

Celebrity News: Ian Somerhalder Hints at Reason Behind Breakup with Nina Dobrev



By Andrea Surujnauth

The Vampire Diaries costars Nina Dobrev, 24, and Ian Somerhalder, 34, have broken up after three years of dating. Somerhalder took to Twitter to hint as to what caused the sudden break up. According to YourTango.com, Somerhalder tweeted a quote from deceased playwright Lillian Hellman, reading, "A thought for today: 'People change and forget to tell each other.'"

What do you do if you notice your partner is changing?

Cupid's Advice:

Your partner seems to be acting differently and feel a growing distance between the two of you. What should you do? Cupid has some advice for you:

1. Talk: Talk to your sweetie about how you feel. Tell them that you think they are acting differently and find out the reasons behind it. The reason may not even have anything to do with you.

2. Change: Try to go somewhere new together. A change of scenery may be all you and your partner need to rekindle your love.

3. Space: Your honey may just be in a rut or going through a difficult time in their lives. Do not suffocate them. Let them have their space to figure out what is going on with them. Remember absence makes the heart grow fonder.

What do you do when you feel your partner is changing? Comment below and let us know!

**Celebrity News: Regina King
Vacations in Cancun Post-
Breakup From Malcolm-Jamal**

Warner



By [Jessica Conigliaro](#)

After her breakup with boyfriend of two years, Malcolm-Jamal Warner, Regina King was seen having some fun in the sun. The 42-year-old actress took a trip to Cancun, Mexico, according to [UsMagazine](#). She stayed at the Villa del Palmar Resort & Spa with a group of girlfriends to clear her mind of the recent heartbreak.

What are some ways to keep your mind off of recent heartbreak?

Cupid's Advice:

You and your man have decided to call it quits a few weeks ago. You have been struggling to get over him and just want to feel like yourself again. Cupid is here to help lift your

spirits after a breakup:

1. Get rid of his stuff: The relationship ended and you are still finding your exes things around your house. Now's the time to do some cleaning and remove all of his belongings from your life entirely. Having his old jacket around will only make you remember him instead of letting him go.

2. Don't stalk his Facebook: After a breakup, it is so tempting to continuously check his Facebook page to see if he is upset—or perhaps found someone new already. This is a bad idea and will only hurt you in the long run. Block your exes statuses and posts for a while so they don't constantly appear on your news feed. You'll never move on from him if Facebook doesn't let you.

3. Date someone new: You have been single for a few months now and are unsure if it is time to start dating. If you are still broken up about your last relationship ending, it might help to go on a few casual dates. You will be reminded of how much fun it can be to flirt with someone new—and who knows, you might even find a keeper.

How did you get your mind off your recent breakup? Share below.

Celebrity News: 'Biggest Loser' Stars Sam Poueu and Stephanie Anderson Split

Before Baby's Birth



By April Littleton

Sam Poueu and Stephanie Anderson, former contestants on *The Biggest Loser* are in the process of getting a divorce just two months before the birth of their first child, reports [UsMagazine](#). On the separation between the two, Anderson said, "It is with great sadness that my marriage to Sam Poueu is ending." The couple met while filming the third season of *The Biggest Loser*. The couple announced Anderson's pregnancy in January.

What are some ways to remain civil post-breakup for the sake of your children?

Cupid's Advice:

Your relationship is officially down the gutter, but you can't just pack up and move on. You still have kids to take care of. You might think it's impossible for you to hide your feelings of resentment toward your ex around them, but the fact is, it's necessary. Here are some ways to remain cool, calm and collected around the kids:

1. Don't bad-mouth your ex: Kids pick up on a lot, especially if there's tension between the two people they love the most. Your children don't need to be put in the middle of a war between their parents. Call a friend if you need to blow off some steam, but don't let your children overhear you bashing their other parent. You may only be able to see the negative traits in your ex, but your kids still love them and it's not up to you to change their view of them.

2. Work together: Whether you like it or not, you will always be a part of your ex's life through your children. You may not see eye-to-eye with each other, but it's important for the two of you to develop a visitation schedule for the kids. The children shouldn't be punished for the breakup, they deserve to spend just as much time with you as they do their other parent.

3. Kids first: Ultimately, the only thing that should matter is your child. It's not about you and your ex anymore. You don't even have to be friends with him! But you have to be willing to put your differences and feelings aside for the sake of the kids.

Do you have children with an ex? How do you remain civil? Comment below.

Celebrity Couple: Chris Brown and Rihanna Call It Quits...Again!



By April Littleton

According to [UsMagazine](#), Chris Brown and Rihanna have split up once again. Brown confirmed the breakup during an interview with the Australian radio station *The Kyle and Jackie Show*. He stated, "The love's certainly not gone, but personal and professional commitments make the relationship too difficult right now. I'm always gonna love that person. I can't be focused on wife-ing someone that young. I need to be the best Chris Brown I can be." The couple may have ended things for now, but there still may be hope for the lovebirds in the future. A source close to Rihanna said, "Of course tomorrow

they could be all over each other again, but for now she's done and just living her life and touring. It's how it always is."

How do you know when to call it quits in a relationship?

Cupid's Advice:

It can be hard to tell if a couple is just going through a momentary setback in their relationship, or if they're going through the early stages of a breakup. How can you tell if the chemistry between you and your partner has fizzled out for good? Cupid has some tips:

1. Commitment: When one or both persons give up in the relationship, it will be hard to work toward reconciliation. Some people care enough about each other and their commitment to work through trying times, while others give up at the first sign of struggle. If you and/or your partner aren't working hard to hold things together – it's time to call it quits.

2. The bad outweighs the good: If you spend the majority of your time fighting with your beau, avoiding him or thinking about all of the negative traits you don't like about him – it may be time to move on. Your relationship should make you happy. If you feel your time together never ends on a positive note, it's time to end it for good.

3. Someone else has your attention (or his): There's no point in prolonging the inevitable if either you or your significant other has found someone new. If you find yourself wondering about a new guy or notice your man spending time with another woman, then it's time to let each other off the hook.

Have you been in a relationship you knew wasn't going to work? How did you know when to call it quits? Share your experience below.

Relationship Advice: Finding Your True Destiny After Losing Love



By Susan Russo

The other day a friend asked me, “What am I going to do? I can’t live without him in my life. How do I go on? He was my life.” When faced with being alone after your relationship ends, it literally feels as if you don’t know who you are, where you are and how you got there.

Your life was so intertwined with your partner’s life that it

seems that the two of you became one. No wonder people tend to use the cliché, "A part of me is missing."

Related: [Returning to the Dating World](#)

NEWS FLASH

You're normal!

How do you think you're going to feel after you've spent years sharing *everything* together? That includes family, friends, vacations, pets, children, life ... and the most private and intimate details of who you are with the person you believed would be there forever. Is it any wonder you can't get your head on straight after this emotional volcano erupting in your life?

But rest assured, even though you feel like you'll never find your way out of the darkness, there is a light shining so bright at the end of the proverbial tunnel that you will bask in its glory when you're through it and this heartbreak is behind you.

I'll never forget the time Nicole Kidman was on *The Oprah Winfrey Show* after Tom Cruise had filed for a divorce. Her pain was so palpable you could hear it in her voice, feel it through her words, and see it on her face.

I was crushed and it wasn't even happening to me!

I'm sure millions of viewers could relate to Kidman's pain because they know there isn't anything quite like the devastation you feel when the person you love decides they don't want to be with you anymore.

But...look at her now!

PICKING UP THE PIECES

1. GRIEF: *Cry until you're dry!* Grief is a process. You can't

go around it, under it or over it. You have to go through it. Get it out so you can get on with your life.

2. ACCEPTANCE: This is the first step in letting go of the past. You will begin to pick up the pieces when you finally let go of all of the lamenting of how you wished things would've turned out differently and accept the reality of your situation.

3. FORGIVENESS: This can be one the toughest things to do, but at the same time when you find forgiveness it is the most freeing thing you can do. It is a gift you give yourself.

Related: [Falling Out of Love and Back Into Life](#)

MOVING ON

The end is just the beginning. There is life after this relationship and it's going to be a great one. Look at all of the people who have loved and lost and who are now happy. You'll find your soul mate when you let go of the past. So, embrace the future one day at a time and before you know it you'll be living the life you so richly deserve.

Susan Russo is the author of: There Is Life After What's-His-Name, The 7 Keys to Unlock the Power Within You and is co-author of, Success and Happiness-16 Experts Reveal Their Secrets. A graduate from the EPIC Coaches Academy and with over 10 years' experience as a Life and Relationship Coach, she teaches you how to transform adversities into life changing opportunities.

Dating Advice: Deal breakers That REALLY Matter



By Marcus Osborne for GalTime.com

If you're one of the millions of women who are single, dating regularly, and yet you've had inconsistent luck in the match game, it may be time to do some introspection. I can't begin to tell you how often I hear complaints about scarcity of quality guys. I hear it in the dating echo chamber with alarming regularity; "Men don't want to commit!"

Okay, let me clear that last bit up. The idea that guys won't commit or don't want to commit is an unabashed fallacy. I've said this before, it's not that the guy won't commit – he just won't commit to *you*. The right guy for you will find you.

That's a guarantee.

Now about this so-called, "quality guys" drought...complete bunk. Seriously, most of the guys I know who are looking for serious relationships bristle at that statement. Because they know a certain general truth that women don't seem to appreciate; the quality guys are there but you're either ignoring them or not giving them the opportunity to show you how great they are. But why does this chasm exist? There are obviously variables aplenty that cause these missed connections. But I would submit that the idea of "dealbreakers" is a major culprit.

We all have relationship dealbreakers. That handful of key traits that any potential partner must possess in order to stay in the game – dealbreakers. And quite frankly, we all *should* have them. But our dealbreakers should be meaningful. I like to have women break their dealbreakers into two separate groups: shallow dealbreakers and substantive dealbreakers. We should have both but with the understanding that the major emphasis should be placed on the substantive dealbreakers. You'd think that that would be a given.

Of course the substance should take precedence over the shallow.

Unfortunately, what we *know* doesn't always inform our actions. So let this be your reminder. Keep your priorities in order. Those shallow dealbreakers, "must be this tall, must have this color hair, must have this type of degree, must make this six-figure salary, must come from this kind of family, must look like George Clooney" should ultimately be seen as great-to-haves instead of must-haves.

The real stuff, the substantive stuff, is what's going to get you through the years. You want to find the quality guys? Use these as your new dealbreaker template.

1. His closest friends should be great people. – You want a

real gauge on what kind of guy you're getting involved with? Observe his friends. The type of people in your potential partner's inner circle will say a lot about his character.

2. He should be calm under pressure. – Long-term relationships are rife with emotional highs and lows. That being the case, the person closest to you had better be some one you can count on to be not only be in control of his emotions but who can also be a steadying and comforting influence when times aren't quite as great.

3. Must be in pursuit of his passion. – Maybe he doesn't make six figures. Heck, most people don't. But he had better be driven by something other than money. Far too often women get involved with guys because they have a juicy bank account, then they get serious with that guy and realize that the man who's passion is making money may never have *enough* money. This then creates the real possibility that Mr. Moneymaker may only have time to make money and not have time for you.

4. Must appreciate your independence. – You're your own person with your own opinions, perspectives and aspirations. Whether you're traditional and expect to be a stay-at-home mom or a lady with dreams of being the President of the United States, your guy had better be on board with you. Do NOT commit that typical mistake of trying to change your guy's mind try to get him to understand your position. The *right* guy requires no convincing.

5. Your friends should like him. – This isn't to say that your judgment should be completely colored by your friends' opinions, but if there's a collective aversion to your guy by your inner circle, it's definitely time to start asking questions.

6. Laugh, laugh, laugh. – He better be able to laugh...and you'd better be able to laugh with him. Few things in a relationship are as intimate as a couples' ability to share

the gift of laughter. You'll find that successful couples' most common trait is the two simply know how to make each other smile.

So there you go. Take those deal breakers to the bank and that's where you begin seeing your quality guys. Everything else, the looks, the money, the career, are all amazing icing on the cake, but for long-term potential start with those six building blocks and you're suddenly finding good quality guys to date.

Celebrity News: Julianne Hough Relaxes in Miami One Month After Split From Ryan Seacrest





By Andrea Surujnauth

Julianne Hough is maxing and relaxing post breakup with Ryan Seacrest. The actress was spotted tanning and hanging out on the beach in Miami with pal Nina Dobrev. Hough and Seacrest dated for nearly two years, but broke it off in March. The rumored reason they pulled the plug on their relationship was due to Seacrest's busy schedule. "Dude works all the time," a source told [UsMagazine](#). "[Seacrest] never sleeps. It's a lifestyle she couldn't handle anymore. Work always, always came first [for him]. She wants a more low-key life."

What are some ways to keep your mind off of a breakup?

Cupid's Advice:

Breaking up is never easy. How do you keep your mind off the pain you are feeling? Cupid has some suggestions:

1. Stay away: After a breakup it is best to stay away from your ex and block them on social media. By keeping them close during your time of healing will make it near impossible to heal. You need your time away to get over the feelings you

have but having them around will make you wish the breakup didn't happen and it will be impossible to forget about.

2. Friends: Going out with friends and having a good time is a great way to forget about a breakup. Your friends are bound to keep you distracted and happy so you won't be thinking about the heartbreak you are feeling.

3. Stay active: Keeping yourself active will take time away from thinking about your ex-beau. You will be on the go so time will fly and you won't have any free time to linger on the breakup.

How do you keep your mind off of a breakup? Comment below and let us know!

7 Things NOT to Do in a Relationship





By Sujeiry Gonzalez for GalTime.com

For many women, the first week after a breakup goes a little something like this:

Hide under the covers. Sob uncontrollably while watching reruns of "Sex and the City." Play "I Will Survive" to feel empowered. Sob uncontrollably because Aretha Franklin has a man, while you are single again. Talk to your girlfriends and feel better. Take a shower. Sob uncontrollably in the shower. Repeat sequence.

The cycle eventually ends in reflection. We ask ourselves what went wrong and what part we played in the demise of our love affair. Well, it just may be one of these seven mistakes women make in relationships.

7 Things NOT to Do In A Relationship

1. Drunk Dialing: If you're upset at your partner, put down the booze and step away from the phone. Alcohol triggers deep-seated emotions that roar once the sweet nectar brushes our lips. Once inebriated, drunk dialing ensues. Like a clumsy

boxer, you attack your lover verbally, slurring through the conversation. In the end, the relationship suffers. He thinks, "What happened to the cool, confident woman he fell in love with?" Too much Bacardi and Coke, that's what.

2. Facebook Stalking: Facebook has changed the way the world communicates. It also drives women to stalk their boyfriends online. If he hasn't returned your phone call or text, you check his Facebook profile. (He just updated his status! Why didn't he call me back?) If he went out with friends, you spend the night scanning his photos. (Who's that girl he's hugging?) And, of course, there's the dreaded relationship status. (I changed my status to "In a Relationship." Why is his status still hidden?)

Ultimately, stalking his Facebook profile shows a lack of trust. No man wants to be with that woman.

3. "I'm Fine": Your boyfriend asks what's wrong. You turn to him, shrug and say, "I'm fine," though you want to kick him for not remembering your birthday or changing his Facebook relationship status. As women, we "I'm fine" men to death. We let our anger simmer for fear of rocking the boat or just because we want him to "figure it out." This is an unhealthy tactic. No matter what you fear or assume, you must communicate with your partner. If you don't, then he will think everything is "fine." Until you drunk dial.

4. Nag, Nag, Nag: You tell him what's wrong. Every minute of the day. That's a big no-no! As women, we must give men time to process our feelings, especially when it's a serious matter. When we nag and push, men withdraw. They begin to see us as negative and that is so not sexy. So speak your mind, give him space... and regroup once you are both ready to tackle the issues.

5. Ignoring the Blaring Red Flags: Often times, instead of ending a relationship, men call less, text less and show up

less. Still, we push for the relationship. We believe there is a chance for change because he hasn't ended the relationship. The thing is men hardly ever end relationships. *They show us through actions*, and in many cases... it's their inaction that shows us they want out. That's when we must stop fighting for a relationship that no longer exists.

6. Talking About/Comparing Exes: Nothing kills a relationship faster than talking about your ex-boyfriend and comparing him to your current beau. This leads your partner to feel insecure, with good reason. He doesn't need to know that your ex gave you multiple orgasms or that he was the one that got away. If you are still dwelling on your last boyfriend, you shouldn't be with your new one.

7. Compromise Is Not Sacrifice: Women sacrifice themselves for the good of all. We are everything to everyone, forgetting about our needs and what makes us happy. In romantic relationships, we suck it up and "compromise" on relationship deal breakers because we are afraid of the consequences. We hold it in because we want to be the perfect girl. The thing is there is no such thing as perfect.

So, when you are in your next relationship, take note of these common mistakes. Remember who you are and what you stand for. Leave the drama, self-sacrifice and mistrust behind, and self-analyze to find solace in heartache. Remembering what NOT to do can give you better chance at lasting love.

Celebrity News: Adam Lambert

Splits from Boyfriend Sauli Koskinen



By [Jessica Conigliaro](#)

Former *American Idol* contestant Adam Lambert recently called it quits with boyfriend Sauli Koskinen. They both have been increasingly focused on their own individual careers in recent months, which likely contributed to their breakup, [UsMagazine.com](#) reports. "I've been getting really busy and traveling a lot and and he's been getting really busy because he has a show he's filming for Finnish television," Lambert said. "So we just decided to part ways."

How do you keep your busy career from interfering with your relationship?

Cupid's Advice:

You have been working towards that big promotion at work for years and have finally achieved it. Of course, with a higher job position comes more work and responsibilities. Your partner begins to feel you a dating your work and not them, with all the time you are spending at the office now. Cupid is here to help you juggle your career and your relationship:

1. Decide what's more important: After about three months of the new job title, you and your love don't feel as close to each other anymore. If you truly don't enjoy the new position, don't keep it. There is no reason to stay at a job that you hate just because it pays a little better—especially if it could destroy your relationship. If you do however enjoy the job, you simply will have to try harder to keep your love life strong while working those long hours.

2. Set aside time: Having free time while working isn't always easy or guaranteed. You often have to work long nights and some weekends. Make plans with your love two weeks in advance. This way, you can avoid tackling any big projects at work. Your [love](#) will appreciate your consideration and will notice your efforts to make things work.

3. Include them: Your boyfriend jokes around and says you spend so much time at work that you practically live there. Have him come to your office for lunch and show him what you do all day. He will love learning how you spend your time away from him—and will also enjoy spending the afternoon with you. Try to have lunch dates a few times a month—a great way to stay involved in each other's lives.

How do you keep your relationship going strong with a busy career? Share below.

Celebrity News: John Mayer Opens Up About Split with Katy Perry



By Meghan Fitzgerald

John Mayer is usually a man flaunting his relationships, exes, flaws of his past. However, with Katy Perry, everything was different. Their relationship was closely sealed shut to the outside world ... until he spoke on the *Ellen DeGeneres Show*, where he talked about him and Perry's split. UsMagazine.com reports that Mayer described the relationship being complicated. He further explained that

coupling is tricky.

What are some ways to keep a positive outlook after a breakup?

Cupid's Advice:

Keeping a positive outlook on life isn't always the easiest thing to do after a breakup. Especially if it was messy, leaving you an emotional mess crying over laundry softener commercials. Even though you may think the sun will never shine over your now dismal life again, it will. And you can make it happen. Cupid has some more advice:

1. Forgive and forget: Yes, forgiving and forgetting sucks more than getting a flat tire in the middle of rush hour traffic. However, it is possible to do and it will leave you with a brighter view on life. Of course any breakup hurts, but there are ways to mend your [heart](#). It's not as simple to say just forgive and forget because it is not that easy. However, you need to dig deep inside of yourself and find the strength to move on.

2. Exercise: Exercise ladies and gentleman will help you with your breakup! It is proven that hopping on the treadmill or that late night cycle class will make you happy. If your breakup sucked, go get your ass to the gym. Sweat off all the Ben & Jerry's ice cream you have been shoveling down your throat. It is guaranteed that you will feel ten thousand times better. Maybe not ten thousand but you get the gist of it.

3. Keep your chin up: It is always easier said than done for this one. But, you are capable of keeping your head up darling. You can overcome this breakup and shine on. Informing everyone how "fine" you're doing. When you act fierce, you slowly turn fierce. In simpler terms, if you act like you're okay by keeping your head held high, you will soon be more than okay!

Have you kept a positive outlook after a breakup? Share your experience below!

Relationship Advice: 5 Lessons to Learn from Celebrity Divorce



By Dixie Somers

The pain of divorce is a well-known one in our society today. Lending to this general awareness is the constant influx of celebrity break-up news that seems to flow endlessly. Although

viewed negatively by some, such news can provide high-profile educational experiences. Take a lesson from these celebrities. Here are five lessons we can learn from celebrity divorces:

Watch the Signs

Sometimes it can be conveniently blissful to ignore certain signs. Ignoring the signs can lead to even greater heartache and woes in the future. Take it from Elin Nordegren, ex-wife of golf legend Tiger Woods. According to various reports, Elin had ignored many troubling signs of the dozens of affairs. Today, Lindsey Vonn is dating Woods. Apparently she isn't one for signs either.

Related: [Is Divorce the Best Option?](#)

Don't Rush

Time and time again, we see the perils of marrying too quickly. Britney Spears became infamous for rushing to the altar in such a fashion. After a very quick, whirlwind romance excursion, Spears and Jason Alexander got married in a Las Vegas chapel. Sure, they had known each other for a long time before. But the topic of marriage had been fairly instantaneous and unplanned; so too was the decision to end it merely days later.

Get a "Prenup"

Prenuptial agreements protect the marrying parties and their individually owned assets and worth. For chivalry, for love, or maybe just for sheer lack of knowing, some go without any such protective measures. The results seen can be devastating: Mel Gibson paid \$425-million, Michael Jordan paid \$168-million, Madonna paid approximately \$80-million – the list goes on. Talk with a Lexis Nexis lawyer to make sure you've done your prenuptial agreement right.

Related: [Demi Moore Proves There's Hope After Divorce](#)

Don't Cheat

In case you didn't know it, cheating is bad, destructive, and a quick end to an otherwise successful marriage. Take Jesse James for example. He had it all – wealth, a name, reputation, career, and last but certainly not least, Sandra Bullock, America's sweetheart as his wife. So what does the genius do? Cheat. We have seen the sad results for James as Bullock has moved on.

Be Sure

It's always important to understand your potential partner in marriage on a deep level. You need to really "know" them. Kris Humphries found this out with his brief and now alleged "fake, staged" marriage to socialite celebrity, Kim Kardashian. We still can't figure out if we should pity Kris and his situation, or simply point to it all as one big public service announcement.

There you have it; five more reasons to be take a second look before saying your vows. If your getting married, do it right. Take a few tips from these celebrity divorce stories.

Celebrity Couple: John Mayer and Katy Perry Split for the Second Time





By Andrea Surujnauth

It seems as though John Mayer and Katy Perry have hit a bump in the road...AGAIN. The famous couple has broken up for the second time. Is the split permanent? According to UsMagazine.com, it may not be. A source mentioned, "It's sad. It's not over until it's over. You have to see how things play out." Another source added, "She's leaving the window open. They have both been so focused on work." Perry had previously been married to Russell Brand, but their divorce was finalized by February 2012. Perry began flaunting her relationship with Mayer as early as March 2012. Although the two split up for a little while, they were back together by September 2012.

How do you know when an on-again off-again relationship is over?

Cupid's Advice:

On-again off-again relationships tend to feel like a never ending black hole. You just keep falling deeper and deeper into it and there doesn't seem to be any way out. How can you

tell when the time has finally come to just get away from the relationship and never look back? Cupid has some advice:

1. No more satisfaction: When you're in this on-again off-again relationship, every time you and your beau are back on, you do not feel the same happiness and satisfaction that you once felt. You start asking yourself whether you are happier when the relationship is off rather than on.

2. No resolution: If you two are just getting back together without resolving the problem that caused you to break up in the first place, you probably should not be together. If you can not find the solution to a problem that was big enough to cause you to break up, then the relationship will continue being a roller-coaster ride for you and your partner. You both better get off of the ride before one of you throws up.

3. Think of your needs: Think about whether this relationship is healthy for you. Are you happy with the constant bickering, breaking up, crying, and then eventually getting back together knowing that it will happen all over again later on? If this relationship is getting in the way of your school, job, and happiness, then it is time to let it go and move on.

How do you know whether an on-again off-again relationship is truly over? Comment below and let us know.

Celebrity Couple: Rosario Dawson and Danny Boyle Call

It Quits and Avoid Each Other



By Meghan Fitzgerald

UsMagazine.com confirmed that celebrity couple, Rosario Dawson, 33, and 56 year-old Oscar winning director, Danny Boyle have called it quits. Dawson discussed how different they may have seemed on the outsides however, they really had a lot in common, and how kind of a man Boyle was. Although Dawson had nice words for her partner than, this is no longer the case. [NY Daily News](http://NYDailyNews.com) reported that the *Trance* press junket was not filled with romance, but filled with tension, and the split two not speaking to one another.

How do you remain civil with your ex after a heated breakup?

Cupid's Advice:

Heated breakups are not in any sense enjoyable for anyone. They're messy, peoples' feelings get crushed, your friends and family get dragged into the relationship, you end up on different sides of the universe. Although you may not want to remain civil with your ex, you most likely share friends, are close with their relatives, have the same favorite restaurants, and may have kids together. Cupid has some advice on how to stay civil:

1. No bad-mouthing: Heated break ups tend to leave both parties bad-mouthing one another all across town. Although this may release steam and bottled up emotions, this is no way to act if you want to remain civil with your ex. Instead of spreading grotesque rumors or spilling your ex's deepest darkest secrets, say nothing at all. Yes, this will be challenging, and it will probably suck. However, no bad-mouthing means you both can attempt to remain civil.

2. Ground rules: You need to set ground rules for yourself, and for your ex. Depending on how heated the breakup was, you may need to split up areas. You get a certain amount of your favorite places, and they get the rest. This means no confrontation or communication at outside areas. If it is necessary, no communication whatsoever may need to be put into play. Depending on you and your mate, you make and adjust the rules.

3. Take it slow in new relationships: Keeping it civil with your ex isn't jumping straight into a new relationship. Of course you want nothing to do with your ex, and want to wash him from your memory. However, this is not easy nor is it possible. Take it slow when you're getting in to new relationships. It is not necessary to delve into some new person when you have unresolved business with your ex.

Have you remained civil with an ex? Share your experiences below.

Celebrity Couple: Selena Gomez Admits She Made Justin Bieber Cry



By Meghan Fitzgerald

Selena Gomez was a guest on this Monday's episode of David Letterman. Letterman started off by saying the last time you were on the show, you were with Justin Bieber. [People](#) stated that Letterman continued to say that the relationship is no longer going on. Gomez broke into a smile, saying she is single and that she's good. [NY Daily News](#) describes Bieber and Letterman's last meeting together on the show. Letterman

recounted making the 'Biebz' cry, and Gomez chirped in and stated, "That makes two of us!"

What are some ways to apologize for making your partner cry?

Cupid's Advice:

No matter the situation, it is never a great idea to make your partner cry. Although it is usually inevitable, you should try your hardest not to make your mate shed tears. Did you two get in a fight over money? Over the job you just lost? Or what your parents think of your love? Don't fume up over them, calm your temper and speak like adults. Cupid has some more advice:

1. Flowers: Flowers are pretty much the universal sign for 'I'm sorry.' They show your mate how much you care for them. Not really by how much you spent on them, I mean picking weed flowers won't do. It shows how much they mean to you. Even if you did make your partner cry, the flowers are a symbol for the love you have for your partner. Make sure you pick out their favorite flowers if you really messed up!

2. 'I'm sorry' letter: Letters show words, words show everything in the world. Emotions, feelings, power, strength, love; words can describe anything you wish to say. Say you made your partner cry over a petty fight, quickly grab a pen and paper and start writing away. In the letter, obviously apologize for whatever the situation may be, and express your feelings for your mate. How much they mean to you, how you cannot ever lose them, everything you're thinking.

3. Date: Take your beau out on a date for your mess up. Of course you should always take your partner out every once in a while. However, if you made your partner cry, they deserve a date asap. Take them to their favorite restaurant, or cook a meal at home. Combine the first two with this last one. Bring them flowers and the heartfelt letter you wrote for them on the date and you're all clear!

Have you ever made your partner cry? Explain your experience below!

Celebrity Couples That Remained Friends After Dating



By Jennifer Harrington

Dating in Hollywood's spotlight can be thrilling and challenging for celebrities. While it can be intense for the stars to navigate love with their partner under the microscope of the media and paparazzi, it's even more problematic when couples break-up and part ways. As we know, breaking up is

hard to do and many couples do not remain on amicable terms. However, here is a look at several celebrity couples who have managed to stay friends after ending their romance.

Demi Moore and Bruce Willis:

Demi and Bruce were married for over a decade, are parents to three daughters, and also have the “biggest drama-free divorce in Hollywood”. During Demi’s six-year marriage to Ashton Kutcher, it was widely publicized that Bruce spent time with Demi, Ashton, and the kids (the gang appeared everywhere together from red carpets to exotic vacations!). When Demi and Ashton’s marriage dissolved, Bruce was a shoulder for his former wife to cry on. So what’s the secret to the harmony between them? Many speculate it is their shared devotion to their kids, and the fact that their union dissolved without any rumors of infidelity.

Related: [Demi Moore Proves There’s Hope After Divorce](#)

Reese Witherspoon and Ryan Phillippe:

Reese and Ryan married young and split after seven years of marriage. The marriage produced two children, and the grounds of divorce were reported as “irreconcilable differences”. However, in the several years that have passed since they parted ways romantically, it’s apparent that this duo has stayed tight and they have a fantastic friendship. In fact, Ryan and Reese are frequently spotted (with Reese’s current husband, Jim Toth) watching their son’s soccer games together! Hollywood insiders believe the secret to Reese and Ryan’s friendship is open lines of communication and talking through any issues that come up.

Related: [Reese Witherspoon Says Married Life Feels Great](#)

Kendra Wilkinson and Hugh Hefner:

Kendra became a star by living in the Playboy mansion as one

of Hugh's girlfriends. Kendra ended her romantic relationship with Hugh, but the couple remained so friendly that Kendra and Hank Baskett were married at the Playboy mansion, and it was initially reported that Hugh would give the bride away during her wedding ceremony! Kendra has a young son with Baskett, and she's made it known she wants her son to call Hugh "The Godfather". Recently, Kendra was quoted saying she wanted to kill Hugh's current wife, Crystal Harris, because she is skeptical of her intentions. This statement is evidence of the deep friendship between Kendra and Hugh; it's obvious these two always have the others best interest in mind, and they aren't afraid to stand up for each other when necessary!

It's certainly not common for celebrity couples to remain friends after the romance fizzles, but it is reassuring to see how these couples have made it work and stayed close. There are obviously lessons to be learned from Demi and Bruce, Reese and Ryan, and Kendra and Hugh. Tell Cupid: what do you think is the most important advice for two people transitioning from lovers to buddies?

Celebrity Breakup: Ryan Seacrest and Julianne Hough Call It Quits After 2 Years





By Jessica Conigliaro

American Idol judge Ryan Seacrest and longtime girlfriend Julianne Hough recently ended things. Hough could not handle dating a workaholic, thus ending their two-year relationship. "It's a lifestyle she couldn't handle anymore. Work always, always came first [for Ryan]. She wants a more lowkey life," a source tells UsMagazine.com.

How do you know when to call it quits in a long-term relationship?

Cupid's Advice:

You have been dating your partner for a while now and feel comfortable being around him. However, something just doesn't feel the same anymore. He treats you with less respect and you are left questioning the relationship. Cupid's here to help you make the tough decision:

1. Opposing goals: After dating your boyfriend for over a year, you decide it's a good time to discuss the idea of marriage. To your surprise, he completely dismisses the

conversation, saying he's 'not the married type'. What do you do now? If you and your partner clearly want different things in the future, end the relationship as soon as you can. Never stay with someone that will hold you back from what you truly want—you will eventually resent them for it. Find someone that wants similar things in their future as you do. Searching for that person may take a bit of time, but the end result will be ever so rewarding.

2. Negative behavior changes: Unfortunately, people often change for the worse. Your partner got a promotion at work last year and has been stressed out for months. Instead of talking about his problems, he just takes out all his anger on you and starts unnecessary arguments. When the person you are with stops respecting you the way he used to, write it down in a journal. If you find yourself constantly jotting down your troubles, this is your cue to leave the relationship. Keeping tallies also reassures that you are not making any rash decisions; the problem is a recurring one, and is unlikely to go away. End things before they get even worse.

3. Pile of lies: Throughout your 2-year relationship, you were always suspicious of your man lying to you on occasion. He would never confess to leaving a mess in the kitchen, or forgetting to turn the T.V off before bed. In the past, the lies were so small that you disregarded them completely. If there's a small problem in your relationship, address it before it becomes worse. If you ignore the little nuances, your partner's tiny fibs will get increasingly worse, leaving you hurt mad at yourself for ignoring the signs. If an issue in your relationship is drastically escalating beyond your control, it might be time to consider walking away entirely. Some problems simply can't be fixed.

How do you know when to end serious relationships? Share in the comments below:

Celebrity News: Rihanna on Relationship With Chris Brown 'We're Adults Now'



By Andrea Surujnauth

According to UsMagazine.com, Rihanna told *Elle* that she's trying to build a friendship with her ex, Chris Brown. It was only four years ago that the Barbados-born beauty was assaulted by Brown. Even so, she said, "Now that we're adults, we can do this right. We got a fresh start, and we're thankful for that." The pop star also explained that they're not looking for an intimate relationship, just

a friendship. “Right now, that’s just what we want – a great friendship that’s unbreakable.” Still, Rihanna has big plans for her future. When asked where she thinks she will be in five years, she replied, “I will probably have a kid.”

How can you develop a friendship with your ex?

Cupid’s Advice:

Before becoming friends with your ex-partner, it’s important to take some time to be apart and truly let go of your past love. As impossible as it may seem to be friends, know that it can be done. Here are some tips from Cupid to help you develop a friendship with your ex.

1. Be sure: First, it’s best to think about whether or not you’re ready to be friends with your ex. Think about the reasons for your breakup. Was your ex the type of person to use you or hurt you? Also think about whether or not you still have feelings for your ex. Will having them in your life make it difficult for you to move on? You don’t want your new friendship to be a toxic part of your life.

2. Be patient: If your ex is not completely over your breakup, they might not be ready to become friends. Respect their feelings, give them time and don’t get frustrated. Continue to be nice to them and show them that you mean well.

3. Communicate: Don’t expect that they will automatically be calling you and asking you to hang out every weekend. Do you really want to see them *that* often anyways? If you want to develop a friendship, then you should be the one to pick up the phone and set some plans.

How did you develop a friendship with your ex? Comment below and let us know!

Michael Sheen Wasn't Ready to Settle Down with Rachel McAdams



By [Jessica Conigliaro](#)

After spending the past two years together, Rachel McAdams and Michael Sheen have called it quits. The two actors simply want different things for their futures. According to [People](#), McAdams is ready to settle down and have kids, but Sheen, already a father to a 14-year old daughter from his relationship with Kate Beckinsale, has no interest in having any more children. Due to their differences in opinions, they ended their [relationship](#). Still, there is no bad blood between the [exes](#).

How can you compromise when you and your partner want different things for the future?

Cupid's Advice:

Ever since you were five years old, you pictured yourself living in a big yellow house with a black lab and three kids. However, you recently discovered that your [partner](#) is allergic to dogs and detests the color yellow. So what now? Cupid offers some advice on ways to compromise with your partner and keep your relationship going strong.

1. Decide what's most important: Before even discussing future plans and ambitions, figure out what you want without anyone else's input or opinion. If you decide [marriage](#) is most important for you, don't let anyone stop you from going down the aisle. Find someone that wants the same things as you do so you have no regrets.

2. Try new things: We all know that your man's interests may drastically differ from your own. If your [boyfriend](#) is set on getting a ferret for a pet, try not to disregard his wish completely. Look into his interests, especially the ones that he's most passionate about. He will certainly appreciate it and will (hopefully) return the gesture when the time comes.

3. Talk it through: If you and your significant other clearly want different things, deal with the issue right away. Your [beau](#) mentions that he wants to move back to the state his parents live in some day, and of course, you panic. Try explaining to him why you don't want to move to a place where you have no friends or family. It may lead to an argument, but it will help him understand your perspective.

How do you compromise with your partner? Tell us in the comments below.

Celebrity Couple: Michelle Williams and Jason Segel Call It Quits



By Andrea Surujnauth

Michelle Williams and Jason Segel have decided to end their long-distance relationship. According to UsMagazine.com, Williams and Segel called it quits earlier this month. Williams, actress in *Oz the Great and Powerful*, lives in New York with daughter Matilda, 7, from her relationship with the late Heath Ledger. Segel, star of *How I Met Your Mother*, lives in Los Angeles where his CBS sitcom is filmed. In March 2012, *Us Weekly* broke the news about their secret relationship, and the two were always extremely hush-hush about their romance. Their sudden split is apparently due to

their distance from one another.

What are some things you can do to make your long-distance relationship stronger?

Cupid's Advice:

Long distance relationships are a real test of love. They can be very difficult and trying on a relationship. Luckily, Cupid is here with some advice on how to have a successful long-distance relationship.

1. Be on the same page: Make sure you both agree on the definition of "relationship" and identify what standards you need to uphold while away from one another. If you decide that you're exclusive, you need to agree on not dating other people and set ground rules on what is allowed and what isn't.

2. Bond: Try doing things together even though the two of you are apart. Watch your favorite television show while on the phone together. Make sure you chat with each other everyday; you can even talk while doing your day-to-day activities. Keep each other updated on what is new in your lives to help prevent you from growing apart despite the distance.

3. Skype: What a great invention! Skype is a program that allows you to talk, message and see one another over the Internet. You can download it on your computer or even on your smart phone. Think it can't possibly get any better? Well, Skype is free. Seeing each other will make you feel even closer.

How do you keep your long-distance relationship strong? Share in the comments below.

Britney Spears Did It: When Should You Call It Off?



By Jane Greer, PhD for GalTime.com

Pop superstar Britney Spears recently announced the end of her engagement to talent agent Jason Trawick. Trawick, who stepped down as Britney's manager when they started dating in 2009, proposed in December 2011. Reports suggest that Britney, 31, who has two sons with ex-husband Kevin Federline, decided to cut ties because Trawick, 41, is not interested in having more children. Whether this was the true reason they called it off or not, it's an opportunity for the rest of us to discuss when calling off an engagement is the right choice.

Getting engaged can sometimes be a challenge, but knowing when

it's a mistake and it's time to end it is even more difficult. While reaching that point is different for every couple, here are a few indicators that canceling, or at least postponing, the wedding might be in everyone's best interest.

The event is keeping you together more than the relationship. Is the event itself, and all the time and money that has gone into planning it, the reason you are moving forward even though you feel in your gut that this is not the right thing to do? Every time you think of taking that drastic step and breaking the engagement, do you picture the invitations and the cake that have already been ordered and tell yourself it will be okay? If that's the case, then it is a red flag that something isn't right. Or is everyone else telling you how lucky you are, but you just don't believe it? If, in your core, you feel that something essential is missing and constantly reassure yourself that it's not, that important.

Your "big issue" with each other keeps rearing its ugly head. Another red flag that you might not be ready is if there is a problem behavior that you hoped would disappear as your big day approached, but instead continues to cause difficulties. That could involve anything from alcohol and drugs, to an issue at work, to an ongoing drama with your future in-laws. If you find yourself constantly dealing with extreme anger and resentment, you might want to think about putting off that date and getting help before you say, "I do."

You have a sense of dread, doubt, guilt or obligation. If you have lots of doubts, and are dreading the day that should be so happy, what you want to do is focus on evaluating your relationship and your situation. Additional warning signs are if instead of feeling that your life is expanding and getting bigger and better, you instead feel like you're making a sacrifice and giving up too much of your freedom and what is valuable to you. Also, if your motivation for following through with the wedding plans is stemming from guilt: hurting

your fiancé, disappointing your parents, or upsetting your friends, you might want to reconsider.

You are moving forward for the kids. In Britney's case, it has been said that Trawick has developed a strong relationship with her kids over the years. He was quoted as saying he "adored" them. Sometimes thinking that sticking it out would be best for the kids keeps people together even if it isn't the best thing for the adults. In this instance, the person doing the breaking up can feel guilty about hurting and letting down the children. If Britney experienced this at all, it didn't hold her back.

You feel the old "I love you but I'm not IN LOVE with you." While you may love your partner, you may not be in love with them. This is the passion that helps you navigate and negotiate the many ups and downs of marriage, which you need in order to make it work. If it isn't there, trust your gut. Britney did that, you can, too.

Rihanna Is Attacked by Angry Fan Upset with Chris Brown Reunion





By Andrea Surujnauth

On February 16th, Rihanna was seen leaving a club called The Box in London with a bloody knee. According to UsMagazine.com, an angry fan threw a can of British energy drink, Lucozade, at the singer. The culprit was screaming at Rihanna about her relationship with Chris Brown. It seems as though some of Rihanna's fans are not too thrilled about her on-again, off-again relationship with Brown. Rihanna, however, did not seem to be bothered by the incident. The next morning she tweeted her reaction to seeing herself being compared to Princess Diana in a UK's *Sunday Times* paper. Her tweet stated, "Just so happens I came home drunk to this in a pile of papers outside my hotel room! My lil Bajan behind, never thought these many people would even know my name, now it's next to Princess Diana's on the front of a newspaper! Life can be such a beautiful thing when you let it be #yourejealous."

What do you do if your friends don't support your relationship?

Cupid's Advice:

So your friends do not approve of your new beau. What should you do? Should you take sides? Don't worry, Cupid is here with some advice for you:

1. Have your friends explain: Ask your friends why they do not approve of your relationship. See if their reasoning is legitimate. They may have a point. Let them explain to you what problems and concerns they have with your relationship. They love you and they want to make sure you are happy. If you realize that their reasoning is legitimate, then you should re-evaluate your relationship.

2. Now you explain to them: After you listened to their reasoning and you don't find it to be fair or legitimate, then explain to them that although your relationship has ups and downs, you are happy. Tell them that if they love you then they should be happy for you too. If they continue to bash your beau, then it may be time to re-evaluate the friendship.

3. Get the two together: Once your friend has accepted the fact that you love your sweetie and you are happy, get your friend and your partner together. Let your friend see the amazing things about your sweetheart that made you fall in love in the first place. Show your friend how happy the two of you are together. After seeing this, your friend will realize how great your relationship is and won't have to worry anymore.

What would you do if your friends did not approve of your relationship? Comment below and let us know.

Is Taylor Swift Impersonating

Ex-Beau Harry Styles in New Music Video?



By Andrea Surujnauth

According to UsMagazine.com, Taylor Swift seems to be impersonating her ex-boyfriend, Harry Styles, in her new music video for her track "22". She was seen dressed up in a green beanie and baggy white shirt, identical to her ex-sweetheart during the video shoot on February 12th. *UsMagazine.com* also mentions that the song "22" starts off with the lyrics "It feels like a perfect night to dress up like hipsters and make fun of our exes." She is also seen eating an ice cream in a "Harry Styles outfit" for another portion of her video. As if that was not a big enough burn, Swift will also be recreating the lift scene from *Dirty Dancing* that her and Styles were photographed doing together at a party in NYC. These ex-

lovebirds broke up in early January after only a few months of dating and from the looks of things, it did not end well.

What are some ways to deal with anger resulting from a breakup?

Cupid's Advice:

1. Write in a journal: Usually when you feel anger, it feels better to express your anger. Do it in a safe way by writing your feelings in a journal so you get the feelings out and you won't feel like you are exploding with anger.

2. Cry it out: Crying always feels like a release of feelings. When you cry or scream, you won't have anything bottled up so there won't be build up of anger.

3. Treat yourself: Go for a day at the spa, hang out with friends, or go on a vacation. Taking care of yourself and making yourself feel good will make you forget about all the anger you are feeling.

How do you deal with your anger from a breakup? Comment below and let us know.

We're Breaking Up: Virgin Mobile Presents National Break Up Day





By Nicole Cavanagh

Tomorrow is Valentine's Day, which is supposed to be the day of love, right? Well, it may surprise you to hear that a recent survey conducted by Virgin Mobile found that 59 percent of people said that, if they were planning to break up with a boyfriend or girlfriend around Valentine's Day, they would do it before the big day in order to save money.

While you may be a hopeless romantic ready to celebrate a day full of bliss, others have decided now is the best time to move on from a bad relationship. 42 percent of people surveyed said they have stayed in dead-end relationships because they were scared to make a change and try something new. If you want to break up with someone but feel like you can't because of Valentine's Day, you don't have to feel bad any longer! Why not cut the loose ends and put some extra money and happiness back in your pocket? Why put off for tomorrow what could be done today?

For that reason, Virgin Mobile has proclaimed February 13th to be "National Breakup Day." Finally, people across the country

have an incentive to break free from a troubled relationship before they spend Valentine's Day with an unworthy partner. Just in case you don't know how to break the news, relationship experts from OkCupid are taking over the @VirginMLive Twitter handle. Use the hashtag #CupidConfessions to ask questions and learn how to make your online dating profile more desirable, so you can mend your broken heart and find someone new.

Even if you are newly single this Valentine's Day, remember that you aren't alone. Check out these statistics below:

1. Half (50 percent) of Americans ages 18-24 have experienced a breakup via texting, email, or social media, with 26 percent of that age group experiencing a breakup through text message specifically.

2. 10 percent of people have experienced a breakup on or around Valentine's Day (same week), with that number being 17 percent for 18-24 year olds.

3. When asked about when they change their Facebook relationship status after a breakup, 84 percent said within two days, including 41 percent doing so immediately so others know they are back on the market.

4. 43 percent said the silver lining in a breakup is a chance to find a better, more rewarding relationship, while 26 percent cited freedom to do what they want.

Let's face it – we're pretty much in a relationship with our phone carrier too. A carrier can either put a smile on our faces with their excellent service and low rates or bring us to tears when we drop that important call or a huge bill comes at the end of the month. So why not celebrate National Breakup Day with your phone carrier as well? Virgin Mobile will pay up to 100 dollars of termination fees for any customer that switches to Virgin Mobile, making it even easier to leave their unhappy relationship with their current phone carrier

and save an average of 1,000 dollars (compared to two-year contracts with other carriers). Also, for today only, Virgin Mobile USA will give online customers 100 dollars off the purchase of a new Samsung Galaxy SII 4G on a Beyond Talk no-contract plan.

Taylor Swift Sends a Message to Harry Styles During Opening Performance at the Grammys



By Andrea Surujnauth

Taylor Swift, 23, opened up the 2013 Grammy Awards with her hit song "We Are Never Ever Getting Back Together". According to UsMagazine.com, she took a painful jab at her 19 year-old ex-boyfriend, Harry Styles, from the group One Direction. During her performance she added a verse to her song "So he calls me up and he's like, 'I still love you,' and I'm like, 'I'm sorry, I'm busy opening up the Grammys.' And we're never getting back together, like, ever." Not only did she add this stinging verse, but she used a British accent for part of it which was obviously directed toward Styles, who is British. These two ex-lovebirds broke off their relationship at the beginning of the year. They were vacationing in the British Virgin Islands when the two apparently got into a fight. Sources told *UsMagazine.com* that Styles "said something he shouldn't have ... This [breakup] is definitely going to be for good."

How do you resist the urge to get back together with your ex?

Cupid's Advice:

Although it may be tempting, getting back with your ex may not be a good idea. You know this deep down inside, but you can't stop feeling the urge to go back. Cupid is here to tell you how to resist:

1. Cut contact: Do not continue to talk to your ex. Stop looking at their Facebook or Twitter, better yet, delete them all together. Stay away from them until you feel you are completely over them. Seeing them or talking to them constantly will increase the urge to rekindle the relationship.

2. Distract yourself: Get a hobby or go out with friends. Fill your schedule up so you won't have time to think about your ex-beau. As the time flies by, so will your feelings for your

ex.

3. Remember why you broke up: There was a reason why your relationship did not work out. Keep that reason in mind. During a break-up you are tempted to think about the good times in the relationship. Ignore all of that and focus on the reason that the two of you are not together. This will help you realize that it can not work between the two of you so you need to move on.

**How do you resist the urge of getting back with your ex?
Comment below and let us know.**