

Expert Relationship Advice: 5 Ways to Turn “Me” to “We”



B

y Dr. Beth Gineris

In order to create successful partnerships in our lives, we must learn to shift thinking from an independent state (me) to a mutually interdependent state (we). Our mindset becomes both caring and supportive, rather than self focused. Here are some details of the two different relationship styles:

The Me-style in relationship

This is a style that is dependent, co-dependent, dramatic, and needy. The two people act as halves who come together and make one whole, with weak or non-existent boundaries. In the

Me-style both parties feel lonely, unheard and unseen. They are desperate to feel connected.

Related: [How to Master Being in a Relationship](#)

Example: Britney Spears. She needs others' approval, is insecure, and has found herself entangled with men unavailable to her and lacking stability. She has had great difficulty stepping up to her strength without constant reassurance from others.

The I-style in relationship

This is a style that is independent, solitary, and where individual credit and competition are paramount. Connection is via an intricate tally-sheet of each other's actions; two I's walking side-by-side, with rigid, inflexible boundaries, without interdependence, and lacking dependability.

Related: [Katy Perry and Russell Brand: What Went Wrong?](#)

Example: Russell Brand and Katy Perry. Russell Brand's reasoning for their split was that when you see that you may be incompatible, it's best to call an end to it.

These Me-dependent and I-Independent styles lack empathy and negotiation; either due to an inability of the person to get outside of him or herself to see the other's point of view and weak boundaries of self- **Me-style** OR due to a foundational insecurity of autonomy and competence resulting in rigid boundaries of self- **I-style**.

The We-style in relationship

This is a style that values interdependence, mutual give and take, negotiation, dependability, and trust. The two parties work together toward shared and individual goals; Boundaries are osmotic allowing interconnections without loss of self.

Example: Jennifer Garner and the newest Best Picture Oscar

winner **Ben Affleck**. They describe a dependable foundation of trust, collaboration and mutuality toward both individual and collective goals.

Here are five specific ways to bridge the gap between “me” and “we”:

1. Discover your style of relating. Which describers fit? Possessive, needy, manipulated, insecure? **Me-style**; Defensive, competitive, antagonistic, or a fear of being engulfed? **I-style**; Valued, heard, accepted, dependability? **We-style**

2. To turn Me to We begin with yourself first. Determine what is keeping you in a Me or I-style of relating. Is it an issue of security? Is it something you learned from early life-experiences or a misunderstanding of your true strength?

3. Define when, how, under what conditions you feel secure. Create those conditions. Security can take the form of financial, emotional, physical, or spiritual security.

4. If you are in a Me-style you have to create independence before you move to interdependence.

5. Share your insights with your partner. Invite your partner to follow these steps. Trust the process.

Dr. Beth Gineris holds three graduate degrees, in business, counseling, and Oriental medicine. She has spent twenty years as a psychotherapist, over fourteen years as a strategic management consultant, and eight years as an acupuncturist. She is devoted to providing supportive, solution-focused teachings that allow people to live a more harmonious and happy life. She is the author of ‘Turning NO to ON: The Art of Parenting with Mindfulness’, and ‘Turning Me to We: The Art of Partnering with Mindfulness’.

What We Can Learn from “the Work” Celeb Couples Do



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y Jane Greer, Ph.D. for Galttime.com

When Ben Affleck accepted the Oscar for best picture on Sunday night, he thanked wife Jennifer Garner saying marriage is hard work, but it is the best kind of work. One area that takes great effort in a relationship is finding the balance between each person's needs and desires. Say football is your thing. It always has been, ever since you were a little kid watching at home with your dad. So it is impossible for you to understand why your new partner has no interest in it. You want to go to games together, talk about plays, and plan

weekends around the tailgate parties. But she says no. What do you do?

There is no question that one of the pleasures of being in a relationship is sharing the things you love with the one you love. If pizza is your thing – well, then by all means, it would be convenient if the person you're dating had similar feelings about it. If that were the case, you could be together and have your favorite food at the same time. But it doesn't always work that way. In reality, two different people often have two different sets of tastes. So how can you preserve your own pleasures, hobbies and space to do what you love while being in a serious relationship? And is there a way to include your significant other but not force feed them?

This is where a "thank you" portion can be useful. You remember when you were a child and your mother wanted you to eat the peas, right? They looked awful but you had to have a few to appease her, so you took a small "thank you" portion. In other words, you took a taste. Before you suggest this, though, acknowledge to your partner that you understand and accept this is not their cup of tea. But sometimes, when it's a play-off game or something special is going on, you would really like to have their company. Be clear that you know it is a sacrifice of sorts, but you would really love it if they watched just this one game with you. Not the whole season, just this one game; a "thank you" portion.

In that way you can share your passions and interests to some extent, while respecting your partner's interests at the same time. The key is to encourage them to be open and try to appreciate what it is that you find so fascinating. Who knows, she might actually become a football fan. Sharing pleasures, and being open to each other, simply helps to turn the wheels for more mutual passion together.

Ben Affleck Says Wife Jennifer Garner is 'More Perfect Than I Am'



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y Meghan Fitzgerald

After the award-winning night Ben Affleck had at the Oscars, he couldn't have been more grateful than for his beloved wife, Jennifer Garner. The 40-year old director, producer and actor of *Argo* gushed over his wife in his acceptance speech. According to [UsMagazine](#) Affleck stated that all marriages need to be worked on, and how they work on their marriage, and how nobody's perfect. *PerezHilton* reported that Affleck said

wife, Garner is more perfect than he is. How adorable for the stunning duo!

How do you praise your partner in public so he/she feels loved?

Cupid's Advice:

PDA is sometimes a problem for couples. Its a possibility that your partner does not want to be touched in public, or the complete opposite. The best way to communicate with this possible problem, is to talk to your mate! Communication is always key, especially pertaining to public displays of affection. Everyone wants to feel loved, and you can do that in public. If your partner does want praise in public, Cupid has some advice:

1. Hold hands: Nothing shows how much you love your partner more than gently holding their hand. This is completely acceptable in public, no vulgarity, just love. This shows your beau not only how much you love them, but how much you care for them. Rubbing your finger softly on the tops of your partners hand, or giving me a slight squeeze, will show them how much you love them. So go on out and hold hands ladies and gentlemen!

2. Whisper sweet nothings: No one can physically seeing you doing anything, no displays of affection going on. This is perfect if your mate is not fond of PDA. Simply whisper into their ear. How much you love them, how grateful you are to have them in your life. Tell them a story you haven't told anyone, or a inside joke the two of you share. Whispering sweet nothings into your partners ear shows them how much you love them

3. Respect: Respect needs to be given in a relationship. You and your partner will not make it through the long haul if you both don't have respect for one another. With this being said,

you need to respect your mate if he does not want to be praised in public. Although they may know that is because you love them, they could be extremely uncomfortable. You need to realize that your partner doesn't want this hence, you should not do it!

How do you praise your partner in public? Explain below.

Ben Affleck Wins Best Picture at the Oscars and Thanks Wife Jennifer Garner



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y Andrea Surujnauth

Ben Affleck won Best Picture at the Oscars this year and thanked his wife, Jennifer Garner, profusely during his acceptance speech. According to UsMagazine.com, Affleck thanked everyone that worked on the film and acknowledged his fellow nominees then began thanking his wife. "It's work, but it's the best work there is" he said of his relationship. He also shared a loving kiss with his wife before getting up to receive his award. These lovebirds were married in 2005. They have three children together, Violet, 7, Seraphina, 4, and Samuel, 11 months.

What are some ways to show appreciation for your partner's support?

Cupid's Advice:

Your partner has always been there for you and supports you through everything that you do. How do you show them your appreciation? Here's how:

1. Thank them: Saying thank you can go a long way. Acknowledging the fact that your partner supports you will let them know that their support makes a difference in your life, which is exactly what they will be hoping for.

2. Creative thank you's: Get your partner a thank you present. Giving your sweetheart a present out of the blue just to say thank you will make them feel just how much you appreciate them.

3. Reciprocate: Support your partner just as much as they support you. It feels good to know that your loved one supports you so show them what that feels like just like they do for you.

How do you show your partner that you appreciate the support that they give you? Share your ideas below.

Ben Affleck Calls Wife Jennifer Garner 'Best Person in the World' at DGA Awards



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y Jessica Conigliaro

During the 65th Annual Directors Guild Awards in Los Angeles, Ben Affleck boasted about his wife Jennifer Garner as he accepted his award. [People](#) reports him saying, "I have to just thank my wife for being the best person in the world...I don't need to look at the teleprompter to know why I want to thank you. I want to thank you because I love you." Affleck wanted everyone to know how deeply he cares about his wife.

What are some ways to publicly show your affection for your partner?

Cupid's Advice:

Showing how much you love your partner in social situations can often be a challenge. You don't want to smother them in front of friends and family, but still want to show your affection. Here are some simple ways to express your love in public:

1. Hold their hand: In a relationship, people are usually comforted by the smallest gestures; holding your partner's hand in public makes them feel safe and secure. This gives both of you the chance to discretely flaunt without drawing unnecessary attention from the people around you.

2. Stay by their side: When hanging out in big groups, people tend to leave their partner's side to talk with someone else—which is perfectly fine as long as they don't leave you alone the whole night. Any more than a half hour alone in public will leave them lonesome. Stay by your partner's side and include them in conversations you are having with others.

3. Give little kisses: Most people are extremely weary of making out in public, or showing too much affection in front of others. The easiest way to avoid causing a scene is to kiss them on the cheek or hand throughout the night; this way, you can show your date how much you really care about them.

How does your boyfriend show he cares about you in public? Share your thoughts below.

Ben Affleck Tells Jennifer Garner 'You Are My Everything' During Golden Globes Speech



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y Nic Baird

Ben Affleck won Best Director and Best Picture for *Argo* at Sunday's Golden Globes, UsMagazine.com reports. "I want to thank my wife who is the reason why I'm standing here," he said, as the camera showed his admiring wife, actress Jennifer Garner. "I adore you. I love you so much. Thanks for sitting through this. You are my everything." He and Garner are parents to children Violet, 7, Seraphina, 4, and Samuel, nearly 11 months.

What are some ways to publicly announce your love for your partner?

Cupid's Advice:

It might not be the right time to get married, or maybe you're not that concerned with the institution. Either way, there are many ways you can deepen your love with your partner. Follow your heart, and prioritize your happiness:

1. Moving forward: Both of you should want to see your relationship develop. Finding ways to spend more time together, and bringing your lives closer are benefits you can find without marriage. Make time for your partner and find new ways to enjoy their company.

2. Children: A child is a huge commitment, and shouldn't be considered lightly. Many times a baby can pop into your life unexpectedly. No matter how it happens, a child is a celebration of your love. You might feel pressure to get hitched, but giving a baby the significance it deserves is most important.

3. Special occasions: Spending the holidays with your loved ones shows their importance in your life. Making Valentine's Day and anniversaries special with thoughtful celebrations will reflect the love you share.

How do you think someone can publicly announce their love? Share your comments below!

Ben Affleck Says Fatherhood Has Made Him a 'Richer Person'



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y Michelle Danzig

Actor and director aren't the only job descriptions on Ben Affleck's resume—he is also a father. According to UsMagazine.com, Affleck told reporters that raising his children are always his top priority. At the National Board of Review Awards Gala in New York City Jan. 8., the critically-acclaimed actor has three children: Violet, 7, Seraphina, 4, and son Samuel, 10 months. The 40-year-old director of *Argo* says the having a family is was makes you that much richer and it is wonderful to have people to share your life with.

Affleck, who has been married to Jennifer Garner about eight years, also expressed his gratitude for the five Golden Globe Awards nominations that he received for *Argo*, including 'Best Score' and 'Best Picture.' Affleck told *Us Weekly* that he originally had low expectations for the movie and is thrilled with the response. The winners will be announced on Sunday.

How do you know if your beau is Daddy material?

Cupid's Advice:

When you're in a serious relationship, the baby talk is bound to come up sometime. You've seen your significant other interact with your younger cousins or siblings, but how do you really know that he would make a great father. Here are some ways that will help you know if he is Daddy material:

1. He talks about having kids and gets excited: Obviously women are hesitant to bring up the baby talk in a pre-marriage relationship. However, you may find that your man constantly brings up having kids. He may even drop little hints like suggesting names he likes or talking about what your kids would look like. This is a sure-fire sign that he is definitely up for the Daddy role.

2. He coaches a sport with small children: If you guy is, or was, an athlete at some point in his life, chances are he either coaches a little league, or is thinking about doing so in the future. Go to some of his games or practices. Observe how he interacts with the kids. If he is super involved and can't stop talking about how much he enjoys the kids he coaches, looks like he may be on the father track. He's also getting a ton of practice.

3. He is great with a friend or family member's kid: So your friends or family members start having kids. Is your guy excited to go see them? Does he immediately interact with the child the moment he gets there? Guys that are comfortable

around [children](#), and interact well with them, usually sport that 'dad gene.' If you are unsure, bring him around the small children in your friends or family circle.

How do/did you know your beau would make a great dad? Share your ideas below.

Best of 2012: Celebrity Babies Of The Year



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by Jenny Schafer for Celebrity Baby Scoop

There's always reason to celebrate a baby's birth. But when

our favorite celebrities add to their families, we can get downright giddy!

As we look back at the high-profile arrivals of 2012, we are overjoyed for new parents like Jessica Simpson and Eric Johnson. And we couldn't be happier for Uma Thurman who welcomed her third child – **Rosalind Arusha Arkadina Altalune Florence Thurman-Busson** – this past year. Look through our list of 2012's celebrity babies of the year.

Blue Ivy Carter: R&B royalty **Jay-Z** and **Beyoncé** welcomed daughter Blue Ivy on January 7, 2012. The superstar couple released a touching statement to announce the birth of their first child.

“Hello Hello Baby Blue!” they stated. “We are happy to announce the arrival of our beautiful daughter, Blue Ivy Carter, born on Saturday, January 7, 2012. Her birth was emotional and extremely peaceful, we are in heaven. She was delivered naturally at a healthy 7 lbs and it was the best experience of both of our lives. We are thankful to everyone for all your prayers, well wishes, love and support.”

India Rose Hemsworth: The Avengers star **Chris Hemsworth** welcomed first child, daughter India Rose, with his wife **Elsa Pataky** on May 11, 2012. The Snow White and the Huntsman actor said fatherhood has been smooth sailing so far.

“She’s been great,” Chris gushed of his newborn daughter. “She sleeps very well. Not out of any skill on my behalf, but my wife has been amazing.” The Aussie actor adds that fatherhood has already shifted his perspective: “Just her being here. It’s certainly taken all my focus and attention away from work – or what have you – but that’s the main thing on my brain right now. It’s wonderful.”

Samuel Garner Affleck: Already parents to daughters Violet, 7, and Seraphina, nearly 4, **Jennifer Garner** and **Ben Affleck** finally welcomed a son, Samuel Garner, on February,

27, 2012. The proud mom-of-three opened up about their newest family member.

“He is so chill... He reaches when he sees me and he laughs a lot,” Jennifer said. “He thinks I’m super funny. What more do you want?”

Olive Barrymore Kopelman: E.T. star **Drew Barrymore** and husband **Will Kopelman** welcomed their first child, daughter Olive, on September 26, 2012. “We are proud to announce the birth of our daughter,” the newlyweds announced.

“I can’t wait until I have my children,” Drew said just weeks before welcoming baby Olive. “I love the idea that they don’t have to do something that they have no interest in, that they can do something completely opposite if they want to. I will be so surprised if they don’t want to do something involving food or wine or art, but I’ll be OK with it. I just want to build fun, great things for my family.”

Maxwell Drew Johnson: Singer-turned-entrepreneur **Jessica Simpson** and fiancé **Eric Johnson** welcomed their first child, daughter Maxwell Drew, on May 1, 2012. And by all accounts, it seems the Fashion Starmentor has taken to motherhood like a duck to water.

“I am so in love with baby Maxwell,” the new mom gushed. “I want to cry every time I look at her. Motherhood is by far the best thing I’ve ever experienced.”

To read the rest of this article, click [here](#).

CelebrityBabyScoop.com is one of the most popular blogs on the topic and the foremost provider of everything celebrity-baby, featuring baby fashion, baby names, baby trends and up-to-the-minute celebrity baby gossip and pics. Get all the latest news, updates, and photos about Hollywood’s most beloved celebrity moms, dads and their babies.

Argo Style Study: How to Get Affleck's '70s Look



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y Ben Holbrook

It's been a while since Ben Affleck's overly-chiselled jaw has graced the big screen, and his latest movie, *Argo*, is a far cry from his days as a blind *Daredevil*. Affleck directed, produced and gave himself the lead role in this CIA action thriller, set in the late '70s. Whether it'll win him another Oscar (yes, he got one for *Good Will Hunting*) is not for us to say, but there's no doubt that men across the world be looking for ways to get that bold, but subtle, cop-about-town look. Here are a few of the vital ingredients:

Herringbone Jackets – The Essential Chevron Weave



Throughout the movie, and the late '70s, Herringbone suits and jackets can be seen almost exclusively. Herringbone gives a smart but down to earth kind of feel, and practical for day-to-day wear. For a more modern vibe take note of the lapels; the larger they the more you'll look like one of Starsky and Hutch's friends. Of course, if you are really trying to nail that '70s look – the bigger the better!

Related Link: [What to Wear to Meet His Family](#)

Where to find them?

Most menswear stores will have a good selection of Herringbone jackets, although full suits can be harder to find. For the real deal, check out your local charity shops and vintage stalls who will carry a small but authentic range of jackets.

Flannel Shirts

For the casual look, worn without a tie, you want earth-toned flannel shirts – don't be afraid of the washed out look. Darker colours give more of a '70s vibe, but you can wear brighter colors for a more modern look. Affleck also dons another classic style of the era: the denim shirt.

Related Link: [What to Wear on a First Date](#)

Where to find them?

With recent revival (some say saturation) of the good old-fashioned worker's shirt, authentic-looking flannel shirts can

be bought from all menswear stores. You can also get the vintage look by buying them secondhand from your local charity shop or vintage clothing stalls where you'll find them in bulk and at rock-bottom prices. There are also specialist stores on ebay that sell a mix of new and vintage designs.

Chunky Ties

Forget skinny ties, after watching Argo men will be delving back into their father's wardrobes, digging out the chunky styles of the '70s and early '80s. Heavy fabrics and simple colours added to a simple shirt with (optional) large collar, there's nothing that says "I'm in charge" quite like these bad boys!

Where to find them?

Have a look in your father/grandfather's wardrobe, no doubt they'll have plenty in the style you are after. If not, check out charity stores that will sell them off for next to nothing, or check out a car boot sale. They don't really make them like this anymore, so you'll need to buy vintage to get the right look.

'70s/Argo Style Tips:

- Don't ruin the look by wearing a modern, brightly coloured watch. Instead, make sure to wear something complimentary, perhaps with a silver or gold strap.
- Brown or black leather shoes will work well with these simple fabrics, Ben Affleck wears a brown pair of cowboy boots with his more causal outfits.
- Dark denim jeans work perfectly with herringbone jackets and a slight flair at the bottom will finish off the '70s vibe.

Ben Holbrook is a fashion writer for Miinto, where you can

find fashion inspiration and designs from fashion boutiques across Europe.

Ben Affleck Discusses Staying in Touch With His Exes



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by Nicole Weintraub

Even though Ben Affleck is happily married to wife Jennifer Garner with three beautiful children, he still keeps in touch with his former beaus according to UsMagazine.com. The actor revealed that he still keeps in touch with Jennifer Lopez whom he dated for approximately two years. The two e-mail back and

forth to touch base with one another. "I touch base. I respect her. I like her," he explained. Prior to dating Jennifer Lopez, the actor has been linked to Gwyneth Paltrow whom he dated for three years. Though, the one who stole his heart permanently was Jennifer Garner. "She truly is kind. She means no one any harm. She doesn't have ill will for any person," he gushed regarding his wife and the mother of his three children.

What are some reasons to stay in touch with an ex?

Cupid's Advice:

Friends with exes – it's a controversial topic that varies from person to person. If you are one of those people who want to remain in contact after a split, here are some reasons to back you up:

1. Friends forever: If you were friends before your relationship, you may want to remain friends after your relationship. Just because the two of you did not work out romantically does not mean that the two of you will make horrible friends. Sometimes two people are truly just better off as friends.

2. Connections: You never know whom you are going to come across in the future. You may want to keep in touch and touch base every now and then with an ex to see if they have any networking connections that can help you down the line in your career, especially if the two of you have or currently work together.

3. Formality: It is a small, small world. If you and your ex remain in contact and bump into one another at a function down the road, it will not be as awkward as if you go complete separate ways. You don't have to be best friends, but a simple smile and nod would do.

Why would you keep in touch with a former partner? Share with

us!

Jennifer Garner Says Ben Affleck Wants More Kids



Three kids and counting, and Ben Affleck still wants more kids with wife Jennifer Garner. [People](#) reports that Garner told *Extra*, “The fact that Ben wants another [baby] is true.” But the feeling is not mutual. Garner says, “I am not anticipating having any more kids!” The actor duo had their first son named Samuel just five months ago, also have two girls ages six and three. With three young children to take care of, Garner says it has been “absolute chaos” in their home.

How do you know when enough is enough when it comes to having kids?

Cupid's Advice:

Having children can be the most beautiful gift in the world, but don't take on too much when it comes to having and raising kids. Here's how to know when enough is enough:

1. Your finances are unstable: You want your kids to have the best life possible and their life will be negatively affected if you are not financially secure. From buying diapers and clothes to saving up for their college fund, money is a major factor in having children. If you are just getting by taking care of the children you already have, you may want to hold back on having more.

2. You're overwhelmed as it is: The stress of balancing work, children and finances can be overwhelming. If you are strained from your hectic life, adding another child to the equation will not help.

3. One person in the relationship doesn't want any more: Relationships are all about compromise, not winning and losing. If one person in the relationship doesn't want more kids, you must respect that. Let them be the best parent they can be to the children you already have, and don't pressure them for more.

How would you know when enough is enough when it comes to having kids? Tell us below.

Ben Affleck Calls Jennifer Garner a 'World Class Mom'



Ben Affleck took to social media to wish his wife, Jennifer Garner, a happy Mother's Day. Affleck, 39, posted a video on his Facebook page advocating for women raising children in the Democratic Republic of the Congo, reports [People](#). Affleck founded a nonprofit, the Eastern Congo Initiative, in 2010, and is almost as dedicated to the charity as he is to his family. "I want to say Happy Mother's Day to the moms in my life: my mom Chris and my amazing wife Jennifer, who is an incredible, spectacular, world-class mom," said Affleck in the video. "[Being a mother is] the hardest job that there is, every single day."

What are some ways to thank your partner for being a good

parent?

Cupid's Advice:

Though Mother's Day has passed, there are still plenty of opportunities to show appreciation for your partner's good parenting. Here are a few ideas:

1. Spa day: Parenting can often be very stressful, so try rewarding your partner with a gift certificate for a day at the spa. Your partner will come home feeling relaxed and grateful.

2. Take turns: If your partner provides most of the childcare on a day-to-day basis, try switching it up. When possible, take the kids for a day, and let your partner enjoy their newly found free time.

3. Enlist the children's' help: Being a parent is often a reward in itself. Enlist your children to make a heartfelt card or art project for your partner. Your partner will appreciate the gift, and your kids will have fun making it.

How do you thank your partner for their parenting skills? Feel free to leave a comment below.

Hollywood Relationships: Celebrities Who Found Romance On Set



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y Megan McIntosh

Everyone remembers the moment they met the love of their life, whether it be at a park, a coffee shop or at the office. For many celebrity couples, the setting of the beginning of their love story was the work place. While some pairs couldn't keep the torch in their love life burning, the following Hollywood relationships turned "just a normal day at the office" into unforgettable romances that tabloids and fans constantly follow and discuss:

Hollywood Relationships On- And Off-Screen

1. Brad Pitt and Angelina Jolie: This famous couple has to be one of the most unforgettable set of co-stars to have met on set (they were filming *Mr. and Mrs. Smith*). Pitt divorced his

then-wife Jennifer Aniston in 2004 and later got together with Jolie. The duo has a total of six children together – three biological and three adopted.

Related Link: [Brad Pitt Trashes Marriage to Jennifer Aniston](#)

2. Goldie Hawn and Kurt Russell: Famous actress and mother of Kate Hudson, Hawn has been with actor Kurt Russell since 1983. This Hollywood relationship started on the set of *Swing Shift* in 1982, and the famous couple later starred in the film *Love Overboard* in 1986. Despite a relationship that spans nearly four decades, the couple has no plans to marry.

First The Movie, Then The Celebrity Wedding

3. Ben Affleck and Jennifer Garner: This dynamic duo met while on the set of *Daredevil* in 2002 and celebrated their celebrity wedding in 2005. The Hollywood couple has maintained a relatively low-profile relationship, unlike Affleck's previous relationship with another Jennifer, Jennifer Lopez. Affleck and Garner have three children together.

Related Link: [Jennifer Garner Says She 'Would Do Anything' for Ben Affleck](#)

4. Kristen Stewart and Robert Pattinson: This twosome has experienced great popularity with their on-set/off-set chemistry. The celebs met on the set of *Twilight* in 2008 and also starred together in the other films of the *Twilight* saga: *New Moon*, *Eclipse* and *Breaking Dawn*. Bella may have difficulty in choosing Jacob or Edward on-screen, but Stewart is Team Edward all the way! Both Pattinson and Stewart will star in the last film of the series *Breaking Dawn Part II* later this year.

5. Jessica Alba and Cash Warren: These lovebirds had a slightly different matchmaking experience. Though not an actor

himself, Warren met Alba while she was filming *Fantastic Four* in 2004, and the two were married in 2008. The couple have two daughters together.

6. Freddie Prinze Jr. and Sarah Michelle Gellar: This reclusive celebrity couple met while filming the scary movie *I Know What You Did Last Summer* in 1997. They were married in 2000 and filmed two additional movies together, *Scooby-Doo* in 2002 and its sequel, *Scooby-Doo: Monster's Unleashed* in 2004. Prinze and Gellar had a baby girl in 2009 and switch off with at-home responsibilities.

Who are some other Hollywood couples that have found love on set? Share your ideas below.

Jennifer Garner and Ben Affleck Welcome a Baby Son





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For the third time, Jennifer Garner and Ben Affleck are proud parents. According to [People](#), their new son was welcomed in Santa Monica. After announcing they were expecting in August, but not sharing the sex of the baby, their new son joins big sisters, Seraphina, 3, and Violet, 6. “It would be so weird to have a boy,” Garner told Ellen DeGeneres, also saying that the experience would be “cool and different.” However, in 2010, Affleck said, “The three-against-one-female-to-male ratio in his house leaves me significantly outnumbered.” Garner and Affleck are happy together. “Honestly, I would do anything for that man, because I know it’s not taken for granted,” said Garner.

Cupid’s Advice:

After having a house full of estrogen, adding another man to the mix will no doubt bring changes. Cupid has a few:

1. Dad relaxes: This may not happen right away, but with time, the man of the house will have another guy on his team. That’s one more person to fight for the game to be on TV on Monday nights rather than *The Bachelor*, or someone to help cut

the grass.

2. The last name carries on: Your family name may make it another generation. Having a son join the mix allows the opportunity for your last name to live on.

3. Male bonding: Father-daughter dates are very crucial, but there's nothing quite like father-son bonding. Going fishing, playing ice hockey and building tree houses are all things many sons experience with their fathers. So ladies, step aside and let boys be boys.

How did your family change when you had a son? Share your stories below.

Five 'Down-to-Earth' Celebrity Couples





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y Melissa Caballero

It's hard to deny how infatuated our society is with the lives of our favorite celebrities and their relationships. We sit with our friends and gossip about each of them on a first name basis as though they're our best buds. We fawn over their fame, fortune and good looks. But it's the rich and famous stars who handle their popularity with a dose of humility that give us a real reason to love them. Having it all and making top headlines in the media is one thing, but the way they act off screen or outside of the studio is what really exemplifies who they are as people. So, let's put aside the celebs with an attitude and stuck up demeanor, and give credit to the ones who have their feet planted right here on Earth.

1. Ben Affleck and Jennifer Garner. This pair has seen and done it all. But, starring in box-office hits and walking the red carpet doesn't seem to change them. They find happiness simply by being together, spending time with their two daughters (with a third one on the way) and laughing.

Related: [Jennifer Garner and Ben Affleck Are Expecting Third](#)

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2. Kristen Stewart and Rob Pattinson. Despite all their vampire fame, this duo has yet to sink their teeth into the unfortunate attitudes that Hollywood is known to bring out.

Staying true to themselves and their values, Stewart and Pattinson just want to be treated like everyone else. Even after bringing in the big bucks, we see no change in what they choose to wear on the red carpet, and they always show genuine appreciation towards their fans.

3. John Krasinski and Emily Blunt. There's no denying that this tandem is adorable. It is so refreshing to see a pair who truly loves one another, without all the drama in Hollywood. This couple seems to fly under the radar and in fact, they seem a bit camera shy. Krasinski and Blunt didn't even feel the need to broadcast their nuptials; instead, they had a private, romantic ceremony in Italy. It isn't about the glitz and glamour for this normal, down-to-earth love struck team.

Related: [John Krasinski and Emily Blunt Wed](#)

4. Hilary Duff and Mike Comrie. Simple but sweet, their relationship is on the way to an everlasting love. Staying in, cooking together and hanging out are on the top of their list of date night activities. As one of the youngest items in Tinsel Town, we embrace their normalcy and realistic outlook. With the struggles of being in a long distance relationship, these two leave the drama at the door and take advantage of the time they have together. We hope they enjoy this alone time, as a soon-to-be new addition will undoubtedly stir things up.

Related: [Hilary Duff is Excited to Have Kids with Husband, Mike Comrie](#)

5. Ellen DeGeneres and Portia De Rossi. These two made their love official in 2008 and can be viewed as a great role model

for other homosexual couples. They don't feel that there's anything to hide about their relationship, and it's very clear how they feel about each other. However, they never over do it and never let public criticism get the best of their relationship.

Who are some of your favorite 'down-to-earth' celebrity couples? Share your comments below.

Jennifer Garner Says She 'Would Do Anything' for Ben Affleck





The typical hollywood relationship seems to end in breakup, so what's the key to the success of Jennifer Garner and Ben Affleck's seven year marriage? The key to their marriage appears to be being there for each other. But obviously, gifts don't hurt either, and Affleck makes sure to shower his wife and two daughters with jewelery. According to [People](#), Garner says that Affleck "knows when to swoop in with the gesture, He's sweet that way," and that she "would do anything for that man, because I know it's not taken for granted." Clearly, the couple is doing something right as their family continues to grow with a third child on the way.

What are some ways to keep your marriage going strong?

Cupid's Advice:

No one said that marriage is easy, but there are certainly some ways to keep your bond strong. Cupid has some tips:

1. Watch out for the little things: It might not seem like a big deal to you, but a small gesture like Affleck's jewelery giving can make your partner feel appreciated. These small

gestures of love show you care.

2. Don't criticize in public: Any problems you may have with your spouse should only be with your spouse. Don't air your dirty laundry on Twitter, like Demi Moore and Ashton Kutcher did during their separation.

3. Don't give up: Garner would do anything for Affleck, and that includes continually trying to make things work in the relationship. Even if things get hard and conflict arises, continue to fight for your relationship.

What are some ways you keep your marriage strong? Share your advice below.

JLo Breaks Down During Song About Lost Love





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On Saturday night, Jennifer Lopez broke down on stage in front of her fans. The teary-eyed songstress paid homage to her old relationships after singing her past hit, *If You Had My Love* at Mohegan Sun concert in Montville, Ct. Lopez used the stage as her own personal therapy session. According to UsMagazine.com, a look-a-like P. Diddy (dated for 2.5 years), Ben Affleck (engaged to her from 2002-2004), and Marc Anthony (who she recently divorced) all took the stage while JLo sang her new love songs. Hey, we're not judging. Whatever it takes, like JLo's song says to *Get Right*.

What are some ways to reveal your emotions about lost love?

Cupid's Advice:

Getting your emotions out is a part of moving on and healing after a breakup. We don't all have a stage like JLo, so here are some average ways to reveal your emotions after a lost love:

1. Talk it out: Tell someone you trust—a girlfriend or sibling—how you feel about your past relationship and what you

want out of a new one. It's okay to cry on someone's shoulder.

2. Writing: Expressing your feelings in a journal, poem, or letter is very therapeutic and just between you and the paper.

3. Social Media: Although it's never a good idea to bash your exes, revealing your emotions on Twitter or Facebook can be empowering. Just pretend your social platform is your stage, and Jennifer Lopez will be proud.

How do you reveal your emotions after a breakup? Share your comments below.

Jennifer Garner and Ben Affleck Are Expecting Third Child





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ooks like there will soon be a third addition to the Jennifer Garner and Ben Affleck clan. According to [People](#), Jennifer Garner is now pregnant with the couple's third child. The pair, who already has a 5 1/2-year-old daughter named Violet and a 2 1/2-year-old daughter named Seraphina, are "thrilled" to be expecting a third child. Garner also told the Associated Press that she believes she's gotten somewhat of a "split personality" from motherhood. One minute her brain is mush and she is a total ditz with all the thoughts of motherhood, and then somehow she pulls it all together when the cameras start rolling. Talk about mother of the year!

How do you deal with the dynamic of three children versus two?

Cupid's Advice:

Raising a family is always tough, but when adding a third child to the mix, it can change things a bit. Cupid has some advice on how to deal:

1. Middle child: Once you have three children, there's always the child that suffers from "middle child syndrome," so it's

important to show him or her the same amount of attention as you do the oldest and youngest children.

2. More work: With another kid in the family, that means more mouths to feed, more places to be and more clothes, school supplies and toys to buy. All in all, a third child means more work.

3. More fun: An additional kid means another personality in the household and more fun to have. Instead of just having two kids that may constantly be competing with one another, you now have three to even things out in that department.

How do you deal with the dynamic of three children versus two? Share your thoughts below!

Gwyneth Paltrow Says Dating Brad Pitt and Ben Affleck Was Weird





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Before marrying rocker Chris Martin and becoming a family woman, Gwyneth Paltrow was a serial dater. In the 90's, she was known for her high-profile relationships with men like Brad Pitt and Ben Affleck. Paltrow now confesses that now she feels a little weird about her famous ex-boyfriends, according to [Us Weekly](#). "It was strange to be part of a public couple," she says in a new E! special, *Gwyneth Paltrow*.

What are personality traits to avoid in a potential partner?

Cupid's Advice:

To avoid a "strange" relationship, there are some things you should look out for in a potential partner. Cupid has some tips:

1. Bad boy: He may be hard to resist, but dating a bad boy is, ironically, a bad idea. Oftentimes he's afraid to commit and will be unfaithful.

2. Power-hungry: It's good to be ambitious and want to advance in your career. But you should avoid a guy who is obsessed with money and power because he won't give you the attention

you deserve.

3. Too vain: Who doesn't love a pretty boy? But if he spends more time staring in the mirror than looking at you, he's way too into himself.

Ben Affleck Leaves Christmas Shopping to Wife, Jennifer Garner



Who would have pegged Ben Affleck for the old fashioned type? According to [People](#), in a recent interview with Ellen

Degeneres, Affleck said that he leaves the holiday shopping up to his wife, Jennifer Garner. Although Affleck is aware that his approach to Christmas shopping may be a bit outdated, he explained himself by saying that Garner is “just an efficient Christmas-shopping machine,” while he sits around sputtering over the single gift for which he’s most responsible – the one for his wife.

What are ways to split family responsibilities in a relationship?

Cupid’s Advice:

A relationship is all about sharing. No one person can bear all the responsibility, no matter how capable they seem.

Cupid has some ways to help distribute the family responsibilities fairly:

- 1. Based on availability:** Some weeks are more hectic than others. Figure out how much free time both of you have, and then distribute the responsibilities accordingly.
- 2. Based on skills:** Whether it’s shopping or fixing the car, you each have your own strengths. In order to get everything done efficiently, split up responsibilities based on each other’s skillsets.
- 3. Based on past decisions:** Whatever way you decide to split up the responsibilities, you should come to a decision each week or month about what each person is able and willing to take on. Then, stick to it!