

# Relationship Advice: Is a Bad Boy Good for You?



By Dr. Jane Greer

Carmen Electra has revealed her ideal man is a “bad boy with a good heart.” She describes this man as someone who has been through a lot in life, and has had to work on himself. He is a spiritual person with a strong self-awareness, someone who has “worked all the steps” and is ready to settle down after experiencing all of the craziness of life. This is a common desire for women – wanting a man who is thought to be “bad.”

## This conundrum of falling for the

rebel, the tough guy, and then dealing with the consequences that brings, has been around since people have been looking for love. What is it about that “type” that attracts so many? Check out the following [relationship advice](#).

It could be the image, or the idea that someone like that might be sexier than someone else, or it might be the thrill of being with a man who often decides not to follow the rules. Whatever the case, it can often lead you down a path of darkness. Very often the outcome is that the “bad boy” makes you feel bad. You see him as having been through a lot, maybe even having suffered, and you might want to try to make things better for him, but it comes with a price. Someone who breaks the rules might do so in your relationship, too, by lying, cheating, and even possibly insulting you. To an outsider, it might look like simply asking for trouble. Why, then, would someone knowingly put themselves through that?

**Related Link:** [Celebrity News: Carmen Electra Sets Record Straight on Her Relationship with Ex-Husband Dave Navarro](#)

In my book *How Could You Do This To Me? Learning to Trust After Betrayal*, I talk about the trust sand traps that keep you mired in a relationship like this. The first is, you want to give him the benefit of the doubt. In other words, you want to believe what he says and take it at face value, whether it is that he is sorry, or he didn't mean it, or he didn't realize what he did would hurt you. It is a way to make yourself feel virtuous since you are being understanding and patient, and you keep giving him another chance. You can say

to yourself, look what I'm willing to put up with. Another trust sand trap you can get stuck in is the idea that he loves you so much he will change his bad behavior for you. This concept allows you to stay in it and tolerate whatever he does while holding onto the hope that over time he will come to treat you the way you want. You are going to be the one who is more special than all of the other women, and be able to bring out the good in him. And finally, there is the idea that we are meant to accept the good with the bad. He wants you to feel sorry for him for how hard he's had it, and all the pain he has been through. This can work on your guilt. So by staying with him, it gives you a feeling of being in control since you are choosing to put up with it, which can help to alleviate your feeling guilty about not being accepting enough.

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

If any one of these three trust sand traps are at play with you, surprisingly the relationship might be a way of going about trying to make yourself feel good. You raise your self-esteem by making you feel you are a strong, tolerant, and forgiving person in contrast to his being so bad. If you find yourself here, you may want to explore other ways to boost yourself up. Try to begin to trust your own truth by admitting that his lies and the other troubling things he does are not okay, and probably won't change. Protect yourself by putting limits in place and refusing to go along with the bad behavior so you don't have to continue to be mistreated.

Hopefully Carmen's "bad boy" has gotten all that negativity out of his system and is ready now for a smooth, good ride with her by his side.

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

---

## Celebrity News: Carmen Electra Sets Record Straight on Her Relationship with Ex-Husband Dave Navarro





By [Melissa Lee](#)

In celebrity news, despite the drama surrounding some Hollywood exes, Carmen Electra is proving that you can stay friendly with your [celebrity ex](#). According to [EOnline.com](#), Electra is still friends with her ex-husband, Dave Navarro after being married for two years. "We're still really good friends," Electra says, mentioning the fact that the two recently ran into one another at a hotel. "We have a connection and it's undeniable and I'll love him forever." She added that though the pair will always remain friends, they're not meant to be married and will not get back together.

**In celebrity news, Carmen Electra proves you can still be friendly with your ex! What are some ways to move toward friendship with your ex**

# partner?

## Cupid's Advice:

Staying friends with your ex can be a tricky thing to accomplish, but if you make the right moves, it can end in complete civility. Check out some of these tips from Cupid:

**1. End on good terms:** Break-ups can be filled with anger, sadness, and hurt, but it is *always* a good decision to ultimately end things on good terms. At the end of the day, this person is someone you spent some time with, were romantically attracted to, and held a place in your heart. Although ending things positively won't completely get rid of the difficulty surrounding the break-up, it will help with getting through the tough times. Plus, when the time is right, it'll open an opportunity to becoming friends again.

**Related Link:** [Celebrity Couple News: Bethenny Frankel & Dennis Shields Are Back Together and 'Having Fun'](#)

**2. Give it time:** Even if this is someone you want to remain in your life, you have to give it some time – for both parties. It's safe to assume that the break-up will be a bit tough for you and your ex, so make sure you give yourself ample time to move forward before jumping into a friendship with them. There's no pressure to immediately have things go back to normal, regardless of what the circumstances are. Taking things slowly will benefit you, your ex, and the potential of being friends.

**Related Link:** [Celebrity News: Robin Thicke & Paula Patton End Custody Battle Amidst News of His GF's Pregnancy](#)

**3. Have boundaries:** When you do finally reach the point where you and your former lover are able to be friends, it's definitely important to have some boundaries. For example, it would be a little odd if your ex were talking and hanging out



one-on-one every day and still claiming to be just friends, right? Eliminate any possibilities of drama or mixed emotions/signals by simply creating a few limitations based off of your comfort levels.

What are some of your tips for staying friendly with your ex? Share your thoughts below!

---

## Bad Romance: 10 Toxic Celebrity Relationships



By [Katie Gray](#)

Sometimes love isn't all champagne and caviar, even for our favorite [celebrity couples](#). Sometimes [celebrity relationships](#) have moments that can be a little toxic. In some instances the couples work it out, but in other cases the relationship ends in a split. We can take away [relationship advice](#) from this, though; sometimes things fall apart so better things can fall together.

## Cupid has compiled 10 toxic celebrity relationships:

**1. Chris Brown & [Rihanna](#):** Chris Brown and Rihanna were a favorite celebrity couple for many. Then, in 2008, there were many reports that she was being abused and that the celebrity couple wasn't healthy. Bad gal Riri and Chris Brown ended up splitting, but one thing nobody – including them – denies is that they were passionate about one another.

**2. [Britney Spears](#) & Kevin Federline:** “I’m addicted to you, don’t you know that you’re toxic!” Britney Spears, pop princess, was married to her back up dancer, Kevin Federline. The celebrity couple even produced two [celebrity babies](#). The “Toxic” singer had a reality show when they were married called *Chaotic*. That sums up their relationship, which ended in [celebrity divorce](#). However, Spears moved onward and upward!

**Related Link:** [8 Celebrity Couples Who Were Friends First](#)

**3. Spencer Pratt & Heidi Montag:** *The Hills* was a popular reality show that intrigued many. It made [Lauren Conrad](#) and Audrina Partridge celebutantes. On the show, and in real life, celebrity couple Spencer Pratt and Heidi Montag had the country buzzing about their celebrity relationship. Many people felt that it was toxic, as Pratt and Montag were very dependent on one another. It even damaged her relationship with her then BFF, LC (Lauren Conrad). The couple even



released a book entitled *How To Be Famous*.

**4. Eminem & Kim Mathers:** Rapper, Eminem, is known for many things: witty lyrics, emerging from a humble background and his roller coaster relationship with Kim Mathers. The pair were married twice and have a daughter together, which led to a public custody battle that got ugly. The famous white rapper has many lines in his song about Kim, which are not pleasant.

**Related Link:** [Hollywood's Most Unexpected Couples](#)

**5. Tommy Lee & Pamela Anderson:** Rock artist Tommy Lee and actress and *Playboy* playmate, Pamela Anderson, will go down in history for being an iconic celebrity relationship. The Motley Crue rocker and the blonde bombshell were together in the late 90's and were married 1995-1998. They made a big stir in the media when a sex tape from their honeymoon was stolen from their home and shown for the whole world to see.

**6. Jersey Shore's Sammi "Sweetheart" & Ronnie:** Love at the shore! The *Jersey Shore* couple, Sammi and Ron, proved to be one of the most dramatic celebrity relationships in MTV history. The majority of the episodes featured the two fighting over their problems and trust issues. Sometimes things were good though between the two. Nonetheless; they made for great television!

**7. Tiger Woods & Elin Nordegren:** Famous golfer Tiger Woods was married to model Elin Nordegren. The celebrity couple's world was rocked when it came out that Woods had been having affairs with multiple women. There were several women who came forward. Ludacris even released a song about the event entitled, "Sexting." The professional golfer asked her to re-marry him again, although they split in 2010. She's living in a very nice mansion in Palm Beach. It's like the saying goes, "Don't get mad. Get everything."

**8. Tina Turner & Ike:** Tina Turner is a music legend and icon. However, her marriage to Ike was extremely tumultuous. There

is even a film about her life and this celebrity relationship that ultimately ended. It was an unhealthy relationship, as he was addicted to cocaine and would sadly beat her up often. However; everyone can learn from Tina Turner. What doesn't kill us only makes us stronger.

**9. Whitney Houston & Bobby Brown:** Whitney Houston is known for hit songs like "I Want To Dance With Somebody" and "I Will Always Love You." In addition to her iconic songs and thriving music career, her relationship with Bobby Brown was widely publicized. Her mother even wrote in a book about this relationship and how she feels that he influenced her to use drugs. Although the relationship wasn't healthy, we will always remember Whitney Houston for the beautiful and talented artist she was. RIP!

**10. Dennis Rodman & Carmen Electra:** Carmen Electra famously got her name from music legend, Prince. The actress and model has had a string of famous celebrity relationships. At one point, she married former Chicago Bulls player, Dennis Rodman, when they were intoxicated. Afterward, he filed an annulment. Sometimes your relationship ending doesn't work out, because there is an even better fairy tale ahead for you.

**Which are your favorite celebrity couples? Comment below!**

---

## **From "I Do" to Divorce: Shortest Celebrity Marriages**





Page 1 of 19



Kim Kardashian and Kris Humphries

This celebrity marriage only lasted 72 days before the famous

couple announced their split. Photo: Fame Pictures

---

# How Celebrity Couples Celebrate Labor Day Weekend



By Whitney Baker

Labor Day weekend is often filled with beach and barbeque, giving people an opportunity for an extra day off before the summer ends. Some celebrity couples like to keep things simple as they spend time together with the sand and the sun, while others add a little glitz and glam to the usual date plans.

In anticipation of the upcoming holiday weekend, let's look back at how the hottest duos in Hollywood celebrated Labor Day last year:

**1. Partying in Las Vegas:** Stars seem to flock to Sin City for a final summer blowout. Before she was on baby bump watch, Nicole 'Snooki' Polizzi hosted a bash at PURE Nightclub inside Caesar's Palace with then-boyfriend Jionni LaValle. That same night, Carmen Electra and her former fiancé Rob Patterson hosted a party at Nikki Beach in the Tropicana Hotel.

**Related Link:** [Date Idea: Venture Out on Labor Day](#)

**2. Lying Poolside:** Other celebrity couples prefer to focus on relaxing and soaking up the last bit of summer sun. Gabrielle Union and Dwayne Wade spent the afternoon at a Miami Pool with Wade's two sons, while Dave and Odette Annable enjoyed some newly-wedded bliss before celebrating their one-year anniversary in October.

**3. Saying "I Do":** Many celebrity couples choose to [tie the knot](#) over this three-day weekend. Last year, Lauren Bush wed David Lauren, son of fashion icon Ralph Lauren, on his private ranch in Telluride, Colorado. Additionally, Mark Ronson, a well-known DJ and the brother of designer Charlotte Ronson and DJ Samantha Ronson, and actress Josephine de la Baume celebrated their wedding with a two-day celebration in Aix de Provence, France. It sounds like the perfect way to mark the end of the summer.

**Related Link:** [Five Celebrity Couples Who Had a Low Profile Wedding](#)

**4. Hanging Out with Their Kids:** Some Hollywood pairs opt for a more traditional route and enjoy low-key plans with their family. The Malibu Fair and Chili Cookoff was a popular spot last year: Tori Spelling and Dean McDermott took their kids, while Pink and her husband Carey Hart were there with their



daughter. Also in Malibu, Nicole Richie and husband Joel Madden spent Labor Day on the beach with their two children.

**5. Working:** Even celebrities have to show up to work on a holiday once in a while. With the 13<sup>th</sup> season of *Dancing with the Stars* underway, many of the dancing duos, including Cheryl Burke and Rob Kardashian as well as Lacey Schwimmer and Chaz Bono, were spotted practicing for the next show. Similarly, Selena Gomez was in Colorado for her 'We Own the Night' tour, keeping her away from boyfriend Justin Bieber.

**What are your plans for Labor Day weekend? Tell us below.**

---

## How to Avoid the Reality Show Relationship Curse







By Brea Gunn

One more Hollywood divorce has entered the official records. Kim Kardashian and Kris Humphries' fairy tale marriage lasted less than three months. Say what you will, but I think that this whole mess could have been avoided if they made their relationship more private. When you live your life so publicly, I'm sure that it's difficult to separate reality ... from reality TV. Even so, it seems that many stars have been swept away with the ratings, only to realize that they aren't as perfectly matched as they originally thought.

Why don't we start at the beginning of the end? Here are seven former celebrity duos whose relationships may or may not have dissolved as a result of being featured on reality TV:

**1. Jessica Simpson and Nick Lachey:** We all fell in love with Jessica Simpson and Nick Lachey on their series, *Newlyweds*. She was so sweet and innocent, and he was her protector. Unfortunately, they split shortly after their show wrapped in 2005.

**2. Carmen Electra and Dave Navarro:** This former couple took a run at reality television, too. They split while planning their wedding because they had agreed to air their plans on MTV and couldn't make up their minds.

**3. Hulk Hogan and Linda Hogan:** Hulk and wife Linda split after filming multiple seasons of *Hogan Knows Best*.

**Related:** [Hulk Hogan Supports Ex's Engagement](#)

**4. Jon Gosselin and Kate Gosselin:** This duo lasted longer than most, but split during their series that focused on them and their eight children.

**5. Travis Barker and Shanna Moakler:** Remember *Meet the Barkers*? The former couple filed for divorce after only two seasons ... and two and a half years of marriage. This on-and-off again couple is still a little confused about whether they should be together or not.

**6. Christopher Knight and Adrienne Curry:** Christopher Knight, a.k.a. Peter Brady, and his love, *America's Next Top Model* winner Adrienne Curry, split in May of this year. Apparently their show, *My Fair Brady* wasn't enough to keep them together.

**7. Kim Kardashian and Kris Humphries:** Let's face it: This whole debacle is going to be well overplayed while their divorce is pending.

**Related:** [A Reminder About Relationship Mistakes to Avoid](#)

The question is, what can you learn from all of these couples? A lot, actually. And your other half will thank you. Here are a few quick tips:

### **Have a Courtship**

It's old fashioned, but it's necessary. Kim and Kris dated for six months and look where it got them. Yes, Khloe and Lamar were engaged and married much faster and they are happily

married, but they're the exception, not the rule. So take your time and date your mate a while before deciding on marriage. You'll learn more about each other, and be more prepared for a lifetime.

### **Watch for Warning Signs**

I don't want anyone to be paranoid, but think about this: how often did Kim and Kris fight during their relationship? I'm not talking about the little disagreements, like where to have dinner. I'm talking about kids, your home, and money. If you can't come to an agreement that makes you both happy, you're not going to be happy, and you'll follow in some pretty famous footsteps.

### **Discuss the Big Stuff**

Before the wedding, hash out all of the big issues. Discuss kids, money, location, pets and general life preferences. These are big items that you need to agree on before you walk down the aisle.

And after you've tied the knot, how do you keep your relationship going strong? The most important thing is to remember three simple words: I love you. Say them, and then say them again.

*Brea Gunn writes about the best Westchester wedding venues. Check out what these wedding business marketing insiders have to share.*