

# Gavin DeGraw Says Breakup Songs Paid for His College Loans



By Petra Halbur

For Gavin DeGraw, it seems, suffering can be inspirational. The 36-year old singer says that his lowest points have led to the composition of some of his most successful songs like “I Don’t Want to Be” and “Not Over You.” Last Thursday, he told [People](#) at Starwood Preferred Guest’s “Hear The Music, See the World” concert series that, “If [the song] becomes successful, suddenly you’re not quite as angry singing it anymore because you’re like, ‘Wow, I paid my college loans off with that song!’”

**How do you use music to help mend a broken heart?**

## Cupid's Advice:

Crying, chocolate and puppies have been known to ease the pain of a broken heart but, perhaps, nothing has been proven to work quite as well as music. Cupid has some ideas for how music can help:

**1. Let music speak to you:** Yeah, it sounds cheesy, but sometimes the lyrics to a song can feel as though they were written just for you. Embrace the catharsis.

**2. Create:** Even if you're not a musician, try parking yourself in front of a piano and fiddling around with the keys. Even if it's just a simple melody, being constructive and creative can be a great way to put the pieces of a broken heart back together.

**3. Vent:** Turn off the soppy breakup songs and turn on some metal! Play some angry music on your iPod and go for a jog. Run to the beat and don't stop until you feel better.

**What music did you listen to after a break up? Share your experiences below.**

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# Dating Again: How to Move On After a Breakup





By Marni Battista

Moving on after a breakup can be tough. At Dating with Dignity, we don't think the best way to get over your ex is to get *under* someone else! Julianne Hough and Ryan Seacrest are one Hollywood "It Couple" that recently ended their relationship, and it looks like at least one of them has moved on. Rumors have it that Seacrest has already bagged himself a new lady friend, while Hough still wants him back. If we could advise the bubbly blonde on how to pick herself up again, here are the tips we'd give her:

**Related Link:** [Lessons from Justin and Selena: Should You Get Back with Your Ex?](#)

**1. Put YOU first.** When you go through a breakup, it's extremely important to make sure you take care of yourself first. Even if you saw it coming or it was a decision you know is for the best, it's important to allow yourself time to grieve the loss. Take this opportunity to get back to your fitness regimen, reconnect with old friends, start an activity that perhaps you've put aside for a while or even take a solo weekend vacation. Take some time to feel sad (after all, it's normal to be sad) and remember what you enjoy about yourself.

**2. Don't be afraid to say yes to dates.** If you get asked out at your local coffee shop or at a friend's birthday bash, **say yes**. Even if you feel it might be too soon to launch into a super-serious relationship, saying yes to an evening of flirting or a nice dinner won't hurt. It's important to let yourself be seen by someone who doesn't know your "story," and it allows you the opportunity to get back to being *you*. Plus, it feels good to be pursued!

**3. Have fun with girlfriends.** When you're in a long-term relationship, you often forget about girl time. Take this opportunity to reconnect with your friends: go out for a night on the town, have fun and take pictures of how much fun you're having to anchor to the new life you're creating. Posting photos on Instagram or checking in on Foursquare to that hot new restaurant opening is totally fine by us too. While the urge to stay in your cave may be strong, trust us that it's important to get your "girl" on and put yourself back in social situations.

**4. Remember that it's okay to be single!** Even though it sucks when you don't have a date to the next summer wedding or a go-to Saturday night plan, creating the life you want has to start with you and you alone.

**Related Link:** [Lessons We Can Learn from Taylor Swift, Queen of Heartbreak](#)

Coming from a place of fear that "I'll never meet anyone" or "I'm getting too old" will only lead you down a path you don't want to be on. Relish in the "what's good" about being single and make a list of the things you get to do now that you have more time. Read more books, develop deeper friendships, focus on completing projects that kept getting put on the back burner, go to sleep when *you* want and cherish that the remote control is all yours.

If Hough took our advice, we think she'd be well on her way to

getting over her breakup with Mr. American Idol. Remember: there are plenty of (taller) fish in the sea!

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## Can You Date Your Friend's Ex And Keep Your Friend?



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

Supermodel Naomi Campbell is one of the most well-known faces

in the fashion industry and the creator of the model-search reality show *The Face*. It was on the show that Campbell met and began a mentorship with the aspiring model and former Miss Universe China, Luo Zilin. Luo was the runner up on the show and the last model standing on Naomi's "team." She has a long history of modeling successes around the world.

But this week it was reported that her contract with MIX Model Management NYC was abruptly terminated. The agency cited an "unacceptable work ethic" and "unprofessional conduct." The firing comes just a few weeks after Luo was photographed on vacation with Russian billionaire Vladimir Doronin who happens to be Naomi's ex, leaving many to speculate that Naomi was somehow behind the firing. Naomi and Vladimir broke up earlier this year after dating since 2010.

**Related:** [Celebrity Couple Sarah Michelle Gellar and Freddie Prinze Jr.: How Does A Couple Cope With Illness?](#)

Naomi is known for her temper – she was charged with assault in 2006 for throwing a phone at her assistant– and rumors abound that it was she who made sure Luo was punished for liaising with her ex. This raises the question that many face: is it ever OK to date the former flame of a friend or mentor? And if that opportunity comes up, what is the best way to handle it?

This goes to the very core of friendship or mentoring – so much is freely given and exchanged in those relationships that the lines can become blurred as to what is realistic to expect to be mutual. In particular, when it comes to exes, it can be difficult to distinguish those boundaries and, as a result, they can get crossed. So in order to maintain your friendship or the respect and support of your mentor or mentee, there are a few things to keep in mind before going ahead.

**Related:** [Relationship Advice: Love the Second Time Around](#)

To begin with, break-ups are rarely clean. Oftentimes couples may break up for a short period but then get back together, or at least cling to the possibility that they might. In addition, one person may continue to care more than the other, leaving feelings open and dangling out there. If you think you're interested in a friend's ex, consider the nature of the break-up before you proceed. There are times when a relationship ends with no strings attached – perhaps your friend even feels guilty about breaking up and says that the person wasn't right for him or her, but thinks that you might like them. That could be a green light that it is okay to go forward.

Whether that is the case or not, the only way to approach this without risking ruining your relationship is to be aware, open and honest. Also, before initiating a conversation about the possibility of dating your friend's or mentor's ex: first consider the timeline. If it was a very recent break-up, you might want to wait a little while not only to let things settle, but also to make sure it is a done deal. Once you are sure, check in with them to see how they would feel about your connecting up with that person. It isn't always an easy conversation to have, but it will let you know where they stand and, consequently, where you stand. If you keep this in mind, you will be able to preserve your old relationship in the event that you do start a new one.

**What do you think? Is it EVER OK to date a friend's ex or is it safer to just stay away from that situation all together?**

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# George Clooney Vacations in Lake Como Post-Split with Stacy Keibler



By Petra Halbur

The newly single George Clooney was spotted near his vacation compound in Lake Como, Italy, with friends last Wednesday, July 10. [UsMagazine.com](http://UsMagazine.com) reports that the 52-year old actor appeared to be in high spirits despite his recent breakup with model, Stacy Keibler. The couple reportedly ended their 2-year relationship because of the amount of time Clooney had to spend away on location for work. "They hadn't had sex in months," a source confided. "He's been in Europe [filming *Monuments Men*], and she's in L.A., and they haven't seen each other in a long time. Some girls would be okay with that and just be happy dating George, but not her." Another



insider added, “No one got dumped. They both discussed it and realized it was better that they split.”

**How do you re-group after a heartbreaking breakup?**

**Cupid's Advice:**

Breakups are hard to bounce back from. It's easy enough to tell yourself to move on but it's difficult to actually do so. Cupid is here to help put the pieces back together after a break up:

**1. Grieve:** A period of time in your life is over and that hurts. Give yourself some time to grieve and find some closure before moving on.

**2. Get involved:** Volunteer at an animal shelter or food bank. A sense of purpose and accomplishment can do miracles to mend a broken heart.

**3. Reconnect with others:** Chances are, you probably put a few friendships on the back burner while you were involved with your former partner. Take this opportunity to reconnect with them. Remember: being single does not mean that you are alone.

**How did you get your life back together after your break up? Tell us below.**

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## **5 Celebrity Exes Who Became Famous After Their Break-Ups**



By Petra Halbur

A nasty break-up can leave you feeling pretty hopeless and sad. During your alone time you have two options: You can either convince yourself that you'll never be happy alone, or you can enjoy success without that special someone in your life. Many famous couples have gone through splits, but that wasn't the end of fame for these [celebrity exes](#). Plenty of stars have emerged from a painful celebrity break-up or celebrity divorce and gone on to achieve amazing professional success. Sometimes, it is within only a few years of the split. Here are a few to consider:

## Stars Who Became Famous After a Celebrity Break-Up

**1. January Jones:** Jones' first famous boyfriend was Ashton Kutcher, who she dated from 1998 to 2001. She met singer-

songwriter, Josh Groban, in 2003 and had a Hollywood relationship for three years before calling it quits in 2006. Just one year later, Jones was cast as Betty Draper Francis on the hit show, *Mad Men*, and in 2011, she joined the Marvel universe as Emma Frost in *X-Men: First Class*.

**Related Link:** [What Does Unconditional Love Look Like?](#)

**2. Johnny Depp:** In all fairness, Depp wasn't exactly languishing in obscurity when he and *Edward Scissorhands* co-star, Winona Ryder, broke up in 1993. Still, Depp's success starring in off-beat films like *Cry Baby* and *Benny & Joon* in the early 90's was nothing compared to what he has achieved since playing Captain Jack Sparrow in 2003's *Pirates of the Caribbean: The Curse of the Black Pearl*.

**3. Robert Downey Jr:** Few people remember the days when Downey and *Sex and the City* star, Sarah Jessica Parker, dated in the 80's. Neither actor enjoyed major professional success during their seven-year famous relationship. One year after their celebrity break-up, Downey struck Oscar gold (well, almost) when he was nominated for Best Actor for his performance in *Chaplin*. He has since gone to achieve Marvel film immortality as Tony Stark in the *Iron Man* and *Avengers* franchises.

**4. George Clooney:** It's hard to believe that Hollywood's favorite bachelor was once a husband. Clooney hadn't achieved much in the way of fame when he married actress Talia Balsam in 1989. The Hollywood couple divorced in 1993. Just one year later, Balsam's celebrity ex had his big break when he was cast as Dr. Doug Ross in *E.R.* The rest is history!

**Related Link:** [Short Term Celebrity Marriages \(Learn From Their Mistakes\)](#)

**5. [Angelina Jolie](#):** Long before her relationship with [Brad Pitt](#) came into existence, Jolie was Mrs. Jonny Lee Miller. Jolie and Miller tied the knot in 1996 and went through a celebrity divorce 18 months later. The separation was

finalized in 1999, and in early 2000, Jolie won an Oscar for *Girl, Interrupted*. She went on to become an action icon in 2001 when she was cast as the titular character in *Lara Croft: Tomb Raider*. Needless to say, things have only gotten better for the actress and humanitarian.

**Who is your favorite celebrity ex? Tell us below!**

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## George Clooney and Stacy Kiebler Call It Quits



By Kristyn

Schwiep

After two years of dating George Clooney and Stacy Keibler

have decided to split. The decision to split wasn't an easy one. According to [UsMagazine.com](https://www.usmagazine.com), Keibler and Clooney have been having ongoing discussions in the last few weeks and they both realized it was better that they split. The distance between the two didn't make their relationship any easier. Due to working on different projects, the couple hadn't been in the same country for a long time.

**What are some ways to make a long distance relationship stronger?**

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

Long distance relationships are tough on the heart. Is dealing with the separation and fear of doubt worth it? Cupid has some advice on how to make your long distance relationship stronger:

**1. Communicate:** Talk to your partner about your expectations about the relationship and try to understand each other's. Discussing the parameters of your relationship will save you the heartache and misunderstanding in the future. So make sure you ask your partner questions like, "What are you looking to get out of the relationship?" or "Are we going to be exclusive?" Don't be afraid to communicate.

**2. Keep the romance alive:** Talking on the phone every day can become repetitive and boring, so try other things that can keep the romance alive. If you want to see your partner, video chat is a great alternative to the average phone conversation. Also, try and think of other ways to keep the romance alive such as, sending flowers, watching TV or movies simultaneously together or sending e-cards. Here's a list of 100 things you can do in a long distance relationship.

**3. Take advantage:** Being with someone who is close to you in distance can put a strain on your relationships with family and friends, so take advantage of the benefits while in a long

distance relationship. You get to spend more time with your family and friends without having to choose, you get to maintain your individuality and when you reunite after being apart you have the opportunity to fall in love over and over again.

What are some ways to make a long distance relationship stronger? Share your thoughts below.

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## **‘Shameless’ Co-Stars Emmy Rossum and Tyler Jacob Moore Break Up**



By

Kristyn

## Schwiep

After two years, Emmy Rossum and Tyler Jacob Moore have broken up. The cause of the break-up is unclear, but she told friends about the breakup over July 4th weekend, according to the [New York Post](#). Rossum does not seem to be dwelling on the separation. On Friday, July 5, she tweeted, "Hope you all had a happy and safe 4th. Back to work starting tonight on a new film called Curfew in my home state New York."

### **What are some ways to move on after a breakup?**

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

Moving on can be hard and painful. If you've just broken up with someone (or gotten broken up with), what are some ways to move on? Cupid has some advice:

**1. Accepting it:** Before you can truly move on, you need to accept the fact that you are no longer with this person. Though it may take a while for reality sink in – let it. The sooner you can accept that this part of your life is over, the faster you will be able to allow yourself to move on.

**2. Focus on you:** After being tied down now is the time to focus on you. Do something fun or adventurous, go out with your friends, pamper yourself, just keep yourself busy. Focusing on yourself can boost your self-esteem at a time like this, so get out there and do something for yourself!

**3. It's time to go out:** Once you've accepted the end and spent some time focusing on you, now it's time to get out there. Grab a group of friends and go out for the night. It's time to start socializing and meeting new people. This doesn't mean you should try and pick up the first person you see at a bar, but going out and meeting new people is a great way to land your next relationship.

### **What are some tips you have for moving on after a breakup?**



Share your thoughts below.

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# Nigella Lawson's Husband Is Divorcing Her



By Kristyn

Schwiep

Charles Saatchi is seeking divorce from Nigella Lawson. According to [People](#), Lawson failed to publicly defend him during the fallout over their disturbing public fight. Saatchi was seen grabbing the celebrity chef's throat at a London restaurant on June 9. "I feel that I have clearly been a disappointment to Nigella during the last year or so, and I am disappointed that she was advised to make no public comment to

explain that I abhor violence of any kind against women,” said Saatchi.

**How do you know when to stand by your partner in a scandal?**

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

Standing by your partner is an essential part of any relationship, but there are certain times when there are no excuses for your partner's actions. So, how do you know when to stand by your partner in a scandal? Cupid has some advice:

**1. Twisted perception:** Only you know how your partner acts on a day-to-day basis, which means only you know how to react to your partners behavior. Out lookers can twist a situation way out of proportion, so if you know your partner was being harmless or meant it all in good food it is your decision to stand by your partner even when others are ridiculing your relationship.

**2 . Protecting your family:** Sometimes standing by your partner in a scandal is a good way of damage control. Many times you decide to stand by your partner to protect your family. Showing support to your partner will show your family how much you truly care about one another and that the accusations can't amount to the love you share.

**3. You don't want to lose hope:** Don't lose hope in a relationship over one minor fallback. Relationships come with a lot of stress, sometimes leading others to act out of character. If your relationship is something you believe in make sure you stand by your partner in times of needs. You will then have the opportunity to discuss the situation in private at a later time.

**How do you know if you should stand by your partner in a scandal? Share your thoughts below.**

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# Russell Crowe, Danielle Spencer Reunite For Dinner With Kids



By April

Littleton

The Australian couple who are rumored to have split last fall spent the evening with their sons and friends at the Polo Lounge in Beverly Hills Thursday, June 27. “Russell and Danielle were sitting next to each other and seemed to get along well – but were never affectionate,” an eyewitness told [UsMagazine.com](http://UsMagazine.com). Later in the evening, after the children left the table, the pair continued to hold a discussion with another couple with Crowe “smoking a cigarette and talking

very animatedly, [seemingly] about politics.”

## **How can you stay friends with an ex?**

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

You've parted ways with your significant other, but the two of you still hope to become friends one day. Sometimes, two people just aren't right for each other romantically, but they make the best of friends. If the breakup was amicable and you still find yourself being able to freely talk to your ex about anything, you might be able to turn your old relationship into a new friendship. Cupid has some advice:

**1. Be kind to each other:** If you really want this new friendship to work, you have to be there for each other. Listen to each other's problems and try to lend a helping hand. Good friends support each other's needs. When communicating with your ex, don't bring up the past or anything that could cause tension. After all, the two of you are friends now, not lovers. So, keep the relationship strictly platonic.

**2. Don't talk about new lovers:** The last thing you want to do is bring up a new romance, especially if the breakup with your ex is still mildly fresh. If you have someone new in your life, don't talk about it. Bringing up your love life can cause confusion and feelings of jealousy, which can ruin the friendship you and your ex are attempting to have. After awhile, talking about new love with your former boo may be the right thing to do, but put it off until you're sure he or she will be able to handle it.

**3. Time and space:** Before you can embark on a friendship, take some time apart first. Staying connected with your ex will be impossible if you still have feelings for each other. You need to move on from the breakup. Plan some fun events with old friends, and do some activities on your own before you start

hanging out with your old flame again.

Are you friends with your ex? How did you make the transition from being a couple to being friends? Share your experience below.

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## Eliza Coupe Served With Divorce Papers by Husband Randall Whittinghill



By

April

Littleton

Two months after the cancellation of *Happy Endings*, the

actress of the acclaimed ABC sitcom, Eliza Coupe, has been served with divorce papers by her husband Randall Whittinghill. According to [UsMagazine.com](http://UsMagazine.com), Whittinghill, a puppeteer and acting coach, cited irreconcilable differences and asked for spousal support. The couple has been together for more than 12 years. The actress has yet to comment on their split.

## **How do you tell your partner you want a divorce?**

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

Divorce is never an easy subject to bring up, especially to your significant other. Regardless of how much love a couple has for each other, some marriages just don't work out. Whether your partner is aware of the tough decision you have made or not, it's up to you to be upfront and honest. If you think it's time to start thinking seriously about divorce, Cupid is here to help:

**1. The location:** Where you tell your spouse about your decision to divorce is crucial. If you have kids together, send them to a friend's house or have a family member take care of them for awhile. To avoid any potential outbursts, pick a private location. Telling news like this in a public place might make your partner feel embarrassed and can lead up to an irrational response.

**2. Don't play the blame game:** When you explain your decision to your significant other, try to avoid statements where it seems as though you're blaming him or her. Your partner will already be upset, so it's best to express your feelings without using an accusatory tone. The relationship is already over, don't waste time pointing fingers at each other.

**3. Talk about the kids:** If you have children together, it's important that your spouse knows he or she will always be involved in their lives. Assure your partner that your

intentions are not to tear him or her away from the kids, but as a couple, the two of you just don't work anymore.

How did you tell your spouse you wanted a divorce? Share your experience below.

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## Kat Von D and Deadmau5 Call It Quits



By Petra Halbur

Kat Von D and Deadmau5 have broken up ... again. According to [UsMagazine.com](http://UsMagazine.com), on June 26, Kat tweeted that she had ended her engagement to the deejay on grounds of infidelity. Deadmau5 clarified on his Facebook page that he did have relations with



another woman while he and Kat were taking a break last November. "Following that, Kat and I reconciled and I acknowledged being intimate with another person while we were estranged ... At the end of June, it was clear that the relationship was not working and we mutually ended the engagement. I was not, at any point, unfaithful to Kat during our time together."

**How do you know when it's time to call it quits on a relationship?**

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

Sometimes it's difficult to tell if a relationship is worth salvaging or not. At what point do you know it's time to break up? Cupid is here to help:

**1. The bad outweighs the good:** Every relationship has rough patches. However, the good parts of a relationship ought to outnumber and outweigh the bad. If this isn't the case, then you need to seriously reconsider your relationship.

**2. You're holding each other back:** If you or your partner have turned job offers down, forgone opportunities to travel or rejected other exciting propositions for the sake of your relationship, you two need to discuss if this relationship is really the best thing for you both.

**3. You're not happy:** Ultimately, if you are unhappy in your relationship, that is reason enough to end it.

**When did you know to end your relationship? Tell us below.**

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# Celebrity News: Jodie Sweetin Opens Up About Recent Separation



By April

Littleton

According to *UsMagazine.com*, former *Full House* star Jodie Sweetin took to Twitter to address the news of her separation from husband Morty Coyle. “Thank you for to everyone for being kind and supportive...I really appreciate all the fan love”, she tweeted. “Life can have its challenges, for sure!” This is Sweetin’s third marriage. She was previously married to Shaun Holguin (from 2002 and 2006) and to Cody Herpin (from 2007 to 2010), with whom she has a 5-year-old daughter, Zoie with.

**How do you know when it’s time to call it quits on a long-term relationship?**

## **Cupid's Advice:**

Ending a relationship is a hard decision to make, especially when a couple is together for a long period time. There are times when a relationship loses its spark and it can be very tough to get it back. When is it time to let go of someone you once kept so close to your heart? Cupid has some advice:

**1. Feelings change:** Have your feelings for your significant other changed? Do you no longer get that warm, fuzzy feeling every time your partner grabs for your hand? The feelings you once had for your love may return in time, but if you're still not feeling it, it's time to sit down and evaluate your relationship. Don't string your boo along when you know you no longer want to be involved with them.

**2. Drifting apart:** One of you might have gotten that big promotion at work and has been busier than usual. Conflicting schedules can cause a couple to lose touch of each other. If this has been going on for some time now and you've been seeking attention from somebody else, it's time to end the relationship you're in. Although, if the two of you make some time for each other, you might be able to reconcile.

**3. Nothing works:** You've tried couples therapy and sought the help of friends and family on your situation, but nothing seems to be working. If you can't revive the relationship on your own and your partner isn't interested in putting forth the effort to fix whatever is wrong, then it's time to let it go. You shouldn't have to work so hard for love, especially if you're not getting any support from the person you're trying so hard to keep.

**When did you know it was time to call it quits on your relationship? Comment below.**

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# Celebrity News: Is John Mayer's New Song 'Paper Doll' about Taylor Swift?



By April

Littleton

According to [UsMagazine.com](http://UsMagazine.com), John Mayer's newly released song "Paper Doll" is said to be about his ex, Taylor Swift. Rumor has it, the song is a retort to Swift's 2010 breakup hit, "Dear John." In a June 2012 [Rolling Stone](http://Rolling Stone) interview Mayer admitted that Swift's song "made me feel terrible... because I didn't deserve it." He also accused the record of being "cheap songwriting." "Paper Doll" was released Tuesday, June 18 and is from Mayer's upcoming sixth studio album, Paradise Valley.

## **What are some ways to use music to cope with a breakup?**

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

Getting over a breakup can be a long and hard process. Your heart might feel like it's broken into a million pieces. Sometimes, using music as a soothing agent, can be the perfect thing to help ease the pain. Cupid has some advice on how to use music to keep you distracted and focused something else other than your ex:

**1. Listen to songs by strong women:** The best songs for a breakup are ones sung by strong, independent women. Women like Gloria Gaynor and Lara Fabian sing about different types of breakups, but they all have one thing in common – survival. If you're ready to stop crying yourself to sleep listening to the blues, change your tunes to songs like "Survivor/Independent Woman" by Destiny's Child or Christina Aguilera's "Fighter". These women will help you push through the pain and look forward to a brighter future.

**2. Learn how to play a musical instrument:** Forget about just listening to music, you want to create your own. If you'd rather take a more active approach to getting over your breakup, find an instrument you see yourself becoming interested in and get some help learning how to play. Start out by learning your favorite song and soon you'll see a change in your attitude. You'll be back in the dating game in no time.

**3. Do a Taylor Swift:** If you're already musically inclined, go ahead and write all of the emotions you have toward your ex down on paper. Turn those words into lyrics and think of a melody. Once you're happy with your little creation, try your hand at performing the song in front of some supportive friends. Whether you belt out words of hate or love, any kind of creative outlet you use to express yourself will help you work toward moving on with your life.

How did you use music to cope with a breakup? Share your experience below.

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# Celebrity News: Johnny Depp Opens Up About Split with Vanessa Paradis



By April

Littleton

[UsMagazine.com](http://UsMagazine.com) has news that Johnny Depp has finally broken his silence about the end of his 14-year relationship with Vanessa Paradis. In the July 4 issue of [Rolling Stone](http://Rolling Stone), Depp said, "The last couple of years have been a bit bumpy. At

times, certainly unpleasant, but that's the nature of breakups, I guess, especially when there's kiddies involved." The ex-couple never married and are parents to Lily-Rose, 14 and Jack, 11. Recently, Depp has been dating 27-year-old actress Amber Heard.

## **How do you know when the downs outweigh the ups in a relationship?**

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

It can be hard to tell when your relationship has taken a permanent turn for the worst, especially if you're working so hard to keep it intact. All relationships go through their ups and downs, but how do you know when it's time to let go of what you once had and move on? Cupid has some tips:

**1. You're not satisfied:** Is it hard for you and your partner to communicate well? Do you find yourself crying more often and smiling less? This may be a sign that your relationship is spiraling out of control. If you haven't been happy with your significant other in a while, then you need to thinking about ending the relationship – no matter how painful it will be.

**2. Change in behavior:** Has your partner become distant? If there's a change in your behavior or your boo's, it's time to evaluate what's important in your relationship. Maybe the two of you just need space from each other, or maybe there's deeper issues the two of you haven't fully let out in the open yet. Whatever the case, now's the time to figure out whether you want to try one more time to salvage the relationship, or leave it behind.

**3. Commitment:** If you find it more and more difficult to stay committed to your significant other, now is the time to throw in the towel. The pressure may be too much for the both of you, or the spark may have fizzled out for good. If you can no longer envision yourself sticking it out for better or for



worse, get out of the poor situation before it gets worse. You never know, maybe the two of you can eventually become friends in the end.

How did you know when the downs outweighed the ups in your relationship? Comment below.

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# Celebrity News: Katy Perry Admits Russell Brand Said He Was Divorcing Her Via Text



Littleton

By

April

According to [UsMagazine.com](http://UsMagazine.com), Katy Perry told [Vogue](http://Vogue) in an interview how her ex-husband, Russell Brand brought up his plans for divorce, "He's a smart man, and I was in love with him when I married him. Let's just say I haven't heard from him since he texted me saying he was divorcing me December 31, 2011." The "Wide Awake" singer, 28 and Brand, 38 married in October 2010 after meeting at the 2009 MTV VMAs. Since their breakup, Perry has had an on-again, off-again relationship with John Mayer.

**What are some things you should not use social media for in a relationship?**

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

Nowadays, a relationship isn't truly official until it's "Facebook official." Spilling the beans on your latest crush to your virtual friends may seem cute at the time, but if things get serious between you and the new boo, you might be setting yourself up for failure. Some things should be left completely private and left off of your Twitter updates. Cupid has some advice:

**1. Cyber fighting:** Many couples use social media sites like Twitter and Facebook to vent about their latest relationship problems. This would be OK if it weren't for the negative public commentary you'll be bound to receive. Putting your private business out there is never a good look for you or your partner. Plus, nasty comments left on your site could lead to bigger problems in your relationship.

**2. Talking to the ex:** If your ex sends you an "innocent" friend request, decline it. It's more than likely he/she will just stir the pot and cause a rift between you and your new love. If your ex is already apart of your social networking community, keep the conversations to a minimum. Your beau doesn't want to see you getting friendly with your ex for the whole world to see, and stay away from that dreaded "Like"

button if you're dealing with an insecure partner. Commenting, or showing your appreciation for an old flame's picture or status will lead to an argument.

**3. PDA:** A few pictures of you and your boo kissing is OK, but don't overdo it. Your network of friends don't need to see what you and your partner do behind closed doors. Besides, taking too many inappropriate pictures will be a cause for your site to be blocked or permanently suspended if enough people complain about it. Keep it PG-13 when you feel like sharing the love on the World Wide Web.

**What are some other things you shouldn't use social media for in a relationship? Comment below.**

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## Who Gets Custody of the Friends?





By Kelly Rouba,

GalTime.com

As the Neil Sedaka song goes, “Breaking up is hard to do.” And it gets even harder when friends take sides in the process—something Diana Young recalls all too well.

After splitting up with her longtime boyfriend RJ to pursue another relationship, Young felt abandoned by many of her friends. “RJ got all our friends in our ‘divorce’,” Young joked. But since many of their friends weren’t entirely aware of all that went on behind the scenes, Young said they were quick to take his side.

Unfortunately, this is all too common, says Stacie Ikka, a relationship expert and founder of the dating consultancy Sitting In A Tree. “There are always casualties of war, so to speak, and the loss of friendships during a breakup is no exception.”

In Young’s case, she did manage to maintain relationships with some of the friends she had met before dating RJ. After a breakup, “(one) factor that determines the extent of the ‘fall-out’ is whether these friends were acquired by the

couple together or whether the two people in the couple came into the relationship with their own friends, who then became friends with the partner,” Ikka says.

**Related:** [Plan a Summer Wedding in Eight Weeks or Less](#)

## **CHOOSING SIDES**

“When a couple with shared friends breaks up, it’s natural for friends to take sides. The more tumultuous or less amicable the breakup, the more divisive the ‘siding’ becomes,” Ikka explains. Typically, “it’s when breakups or divorces are contentious and one or both parties carry residual anger, resentment, hurt or disappointment that friends feel they need to pick a side. When emotions are involved, it’s very difficult for people to remain objective and fair. What happens... depends on the nature of the breakup, the two individuals involved, and how integrated their friends were in their relationship.”

If you have a friend who is going through a rough relationship ender, try not to get too involved. “Friends who take sides can add fuel to an already heated fire,” Ikka warns.

## **REMAINING NEUTRAL**

Carlee C., of New Jersey, said she felt torn and a bit frustrated after two of her friends broke up last fall. “Amanda\* asked me to stop talking to Tom\* after they split up,” Carlee said. “I felt like I shouldn’t have to stop talking to him because he was my friend before they started dating. Plus, they had only dated for a few months and since he was my boyfriend’s friend, it was illogical to think I wouldn’t see him again anyway. Amanda was not too happy with that decision.”

As difficult as it was for Carlee to try to remain neutral, Ikka says she made the right decision.

“When friends take sides, it can further exacerbate an already emotionally trying time for the people going through the separation—especially if those friends take on any unproductive or destructive behaviors displayed by the couple. A good friend is one who offers support, an ear to listen, and a shoulder to cry on,” Ikka says.

Depending on how the couple handles the split, it is possible for friends to remain neutral, Ikka adds. “There is such a thing as an amicable breakup and, although rare, in these instances friends feel less pressure...to ‘pick a side.’ If the separated couple is able to be amicable, or at least civil, there is less reason for the friends to feel caught up in the middle of the drama.’

**Related:** [11 Good Reasons to Keep Your Relationship Status Secret](#)

And if that isn’t possible, Carolyn Kingman Javick, a married mother of two from New Jersey, says, “They should do what they learned in kindergarten—and that is to share! Otherwise, it puts friends in a very uncomfortable situation having to choose. It will pan out over time who they become closer to.”

Ikka agrees. “My philosophy is that when a friendship is authentic, it stands the test of time, including breakups. And it is possible for an individual or a couple to remain friends with both parties who have gone their separate ways. It takes honest communication, a commitment by all parties and some organization and planning, but it’s certainly possible.”

## **MAKING BREAK-UPS EASIER ON FRIENDS**

If you’re concerned about losing friends after losing a significant other, Ikka offers a few tips to keep in mind:

**Don’t bash your partner in front of friends:** Ikka says it is OK to talk to your friends about your experiences, feelings, doubts and fears, especially while the breakup is raw because,

after all, what are friends for? However, “it would be unfair to your friends to introduce any character assassination, unnecessary negativity or untruths about your ex-partner that may influence how your friends then behave around your ex.”

**Stick to the facts:** Although this depends on your own level of self-awareness and emotional maturity, try to “be as forthcoming and transparent as possible when discussing your breakup and/or ex.”

**Explain how friends can help:** Tell your friends how they can best support you, Ikka says. “Sometimes, friends in this situation just don’t know what to do, what’s expected of them or what the ‘right’ thing might be. Any guidance you can provide will make the situation easier for everyone.”

*\*Name has been changed.*

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## Celebrity Divorce: Mayim Bialik, Husband Michael Stone Finalize Divorce







By April

Littleton

The *Big Bang Theory* actress, Mayim Bialik, finalized her divorce from husband of nine years Michael Stone late last week. “It’s going okay,” Bialik told [UsMagazine.com](http://UsMagazine.com). “I mean, I have to say, I give both of us a lot of credit for putting our kids first. It’s not easy, but we’re doing okay, so thank God.” The couple have two sons together – Miles 7, and Fred, 4.

**How do you know when it’s time to end a marriage?**

### **Cupid’s Advice:**

Many married couples try to hold on to a deteriorating relationship out of fear of the unknown. They believe the problems they’re facing will simply disappear or they try to stick it out for the sake of the children. As a couple, it’s important to make the tough decisions – even if it means the end of marriage. Cupid has some advice:

**1. Constant fighting:** Having the occasional argument is normal in a relationship, but if you and your spouse are constantly

abusing one another in any way – it may be time to end the marriage. Once abuse enters a relationship, it's almost always over. Marriage is about love and respect – it's not about putting each other down.

**2. Counseling isn't working:** If you and your significant other have been seeking professional help and it hasn't changed anything in your relationship, it may be time to call it quits. If you don't see any improvement in your marriage, then there isn't much else you can do.

**3. The love is gone:** The chemistry between you and your partner should stay at a constant. If you no longer feel a spark between you and your boo, it may be an early warning sign that the marriage is drawing to a close. You may feel committed to staying in the marriage for the children, but you're only doing more harm than good. Children know when they two people they love the most don't love each other.

How did you know when it was time to end your marriage? Share your experience below.

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## Celebrity News: Exes John Mayer and Katy Perry Are Spotted Flirting at Memorial Day Party





By Kerri Sheehan

Ex flames and singers John Mayer and Katy Perry were spotted canoodling at a Memorial Day Party two months after their second breakup. [UsMagazine.com](http://UsMagazine.com) confirms that Mayer was in attendance of the barbeque held at Perry's home in the Hollywood Hills. One fellow attendee said, "They seem to be back together – or back together-ish, they were very flirty and having a really good time together. They have good chemistry."

**How do you decide whether to get back together with an ex?**

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

Sometimes the guy that you count as down in out can turn out to be your Prince Charming. Cupid has some advice on how to tell if you dud has transformed into a keeper:

**1. Make it your decision:** A lot of women can fall into the trap of following what other think as opposed to listening to their own hearts. If you're really going to reunite with an ex it has to be your decision and no one else's. There's a difference between people giving you advice and full on

telling you what to do.

**2. Forgiving is easier than forgetting:** If the reason for the original breakup was a transgression committed by your ex you have to acknowledge that it may not be as easy to forget as you think. If you still store pent-up hate for an ex's wrongdoing then there's no way you can move beyond that and reconcile in a healthy manner.

**3. Do a Mental Rewind:** Go back to the beginning of your relationship and figure out what originally attracted you to your partner. Are those traits still present in your ex? If he has changed for the worse then it may not be worth it to take your ex from the bench to the field.

**Have you ever given your ex a second chance at holding your heart? Share below.**

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## **Celebrity News: Jef Holm Says He and Emily Maynard Haven't Spoken in 'Months'**





By Petra Halbur

Jef Holm and Emily Maynard may have called off their engagement in October 2012, but Holm says that he has nothing but love for his former fiancée. “We haven’t talked in the past few months. Last time we talked, things were in good spirits,” Holm told [UsMagazine.com](http://UsMagazine.com) of Maynard, whom he met on the *Bachelorette* last spring. He explained that Maynard, who has a 7 year old daughter, is a homebody, while he is looking for a more outgoing partner. “I hope the best for her. She’s an amazing girl. She’s just not the person I’m gonna spend the rest of my life with. I think she’ll make somebody happy,” he said.

**How do you truly move on after a broken engagement?**

### **Cupid’s Advice:**

Breaking off an engagement can be devastating. Your short term and long term plans have both been drastically changed and, perhaps, you’re unsure of how to face your new and uncertain future. Cupid has some advice to help you move on:

**1. It’s okay to be single:** Finding yourself without a partner

again is probably the hardest part of breaking off an engagement. While the transition may be difficult, know that you have friends and family who love you. Being single does not mean that you are not alone.

**2. New goals:** Your plans for married life have been put on the back burner (for now) so write yourself a list of new things that you want to accomplish. Remember, there are advantages to being single.

**3. Love is still out there:** It might be hard to believe right now, but “the One” is still out there. The end of your engagement does not mark the end of your love life.

**How did you cope after your engagement was called off? Tell us below.**

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## **Celebrity Couple: Rob Pattinson Put Kristen Stewart ‘Through the Ringer’ Over Affair**





By Petra Halbur

Robert Pattinson and Kristen Stewart may have only recently split up, but their relationship had been on rocky ground for some time prior to the separation. Pattinson, it seems, had a difficult time letting go of Stewart's affair with *Snow White and the Huntsman* director, Rupert Sanders. "He really put her through the ringer," a source told [UsMagazine.com](http://UsMagazine.com). The source also said that Pattinson held the scandal over Stewart's head and frequently brought it up in arguments. "Ultimately, it was like, 'Either we move past this or we don't. It wasn't good for either of them.'"

**What are some ways to move on after your partner has an affair?**

### **Cupid's Advice**

An affair doesn't have to mark the end of your relationship if you and your partner don't want it to. That said, getting over infidelity is far easier said than done. Cupid is here with some advice to help you move on:

**1. Human frailty:** Your partner messed up. *Big time*. If you

still want to salvage your relationship, though, realize that everyone makes mistakes.

**2. Everything on the table:** Withholding your true thoughts and feelings from your partner will not do either of you any good. Playing nice will only mend things on the surface. Absolute honesty is vital to the healing process.

**3. Discuss values:** Monogamy isn't for everyone. If your partner isn't capable of (or interested in) fidelity, you need to decide if this relationship is really worth saving.

**How did you get past your partner's infidelity? Tell us below.**

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## **Relationship Advice: Your Partner Has Cheated. Should You Reconcile?**







By Samantha

Menjor

You notice that your partner has been acting differently lately. The occasional late night work meeting now falls on every day of the week. He or she has been constantly texting and having secret telephone conversations in the bathroom. The scent of a different perfume or cologne lingers on their clothing. There's an emotional distance in your relationship that ceased to exist before. You have a gut feeling of what is really going on, but you don't want to believe it. Plus, there is no proof ... until you get a call from a friend letting you know they have spotted your other half in a compromising position with another person at a local restaurant. You rush over to find your beau holding hands, kissing and gazing lovingly into the eyes of someone else. All you see is red through the blurred vision of your tears.

Fast forward to a few weeks later. You're feeling hurt, pain, betrayal, confusion and anger. Your partner has admitted their wrongdoing and has apologized countless times. Friends and family are all trying to give you their best advice, but you're hearing conflicting resolutions of what you should do.

If you've never been in this situation, you most likely know someone who has. It may not have happened exactly like the given scenario, but we've all had a friend come to us for advice on infidelity in their relationship. So what do you tell them? What would you do if you were in a similar situation? Here are some questions you need to ask yourself and your partner when deciding between reconciliation and a breakup:

**Related:** [When Can You Trust Him?](#)

### **1. Was the affair short-term or long-term?**

Some affairs last months, even years and others are just a night of poor judgment. While you may not want to know the details of your partner's infidelity, it's important to know how much time was spent cheating. This allows you to better understand whether there was an emotional investment, whether it was strictly physical or both. Either situation would be difficult to rectify, but it helps in getting to the root of the issue.

### **2. Why did this happen?**

There had to be something your unfaithful partner felt was lacking in the relationship for an affair to happen. Did they feel you were working too much and not showing them enough attention? Did having children cause you to lose your spark as a couple? A decision to reconcile is often dependent upon what caused the infidelity. Is it something that the two of you can fix through compromise, communication and counseling? If not, then the chances of reconciliation are slim.

### **3. Do you still love each other?**

How did your spouse react to being caught? Did they express remorse and shame, or were they trying to justify their actions by putting the blame on you? A partner who shows regret for their actions is a better candidate for

reconciliation than the latter. While their profession of love for you and endless apologies could be just words, it shows they are willing to try and do whatever it takes to get you back. It's imperative for you to consider your partners past behaviors in your relationship as well. Have they always shown their love for you or have there been signs of cheating before? More importantly do you love your partner enough to try and work it out? The answer to these questions will help you figure out whether you choose the path of reconciliation or separation.

#### **4. Will you be able to forgive and move on?**

For many people cheating is a deal breaker. No amount of love, good behavior or money will allow them to get past the fact that they were betrayed. Many couples try to stay together and work through their problems only to find out that trust was never regained and forgiveness was never given. Before you consider reconciling, sit and think about whether you can get past the infidelity. If not, it may be time to part ways.

**Related:** [Can Love Conquer All?](#)

Countless other questions should be considered when deciding upon reconciliation. Each relationship has different factors to reflect upon after dealing with infidelity. Forgiveness and resolution take a lot of effort, time and healing for both parties involved. While many couples have split due to cheating, many have resolved their issues forming an unbreakable bond.

**Have you ever found yourself in this predicament? Let us know how you resolved it below.**

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# Celebrity News: Jonah Hill Is Spotted Making Out with Ex-Girlfriend in Los Angeles



By Petra Halbur

It looks like Jonah Hill may be getting back together with his ex-girlfriend, Jordan Klein. Although the couple broke up in October 2011 after a four year relationship, the two were spotted making out. A source told [People](#) that Hill and Klein were walking towards a Starbucks in Los Angeles when Hill suddenly “grabbed the back of her head and started passionately kissing her on the side of the street.” The couple continued to kiss inside the Starbucks. “Actually I think they forgot where they were, it went on for at least five minutes,” the source said.

**How do you know whether to give your ex a second chance?**

## **Cupid's Advice:**

Break ups aren't always permanent. After a period of separation, you may find yourself wanting to get back together with your ex, but is this a good idea? Cupid has some advice to help you decide:

**1. Remember why you broke up:** Consider what factors led you two to stop seeing each other in the first place. Has anything changed? If not, is this relationship worth renewing?

**2. It's not just loneliness:** Don't get back together with your ex just to be in a relationship, again. It's perfectly normal to want companionship but having a partner doesn't guarantee you happiness.

**3. It's not dependence:** If you just ended a long relationship, it may be scary to face the world alone, but don't get back with your ex out of fear. Change can be scary, but it's necessary for growth.

**Why did you decide to get back together with your ex? Tell us below.**

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# **Celebrity News: Kristen Stewart Visits Taylor Swift Post-Breakup from Robert Pattinson**



By April

Littleton

A source confirmed to [UsMagazine.com](http://UsMagazine.com), that the *Snow White and the Huntsman* actress went to seek comfort from Taylor Swift after breaking up with Robert Pattinson for the second time. Ever since K-Stew's affair with director Rupert Sanders, the once-happy couple has been dealing with relationship issues. On Sunday, Pattinson was seen moving out of the house he shared with Stewart. A source close to the couple said, "She tried, they both tried. They're both good people. It was just not the right thing for either of them right now."

**What are some ways to cope with the aftermath of a fresh split?**

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

Breaking up with a partner is never an easy pill to swallow. The pain of breaking up with someone you thought was the love

of your life can feel unbearable. If it's a fresh split, you're probably feeling hurt, angry and sad – all of that is OK to feel! Cupid has some advice on how to get over the initial pain of a breakup:

**1. Have a girl's night out:** It's very important for you to have a support system once you break things off with your boo. You want to surround yourself with people who love you unconditionally and that's where your girlfriends come in. Have a movie night or dance away your sorrows at a club. You'll find it easier to get back to being yourself with your girls around.

**2. Give yourself some time:** Time is the best healer! Don't rush into a new relationship just to help ease the pain of losing someone you once loved. Be patient with yourself and let the tears fall. It's OK to cry over the lose of a relationship. In the end, you will feel and be better for it.

**3. Stay active:** Lounging around in bed for weeks may seem like a good idea, but it won't make you feel any better! You need to continue to do things you were doing before the breakup. Take up a new hobby, participate in an art class – do whatever you have to do to regain your focus in life. Once you're finally over your ex, you'll be glad you didn't hide under the covers the whole time.

**How did you get over a breakup? Share your experience below.**

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## **Celebrity News: Signs Robert**

# Pattinson and Kristen Stewart's Relationship Was Crumbling



By Petra Halbur

According to reports, Robert Pattinson and Kristen Stewart have split up again. The *Twilight* couple has been on-and-off again since Stewart's highly-publicized affair with *Snow White and the Huntsman* director, Rupert Sanders. Though the pair reunited in March after a two-month separation, all did not remain well in paradise. While reps have not been reached, a source told [People](#) that a major indication of their relationship's demise was Stewart's absence from Pattinson's birthday celebration on May 13<sup>th</sup>. "It was very strange that they didn't celebrate Rob's birthday together ... Kristen was not part of the celebration," the source said. "For the past



few days, they have not spent any time together.”

**What are some ways to recover after a tough break-up?**

**Cupid's Advice:**

Break-ups can be confusing, lonely and extremely painful. Recovery takes time. Cupid is here with advice for how to make this difficult process easier:

**1. Take time for yourself:** Enjoy the “me time” you might have been too busy for when you were in a relationship. Reopen some personal projects you put to the side. Watch your favorite movie. Eat your favorite food. You deserve it.

**2. Don't blame yourself:** Relationships are complicated and break ups don't necessarily have to be anyone's fault. Don't wallow in self-criticism but don't vilify your ex, either. This is a time to heal and assigning blame won't benefit anyone.

**3. Don't give up hope:** There's a reason why the saying, “There are plenty of fish in the sea” is cliché: it's true. Just because this relationship didn't work out doesn't mean you'll never find “the one.” Don't stop looking.

**How did you get through your break up? Tell us below.**