safe with you. By talking to them honestly about how you're feeling and how they're feeling, you can validate their emotions and make sure they're dealing with any sadness or anger they might feel in healthy ways.

Garner and Affleck seem determined to make things work when it comes to co-parenting their children. Do you have any tips on co-parenting that you've learned since splitting with your ex? Let us know in the comments!

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## **Celebrity Couple News: Jennifer Garner Still Not Wearing Wedding Ring After Ben Affleck Reconciliation Reports**





By [Delaney Gilbride](#)

In [latest celebrity news](#), we're still totally and completely unsure about the status of [celebrity couple Jennifer Garner](#) and [Ben Affleck](#)'s marriage. Despite multiple claims that their [celebrity divorce](#) had been called off for the time being, the 44 year-old actress and film producer was seen walking about Los Angeles on Thursday, March 9, without her wedding ring. An insider close to Garner told [UsMagazine.com](#) that she's still considering going through with the divorce when the time is right, while a *different* insider close to Affleck, 44, told the magazine that the two are putting their divorce on hold because they've been getting along pretty well. The *Daredevil* co-stars are reportedly still living under the same roof for the sake of their three children since their split back in June 2015. Although the news of their rocky marriage is still relatively new, the duo has been going to couples therapy for years now.

# We can't quite seem to keep up with this celebrity couple. How do you know when it's time to end a longtime marriage?

## Cupid's Advice:

Breaking up is hard as it is, but what if it's ending a longtime marriage with someone you thought you'd spend the rest of your life with? How do you know when enough is enough? Cupid's here to help with some [relationship advice](#):

**1. You're too tired to keep fighting the truth:** When all the negative signs you've been ignoring keep adding up, it will become completely overwhelming. If your sex life is a daily frustration, your loved one won't fight for you, and it's impossible to open up to them anymore it's time to take a minute and realize that you can't keep fighting the truth. Ask yourself, is this worth fighting for?

**Related Link:** [Celebrity Break-Up: Scarlett Johansson Reportedly Files for Divorce From Romain Dauriac](#)

**2. You only communicate when you have to:** A key part to any relationship is communication and if you and your partner see this as a chore, something is very wrong. Talking to your loved one should be something you look forward to during a long day of work it shouldn't be something you dread. If this is the case, the two of you have to really think about what you want for the future.

**Related Link:** [Celebrity Break-Up: Katy Perry & Orlando Bloom Break Up After 10 Months Together](#)

**3. You're falling for other people:** If your spouse is distant and your sex life is dying you might be finding your lost

needs in other people. Although you may not be acting on it, the feeling you get from others that truly appreciate and truly want you is overwhelming. This is a huge sign that your marriage is most likely coming to an end.

**Are you struggling with your divorce? Comment below with some indicators that your marriage might be coming to an end.**

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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!

*Please tune in to the 'Doctor on Call' radio hour on [HealthyLife.net](http://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](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.*